



## DISCLAIMER

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## IMPORTANT SAFETY INSTRUCTIONS



**WARNING:** A WARNING alerts you to the possibility of serious injury or death if you do not follow the instructions.



**CAUTION:** A CAUTION alerts you to the possibility of damage or destruction of equipment if you do not follow the corresponding instructions.



**WARNING:** Failure to read, thoroughly understand, and follow all instructions can result in serious personal injury, damage to equipment, or voiding of factory warranty! It is the installer's responsibility to make sure all components are properly assembled and installed using the instructions provided.



**WARNING:** Failure to provide adequate structural strength for this accessory can result in serious personal injury or damage to equipment! It is the installer's responsibility to make sure the structure to which this accessory is attached can support the weight of all equipment.



**WARNING:** Use this sauna only for its intended use as described in these instructions. Do not use attachments not recommended by the manufacturer.



**WARNING:** Professional installation required.

**IMPORTANT!** The FD-6 and FD-7 barrel saunas are pre-fitted to accommodate a traditional steam heater. Follow all manufacturer's guidelines for proper installation.

In the U.S., the equipment shall be installed per the applicable requirements of the National Electrical Code, ANSI/NFPA 70.

In Canada, the equipment shall be installed per the applicable requirements of the Canadian Electrical Code, CSA C22.1.

## INSTALLATION

The FD-6 and FD-7 barrel saunas should be installed professionally.



**WARNING:** All wiring should be performed by a licensed electrician following all local codes and ordinances.



**WARNING:** ELECTRICAL SHOCK HAZARD! CUTTING OR DRILLING INTO ELECTRICAL WIRES OR CABLES CAN CAUSE DEATH OR SERIOUS PERSONAL INJURY! ALWAYS make certain the area behind any mounting surface is free of electrical wires and cables before cutting, drilling or installing fasteners.



**WARNING:** EXPLOSION AND FIRE HAZARD! CUTTING OR DRILLING INTO GAS PLUMBING CAN CAUSE DEATH OR SERIOUS PERSONAL INJURY. ALWAYS make certain the area behind mounting surfaces or at ground level is free of gas, water or any other plumbing before digging, cutting, drilling or installing any fasteners.



**WARNING:** DO NOT ATTEMPT TO INSTALL SAUNA WITHOUT PROPER TOOLS AND SAFETY EQUIPMENT.



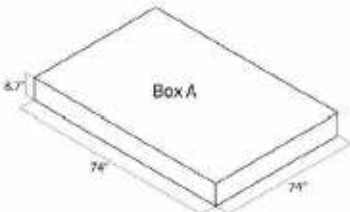
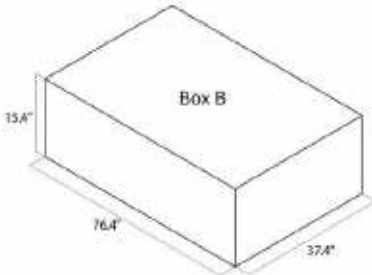
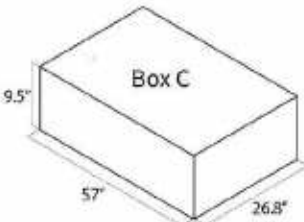
**WARNING:** DO NOT ATTEMPT TO INSTALL SAUNA WITHOUT PROPER PROFESSIONALS. A minimum of (2) physically able individuals are required for installation.



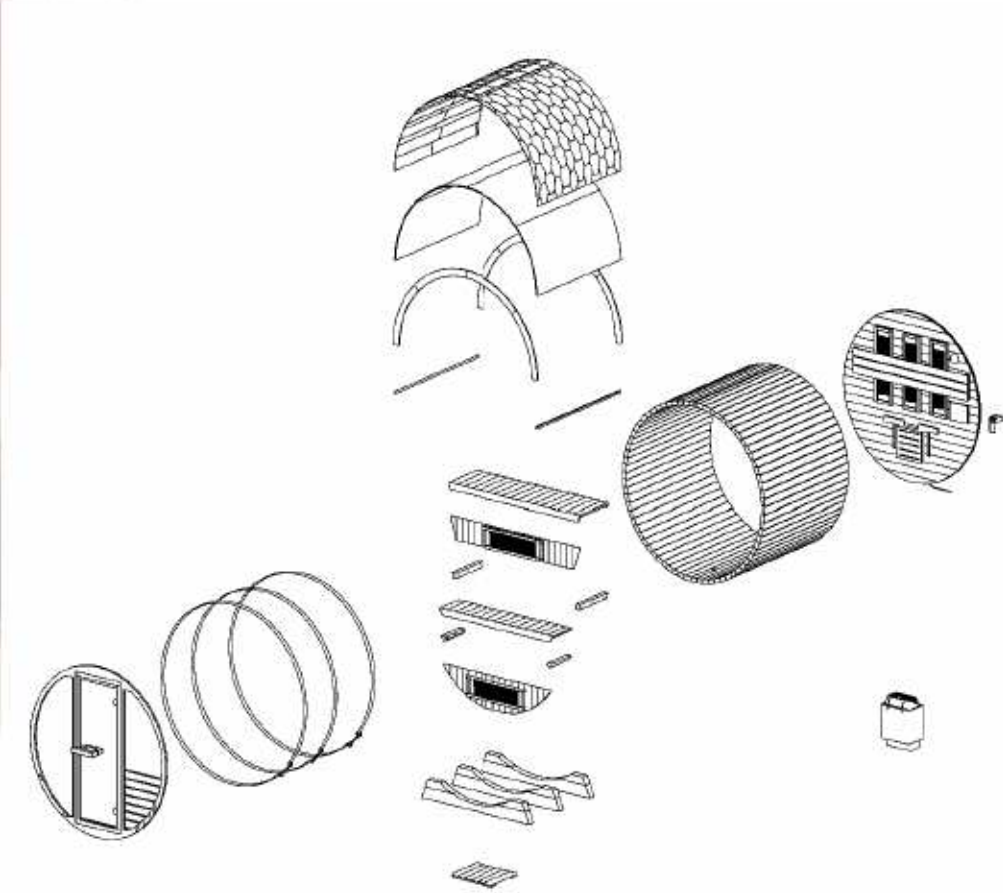
**WARNING:** DO NOT ATTEMPT TO INSTALL SAUNA WITHOUT PROPER PROFESSIONALS. A minimum of (2) physically able individuals are required for installation.

--SAVE THESE INSTRUCTIONS--

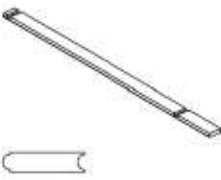
BOX CONFIGURATION

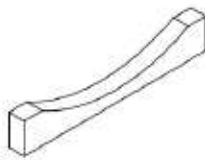
|            |                                                                                   |                                                                                    |                                                                                     |
|------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|            |  |  |  |
| Model      | FD-6   FD-7                                                                       | FD-6   FD-7                                                                        | FD-6   FD-7                                                                         |
| Dimensions | 74" x 74" x 8.7"                                                                  | 76.4" x 37.4" x 15.4"                                                              | 57" x 26.8" x 9.5"                                                                  |
| Weight     | 287lbs                                                                            | 234lbs                                                                             | 432lbs                                                                              |
| Contents   | Front Panel                                                                       | Wood Staves                                                                        | (3) Footing Supports                                                                |
|            | Back Panel                                                                        | Bench                                                                              | Roof Shingles                                                                       |
|            | Parts Box                                                                         | Bench Skirt                                                                        | (3) Stainless Steel Bands                                                           |
|            |                                                                                   | Roof Wedges                                                                        |                                                                                     |
|            |                                                                                   | (2) Additional Staves                                                              |                                                                                     |

PARTS DIAGRAM

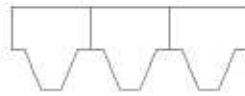


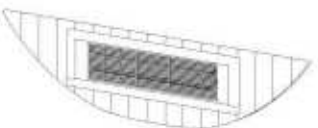
## COMPONENTS

|                                                                                   |          |                                                                                   |          |                                                                                    |           |                                                                                     |           |
|-----------------------------------------------------------------------------------|----------|-----------------------------------------------------------------------------------|----------|------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|-----------|
|  |          |  |          |  |           |  |           |
| <b>Front Panel</b>                                                                | <b>1</b> | <b>Back Panel</b>                                                                 | <b>1</b> | <b>Left Side Staves</b>                                                            | <b>35</b> | <b>Right Side Staves</b>                                                            | <b>35</b> |
| FD-BFP                                                                            |          | FD-BBP                                                                            |          | FD-BLS                                                                             |           | FD-BRS                                                                              |           |

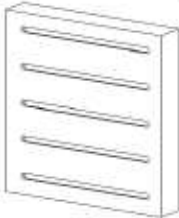
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|-----------------------------------------------------------------------------------|----------|-----------------------------------------------------------------------------------|----------|------------------------------------------------------------------------------------|----------|-------------------------------------------------------------------------------------|----------|
|  |          |  |          |  |          |  |          |
| <b>Center Bottom Stave</b>                                                        | <b>1</b> | <b>Top Staves</b>                                                                 | <b>2</b> | <b>Supports</b>                                                                    | <b>3</b> | <b>Front Trim</b>                                                                   | <b>4</b> |
| FD-BCS                                                                            |          | FD-BTS                                                                            |          | FD-BAS                                                                             |          | FD-FT                                                                               |          |

