Instructions for use

HOME DELUXE
WIR MACHEN DEIN ZUHAUSE

Traditional sauna SHADOW XL BIG



Original instructions for use

Designed in Germany

IMPORTANT:
KEEP FOR FUTURE REFERENCE.
READ CAREFULLY!

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Dear customer,

Thank you choosing a product from **Home Deluxe GmbH.** We hope you enjoy your new "Traditional Sauna SHADOW XL BIG".

The instructions for use support you in the installation, commissioning, operation and maintenance of the product. The instructions for use and the safety instructions must be read carefully and in full. Observe these instructions to avoid hazards.

1. General information

1.1. Product overview

Model: Traditional sauna SHADOW XL BIG

Item ID: 20588 | Variant ID: 49577

Package 1/6 Item ID: 20583| Variant ID: 49572

Package 2/6 Article ID: 20584| Variant ID: 49573

Package 3/6 Article ID: 20585| Variant ID: 49574

Package 4/6 Article ID: 20586| Variant ID: 49575

Package 5/6 Article ID: 20346| Variant ID: 49263

Package 6/6 Article ID: 20341| Variant ID: 49258

1.2. General notes

In order to fulfil our claim, we are constantly improving quality, simplifying installation and operation and adapting the products to customer requirements. Due to these changes, the current version of the instructions for use can be found on our homepage.

The term "product" is used in the instructions for use for the "Traditional Sauna SHADOW XL BIG", unless individual reference is made to the sauna, sauna cabin or sauna heater.

1.3. Guarantee

The statutory liability for defects and warranty rights apply from the date of purchase.
Home Deluxe GmbH accepts no liability for damage caused by non-compliance with the instructions for use. Complaints arising from improper installation or use are excluded from the warranty. In the event of defects in this product, please contact the manufacturer in writing:

Home Deluxe GmbH
Schanzeweg 2
32312 Lübbecke
Germany
Tel: +49 (0)5743 6181-0
e-mail: info@homedeluxe.de
www.home-deluxe-gmbh.de

Our service team will be happy to answer any further questions you may have.

2. Information on the instructions for use

2.1. Information on the translation

The original instructions for use were written in German. Any other language available is a translation of the German version.

2.2. Availability of the instructions for use

The instructions for use are an integral part of the product and should be kept complete and in the immediate vicinity of the product. Due to changes, the current version of the instructions for use can be found on our homepage.

2.3. Target groups of the instructions for use

The instructions for use must be read and observed by every person involved in one of the following activities or uses:

- Unpacking
- Assembly / Installation
- Commissioning / Operation
- Maintenance / inspection / care
- Troubleshooting / repair
- Waste disposal

2.4. Explanation of symbols

Symbol	Explanation of symbols
	**WARNING** The symbol indicates possible dangers that could result in fatal or serious injuries. Before carrying out the corresponding installation or application step, the corresponding note must be read.
	**INFO** The symbol provides important information and indicates material damage. Observe these before carrying out the corresponding installation or application step in order to understand problems and avoid damage.
	**CE labelling** The symbol declares the conformity of the product with the applicable requirements of the European Community. The current declaration of conformity is available on request from Home Deluxe GmbH.
	**Follow the instructions for use** The symbol indicates that the instructions for use must be read carefully before assembly/installation and/or operation of the product.
	**Covering prohibited** The symbol indicates that it is forbidden to place anything on the sauna heater or to cover it.
	**Disposal of electrical and electronic appliances** Electrical and electronic appliances must not be disposed of with household waste!

Symbol	Explanation of symbols
	**Protection class I** The symbol indicates that all conductive housing parts of the equipment must be connected to the protective conductor system of the fixed electrical installation. It is a protective earthing. In the event of a fault current, the circuit is de-energised by a fuse.
	**Alternating current** The symbol indicates that the product is operated with alternating current.

2.5. General information on the instructions for use

The operating instructions refer to the SHADOW XL BIG traditional sauna. It contains important information on installation, operation, maintenance and cleaning. The instructions for use, especially the safety instructions, must be read carefully before using the product; keep the instructions for use in a safe place. Only use the product as described in these instructions for use to prevent accidental injury or damage. If the product is passed on to third parties, these instructions for use must also be handed over.

2.6. Intended use

The sauna is of high quality, durable and intended or suitable exclusively for private use to a reasonable and customary extent. Furthermore, our product is not intended for commercial use. Commercial use is only permitted with the written authorisation of Home Deluxe GmbH.

The sauna is exclusively for indoor use by a maximum of 5 people.
The sauna heater is used exclusively to heat the sauna cabin to sauna temperature.

Only use the product as described in these instructions for use. Any other use is considered improper and may result in damage to property or personal injury. The manufacturer accepts no liability for damage caused by improper or incorrect use.

2.7. Safety instructions

General hazard warnings



- Improper handling can lead to considerable personal injury and damage to property. For this reason, assembly, installation, commissioning, troubleshooting, maintenance and repair work may only be carried out by qualified persons.
- **Only** install the product if the scope of delivery is complete and in perfect condition.
- Ensure that all parts are undamaged and correctly installed. There is a risk of injury if they are not installed correctly. Damaged parts can affect safety and function.
- Only place the product on a safe, level and firm surface.
- The product can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the product in a safe way and understand the hazards involved.
- **Danger to life!** No door lock or other locking device may be fitted to the sauna/door; the sauna cabin must always be freely accessible.
- Keep pets away from the sauna.

Danger for children



- Keep children away from packaging materials. There is a risk of suffocation!
- Children must not play in or on the product.
- Keep children away from the sauna and the sauna heater.
- Consult a paediatrician before your child uses or is allowed to use the sauna.
- **Attention!** Children aged 6 and over may only use the sauna under the supervision of an adult.
- Do not place the product directly or in the immediate vicinity of a play area.
- Cleaning and user maintenance must not be carried out by children without supervision.

Risk of injury
Improper handling of the product can lead to injuries.



- Do not make any design changes to the product. Any modifications must be authorised by the manufacturer and carried out in accordance with the manufacturer's instructions.
- **Danger to life due to electrical voltage:** To avoid burns or electric shocks, ensure that no metal objects or tools come into contact with the heating elements.
- **Danger to life due to electrical voltage:** To avoid the risk of electric shock, all installations and corresponding maintenance work must be carried out by a qualified electrician.
- **Danger to life due to electrical voltage:** If the mains cable for the power supply is damaged, take the product out of operation until the mains cable is replaced by the manufacturer, its customer service or a qualified electrician**.**

Risk of damage



- Improper handling of the product can lead to damage.
- Repair and maintenance work on the electrical system may only be carried out by a qualified electrician.

Explosion hazard



- In the event of a fire, inform the fire brigade immediately and make sure that there are no people in the sauna.
- **Caution:** Do not store highly flammable, combustible or explosive substances inside the product. Highly flammable substances can catch fire.

