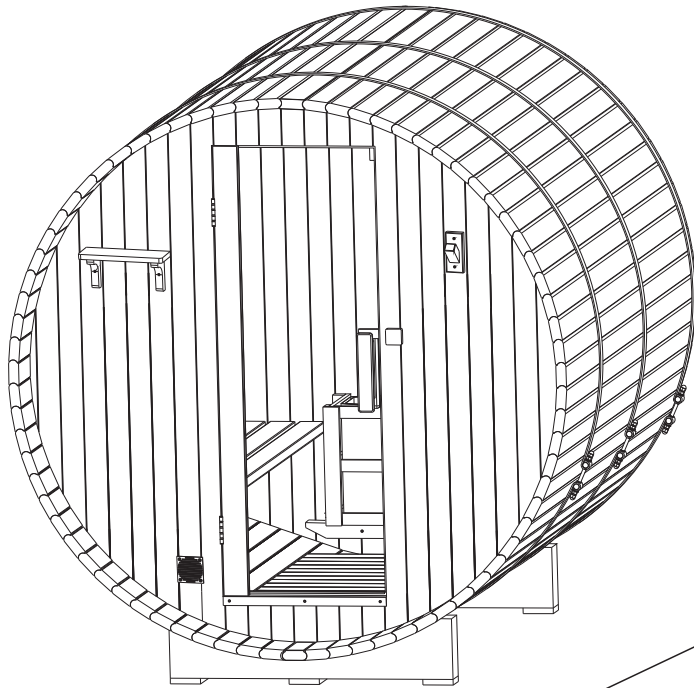
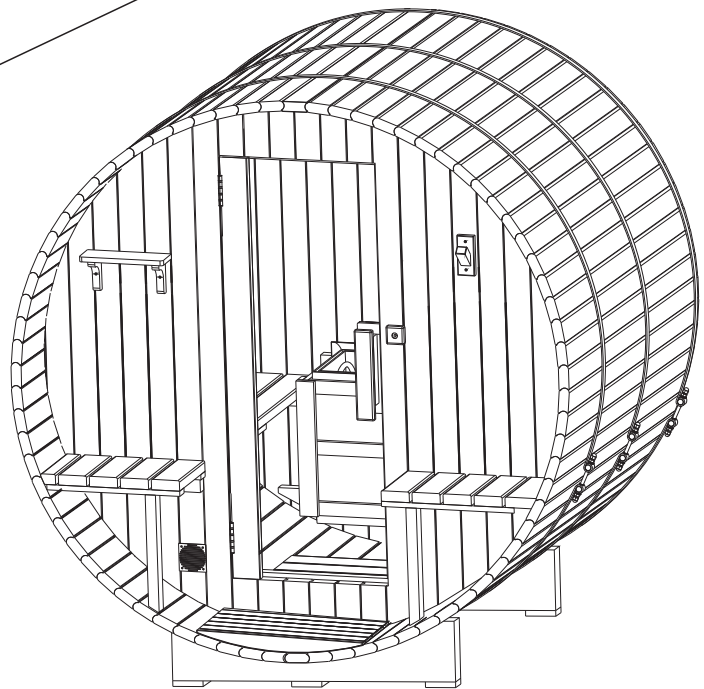


Outdoor Barrel Sauna



RWH300/RWH310
Series without canopy



RWH300/RWH310
Series with canopy

Contents

Sequences and contents of sauna assembly	Page
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Instructions before use



1. A member of the high blood pressure, heart disease, high blood pressure do not sauna.
2. Who has a cold should not be sauna. because the sauna room hidden cryptococcus bacteria can enter human body through respiratory tract, such as easy to cause pneumonia, etc.
3. Do not sauna when overwork and can't sleep in sauna room. People with poor muscle tone when they are tired, reduce the stimulation of cold and hot resistance ability, easy to cause collapse when sauna.
4. Do not sauna when on an empty stomach, lest cause cardiovascular collapse. Should not be sauna after overstrain brain or strenuous exercise, it can cause brain anemia or shock.
5. It is not suitable for sauna not after half an hour feast, because the high temperature make the skin vasodilation, blood backflow in great quantities, which affects the blood supply of the digestive organs, interfere with digestion and absorption of food.
6. Do not sauna after drinking. After heavy drinking, it can make the brain systems at the mercy of the function to drop, at this time if sauna, under the effect of alcohol, a amount of sweat will make human body caused by rapid filtration syncope.
7. Do not wear jewelry when sauna, like jade, necklaces, watches, etc are easy absorption of heat may be burn the skin.
8. Do not apply cosmetics, because it can block pore, prevent sweat evaporation.
9. Sauna is not suitable for the elderly, sitting in a sauna room, the body sweat more, the blood becomes sticky, it is easy to form thrombus, cause of various cardiovascular diseases. Especially the elderly, their body temperature regulating center not too sensitive, so not suitable for sauna.
10. Sauna should not be too long, if too long, excessive sweating can make the person to exhaustion; temperature is too high, can be difficulty breathing. In general, in the sauna room should be come out every 5-10 minutes. Setting temperature personalized, it is recommended that the dry steam temperature between 60 °C to 80 °C make the person feels more moderate.
11. Do not immediately come with cold air after sauna, prevent big difference temperature cause vascular contractions induced stroke.
12. Go with partner sauna, should be timely supplement moisture, do not wait until thirsty to drink.
13. Keep awake when sauna, if have shortness of breath, dizziness and other symptoms should immediately stop sauna, lie down in a better air circulation place, drink some cold boiled water, not drink too low water temperature.
14. Do not get up too fast and too hard, be sure slow up and adequate rest.

Introduction:

Instructions before assembly

1. At least two people are required to assemble the sauna.
2. Assembly location: check whether the ground or platform is horizontal, and slight slope will not affect the assembly and use of sauna, but if the slope is evident, a pad is needed to keep the sauna level.
3. All screw heads to assemble sauna must be completely inserted into wood to avoid scratching skin during use. If you want to assemble accessories provided by other companies to the sauna, try to avoid metal accessories, or insulate them.
4. Please find qualified electricians to install the electrical elements in sauna.