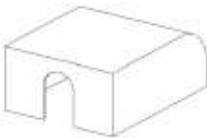
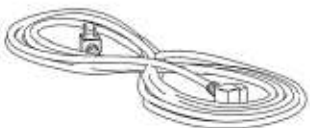
|                                                                                    |          |                                                                                    |          |                                                                                     |          |                                                                                      |          |
|------------------------------------------------------------------------------------|----------|------------------------------------------------------------------------------------|----------|-------------------------------------------------------------------------------------|----------|--------------------------------------------------------------------------------------|----------|
|  |          |  |          |  |          |  |          |
| <b>Back Trim</b>                                                                   | <b>4</b> | <b>Roof Wedges</b>                                                                 | <b>2</b> | <b>Stainless Bands</b>                                                              | <b>3</b> | <b>Roof Barrier</b>                                                                  | <b>1</b> |
| FD-BBT                                                                             |          | FD-BRW                                                                             |          | FD-BSB                                                                              |          | FD-BRB                                                                               |          |

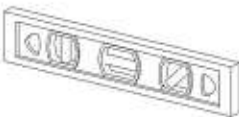
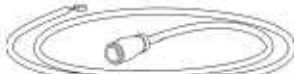
|                                                                                     |           |                                                                                     |          |                                                                                      |          |                                                                                       |          |
|-------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------------------------|----------|--------------------------------------------------------------------------------------|----------|---------------------------------------------------------------------------------------|----------|
|  |           |  |          |  |          |  |          |
| <b>Shingles</b>                                                                     | <b>56</b> | <b>Flat Shingles</b>                                                                | <b>4</b> | <b>Top Bench</b>                                                                     | <b>1</b> | <b>Top Bench Supports</b>                                                             | <b>2</b> |
| FD-BSH                                                                              |           | FD-BFS                                                                              |          | FD-BTB                                                                               |          | FD-BTBS                                                                               |          |

|                                                                                     |          |                                                                                     |          |                                                                                      |          |                                                                                       |          |
|-------------------------------------------------------------------------------------|----------|-------------------------------------------------------------------------------------|----------|--------------------------------------------------------------------------------------|----------|---------------------------------------------------------------------------------------|----------|
|  |          |  |          |  |          |  |          |
| <b>Top Bench Heater</b>                                                             | <b>1</b> | <b>Lower Bench</b>                                                                  | <b>1</b> | <b>Lower Bench Supports</b>                                                          | <b>2</b> | <b>Lower Bench Heater</b>                                                             | <b>1</b> |
| FD-BTBH                                                                             |          | FD-BLB                                                                              |          | FD-BLBS                                                                              |          | FD-BLBH                                                                               |          |

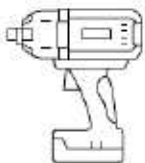
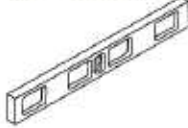
COMPONENT CONT.

|                                                                                   |   |                                                                                   |   |                                                                                    |  |                                                                                     |  |
|-----------------------------------------------------------------------------------|---|-----------------------------------------------------------------------------------|---|------------------------------------------------------------------------------------|--|-------------------------------------------------------------------------------------|--|
|  |   |  |   |  |  |  |  |
| Floor Panel                                                                       | 1 | Power Supply Cover                                                                | 1 | Body Screws                                                                        |  | Front Trim Screws                                                                   |  |

|                                                                                   |  |                                                                                   |  |                                                                                    |   |                                                                                     |   |
|-----------------------------------------------------------------------------------|--|-----------------------------------------------------------------------------------|--|------------------------------------------------------------------------------------|---|-------------------------------------------------------------------------------------|---|
|  |  |  |  |  |   |  |   |
| Bench Screws                                                                      |  | Duck Board Screws                                                                 |  | Power Cord Cover                                                                   | 1 | IR Power Cable                                                                      | 1 |

|                                                                                    |   |                                                                                    |   |                                                                                     |   |                                                                                      |   |
|------------------------------------------------------------------------------------|---|------------------------------------------------------------------------------------|---|-------------------------------------------------------------------------------------|---|--------------------------------------------------------------------------------------|---|
|  |   |  |   |  |   |  |   |
| Drain Assembly                                                                     | 1 | Level                                                                              | 1 | Pencil                                                                              | 1 | Lighting Cable                                                                       | 1 |

## ASSEMBLY TOOLS

| Power Tools                                                                                                                                                                                                                                                |              |             | Hand Tools                                                                                                                                                                                                                                                                                                                                                                                                                         |        |             |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|-------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|-------------|
|         |              |             |      |        |             |
|    |              |             |                                                                                                                                                                                                                                                                                                                                                                                                                                    |        |             |
| Impact Driver                                                                                                                                                                                                                                              | Circular Saw | Hand Sander | 3ft level                                                                                                                                                                                                                                                                                                                                                                                                                          | pencil | step ladder |

## STEP ONE

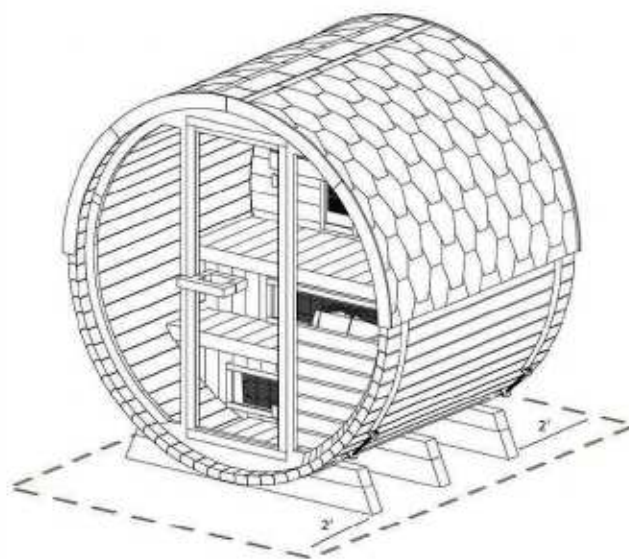
## Site Prep

The Finnmark barrel must be installed on a flat, level surface.

Acceptable foundations; concrete, gravel, wood decking. If installing on grass or organics, use pavers or flagstone under the sauna cradles to prevent sinking.

A flat, level site is essential to maintain the sauna structure, function, and aesthetics.

Tip: Allow for proper drainage if sauna is located in a geographic region with heavy snow.



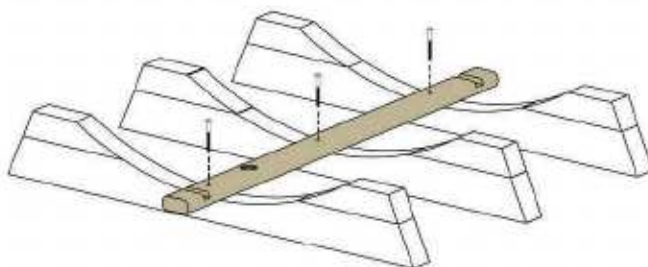
## STEP TWO

## Cradles

Align (3) cradles to match pre-drilled screw holes made to the center drain stave.

Drain hole should be installed to the front of the sauna.

Fasten the center stave with three 2 ½" wood screws.



## STEP THREE

### Install Drain Assembly

Remove drain assembly from the accessory box and install on bottom stave.

A gasket should be on top and bottom.

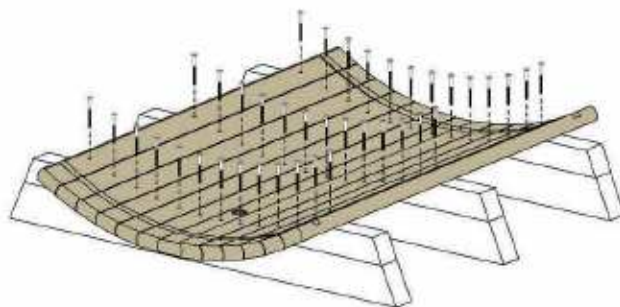


## STEP FOUR

### Install Lower Staves

Install staves L1 through L9 and R1 through R9 using the provided 2 1/2" wood screws.

Use a rubber mallet to ensure each stave is properly and tight fitted against the next stave.

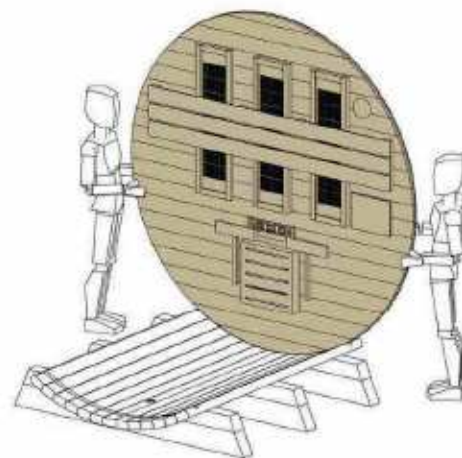


## STEP FIVE

### Install Back Panel

With two people, place the back panel in the grooves of the staves furthest from the main drain. (Back)

Place a level on the bench supports. Adjust panel left or right to level.

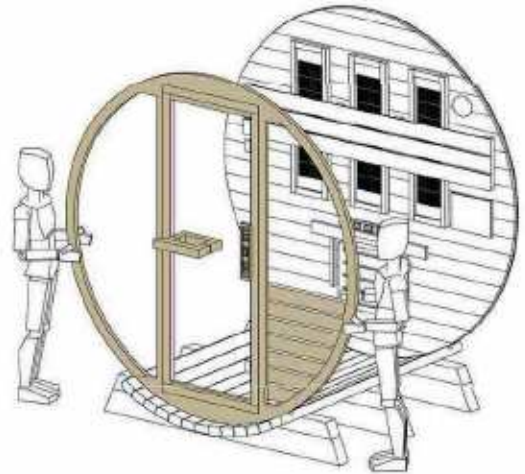


## STEP SIX

### Front Panel

With two people, place the front panel in the grooves of the staves closest to the main drain (front).