3. Product features

3.1. Technical data

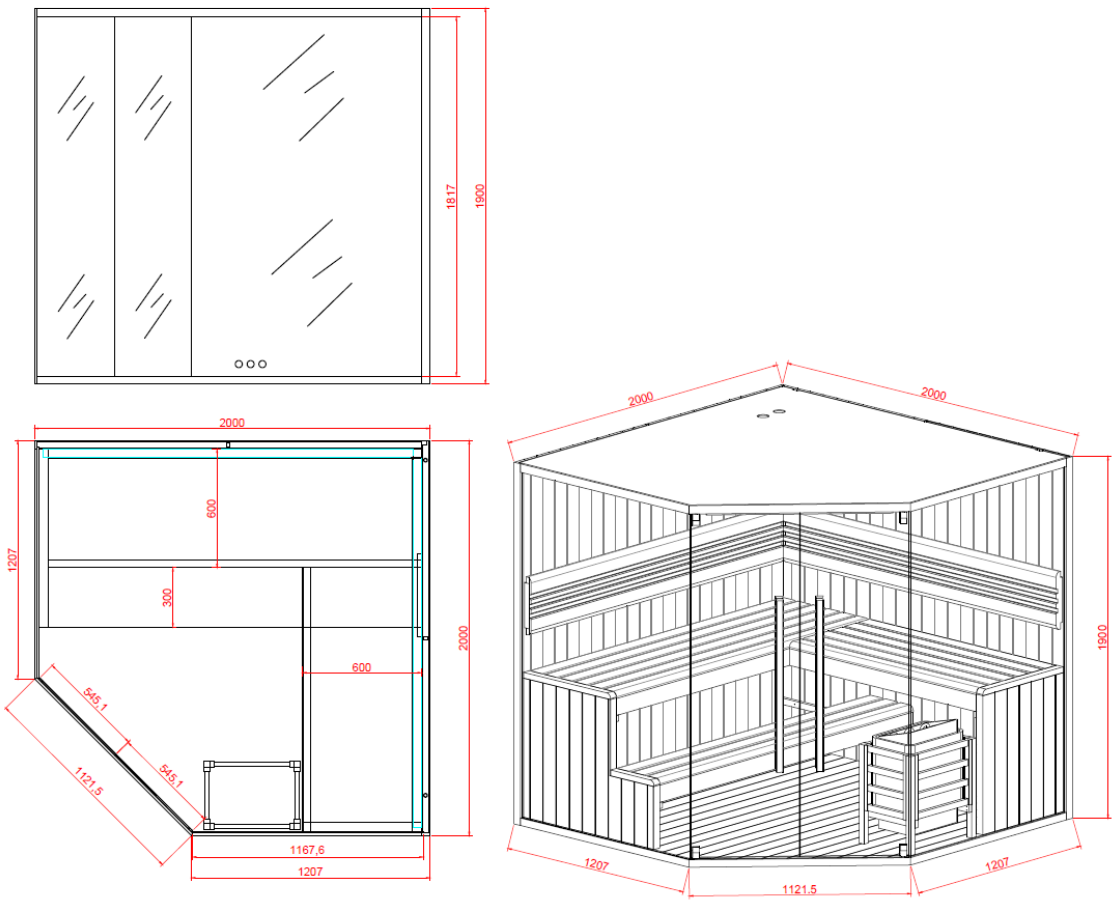
Sauna	
Material	Spruce wood
Dimensions (W x H x D)	2000 x 1900 x 2000 mm
Wall thickness rear wall	approx. 50 mm
Side wall thickness	approx. 42 mm
Entry height	4 cm
Entrance width	60 cm
Sauna operation	max. 6 persons
Glass panes	8 mm (ESG, toughened safety glass)

Sauna heater	
Supply voltage	380 - 415 V AC
Frequency	50 - 60 Hz
Sauna heater	8.0 KW
Protection class	I
Temperature range	80-100 °C
Depth	300 mm
Width	420 mm
Height	600 mm
Weight	10 kg

Sauna lamp (not included in the scope of delivery)	
Supply voltage	220 - 240 V AC
Frequency	50 - 60 Hz
Performance	max. 40 W / E27
Protection class[1)]	IPX4
LED light source	E27 LED bulb can be purchased separately from retailers

1) IPX4: Protection against splashing water from all directions

Dimensioned drawing



3.2. Product description

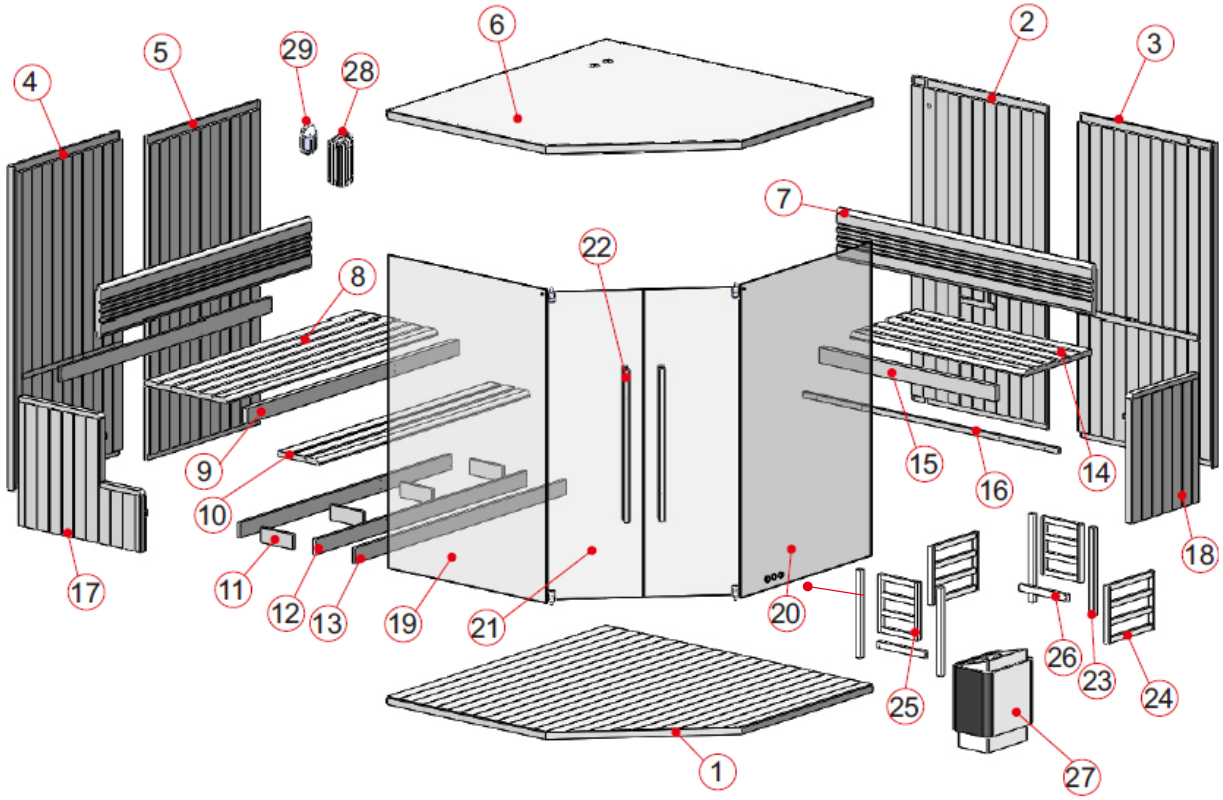
The spruce wood product is suitable for indoor use. The efficient sauna heater and the front design made of toughened safety glass ensure a pleasant and soothing feeling, providing ideal relaxation and regeneration. The traditional SHADOW sauna with panoramic glass elements is a stylish eye-catcher and impresses with its high-quality look. The black frame of the SHADOW combined with the panoramic windows give this sauna a modern, elegant and timeless look that suits any interior design style.