1. Tools we provided

Plastic Hammer × 1	Glass Silicone Sealant Gun × 1
	

2. Tools you need to prepare

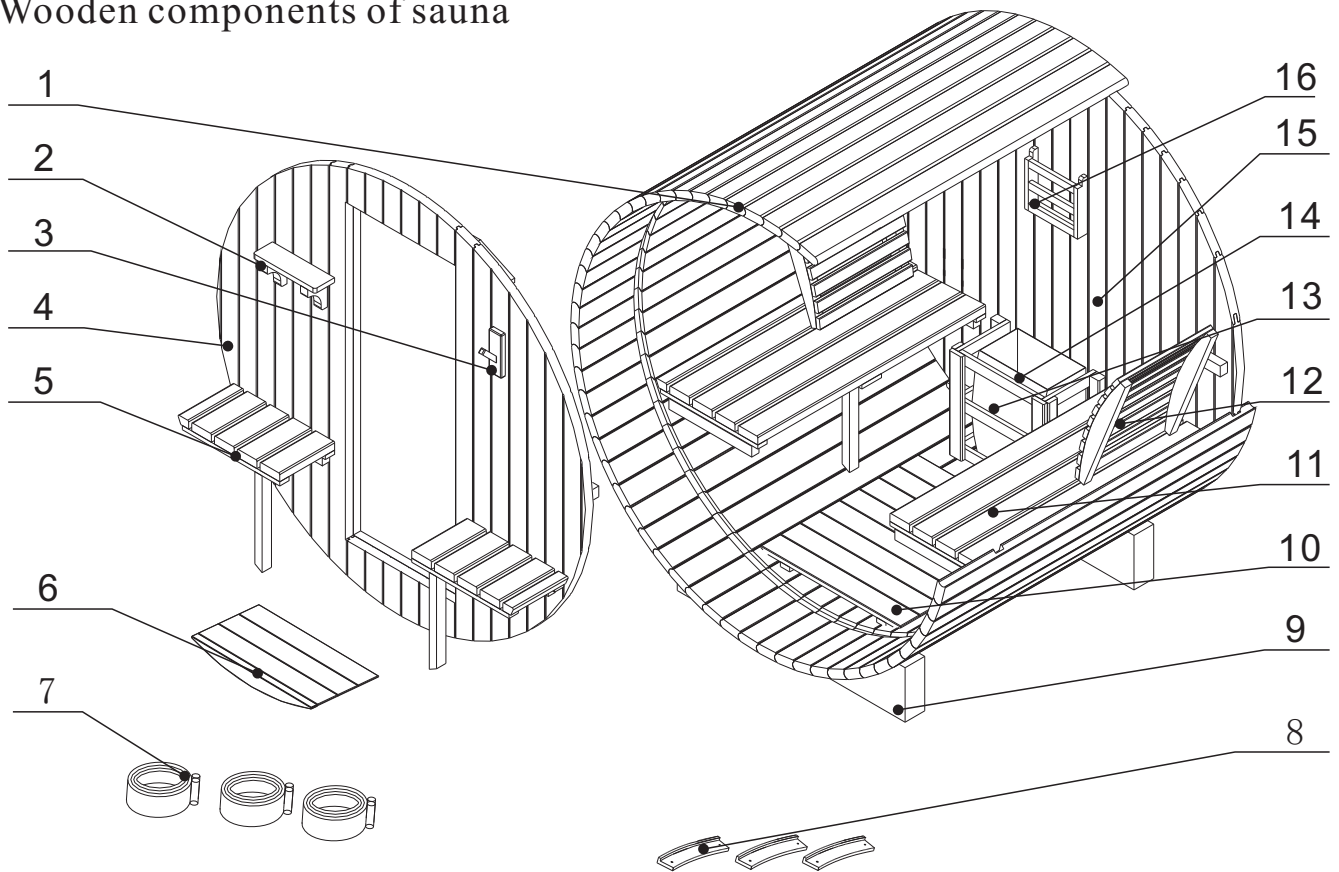
Power Drill × 1	Adjustable Wrench × 2	Tape × 1	Bar Level × 1	Pencil × 1
				

3. All parts list

Accessories package List

Component	Unit	Model/ numbers								
		M64/E6 4	M65/E6 5	M65C/E 65C	M66/E6 6	M66C/E 66C	M67/E6 7	M67C/E6 7C	M68/E6 8	M68C/E68 C
Sauna Heater	Pcs	3.0kw/4.5kw/6.0kw/8.0kw/9.0kw								
Bucket 4L	Pcs	1	1	1	1	1	1	1	1	1
Sauna Stones	kg	20	20	20	20	20	20	20	20	20
Thermometer , Hygrometer	Pcs	1	1	1	1	1	1	1	1	1
Explosion-proof Light	Pcs	1	1	1	1	1	1	1	1	1
Sand timer	Pcs	1	1	1	1	1	1	1	1	1
glass silicone sealant	Pcs	3	3	3	3	3	3	3	3	3
Steel strip	Pcs	2	3	3	3	3	4	4	4	4
Decoration board	Pcs	20	20	20	20	20	20	20	20	20

Wooden components of sauna



No.	Name	Quantity	No.	Name	Quantity
1	Stave	66	9	Base	2-5
2	Cup holder	1	10	Inside floor	1-3
3	Robe hook	1	11	Inside bench	2
4	Front wall	1	12	Backrest (Optional)	2-8
5	Outside bench	2	13	Heater fence	1
6	Outside floor	1	14	Sauna heater (Optional)	3~9kw
7	Steel strip	2~4	15	Back wall	1
8	Decoration board	20	16	Magazine rack	1