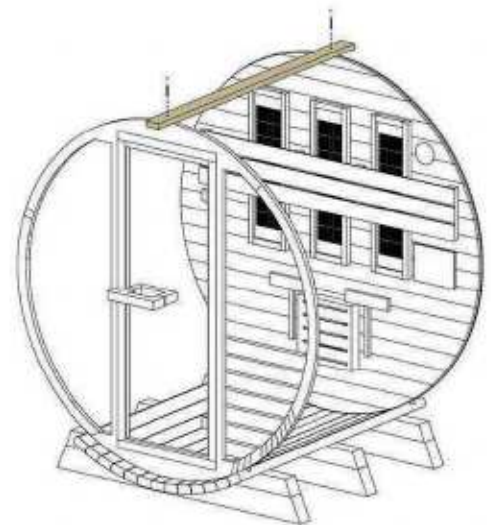
Place a level on the bench supports. Adjust panel left or right to level.



## STEP SEVEN

### Support Stave

Use a spare stave that is provided and screw into the top of the front and back panel for temporary support.

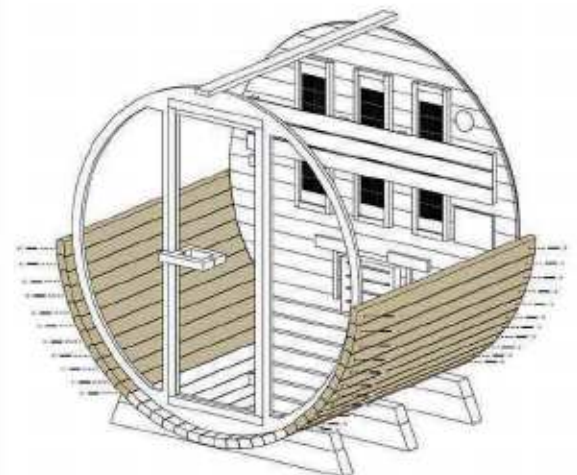


## STEP EIGHT

### Lower Staves

Install staves to the left and right side. Use provided stave screws to fasten the staves.

Use a rubber mallet to ensure each stave is as tight as possible.



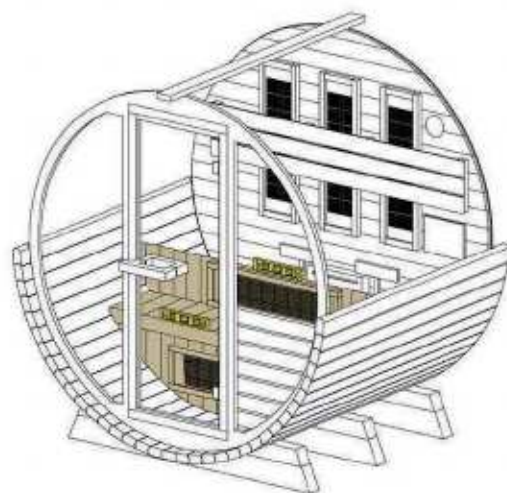
## STEP NINE

### Pre -Fit Bench support skirts

Locate the lower bench support, lower bench, upper banch support and place into the sauna.

Level the top bench support and bottom bench.

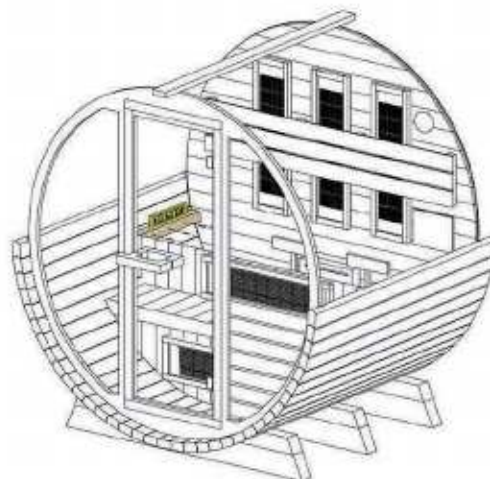
Adjust to ensure no gaps.



## STEP TEN

### Upper Bench Support

Locate upper bench supports. Level the upper bench supports with the upper bench on both left and right sides .

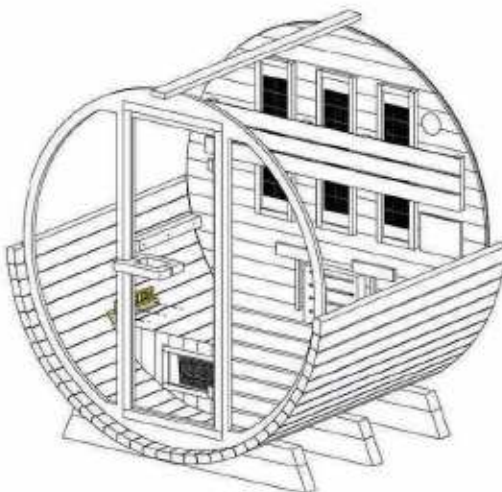


## STEP ELEVEN

### Lower Bench Supports

Remove the top bench skirt.

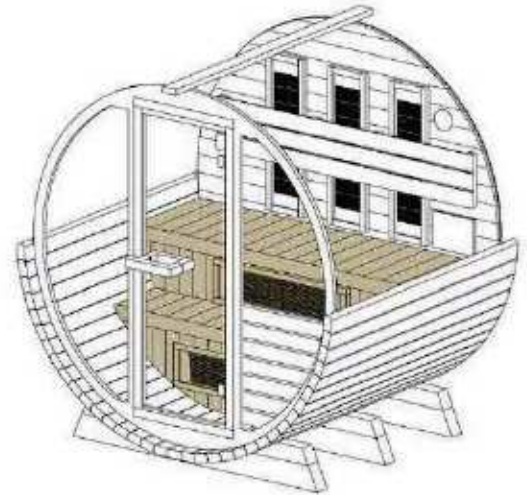
Locate lower bench supports. Level the lower bench supports with the upper bench on both left and right sides.



## STEP TWELVE

### Final Benches

Re-install top bench skirt and upper bench.

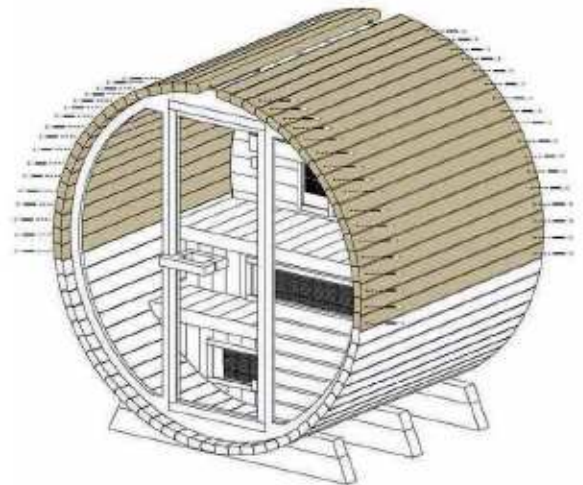


## STEP THIRTEEN

### Side Staves

Install and screw down left and right staves using a rubber mallet to tighten.

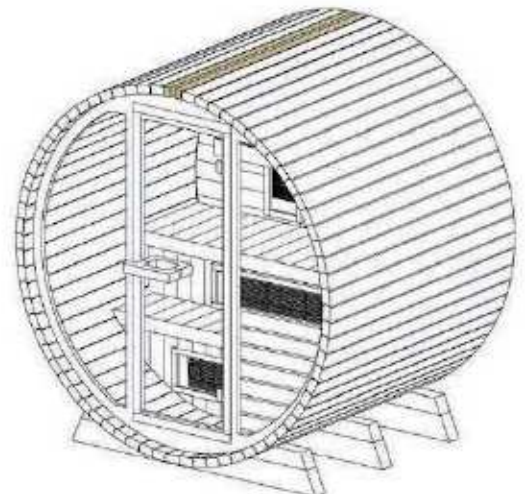
Do not screw in the last two staves.



## STEP FOURTEEN

### Top End Staves

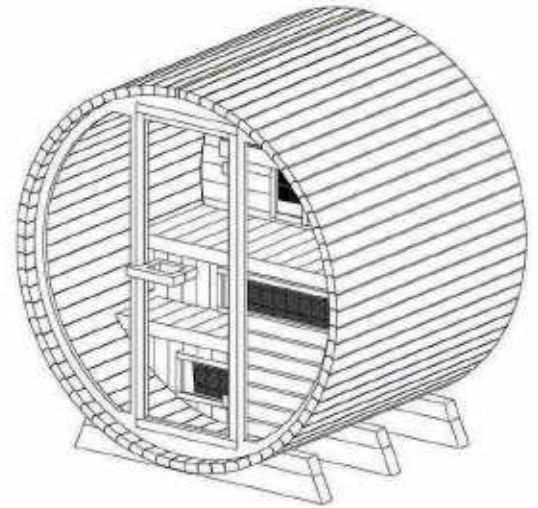
Locate both top staves. Place staves onto the left and right side of the top of the sauna.



## STEP FIFTEEN

### Filler Staves

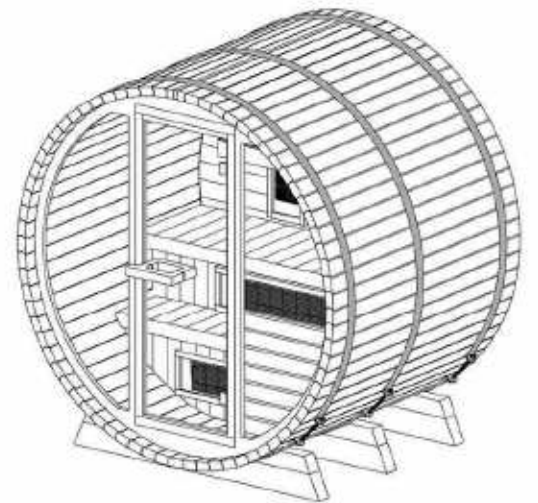
Locate (3) filler staves. Use the best fitting stave or multiple filler staves.