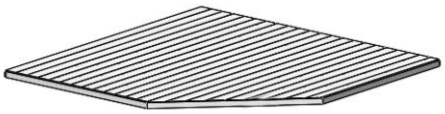
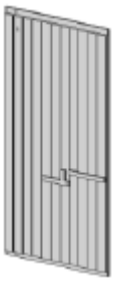
4. Scope of delivery

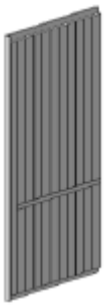
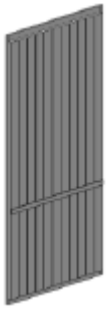
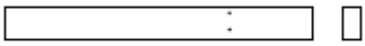
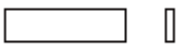
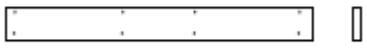
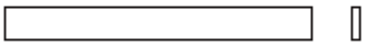
Check the packaging for external damage on delivery. Furthermore, immediately after unpacking, check that the scope of delivery is complete and that the product and all components are in perfect, undamaged condition. Only assemble the product if the scope of delivery is complete and undamaged.

The E27 bulb is not included in the scope of delivery and can be purchased separately from retailers.

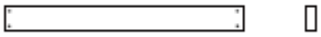
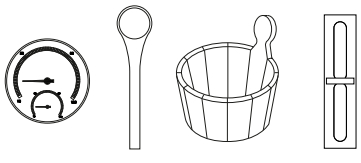
Make a note of the serial number of the control unit, as this number is required in the event of a repair or when ordering spare parts.



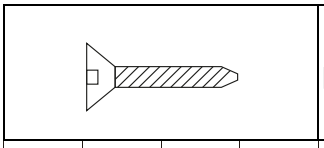
No.	Description of the	Quantity	Illustration
1.	Base plate (1978 x 1978 x 39 mm)	1	
2.	Rear panel (1900 x 1002 x 44 mm)	1	
3.	Rear panel (1900 x 1006 x 44 mm)	1	

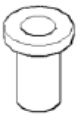
No.	Description of the	Quantity	Illustration
4.	Side panel (1900 x 985 x 44 mm)	1	
5.	Side panel (1900 x 1010 x 44 mm)		
6.	Sauna roof (1978 x 1978 x 44 mm)	1	
7.	Backrest (1800 x 300 x 43 mm)	2	
8.	Top bench seat (1888 x 600 x 33 mm)	1	
9.	Front panelling seat bench (1888 x 90 x 40 mm)	1	
10.	Bottom bench seat (1888 x 300 x 33 mm)	1	
11.	substructure (238 x 90 x 20 mm)	4	
12.	Connecting strip rear panel (1888 x 90 x 20 mm)	3	
13.	Front panelling Seat bench bottom (1888 x 90 x 20 mm)	1	
14.	Top bench seat (1288 x 600 x 33 mm)	1	

No.	Description of the	Quantity	Illustration
15.	Front panelling top seat bench (1290 x 90 x 40 mm)	1	
16.	Bench cushion (1888 x 33 x 20 mm)	1	
17.	Seat bench cushion left (900 x 761 x 44 mm)	1	
18.	Seat bench cushion right (600 x 761 x 44 mm)	1	
19.	Side window (1837 x 1165 x 8 mm)	1	
20.	Glass front with ventilation (1837 x 1165 x 8 mm)	1	
21.	Glass door (1803 x 545 x 8 mm)	2	
22.	Interior door handle (900 x 40 x 40 mm) External door handle (900 x 40 x 40 mm)	2 2	
23.	Stove guard corner post (600 x 33 x 33 mm)	4	

No.	Description of the	Quantity	Illustration
24.	Oven protection grille Front and back (420 x 370 x 33 mm)	2	
25.	Oven guard side panel (370 x 280 x 33 mm)	2	
26.	Mouldings for oven guards (335 x 33 x 20 mm)	2	
27.	Sauna heater	1	
28.	Lampshade (300 x 142 x 105 mm)	1	
29.	Lamp cover	1	
30.	Drip tray	1	
31.	Cable duct (600 x 60 x 40 mm)	1	
Z 1	Sauna set: - Thermometer - Sauna ladle - Sauna bucket - Hourglass		
Z 2	Sauna stones		

Mounting material (variations possible)

								 Angle
Ø3x16	Ø4x30	Ø4x45	Ø4x60	Ø6x60	Ø5x6	Ø6x8	Glass clamp	30 x 30 x 16
13x	40x	61x	10x	4x	2x	2x	2x	2x

 Rubber moulding		 Hinge			 Wooden cover
Rubber moulding	Ø22	Hinge	Ø16x20	Mixing screws	Ø10.5* Ø16
9M	8x	4x	4x	2x	4x

5. Installing the sauna

Installation site



The installation of the sauna may be regulated by building regulations. Authorisation to install the sauna may be withdrawn by the authorities if the installation conditions are breached.

- Consult the competent authority before setting up.
- Applicable regulations must be adhered to.
- Mount the product on a level, solid surface.
- Install the product in a dry and moisture-resistant place.
- The product is only suitable for indoor use.
- Maintain a safety distance of at least 2 metres from other structures. This makes installation easier and can save lives in the event of a fire.
- The room height for the installation is at least 2.17 metres.

5.1. Safety instructions

The following health and safety information must be read carefully.

Risk of injury

Improper handling during installation can lead to injuries

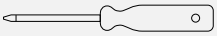
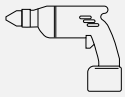


- Your product will be delivered in 5 packages. Please make sure that the parcels are opened at the top. Be very careful when opening the parcels as there are fragile parts and glass in the parcels.
- **Only** install the product if the scope of delivery is complete and undamaged.
- Only place the product on a safe, level and firm surface.
- To avoid injuries, at least 2 - 3 people are required to set up the product.
- Wear protective clothing such as safety shoes and protective gloves during assembly.
- Keep children away from the assembly site while the product is being assembled. The scope of delivery contains small parts that can be swallowed or cause serious injury.

5.2. Structure of the product

The product is delivered disassembled and requires some effort to assemble. Follow the assembly instructions carefully. The function and safety of the product cannot be guaranteed if the instructions are not followed.

Tools required

	Screwdriver		Measuring tape
	Allen key		Hammer
	Drilling machine		Stepladder
	Spirit level		Cutter knife
	Pencil		drill

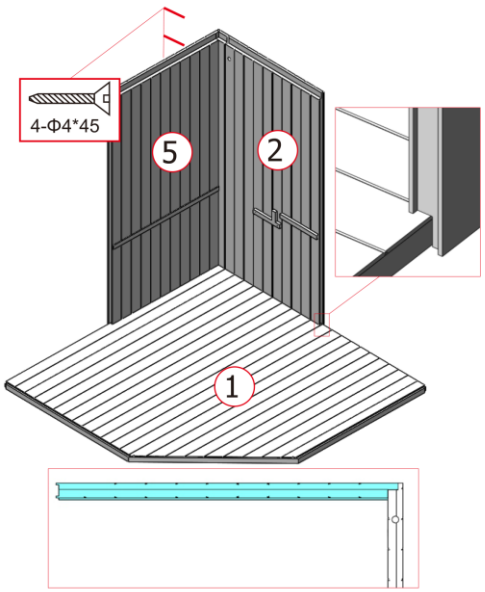
Preparation for setting up the sauna:

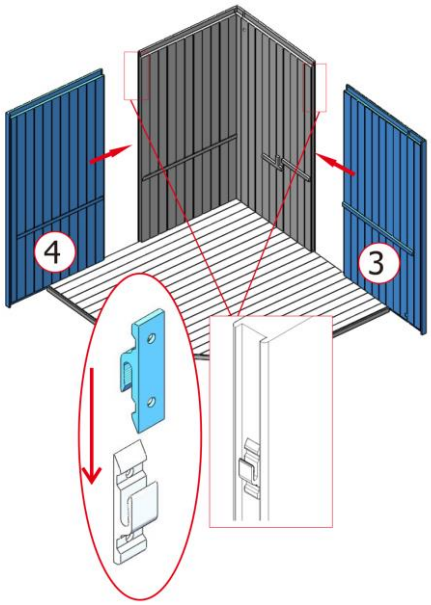
Only install the product indoors on a flat, stable and level surface. For better stability and stability, we recommend placing the product on a foundation or similar.