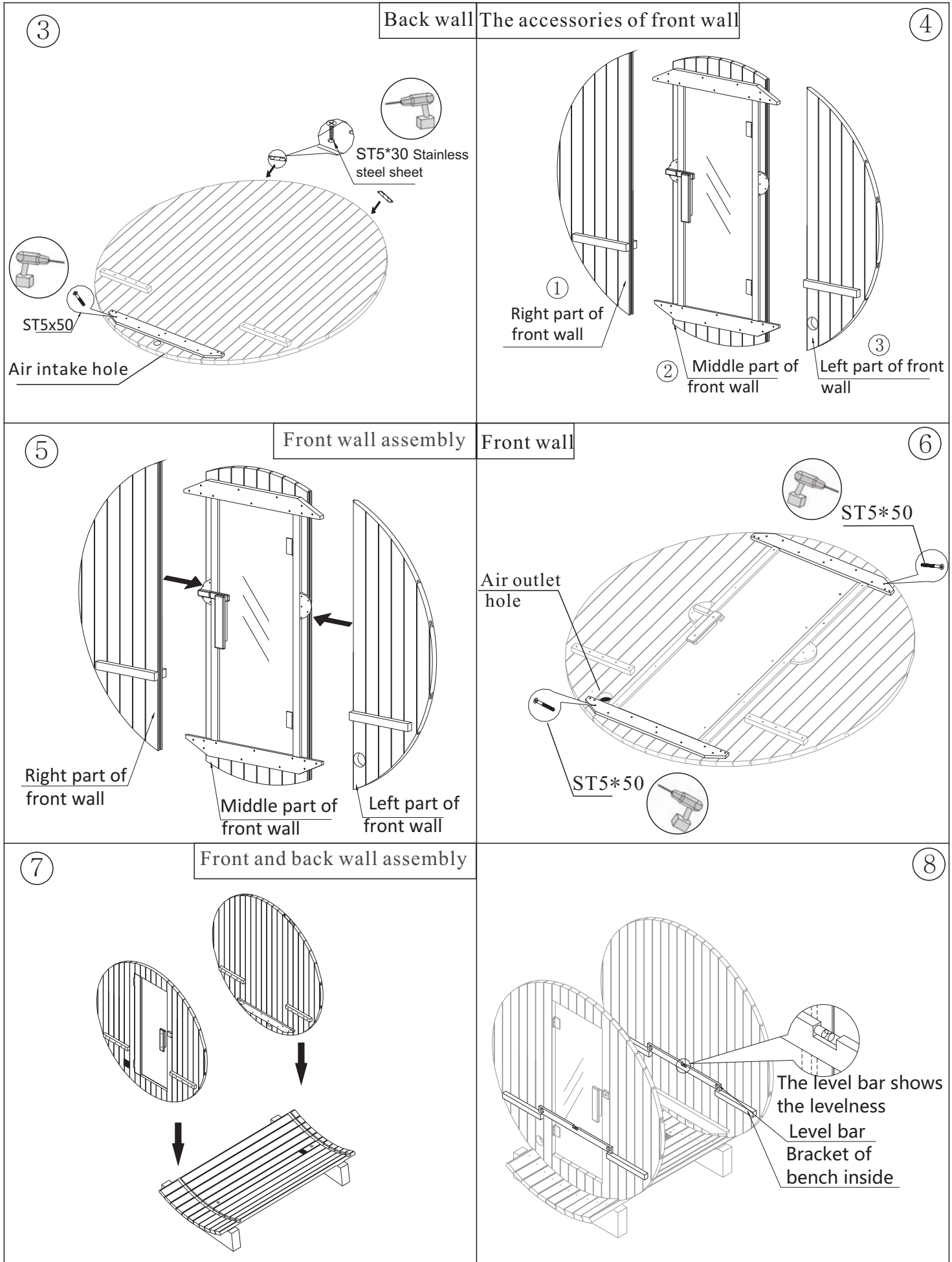


1. Base assembly step:

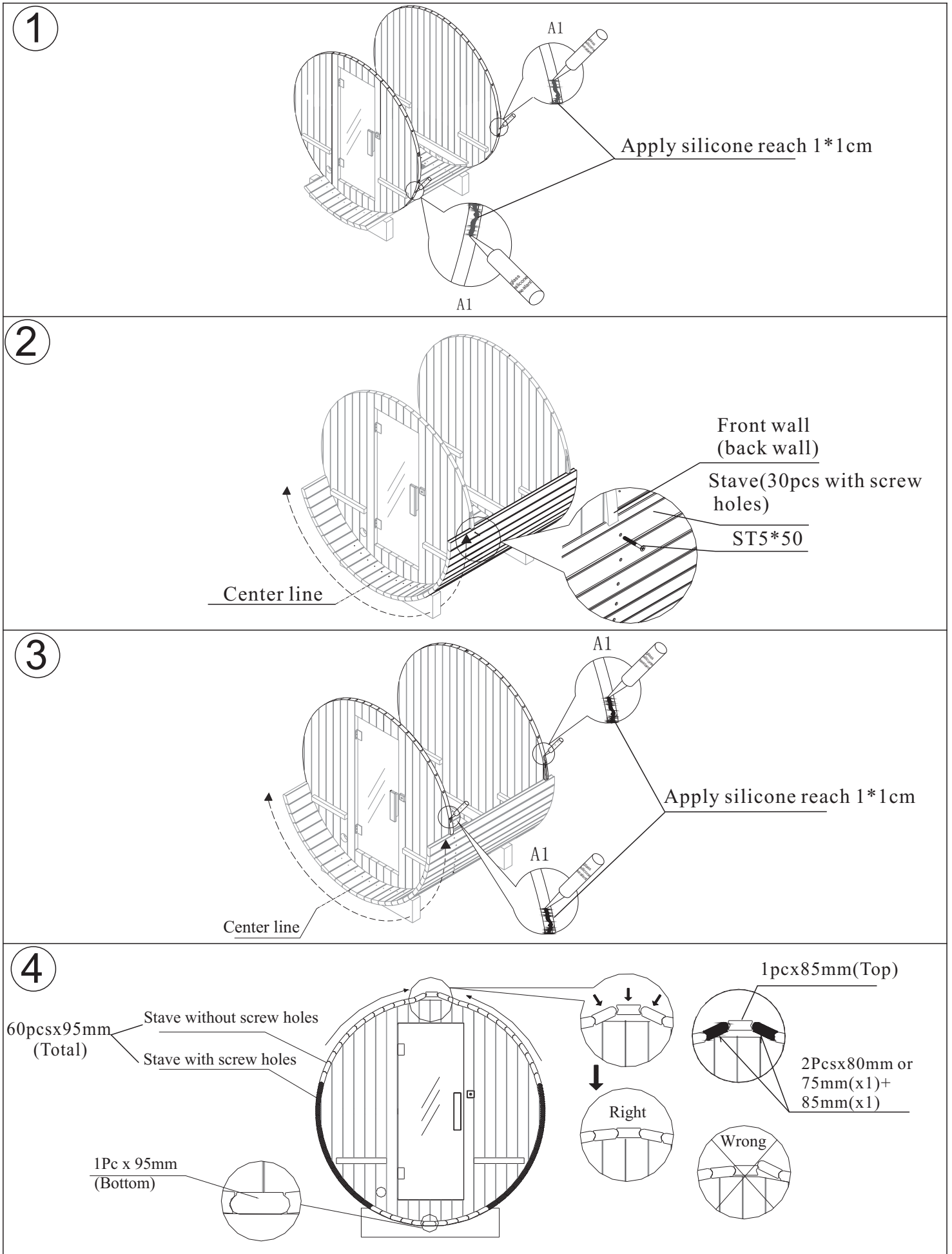
<p>①</p> <p>Base</p> <p>When using the plastic feet, no need to use the pad under the base</p>	<p>②</p> <p>EQS EQS EQS</p> <p>150mm</p> <p>(200) mm</p> <p>Preset screw holes Cable hole Drain hole</p> <p>The length of A depends on 1 to 3 base blocks. The distance among bases can be distributed freely and equally by customers.</p>
<p>③</p> <p>Align</p> <p>Place uniformly from the middle (11 in total)</p> <p>Base</p>	<p>④</p> <p>Apply silicone reach 1*1cm</p> <p>Apply silicone on cross slots</p> <p>Base</p>

2. Front and back wall assembly

<p>①</p> <p>① Left part of back wall</p> <p>② Middle part of back wall</p> <p>③ Right part of back wall</p>	<p>The accessories of back wall</p> <p>Back wall assembly</p> <p>②</p> <p>Left part of back wall</p> <p>Middle part of back wall</p> <p>Right part of back wall</p>
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3. Stave assembly