## STEP SIXTEEN

### Bands

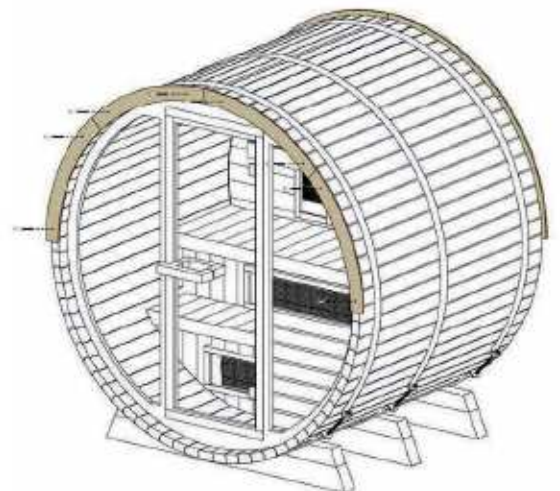
Locate (3) barrel bands. Wrap each band around the sauna and connect using band hardware.



## STEP SEVENTEEN

### Trim

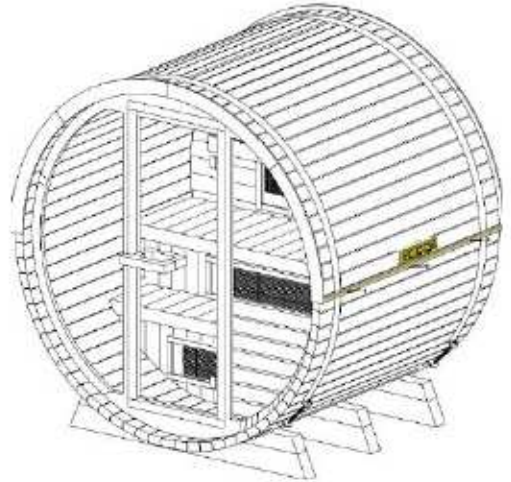
Locate (4) front and (4) back trim pieces. Screw in using provided screws.



## STEP EIGHTEEN

### Rain Wedges

Locate 2 rain wedges. Place slightly under trim panels, level and use provided screws to secure.

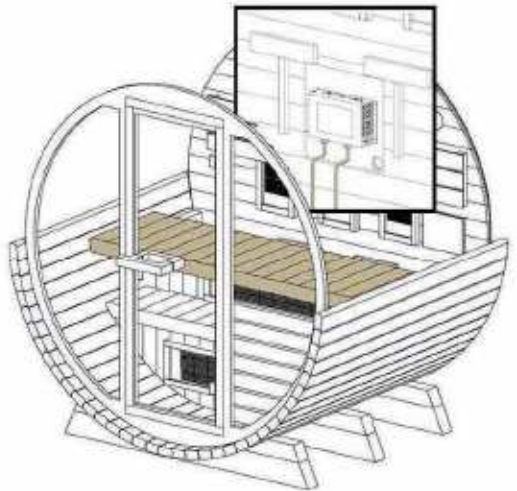


## STEP NINETEEN

### Heater Connections

Slightly pull out the top bench and locate the two heater wires attached to the lower bench support and upper bench support.

Plug each heater into the red power supply in open slots.

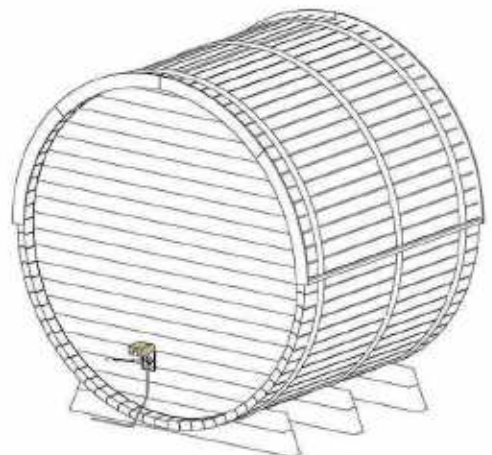


## STEP TWENTY

### Infrared Power Cord

Locate the power supply power cord located within the accessory box.

Plug into power supply and feed through provided access hole.

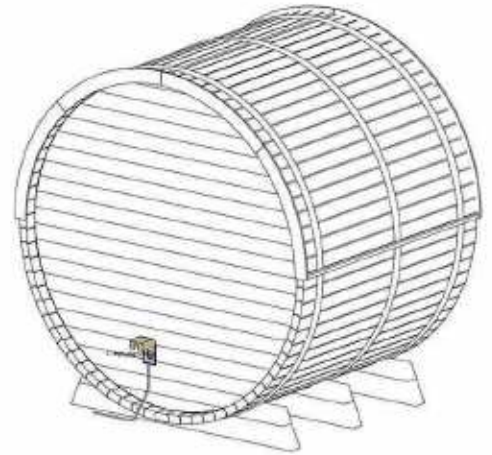


## STEP TWENTY ONE

### Outdoor Power Cover

Locate the power supply outdoor stainless steel cover and feed the power cable through.

Attach stainless steel cover using provided screws.

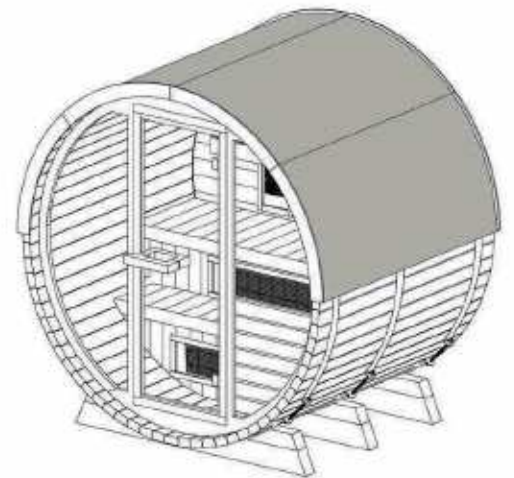


## STEP TWENTY TWO

### Rainguard Membrane

Locate the rainguard membrane and cut into (4) sections.

Install rain guard to sauna top one section at a time. Peel the protective sheet to expose the sticky membrane. Ensure to overlap using the provided overlap on the end of the membrane.



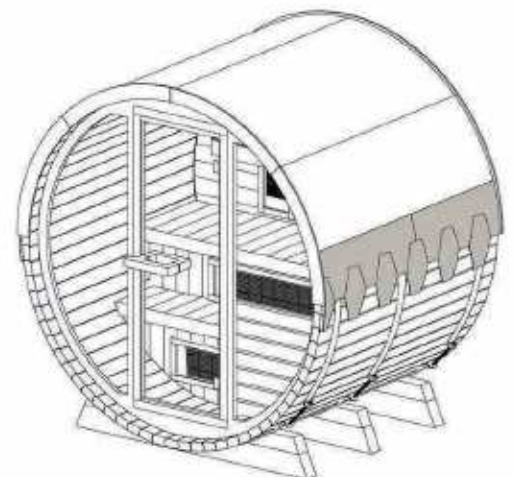
## STEP TWENTY THREE

### Shingles

Take one shingle end and cut in half for proper lineup.

Start in the front on one side and work your way up.

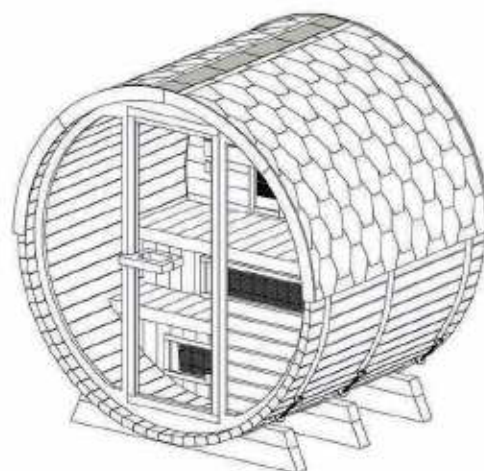
Trim unnecessary shingles.



## STEP TWENTY FOUR

### Flat Shingles

Use flat shingles to overlap and cover the shingles connection point.



## V2 Controller

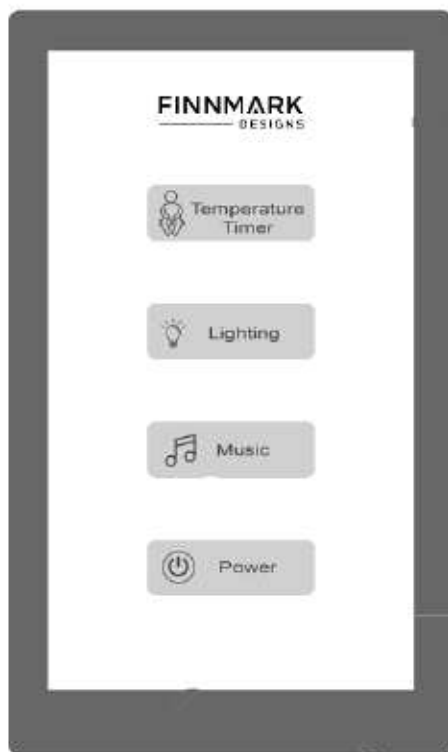
### 1) Preparing for your first sauna home experience

1. Review all health and safety instructions. If you're in doubt about using your infrared sauna, first consult with your physician.

2. The interior and exterior of the Finnmark Designs Infrared Sauna is made of the finest Western Canadian Red Cedar.

The cedar is aromatic and adds to the enjoyment of your sauna session. If the fragrance of the fresh wood is too strong during the first few months, first wipe the wood with a damp cloth to minimize the aroma.