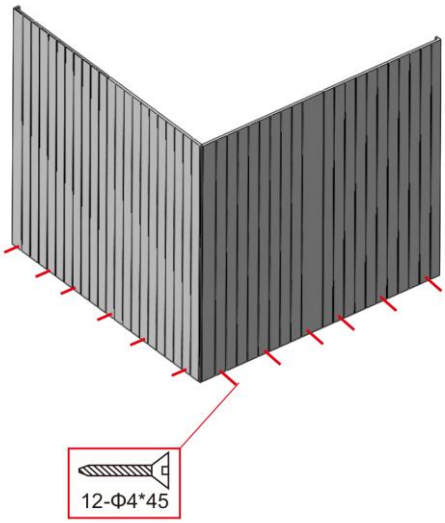
At least 2 - 3 people are required for these work steps.

Step 1: Assembling the base plate and side and rear panels.

- Place the base plate (**1**) on a level, stable and horizontal surface . (**note the direction**)
- Position the rear panel (**2**) and the side panel (**5**) behind the base plate (**1**) and push them flush and close together.
- Position the rear wall (**3**) and side wall **(4**) next to the other walls and push them flush and close together.
- Push the connection cable for the oven through the holes in the side panel. (**see marking**).
- Hang the 2nd rear and 2nd side panel from above into the hinges of the 1st rear and side panel. (**see marking**).
- Screw the walls together from the back.

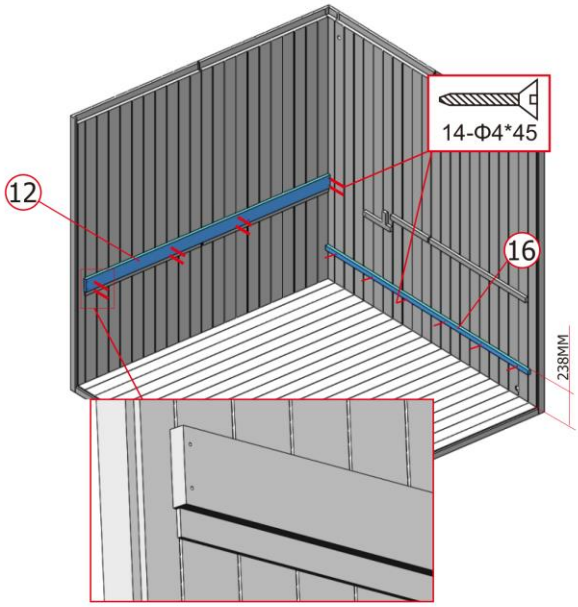






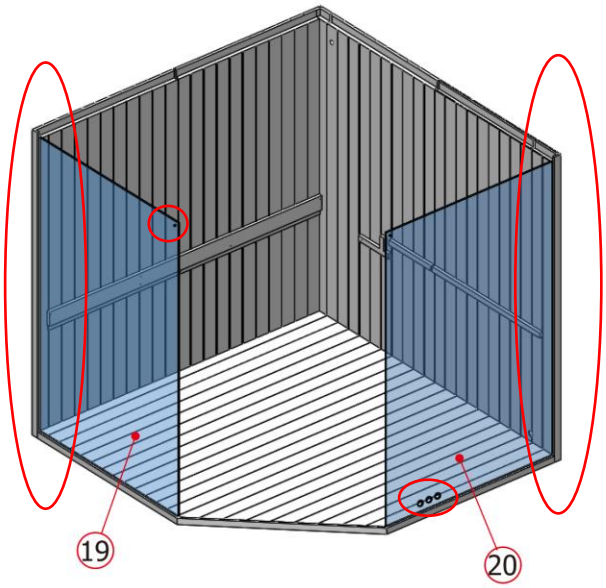
Step 2: Fitting the connecting strips and seat bench support.

- Place the connecting strip (**12**) and seat bench support (**16**) directly above/below the pre-assembled strips of the rear walls and screw them to both rear and side walls.



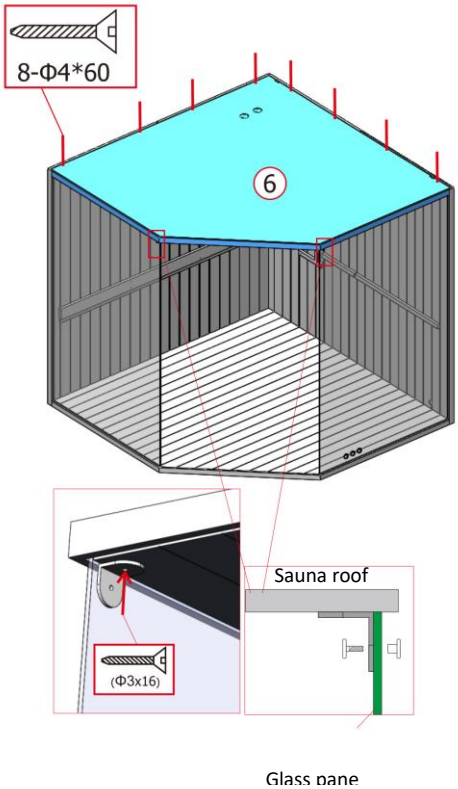
Step 3: Fitting the glass panes

- Place the glass door (**19**) and glass front (**20**) on the outer mouldings on the base plate.
- Ensure that the hole in the glass pane (**19**) points forwards/ (see marking). (**see marking**)
- Ensure that the three ventilation holes in the glass front (**20**) point down towards the base plate. (**see marking**).
- Ensure that the vents on the glass front (**20**) point down towards the base plate.
- Slide both glass panes in the groove directly up to the side and rear walls. (**see marking**)



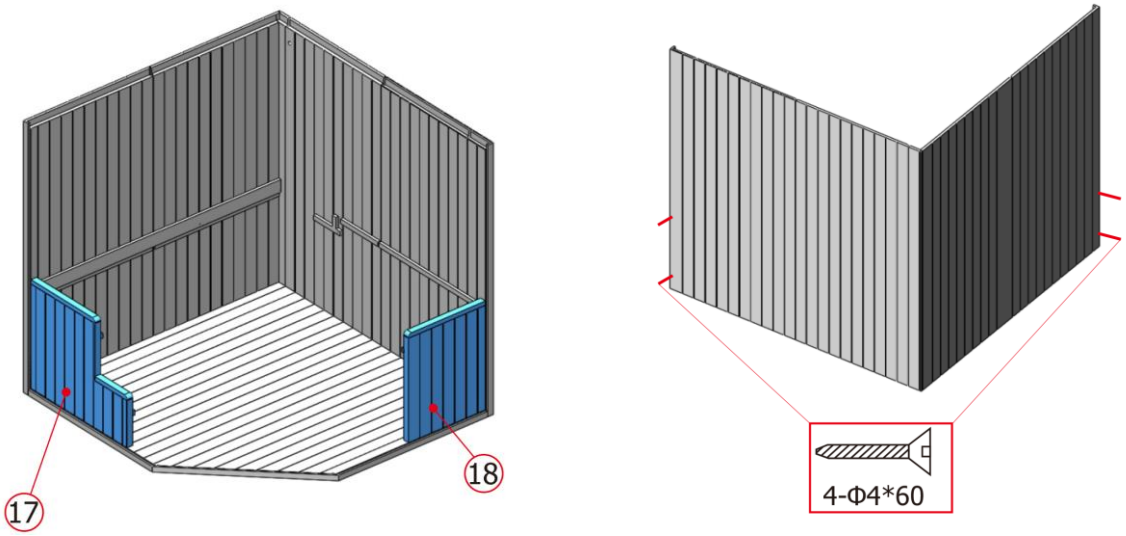
Step 4: Installing the sauna roof

- Position the sauna roof (**6**) on top of the mouldings on the side and rear walls.
- Position the sauna roof over the glass panes at the same time, the glass panes must lie against the mouldings of the sauna roof (**see marking**, the ventilation holes **must** point towards the large glass pane).
- Screw the brackets to the glass pane and the sauna roof from the inside (the glass pane is pre-drilled).