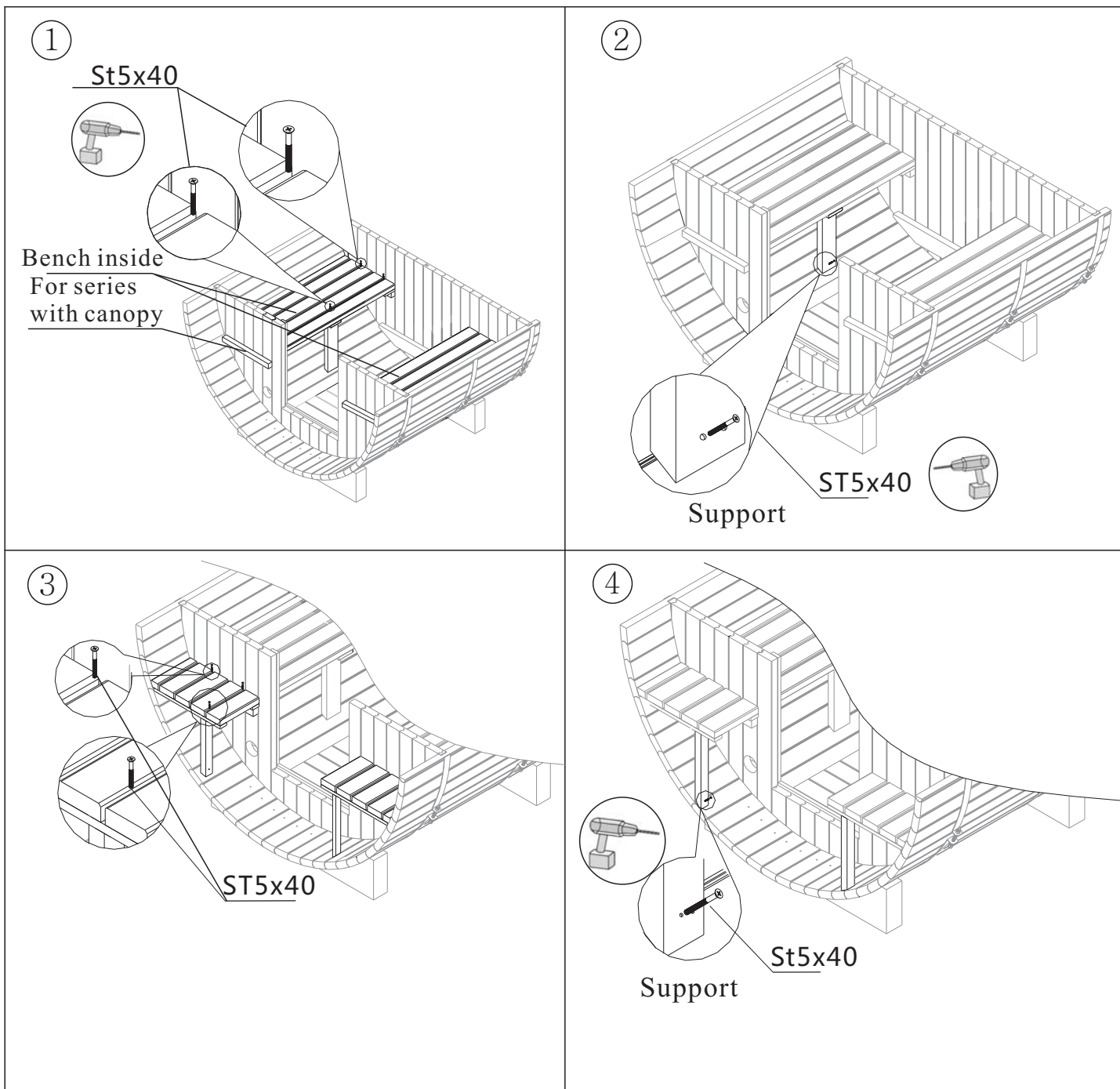
4. Steel strip assembly step

<p>①</p> <p>Steel strip</p> <p>Bolt</p>	<p>②</p>
<p>③</p>	<p>④</p> <p>Long steel strip place upside</p> <p>The steel strip lock should be in symmetry (namely at 4 O'clock or 8 O'clock)</p> <p>Short steel strip place at bottom</p>
<p>⑤</p> <p>! The two stainless steel bands in front and back must completely cover screw holes for front and back wall assembly.</p> <p>Steel strip +M12 X180 Position at 4 O'clock or 8 O'clock</p> <p>Figure of steel strip Assembling</p> <p>! The bands in the middle should be equally divided by 1-5 strips and are freely assembled by customers: we suggest customers bundle up at the spacing of 500-1000 mm.</p>	
<p>⑥</p> <p>The position of the steel strip in the middle must be 58mm from the middle base</p> <p>58</p>	