### 2) LCD control panel



**Temperature | Timer**  
Set time and temperature

**Lighting**  
Adjust lighting

**Music | Bluetooth**  
Connect sauna to bluetooth

**Power Button**  
Turn sauna off

## B. Getting started

### 3) Powering on your sauna

1. Plug in the power cord to the electrical outlet. All lights on the LED Control Panel will flash once.
2. During Off mode, nothing will display.
3. We recommend turning the sauna on for the maximum time and temperature in order to burn off any factory dust before using your sauna for the first time. For maximum performance of the heaters, cycle your sauna (turn on to max temperature and run for one hour) 2-3 times.

### 4) Starting up your sauna

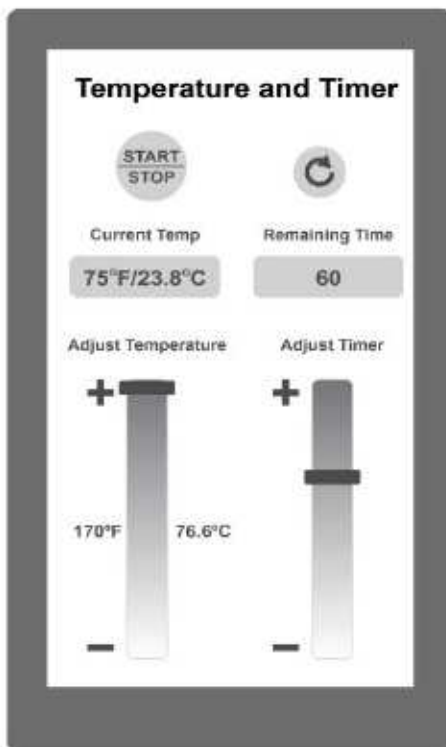
1. Hold your index finger on the bottom left side of the LCD screen until the controller turns itself on.



The controller is touch sensitive, so you must hold down the power button for 2-3 seconds.

## B. V2 Controller

### 5) Setting the sauna session time and temperature



**Start | Stop**  
Start and stop heat and timer

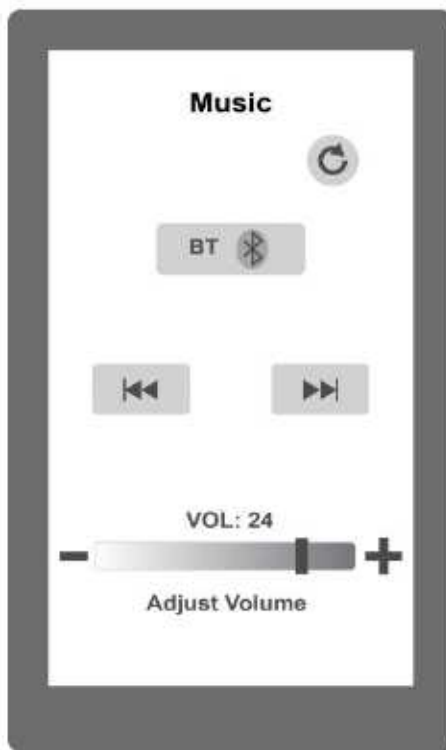
**Return to Home**  
Go back to home screen

**Adjust Temperature**  
Use slider or + & - buttons

**Adjust Timer**  
Use slider or + & - buttons

## B. V2 Controller

### 6) Using Bluetooth



**Return to home**  
Return to home screen

**Pair your bluetooth device**  
Press to pair your device

**Select track**  
Previous and next track

**Adjust volume**  
Increase or decrease volume

Your bluetooth device should see BT-SAUNA after you select the BT button on the controller.

Please note that most device operating systems are constantly being updated while the controller's operating system stays the same. This very well may be the cause of bluetooth signal disruptions (sound cutting in and out).

## B. V2 Controller

### 7) Controlling the multi-color LED light



#### Power ceiling lights

Select slider to turn lights on / off

#### Return to home

Return to home screen

#### Select color

Select desired color

#### Scroll

Use finger to scroll different colors

Red light therapy can be used during your sauna session by selecting the "red" button.

## B. V2 Controller

### 11) Error codes

**EO** EO: Temperature Sensor Disconnected. Reset sauna. Unplug and plug back in. Call customer support if needed.

**E1** E1: Short circuit. Check all connections.

**HH** HH: Inside Sauna Temperature is over the limit (170°F/76°C).

**HH error will be resolved automatically. During HH error, your sauna will automatically shut down and go into a cool-down period.**

### 12) Customer service

**Contact Information for Customer Service:**

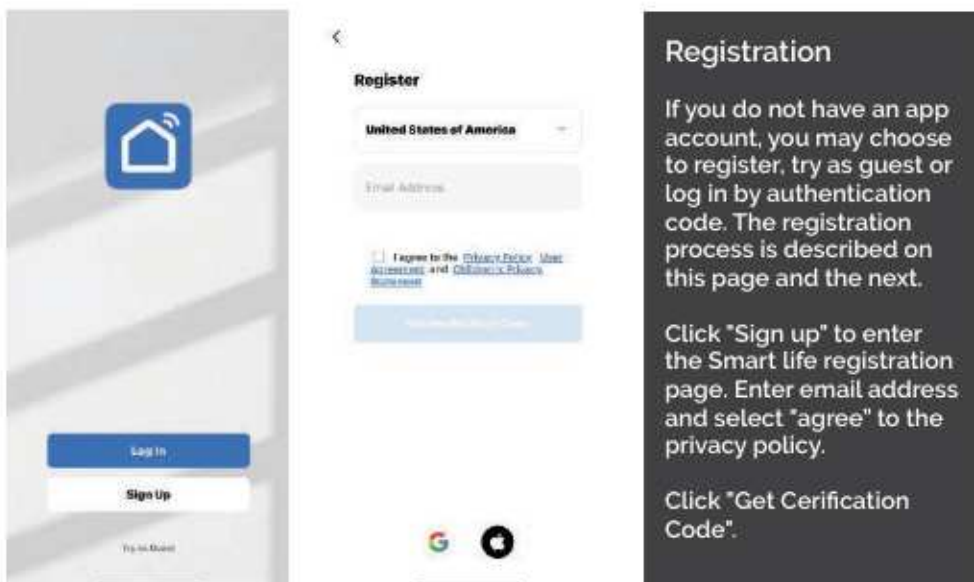
• Telephone No.: \_\_\_\_\_ (224) 253-5909  
• Email : \_\_\_\_\_ techsupport@bathingbrands.com

## E. WiFi Operation

### 1) Download Smart Life App



### 2) Registration



## E. WiFi Operation

### 3) Verification Code / Password



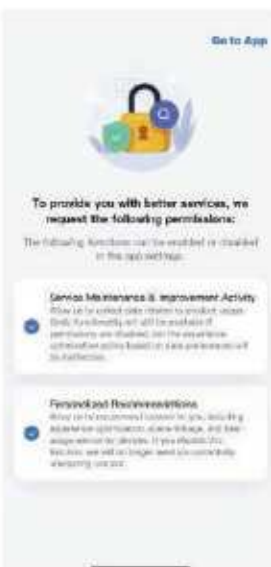
#### Verification Code / Password

Open the email account you registered with, then open the email sent from Smart Life. Copy the verification code.

Return to the smart life app and paste your verification code.

Set your account password and select "Done".

### 4) Permissions / Welcome



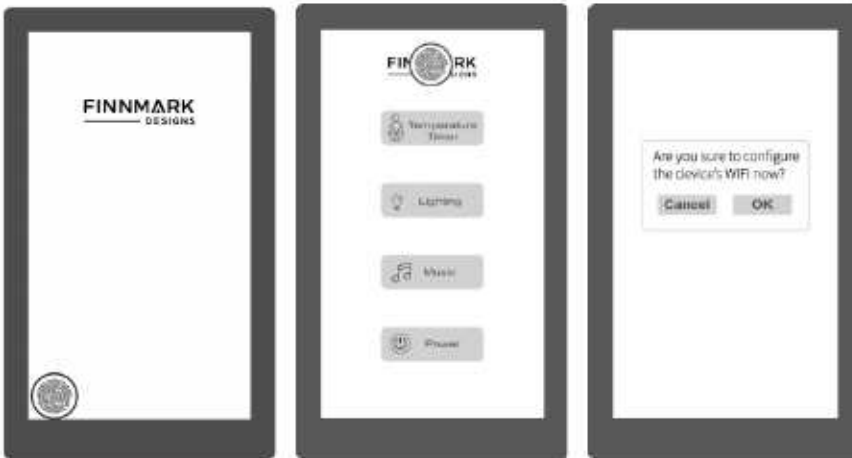
#### Permissions / Welcome

Select permissions and clickk "Go to App" located top right.

Select "Got It" on next screen.

## E. WiFi Operation

### 5) Turn On Controller / Confirm WiFi



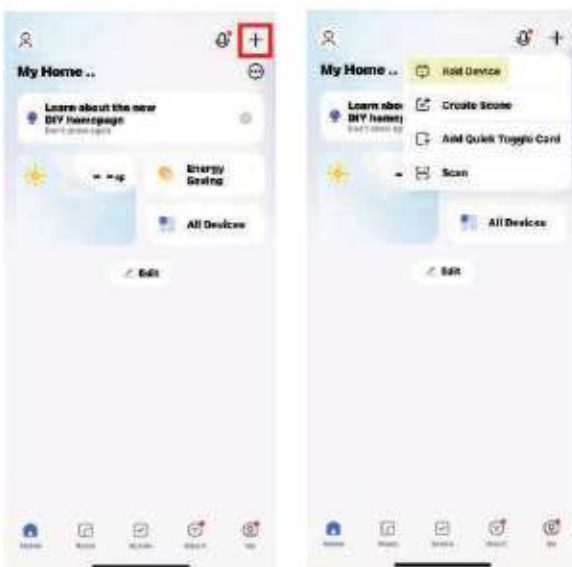
#### Turn On Controller / Confirm WiFi

Press and hold finger on bottom left of controller to turn on.

Press and hold the Finnmark Design's logo to activate the WiFi screen.

Select "OK" to configure WiFi.