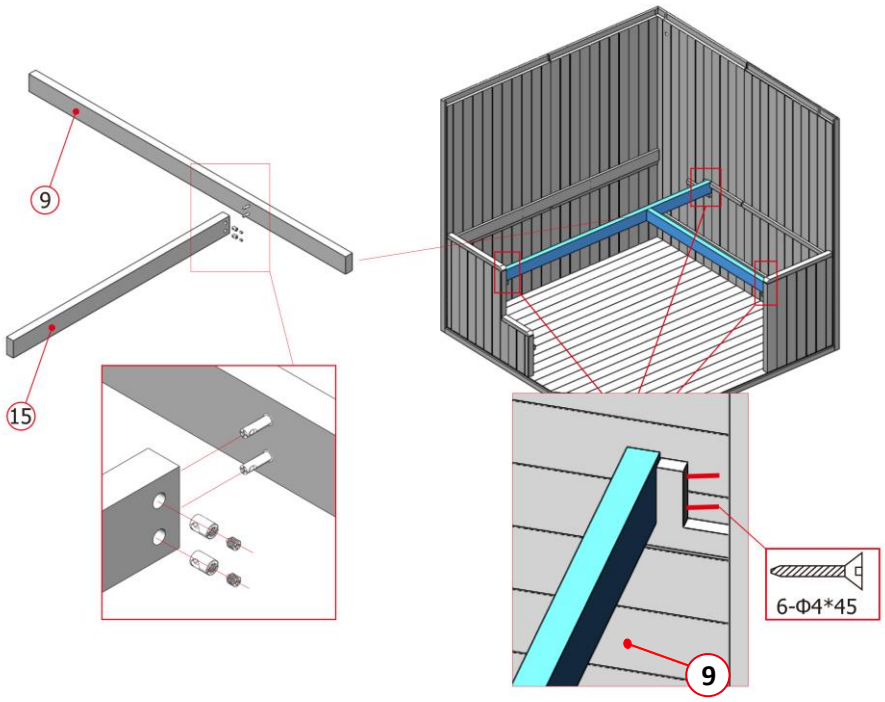
Step 5: Fitting the seat bench support

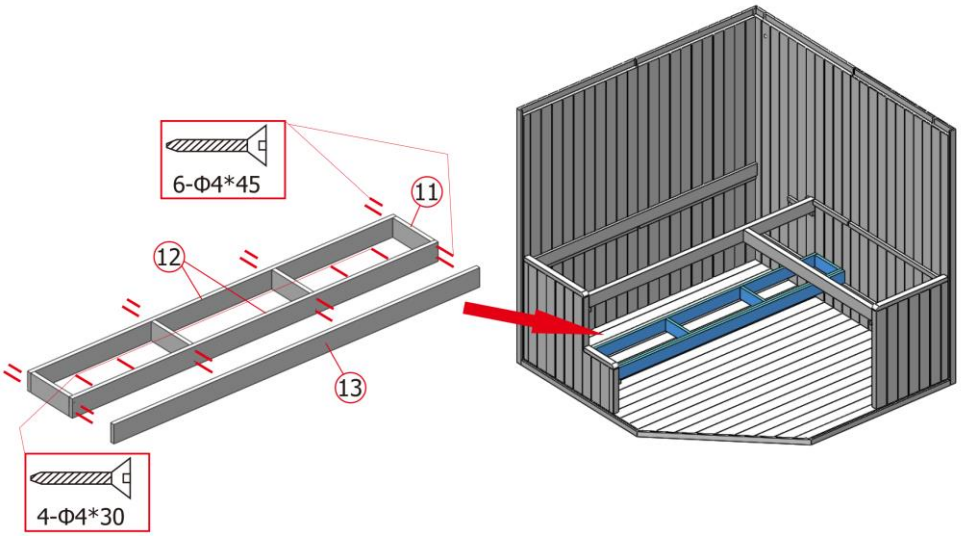
- Position the seat bench support on the left (**17**) and seat bench support on the right (**18**) in front of the smaller glass pane and push it up to the rear wall.
- Screw the seat bench support to the rear wall from behind.



Step 6: Installing the panelling and substructure of the seat surface

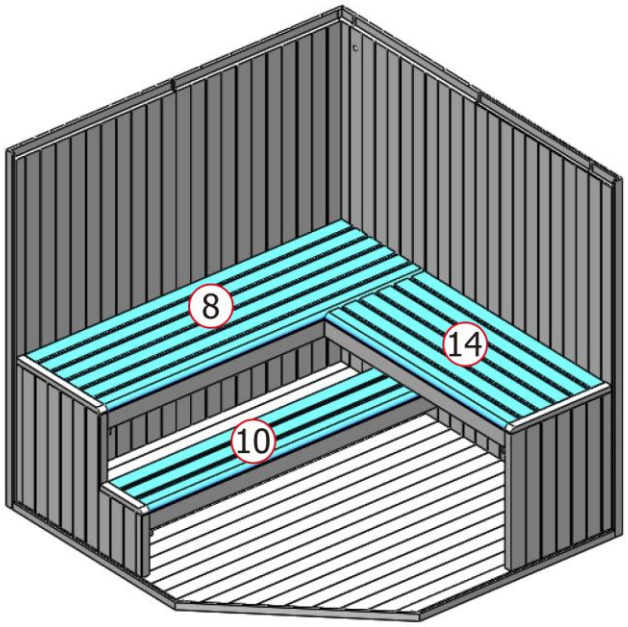
- Screw the substructure / connecting strip (**11** / **12**) together, then fit the front panelling (**13**) in front of the substructure and place it flush with the strips on the lower side supports.
- Place the front panelling (**9,15**) on the upper strips and screw them together from **(see illustration)**.





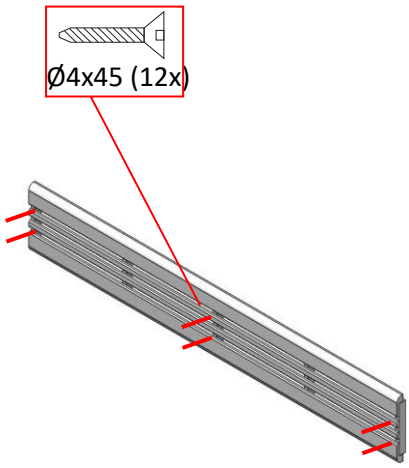
Step 7: Fitting the ventilation and the seats

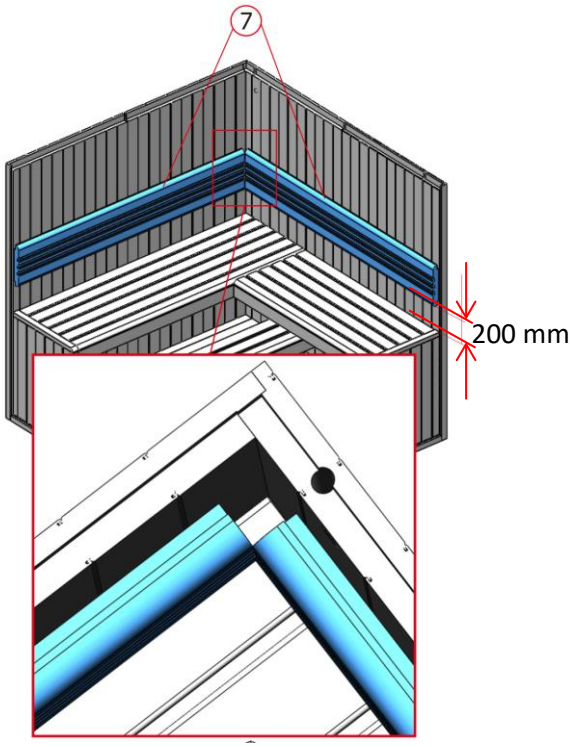
- Place the seat (**8)** on the upper support.
- Place the seat (**14**) at the same height as the other upper support.
- Place the seat (**10)** on the lower support.
- The seats **do not** need to be screwed together.