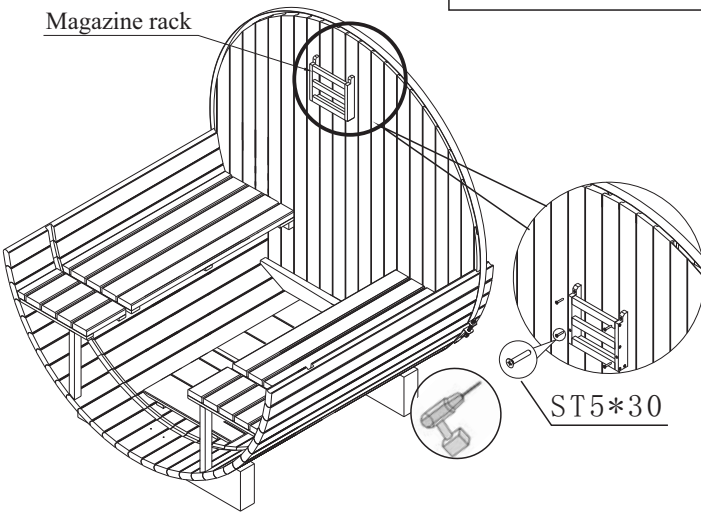
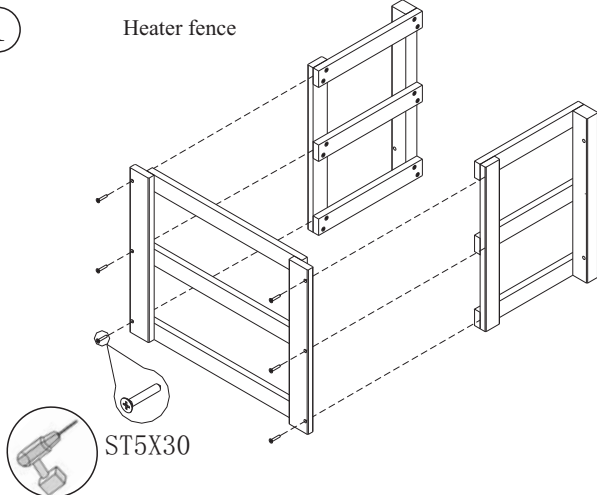
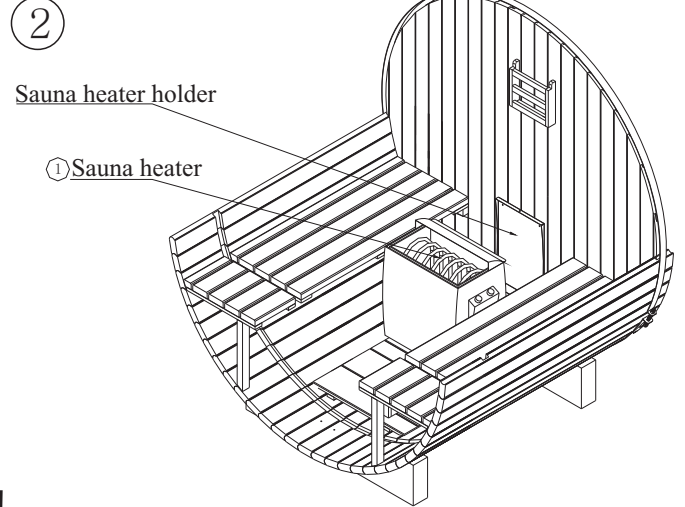
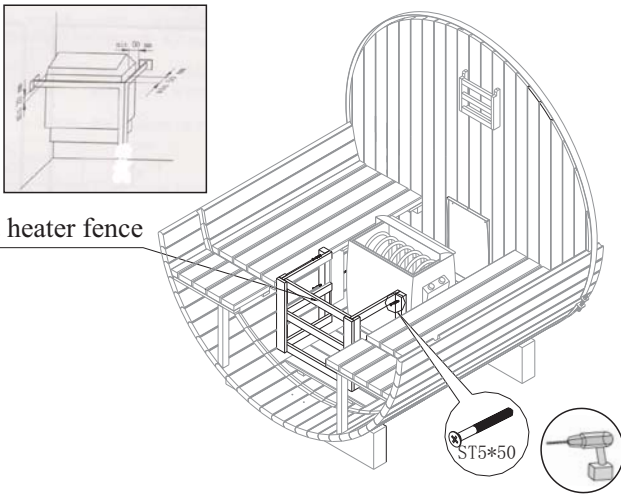
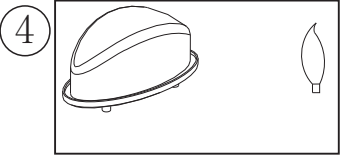
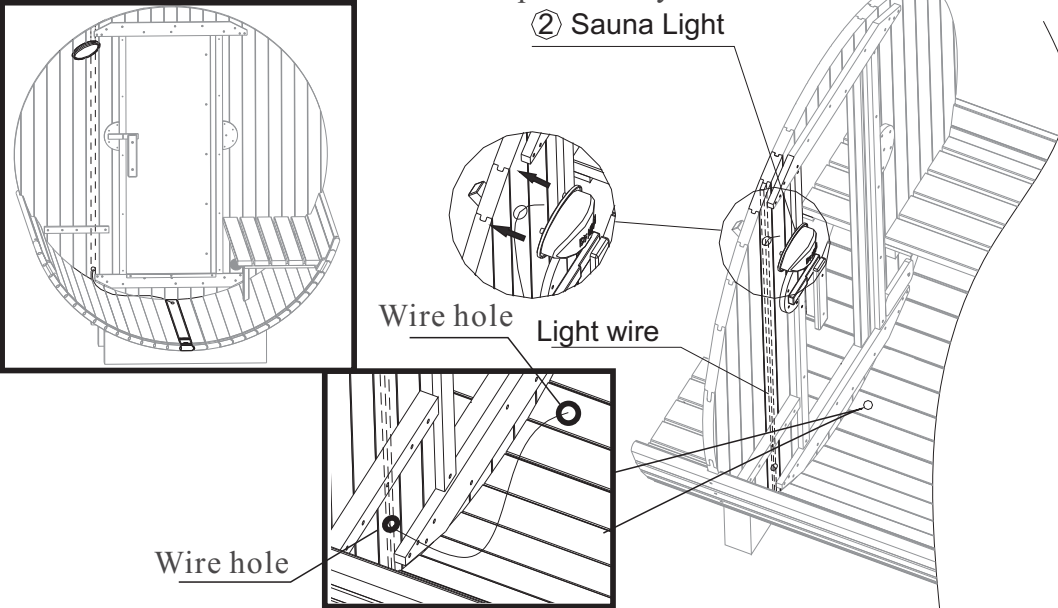
5. Bench assembly

(1) Place bench straight on the bracket of front and back walls to make screw holes of the bench on the bracket of front and back wall, and fasten the benches by screws.

(Note: no need to assemble outside bench for the sauna series without canopy)