### 6) Add Device



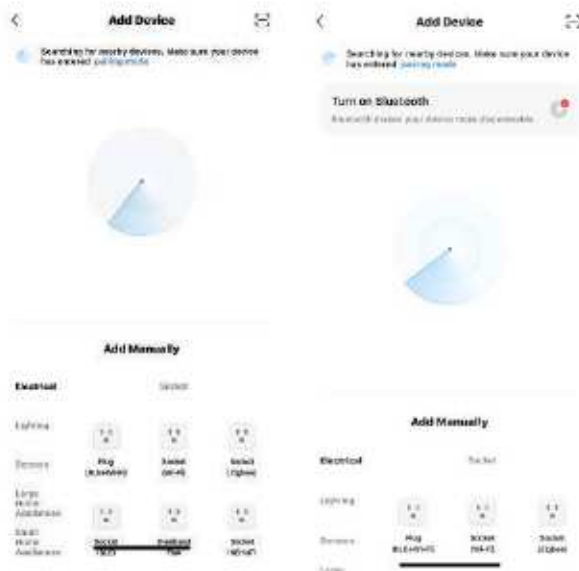
#### Add Device

Select the "+" symbol on the top right of the screen.

Select "Add Device" on the call out window.

## E. WiFi Operation

### 7) Add Device / Bluetooth

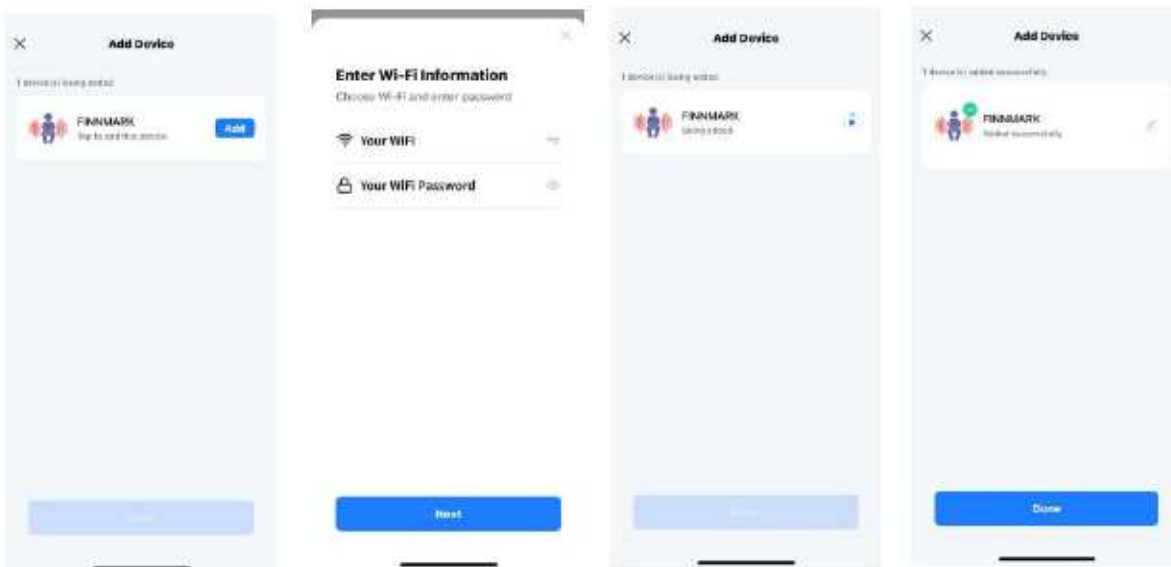


#### Add Device / Bluetooth

You must have BLUETOOTH turned ON with your device.



### 8) Add Device



#### Add Device

Select "Add".

Enter your WiFi name and WiFi password.

Select "Next" button.

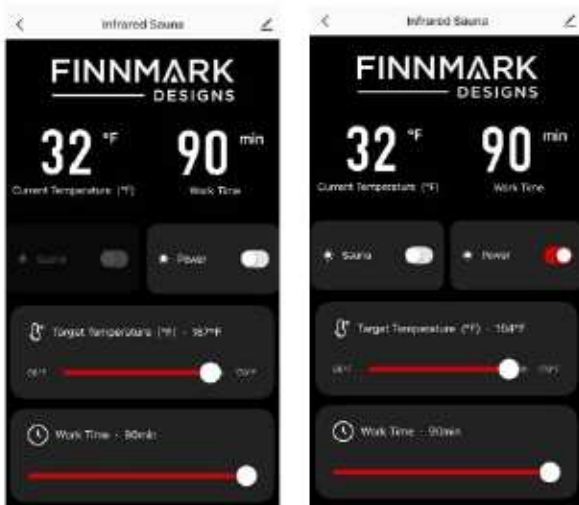
The Finnmark App will begin to download.

Download time depends on current internet speed.

Select "Done" when App is finished downloading.

## E. WiFi Operation

### 9) Turn On Controller

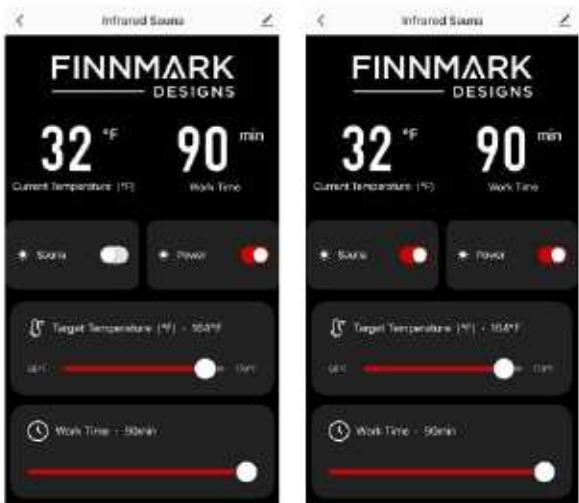


#### Turn On Controller

Select "Power" to turn on the controller within the sauna.

Note: This only turns on the controller, not sauna's heaters.

### 10) Turn On Sauna Heaters



#### Turn On Sauna Heaters

Select "Sauna" to turn on the sauna's Heaters

## E. WiFi Operation

### 11) Set Target Temperature



**Set Target Temperature**  
Use slider to set max temperature

### 12) Set Work Time



**Set Work Time**  
Use slider to set max time for sauna session.

## E. WiFi Operation

### 13) Lighting



#### Lighting Control

Select the color by pressing the desired button.

Select "Off" to turn sauna lighting off.

### 14) Set Sauna to Celsius or Fahrenheit

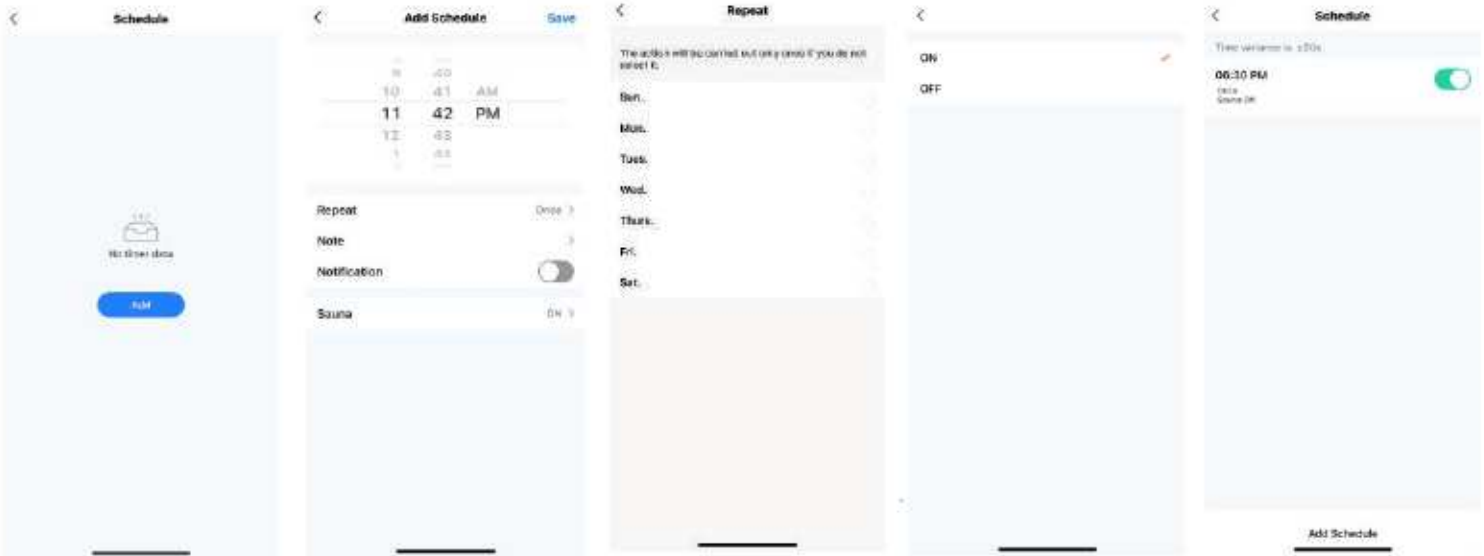


#### Set Sauna to Celsius or Fahrenheit

Toggle button to select desired temperature classification.

## E. WiFi Operation

### 15) Scheduling Sauna Sessions



#### Schedule

Select "Add" to schedule sauna session.

#### Add Schedule

Select time you would like the sauna to turn on or off.

Current timezone is automatically applied. If timezone is not correct, create an account with Smart Life to add current sauna location.

#### Repeat Schedule

Select days you would like to repeat the schedule made.

For single use, do not select repeat from the scheduling menu.

#### On / Off

Select if you want the sauna to turn on or off for desired schedule.

The sauna has a built in timer of 90 minutes. Set the schedule to off if your session will be less than 90 minutes.

#### Schedule Variants

You can set multiple schedules and toggle them to be on or off.