Step 8: Assembling the backrest

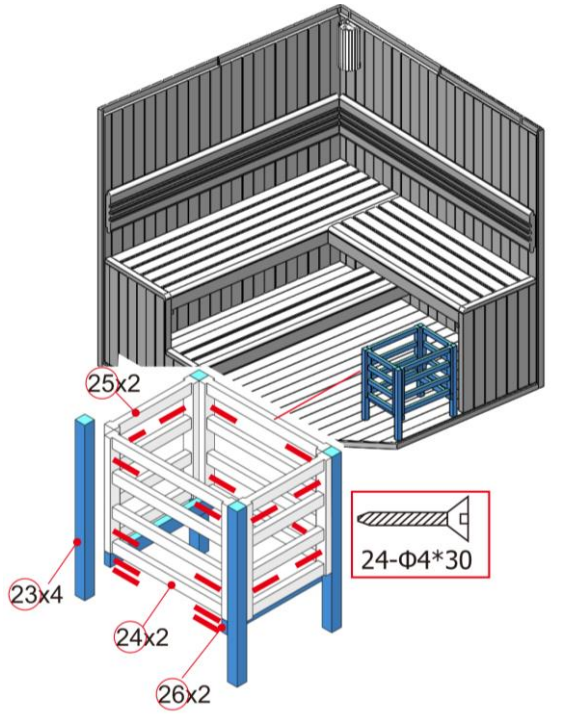
- Screw the backrest (**7**) 200 mm above the seat bench to the rear and side walls.





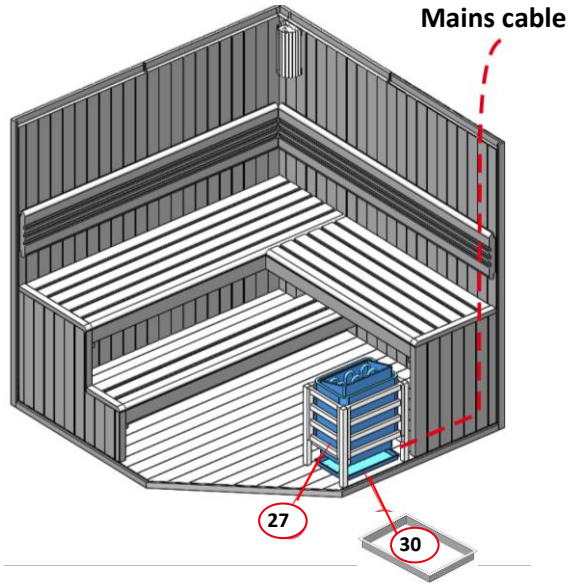
Step 9: Fitting the oven safety grille

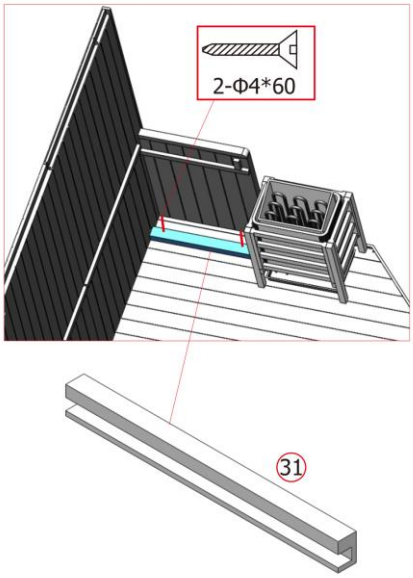
- Fit and screw on the oven protection grille (**23 / 24 / 25 / 26**).
- Place the heater protection grille in the sauna cabin.



Step 10: Place the oven in the oven guard

- Connect the power cable to the sauna heater according to the wiring diagram. (**only by a qualified electrician**)
- Slide the drip tray (**30**) under the oven.
- Lift and place the sauna heater (**27**) into the heater protection grid.
- Screw down the cable duct **(31**) next to the sauna heater.
- After connecting the sauna heater, feed the power cable through the hole in the sauna roof to the outside.



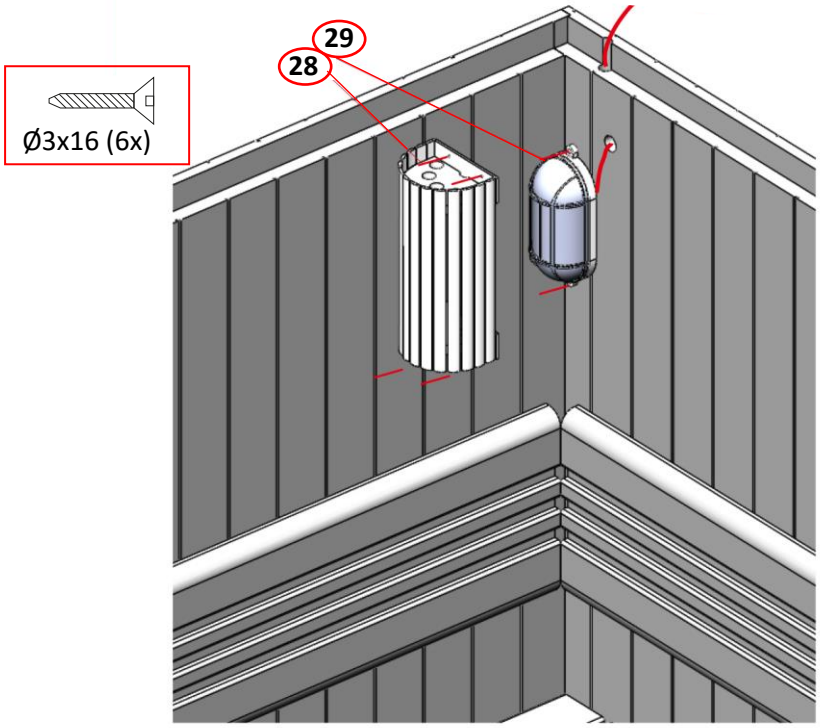


Hint

The heater must **not be** placed directly on the sauna floor. The heater must be placed at a distance from the sauna floor to ensure good air circulation. The drip tray under the heater is used to collect excess water from the infusion.