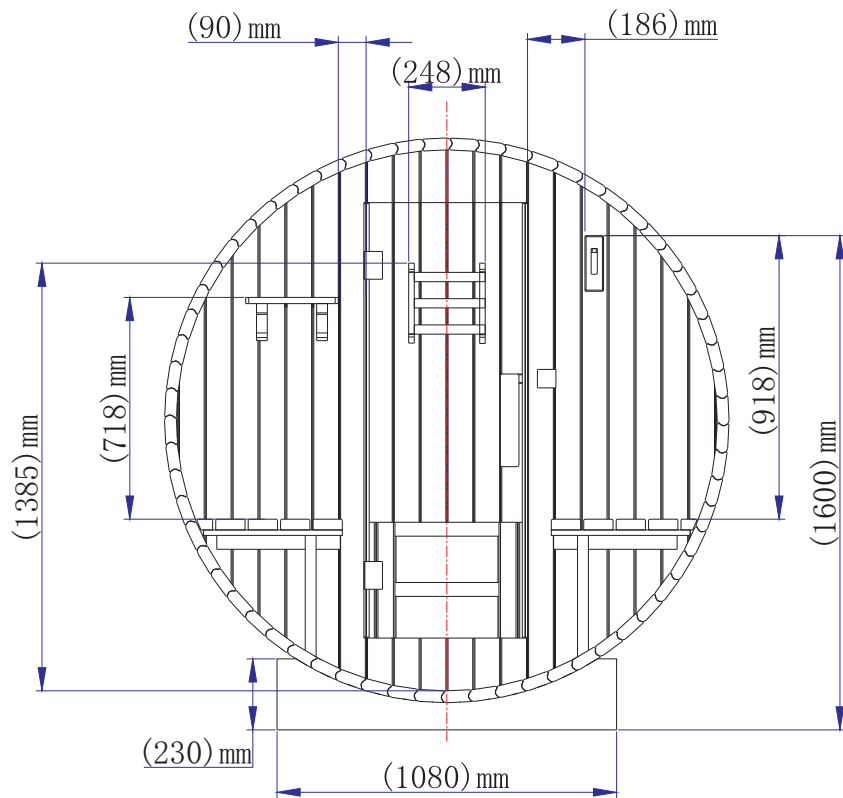


6. Magazine rack /Heater and lamp base assembly

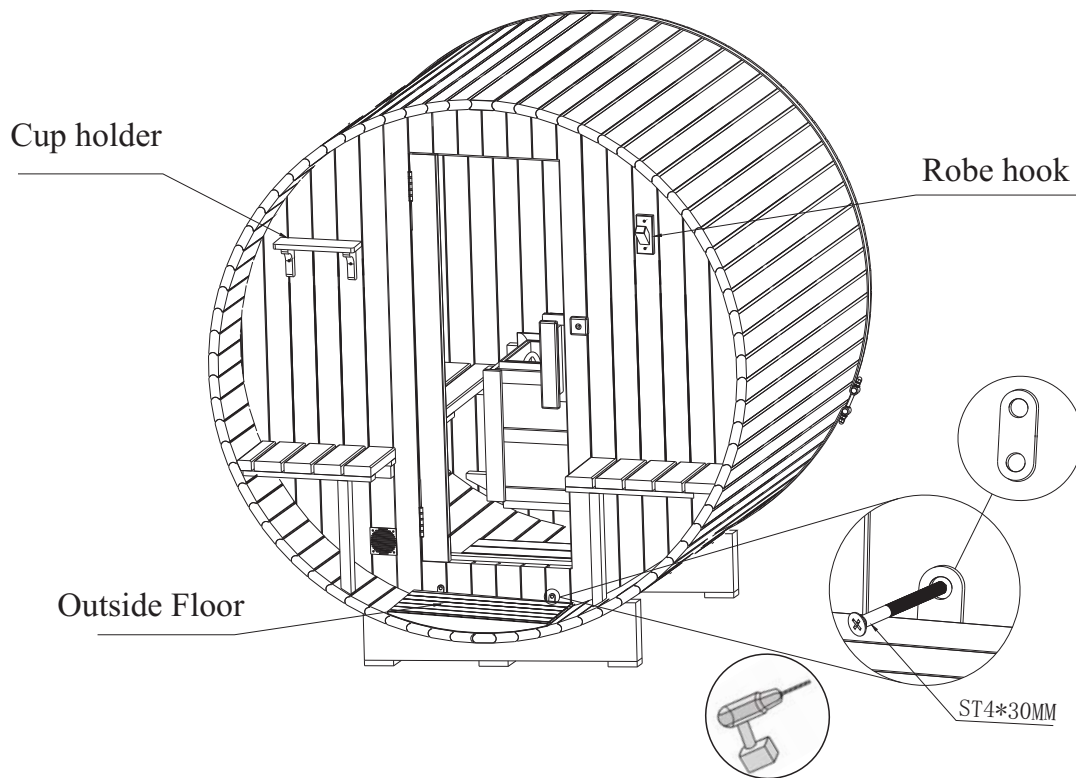
<p>Magazine rack</p>  <p>Magazine rack</p> <p>ST5*30</p>	<p>Sauna Heater Fence</p> <p>① Heater fence</p>  <p>ST5X30</p>	
<p>The installation location refer to page 12.</p>		
<p>② Sauna heater holder</p> <p>① Sauna heater</p> 	<p>③</p>  <p>Sauna heater fence</p> <p>ST5*50</p> <p>! Please refer to heater installation manual for details.</p> <p>! Please refer to heater instructions for heater fence installation.</p>	
<p>Sauna light assembly</p> <p>④</p>  <p>4-1:Accessories of anti-lamp</p>	<p>4-2:Lamp holder location</p> <p>4-3:Lamp assembly</p> <p>② Sauna Light</p>  <p>Wire hole</p> <p>Light wire</p> <p>Wire hole</p> <p>Note:Cable along the front wall channel goes down to the bottom,then wire out from the hole and connect the controller outside.</p>	

7. Installation of other accessories for reference: heater fence, cup holder, robe hook, floor

①



②



8. Instructions:

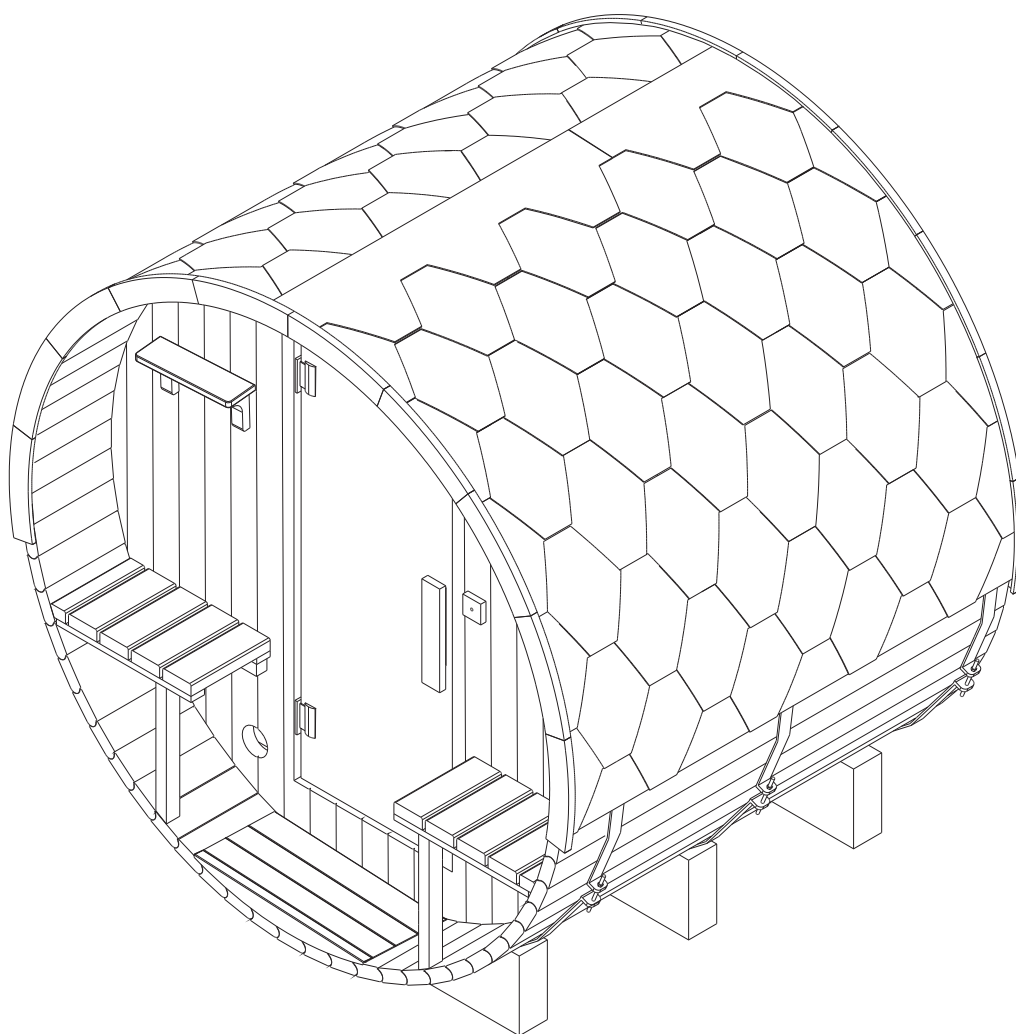
Maintenance instructions

- (1) Turn on sauna heater, setting desired temperature, normally 60 °C -80 °C (in the area between bench surface and your head). Start with low temperature and increase it according to endurance of your body when you are in a sauna for the first time.
- (2) Before the sauna, take off clothes, glasses, jewelries, cell phones and other belongings, and then take a simple shower or spa.
- (3) The average sauna period for each time is around 5-15 minutes.
- (4) After a sauna, you can take a bath in a swimming pool or take a shower to cool your body for 10-20 minutes.
- (5) After re-entering the sauna, you may find there are drops formed by vapor on sauna stones. If water drops to the ground, it means you are overusing the sauna.
- (6) At least rest for 20 minutes after the last time in sauna. First take a shower with soap and warm water, then with cool water to close skin pores. Put on clothes after your body temperature completely lowers. (children must be companied by parents)

Suggestions:





- (1) Paint the surface of sauna annually. You can choose the wood wax coating service provided by our company when purchasing the product.
- (2) Put a carpet before the door to keep the floor clean.
- (3) Brush obstinate stains on the sauna with sandpaper for daily maintenance.
- (4) Replace sauna stones after over 500 hours in normal use.