## C. Helpful tips for enjoying your sauna sessions

**Your Finnmark Designs is equipped with special infrared heaters.** Infrared heat waves reach the body directly without having to heat the air inside the sauna.

With this system, breathing is more comfortable and the atmosphere inside the sauna is more enjoyable than in conventional saunas. Because the infrared heat energy is warming the body directly (and not the air, walls, and fixtures within the sauna), lower temperature settings can be used to achieve results in short sessions starting from 20 to 30 minutes.

### 1) Preparing for your infrared session

1. **Review all health and safety instructions.** If in doubt as to the advisability of using your infrared sauna, consult with your physician.
2. The interior of the Finnmark Designs Infrared Sauna is made of the finest Western Canadian Red Cedar. It is aromatic and adds to the enjoyment of your sauna session. If the fragrance of the fresh wood is too strong during the first few months of use, first wipe the wood with a damp cloth to minimize the aroma.
3. Always **drink plenty of water** before, during and after a session. Doing so will replenish fluids lost during perspiration.
4. Do not eat anything at least an hour before your sauna session. It is better to **go in the sauna on an empty stomach**. You are more likely to feel uncomfortable sitting in a sauna with a full stomach.
5. **Choosing to take a hot shower or bath prior to the sauna session will further promote perspiration.** However, dry off thoroughly before going into the sauna because excessive water will leave stains and might warp the wood.

6. **Provide at least 2-3 towels.** One towel folded over several times for added cushioning on the bench. Another towel on the floor to absorb extra sweat. And a third towel to wipe off sweat.

7. **Start up your sauna and select the desired session temperature and time** using the control panel (see page 6 and next page).

8. **Allow approximately 15 to 20 minutes for the sauna to warm up** to a comfortable temperature before beginning a session (warm up time is subject to the air temperature and is different for each model).

|      |  |
|------|--|
|      |  |
| FD-6 |  |
| FD-7 |  |

***Please Note:** Your sauna's maximum temperature setting may not be achieved based on variations in ambient room temperature, air flow, placement of sauna, etc. If you are experiencing unusual warm-up times or if you have recently moved your sauna from one location to another, please call our technical support team for thermostat calibration help.*

## C. Helpful tips for enjoying your sauna sessions

### 2) Setting session time and temperature

Your body will probably need a few weeks to fully adapt to regular use of your Finnmark Designs.

Here are some average guidelines to set the time and temperature once you are used to the sessions:

-  **Time:**  
Noticeable results are usually obtained with sessions of at least 30 minutes. For therapeutic use, sessions of 45 minutes are advised.
-  **Temperature:**  
Many beginners need to start with a lower temperature and work their way up to a higher temperature. Some studies show therapeutic benefits at 163°. Finnmark Designs Saunas get to 170°. If perspiration does not start after 10 to 15 minutes, this usually indicates that the temperature is set too low to obtain good results.

#### When using your Finnmark Designs for the first time:

- **Do not do more than three sessions a week during the first four weeks.** You can do daily sessions after six weeks, if desired.
- **If you do not feel comfortable or relaxed during a session, lower the temperature** and/or open the door of the cabin.
- The Trinity sauna is built to have both the Harvia traditional heater and IR heaters run at the same time.  
**NOTE:** The infrared heaters will shut off at 170 degrees.

#### Using the traditional heater:

- **Do not** pour water on rocks until the heater has reached set temperature.
- **Start with a small amount of water** and slowly pour to create steam. Do not over pour water. If water is accumulating on the floor, you are using too much water.
- Read the traditional heater's operating instructions for proper usage.

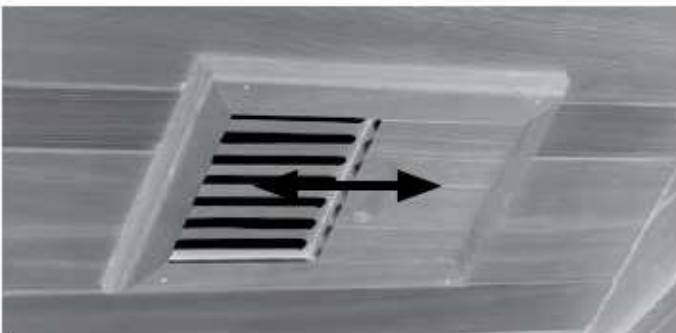
## C. Helpful tips for enjoying your sauna sessions

### 3) Useful information and tips for during your sauna session

1. **Make sure you have a towel on the floor and on the bench of the sauna to absorb perspiration.**

In order to maintain a clean and pleasant atmosphere inside your sauna, do not leave damp towels on the bench or floor. Remove them immediately after the session is over.

2. Be sure to **towel off excess** sweat during your session to help the body perspire more freely.
3. When the temperature reaches the level set on the control panel, the heaters will turn off and on periodically in order to maintain the desired temperature level inside of the sauna.
4. The **ceiling vent on the top panel can be opened** at any time **to introduce fresh air** into the sauna.



5. **If you feel the need for more cooling, simply leave the door open** until the air around you feels comfortable enough.

6. **Do not put any lotions or oils on the body or face** prior to using the sauna. This may block the pores and hinder perspiration.

7. **Essential oils** can help you to find more tranquility during your session.

8. **To make the most out of your sauna session, work your muscles while in the sauna.** Stretch your arms, legs etc. to help relieve sore and tense muscles and massage the affected areas while in the sauna. If you wish to achieve a deep heating effect to a specific area, move it closer to a heater.

9. **To relieve your ankles and feet more effectively, you must elevate them while inside the sauna.**

10. **Shaving your face or legs** with a razor while profusely sweating in a sauna yields an incredibly smooth result without the use of gels or foams.

11. Do not forget to **drink plenty of water** before, during and after sessions to replenish lost fluids through perspiration.

12. After the session is over, **do not immediately jump into the shower.** Since your body was heated up during the session, it will continue to sweat even after the heaters are off. **Sit in the sauna with the door open and let your body cool off.** Once you feel comfortable enough, take a warm (or cool) shower to rinse the perspiration off your body.

## D. Safety precautions

### 1) General safety precautions

#### 1. Read Instructions

Carefully read all safety and operating instructions before operating your sauna.

2. Retain these safety and operating instructions for future reference.
3. Do not smoke or light any fire inside your sauna.
4. To reduce the risk of injury, do not allow small children to use the sauna unless they are closely supervised at all times.
5. Do not use the sauna immediately after hard exercise. Wait at least 30 minutes to allow your body to cool down completely.
6. Exercise care when entering or leaving the sauna.
7. Never sleep inside the sauna while the unit is in full operation.

8. Unplug the sauna from the wall outlet before cleaning. Use a damp cloth for cleaning. Do not use liquid cleaners or aerosol cleansers inside the sauna.
9. Do not use this product near water. For example, near a bathtub, in a wet basement, or near a swimming pool.
10. Do not use attachments that are not recommended by the manufacturer, as they may cause a hazard.
11. The sauna must be placed under an awning or overhang to prevent heavy rain falling directly onto the roof or outdoor cover.
12. Do not stack or store any objects on top of or inside the sauna.
13. Use precaution when using electronic devices.
14. Do not install aftermarket devices.

### 2) Medical and health related precautions

1. If you intend to use far infrared therapy for medical reasons, please consult your physician prior to using the sauna.
2. Excessive temperatures have a high potential for causing fetal damage during the early months of pregnancy. Pregnant or possibly pregnant women should consult their physician prior to using the sauna.
3. The use of alcohol, drugs, or medications prior to or during the sauna session may lead to unconsciousness.
4. Persons suffering from obesity or with a medical history of heart disease, low or high blood pressure, circulatory system problems, or diabetes should consult a physician prior to using the sauna.
5. Persons using medications should consult a physician before using the sauna since some medications may induce drowsiness while others may affect heart rate, blood pressure, and circulation.

6. At the first sign of a cold or flu, increasing your sauna sessions may be beneficial in boosting your immune system and decreasing the reproductive rate of the viruses. Consult your physician for the proper treatment and care for this, before you start using your sauna.

#### 7. Hypothermia Danger

Prolonged exposure to hot air will induce hypothermia.

Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 98.6°F/37°C.

While hypothermia has many health benefits, it is important not to allow your body's core temperature to rise above 103°F/39.4°C. Symptoms of excessive hypothermia include dizziness, lethargy, drowsiness, and fainting. The effects of excessive hyperthermia may include failure to perceive heat, failure to recognize the need to exit, unawareness of impending hazard, fetal damage in pregnant women, physical inability to exit the sauna, and unconsciousness.

\*These statements have not been evaluated by the Food and Drug Administration. These statements are for informational purposes only and are not intended as a substitute for medical counseling. This information is not intended to diagnose, treat, cure, or prevent any disease. The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any loss, damage, or injury caused directly or indirectly by the information contained herein.

## D. Safety Precautions

### 3) Power supply related precautions

**1. Dry your hands before handling electrical controls.**

Never unplug the power cord or adjust the controls with wet hands or when you have wet bare feet. A danger of electrical shock exists.

**2. Your sauna is intended for use with a 3-wire properly grounded power socket.** Do not defeat the safety purpose of the supplied line cord and plug.

**3. This product should be operated only from the type of power source indicated on the marking label.** If you are not sure of the type of power supplied to your home, consult your local power company or electrician.

**4. Power supply cords should be routed so they are not likely to be walked on or pinched by items placed upon or against them.**

**5. For added protection during a thunderstorm,** or when it is left unattended and unused for long periods of time, unplug it from the wall outlet.

**6. Do not overload wall outlets and extension cords** as this can result in a risk of fire or electrical shock.

**7. Always unplug this product from the wall outlet before servicing the product.**

**8. Do not remove power supply covers.** No user-serviceable parts are located inside the power supply.

**9. We strongly recommend the use of a GROUND FAULT CIRCUIT INTERRUPTER (GFCI) device** in any potentially wet locations.