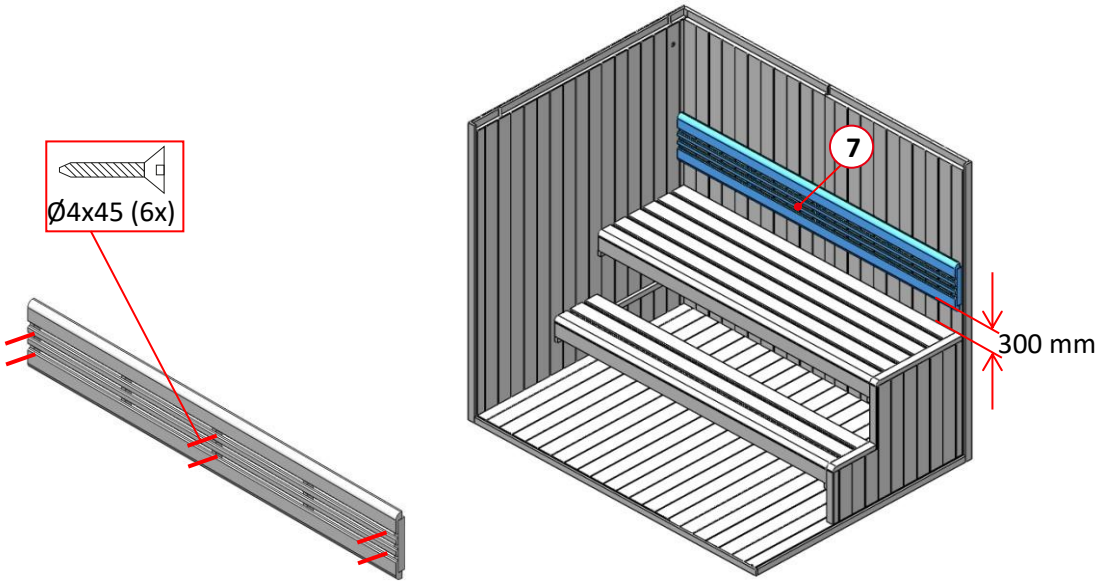
Step 11: Installing and connecting the sauna lamp

- Screw the light source (max. 40 W, E27, not included) into the lamp sockets.
  Caution: Have the sauna lamp installed by a qualified electrician**.**
- Screw the sauna lamp (**29**) to the back of the side wall, where there is a cable gland for the power cable.
- Then screw the lamp protection grille (**28**) above the sauna lamp to the sauna side wall (**see marking**).
- This can be connected to a power supply (socket or switch) after installation.



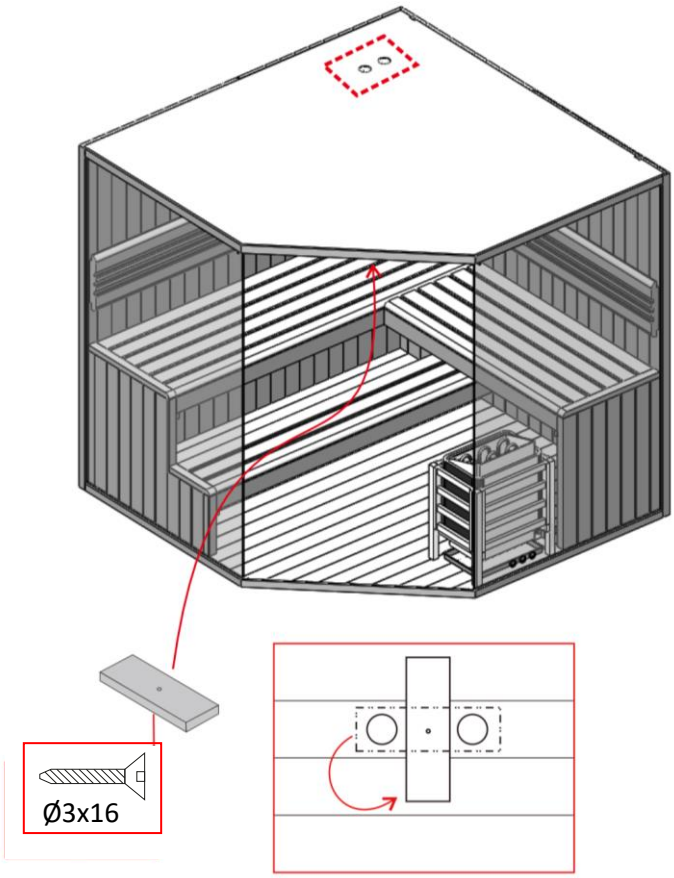
Step 12: Fitting the ventilation and the seats

- Screw the cabin ventilation (**28**) under the sauna roof.
- Place the seat (**8)** on the upper support.
- Place the seat (**10)** on the lower support.
- The seats **do not** need to be screwed together.



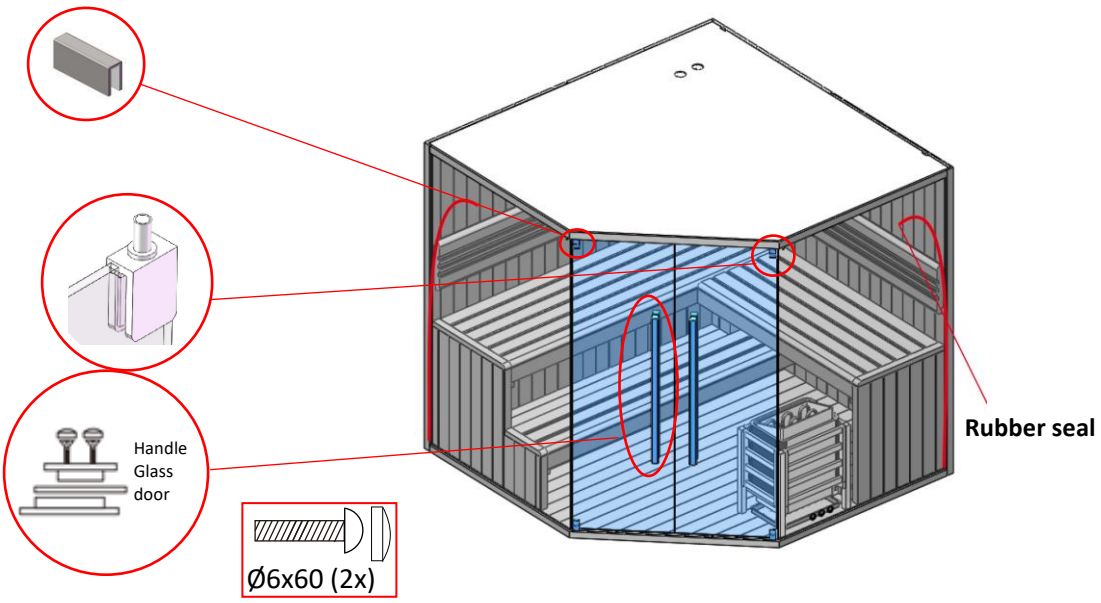
Step 13: Installing the vent

- Screw the cabin ventilation (**28**) under the sauna roof.



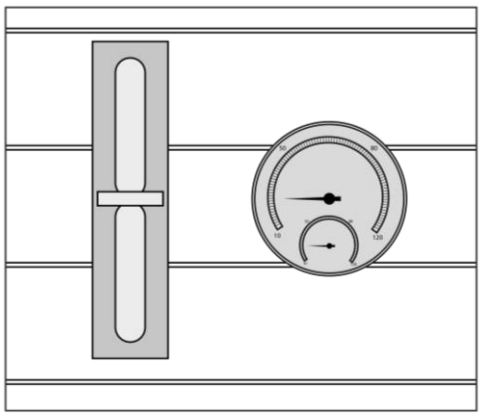
Step 14: Fitting the glass door and door handle

- Slide the glass clip onto the top / front of the glass door (**19**).
- Slide the door hinge (**26**) onto the bottom of the glass door (**16**) and secure it (do not tighten it yet).
- Slide the upper door hinge into the holder in the sauna roof.
- Place the glass door (**19**) at the bottom of the hinge holder and push the glass door (**19**) into the upper hinge and fix it in place.
- Align the glass door and tighten the door hinges.
- Then fit the door handle (**22**) to the glass door and screw it on from the inside. (handle / glass door / handle). Then fit the wooden cover caps into the holes in the door handle.
- Press the rubber seal into the groove (between the sauna wall and glass pane) from the outside.
- Alternatively, the rubber seal can also be installed between the roof and the glass pane.