Instructions for Assembly Bitumen Roof Canopy on Sauna

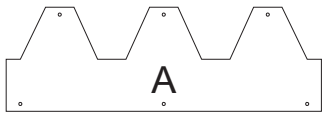


- 1 • Tools for assembly bitumen roof
Prepare the following tools before assembly

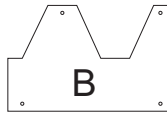
1 . Tools you need to prepare

Power Drill × 1	Pencil × 1	Tape × 1	Glass Silicone Sealant Gun × 1
			

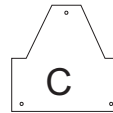
Bitumen roof canopy instructions accessories:



Standard component A
6 screws required



Standard component B 1/2
4 screws required



Standard component C 1/3
3 screws required



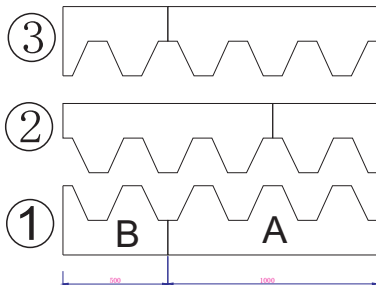
Standard component D 1/4
3 screws required



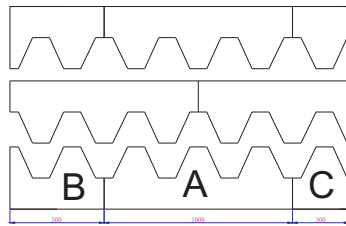
Standard component E 2/3
5 screws required



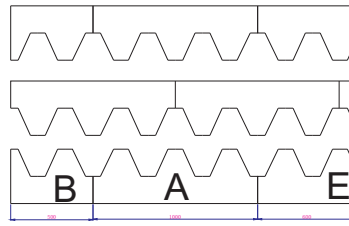
Standard component F 4/5
6 screws required