### 4) Warranty precautions

**1. When replacement parts are required, be sure to use replacement parts specified by the manufacturer** or have the same characteristics as the original parts. Unauthorized substitutes may result in fire, electrical shock or other hazards and will void the manufacturer's warranty.

**2. If the power supply cord becomes damaged,** it must immediately be replaced by the manufacturer or its agent or a similarly qualified person to avoid hazard.

**3. Altering or tampering any electrical connections** on the power supply will void the manufacturer's warranty.

**4. Do not attempt any repair without consulting the manufacturer first.** Unauthorized repair attempts will void the manufacturer's warranty.

**5. Your Finnmark Designs is made of the finest Canadian Cedar. All natural wood products have variations in the color, the grain, and irregularities, such as knots and fine cracks.**

These characteristics are part of the natural beauty of the wood and in no way should be considered defective.

**6. Upon completion of any service or repairs to this product by a service technician, ask the service technician to perform safety checks to determine that the product is in proper operating condition.**

**6. Warranty does not cover damage caused by improper installation, including but not limited to:**

- Failure to follow installation instructions.
- Failure to consider local weather and site conditions at the installation location (e.g., exposure to wind, snow, rain, and moisture).
- Subframes not square or level.
- Failure to apply wood preservative to all exterior surfaces immediately after installation, including doors and windows.
- Inadequate protection against weather (e.g., missing roofing strips, fastening strips, anchors, storm strips, or similar measures), even if these items are not included with the product.

## E. Troubleshooting Guide

| Question                                               | Answer                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|--------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Control panel is beeping and showing an error message. | <ul style="list-style-type: none"><li>• The temperature sensor inside your control panel housing has been disconnected. Remove control panel and confirm the connection is securely fastened.</li></ul>                                                                                                                                                                                                                                                                                   |
| There is no heat coming from my front heaters.         | <ul style="list-style-type: none"><li>• Check the white heater connections by removing the dust cover lid of the sauna. Connections should be tight and match (white to white, black to black, green to green).</li><li>• Check heater power cable connections on the power supply to ensure they are seated fully.</li><li>• Check red power supply internal breaker: Loose = not tripped. Push in and reset if not loose.</li><li>• Check power outlet / home breaker. Reset.</li></ul> |
| All other Sound System problems:                       | <ul style="list-style-type: none"><li>• Unplug the sauna, wait 10 minutes, then plug back in.</li></ul>                                                                                                                                                                                                                                                                                                                                                                                   |
| What are the electrical requirements for my new sauna? | <ul style="list-style-type: none"><li>• FD-6 = 15a / 120v / 1750 watts</li><li>• FD-7 = 15a / 120v / 1750 watts</li></ul>                                                                                                                                                                                                                                                                                                                                                                 |
| My new sauna is completely dead.                       | <ul style="list-style-type: none"><li>• Make sure the power cord is plugged into the sauna power supply and the other end is plugged into the wall socket.</li><li>• Try pressing breaker button on the sauna power supply.</li><li>• Unplug the sauna and plug something else, such as a lamp or radio, into the wall socket to verify there is power to that socket. If there is no power, check the house circuit breaker for that line.</li></ul>                                     |

## E. Troubleshooting Guide

| Question                                                                                                                         | Answer                                                                                                                                                                                                                                                                                      |
|----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| The controller display is faint or does not display correctly in some other way.                                                 | <ul style="list-style-type: none"><li>Try unplugging the sauna for about 5 minutes, then plug it back in. This should correct any display problems.</li></ul>                                                                                                                               |
| The sound system works, but nothing lights up on the controller display. I unplugged the sauna for 5 minutes but it didn't help. | <ul style="list-style-type: none"><li>Check to see that the data cable is plugged in at both ends- the round metal connector plugs into the "DATA" port on the power supply.</li></ul>                                                                                                      |
| The sound system doesn't turn on.                                                                                                | <ul style="list-style-type: none"><li>If the problem persists, please contact customer service.</li></ul>                                                                                                                                                                                   |
| The LED light panel in the ceiling turns on white, but none of the buttons on the remote control work.                           | <ul style="list-style-type: none"><li>Make sure the thin plastic tab is pulled out from the battery holder.</li><li>Make sure you are aiming the remote control at the center of the light panel, not at the sauna controller.</li><li>Replace the battery in the remote control.</li></ul> |

## E. Troubleshooting Guide

| Question                                    | Answer                                                                                                                                                                                                                                                                      |
|---------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Wrong A.C. Power cord                       | <ul style="list-style-type: none"><li>• Please confirm you are using the correct outlet to power your sauna.</li></ul>                                                                                                                                                      |
| House circuit breaker is tripping.          | <ul style="list-style-type: none"><li>• Check that the amperage of the breaker corresponds with the amperage rating of your sauna. Make sure that the circuit is not overloaded by having too many appliances on one circuit. Please contact a local electrician.</li></ul> |
| Where is the serial number on my new sauna? | <ul style="list-style-type: none"><li>• Look for a manufacturer's label under the seat.</li></ul>                                                                                                                                                                           |



## G. Limited Warranty

Finnmark Designs warrants the Sauna to be free of defects in material and workmanship.

|                        |                    |
|------------------------|--------------------|
| Heaters - Spectrum+    | Lifetime           |
| Heaters - Carbon       | 10 years           |
| Craftsmanship:         | 10 years           |
| Electrical Components: | 10 years           |
| Audio Components:      | 10 years           |
| Lighting Remote:       | 1 Year (accessory) |
| Commercial Use:        | 5 Years            |

Company warrants to the user during the warranty period that the Sauna Cabin will maintain its structural integrity. The factory-installed components (i.e., heater controls, power supply, electrical wiring, and audio system) will be free from defects in material or workmanship. This limited warranty shall not apply to any display model unless expressly agreed by Finnmark Designs in writing at the time of purchase or to any Sauna installed more than six months after the delivery date.

This warranty extends only to the original retail purchaser of the sauna and terminates upon transfer of ownership. It does not extend to commercial or institutional use or installation.

Freight charges to and from the customer are the responsibility of the customer (flat fee). This includes freight charges for parts shipped to enable the services of your sauna.

This warranty is void if the sauna has been subjected to alteration, misuse, abuse, accident, natural disaster or non-factory authorized modification or repair. This warranty is also void if the sauna has been operated or maintained in deviation to the published instructions. The warranty extends only to the manufacturing defects and does not cover any damages resulting from mishandling of the product by the owner. This warranty does not cover any normal wear and tear due to usage. This warranty also does not cover any damages caused by natural weather conditions even when the sauna is covered with the factory authorized outside cover. Broken glass and light bulb, whatever the cause, are not covered by this warranty.

Finnmark Designs shall not be liable for the loss of use of the sauna or other incidental or consequential damages. Under no circumstances shall Finnmark Designs or any of its representatives be held liable for injury to any person or damages to and properties. Some states allow limitations on how long specified warranty lasts. Some states do not allow exclusion or limitation of incidental or consequential damages, so the above limitations or exclusions may not apply to you. This warranty gives you specific legal rights, and you may also have other rights that vary from state to state. Specifications are subject to change without notice.



## G. Limited Warranty

The warranty period begins on the date the unit is purchased by the user. This warranty may not be transferred, sold, donated, gifted or assigned to a third party except with the prior written consent of Finnmark Designs, in its sole and absolute discretion. Absent written consent, only the original purchaser can make claims hereunder. All warranty labor must be performed by Finnmark Designs or its designated representative using authorized Finnmark Designs parts. No agent, dealer, distributor, service company or other party is authorized to change, modify, or extend the terms of this limited warranty in any manner whatsoever. Any warranty so provided shall be solely their separate obligation. As used in this warranty, "commercial use" shall mean any use that involves a fee, rate, charge, or other consideration, any use directly or indirectly in connection with a business, going concern, or undertaking intended for profit or pecuniary gain, and any non-residential use, "residential use" shall mean when purchased for use by a single-family for internal household purposes, and "user" shall mean the original purchaser.

The limited warranty does not cover defects, damage, or failure ("Damage") caused by the delivery service providers or common carrier, the installer, user, or other persons and animals, including without limitation, termites and other wood-destroying insects or rodents. The limited warranty excludes Damage resulting from transportation, careless handling, improper location, storage, or relocation, as well as from cleaning, painting, staining or other use of abrasive or improper chemicals. The limited warranty also excludes Damage arising from user's or a third party's negligence; modification of any type for any reason (including modification to meet local codes); improper installation (including installation not in accordance with instructions and specifications provided with the unit); connections supplied by the installer of the equipment, an electrician or a third party; improper voltage supply; unauthorized electrical modification; misuse; improper use; abuse; incorrect operation, lack of proper routine or preventive maintenance; unauthorized repair by a third-party; normal wear and tear; fire, and acts of God such as lightning, floods, earthquakes, etc. Outdoor-Use Sauna warranties do not include damage arising from a failure (i) to maintain the Sauna on a flat, level, hardtop surface with adequate drainage and (ii) to keep the exterior free and clear from plants, trees, grasses, soil, and snow deposits.

The limited warranty covers shipping fees for replacement components within 30 days of receiving the sauna. Shipping fees for replacement components after 30-days of sauna receipt are the responsibility of the customer.



## G. Limited Warranty

**For your record, please complete the following information.**  
You will need to refer to this information when calling customer service:

**Date of Purchase:** \_\_\_\_\_ **Date of Delivery:** \_\_\_\_\_

**Model Number:** \_\_\_\_\_ **Serial Number:** \_\_\_\_\_

**Dealer Information** (Name & Telephone): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Technical Support  
(224) 253-5909  
techsupport@bathingbrands.com



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(800) 983-0067 | [FinnmarkDesigns.com](https://FinnmarkDesigns.com)