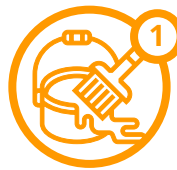




## GENERAL MAINTENANCE CHEAT SHEET

Our infrared saunas are meant to be integrated into your everyday lifestyle, promoting an overall healthier you. It's for this reason that JNH Lifestyles builds their saunas with integrity, implementing design methods that will greatly lengthen your infrared sauna's lifespan. But with our infrared saunas having a major function as a detoxifier, it's important that you keep yours well-maintained, otherwise you risk lowering its lifecycle and creating an unhealthy cabin environment. With this in mind, we've put together an easy-to-follow Maintenance Guide:



**1** DO NOT stain/paint the inside of your sauna. The extreme temperatures can release harmful chemicals into the cabin air. Staining/Painting the interior or exterior of your sauna will also void the wood warranty.



**2** Before a session, be sure to place a towel on the floor and seat. Sweat may drip and pool onto the wood, potentially causing mildew and bacteria to form while also warping the wood. If moisture does accumulate on the wood, be sure to immediately wipe down your infrared sauna.



**3** Keeping the sauna door propped open after a session will aid in the ventilation of any air moisture that may be lingering



**4** Just like other windows in your house, you should apply a glass cleaner to your sauna's door and windows. Be sure to spray the cleaner directly onto the rag instead of the glass. This will prevent any spray from accidentally getting onto the wood.



**5** Never use any kind of detergent to clean the wood. If you feel you must clean it, we suggest using a spray bottle filled with water and a few drops of vinegar. Do not directly spray onto the wood. Instead, spray onto a cloth and then wipe your sauna down. (Do not allow the cloth to become too soaked with the water/vinegar solution)



**6** An Oxygen Ionizer is an amazing accessory to have as it keeps the cabin air fresh and prevents unsettling odors



**7** Oxygen ionizers turn odors into dust particles that fall to the ground and collect over time. In addition, humans naturally shed skin cells and hair that will also build up. We recommend vacuuming or sweeping out your sauna regularly, even if it looks like nothing is there.

**Sweating in an unkept cabin with lingering odors can make for an unsatisfying sauna session. Following these tips will not only increase the life of your sauna but will create a clean environment, enhancing your overall session experiences.**



## FAQ'S

### Q How long should I allow my infrared sauna to pre-heat?

A We use infrared technology that immediately begins penetrating your skin, so no pre-heating is actually necessary. However, we know that some people prefer to step into a warm cabin, so allow your infrared sauna 5-10 minutes to create this desired environment.

---

### Q I'm a beginner, how long should I stay in the infrared sauna?

A We suggest that first timers start with 15-minute sessions. Once you feel your body has acclimated to the temperatures outputted by the infrared sauna, then you may higher the temperature and/or increase your sessions duration.

---

### Q What should I do if I spill my water bottle in the sauna?

A Immediately stop your sauna session and clean the spill. Allowing the spill to soak puts the wood at risk of growing mildew/mold and warping.

---

### Q Can I wear foot attire into the infrared sauna?

A We heavily advise against wearing any type of shoes in your sauna. Shoes easily pick up unseen dirt that is then imprinted onto your sauna floor. When this happens, you're left with what could be a permanent shoe mark. If this has already happened to you, we suggest using sandpaper to remove the mark.

---

### Q The cabin is starting to develop an unpleasant odor. What can I do to eliminate the smell?

A The best solution for eliminating odors would be an oxygen ionizer. You can purchase one from our website, which easily plugs into the DC cord located next to the control panel.

---

### Q What should I do if something in my infrared sauna stops functioning?

A In the event that your sauna ceases any type of functionality, please call our Customer Service line at (800)528-3110. Our seasoned team of experts will run through troubleshooting to pinpoint the cause.

---

### Q Will sweat damage my infrared sauna?

A Sweat does have the capability of damaging the wood. Therefore, we recommend laying down a towel on the bench and floor. The towels will catch any sweat that falls off your body, saving the wood and time on clean-up.