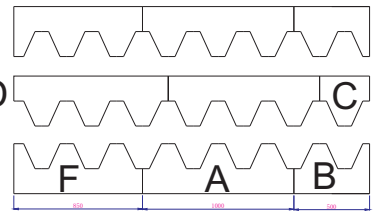
RWH300-M65
RWH300-M65C



RWH300-M66
RWH300-M66C



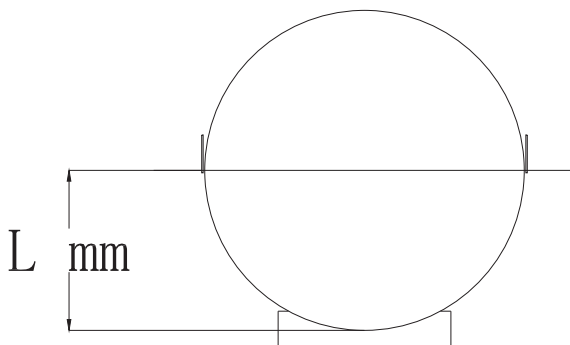
RWH300-M67
RWH300-M67C



RWH300-M68
RWH300-M68C

2. Instructions for assembly bitumen roof

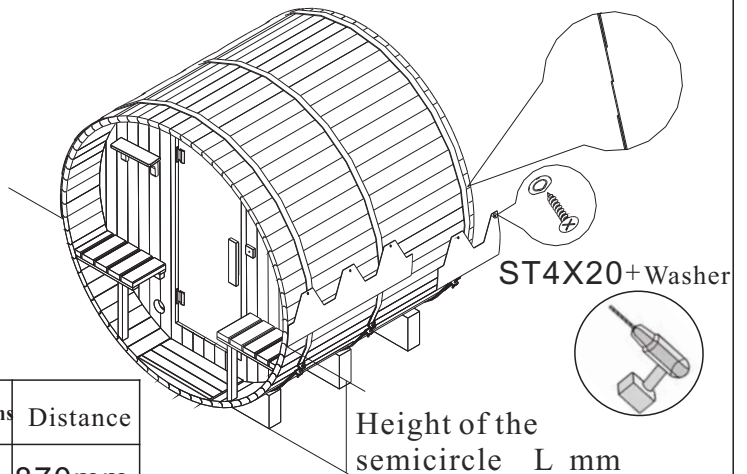
① Installed position size

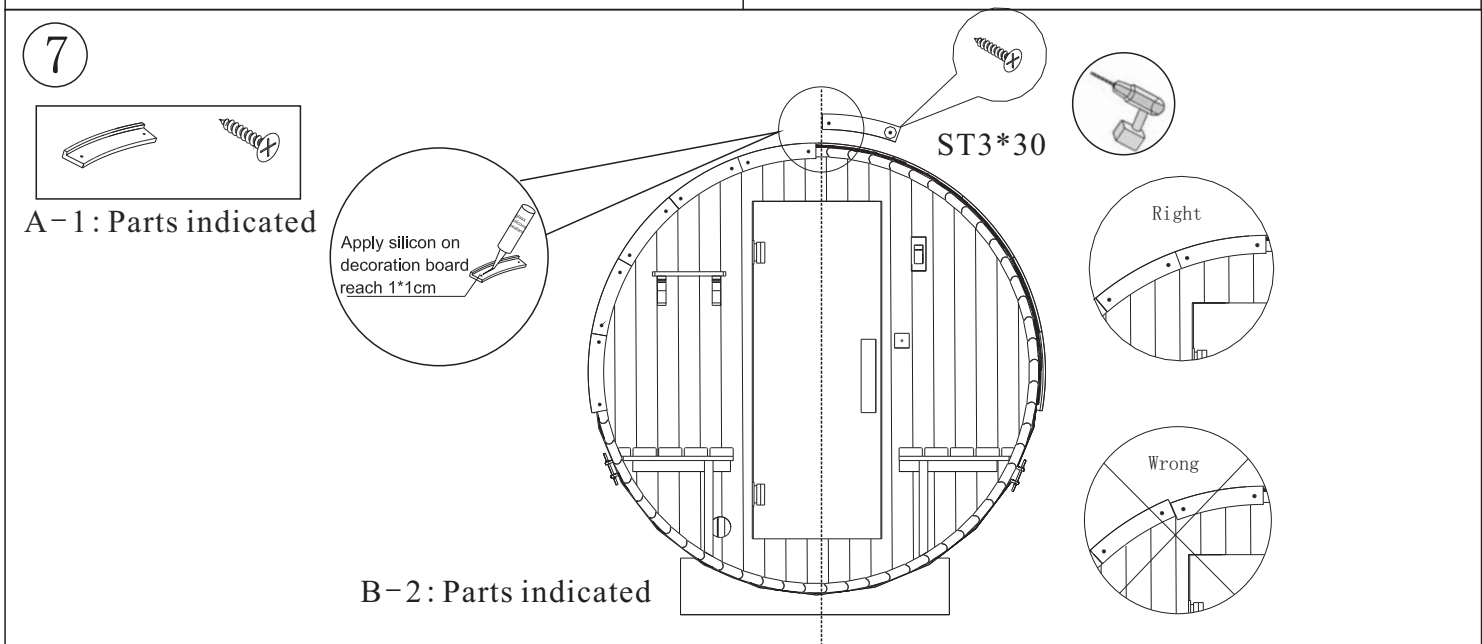
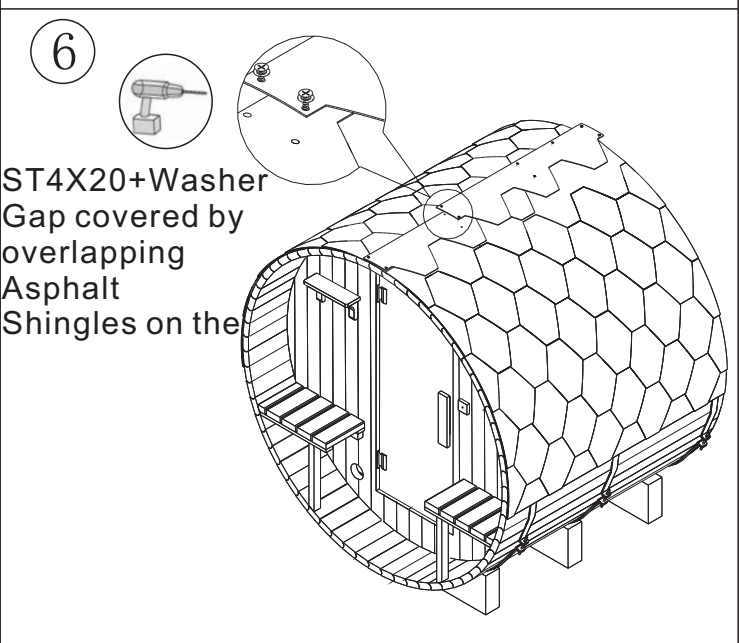
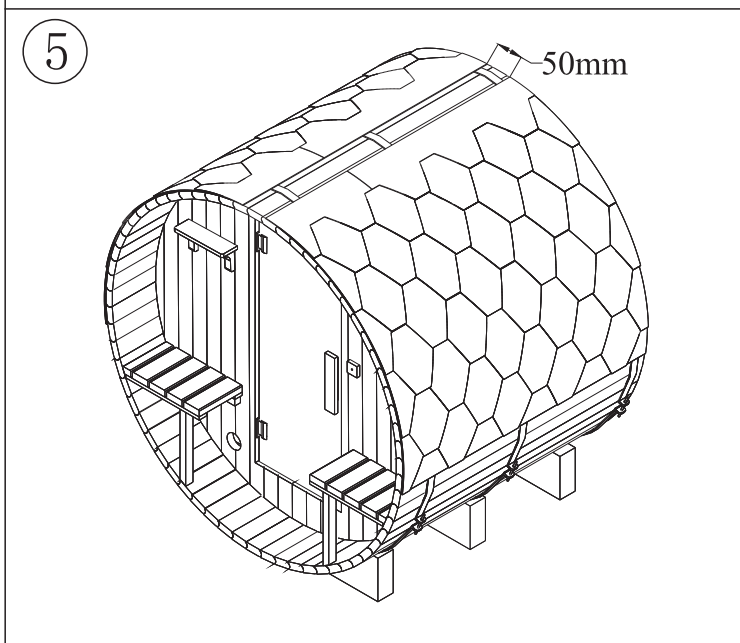
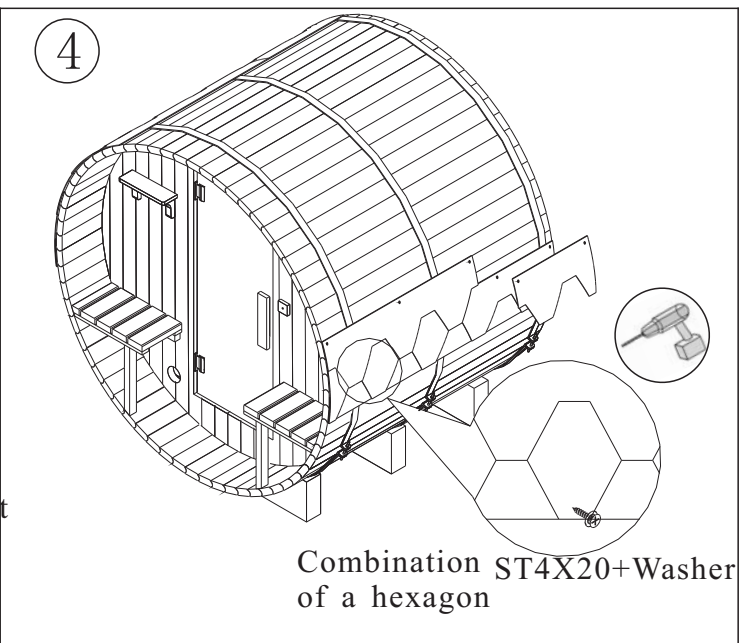
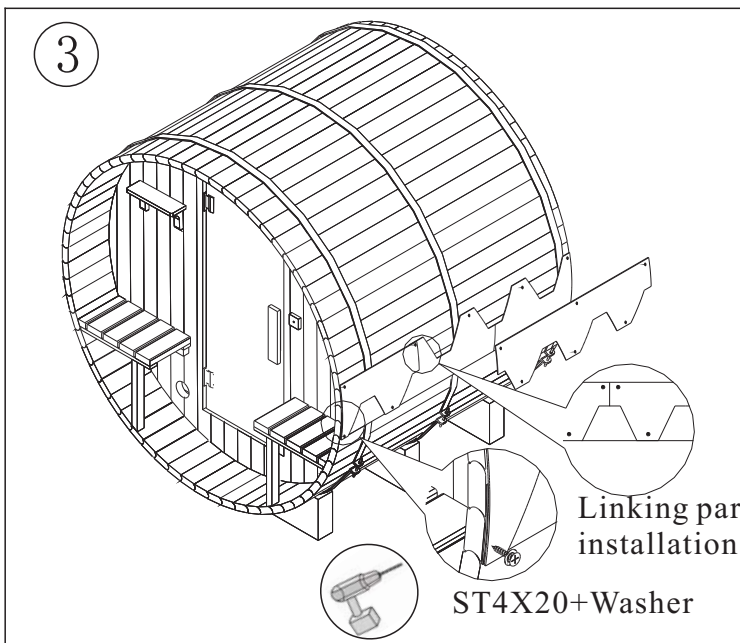


Assembly bitumen roof in both sides based on the center line

Specifications	Distance
6 feet	870mm
7 feet	1070mm

② NOTE: Take off the rear thin film of bitumen roof before Assembly.





10. Recommendations and suggestions for sauna

- (1) It is recommended to paint (wood wax, tung oil) on external wooden parts of sauna to prevent corrosion, crack and tarnish.
- (2) Suggestions: after assembling sauna, wash interior twice a day for 2-3 days.
- (3) It is suggested to lay a carpet before the door to prevent abrasion and dirt.
- (4) Pay attention to maintenance, electricity and fire of sauna.