Step 15: Attaching the thermometer and hourglass

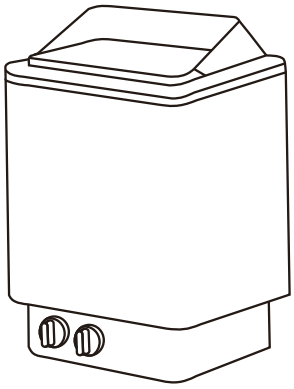
- Place the thermometer and the hourglass in the desired position on the wall. We recommend that you do not mount the thermometer and the hourglass above the oven. Hang the hourglass so that other accessories do not hang too close to it; the hourglass must be able to turn.



5.3. Sauna heater model: SCA-80

General information

The instructions refer to the sauna heater. It contains important information on installation, operation and use. Read the instructions, especially the safety and operating instructions, carefully before installing and operating the sauna heater and keep them in a safe place. Only use the sauna heater as described in these instructions to prevent accidental injury or damage. If the sauna heater is passed on to a third party, these instructions must also be handed over.



5.4. Safety instructions

Risk of injury

Improper handling of the sauna heater can lead to injuries.



- **Only** install the sauna heater if the scope of delivery is complete and undamaged.
- **Risk of electric shock**: Installation and maintenance work on the sauna heater and sauna lamp **must be** carried out by a qualified electrician in accordance with the current electrical safety regulations.
- **Danger to life due to electrical voltage**: There is an immediate danger to life if live parts are touched. Damage to the insulation or individual components can be life-threatening. -> If the insulation is damaged, switch off the power supply immediately and arrange for repairs.
- Make sure that the sauna heater is switched off after use and that the timer is set exactly to "**0**".
- **Do not** over-turn the timer dial, as this may result in the sauna heater not switching off and continuing to run without a time limit.
- Do not throw away any sauna stones.
- Stack the sauna stones so that they do not fall between the heating elements. Do not press the sauna stones between the heating elements.
- Do not drop the sauna stones into the sauna heater, place the sauna stones carefully.
- Avoid direct pressure on the heating elements when stacking the sauna stones.
- Lay the large sauna stones downwards when filling the sauna. Make sure that they are not placed too close together so that the air can still circulate.
- Remove broken or damaged sauna stones from the sauna heater.
- Do not place too many sauna stones on the sauna heater.
- Do not place any objects on the sauna stones, the ventilation of the product must be guaranteed.
- The sauna heater and sauna stones can burn your skin.

- The warranty claims for electric sauna heaters do not extend to the improper use of sauna stones, the use of sauna stones that are too small and block the ventilation of the sauna and other obstructions to the ventilation of the sauna caused by the accumulation of other objects.
- Excessive moisture can cause electrical appliances to malfunction.
- Do not pour too much water onto the sauna stones as this can lead to excessively hot steam.

5.5. Installation and electrical connection of the sauna heater

Caution: Read the installation instructions carefully and completely before use.

- **Only** install your sauna heater if the scope of delivery is complete and undamaged.
- Make sure that all components are undamaged.

Note

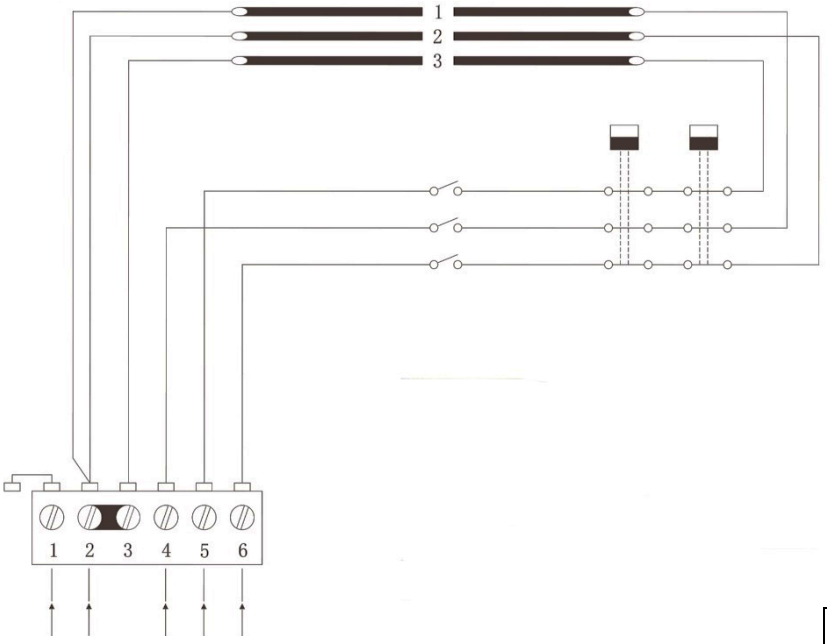
To avoid a short circuit or tripping of the RCD plug, we strongly recommend that you connect the product to a separately fused circuit. An overload can occur if several electrical appliances are operated simultaneously on the same line or if an extension lead is used. Please observe this recommendation when installing your whirlpool, sauna or infrared cabin. Further information can be found in the installation instructions and the technical data.

Installation and electrical connection of the sauna heater

Note:
Only a qualified electrician may carry out the mains connection of the sauna heater in accordance with the current, valid electrical safety regulations.

- Install the sauna heater on the wall or on the top of the heater using the screw provided in the heater in accordance with the minimum safety distances and volumes.
- The electrical connection of the sauna heater may **only** be carried out by a qualified electrician, taking into account the current, valid electrical safety regulations.
- The drip tray must be placed under the sauna heater.
- Lift and place the sauna heater in the heater protection grid, making sure that it is not directly on the sauna floor so that the air can circulate well.
- The wall around the sauna heater must not be covered with materials such as asbestos or Eternit panels etc., as this type of covering protection can cause high temperatures and the risk of burns.
- Use qualified materials for the ceilings and walls.
- Each sauna must be connected to its own power circuit. **Do not** connect any other electrical devices to the same circuit.
- The mains cable for the power supply must be made of REWE rubber-insulated cable or an equivalent material. Do not use a cable made of PVC, this is not permitted as it can become porous due to heat.
- Connect the power cable to the sauna heater as shown in the connection diagram. (**See connection diagram**). Then lead the power cable through the hole in the sauna to the outside and connect it to a separate power circuit. (This work **must be** carried out by a qualified electrician.

Wiring diagram



⏚ N L1 L2 L3

380 V 3N ~ / 415 V ~

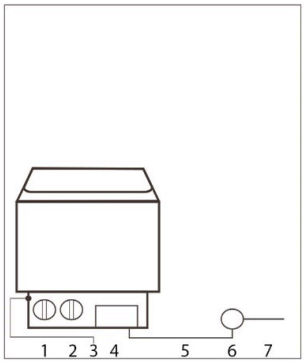
L1 L2 L3:	Connection of the phases
N:	Neutral conductor
⏚	Earthing connection

- If the connection or the cables are higher than 1000 mm above the sauna floor or the sauna walls, they must be able to withstand a temperature of at least 170 °C. Electrical appliances that are installed higher than 1000 mm from the sauna floor must be approved for use at an ambient temperature of 125 °C (note T125).

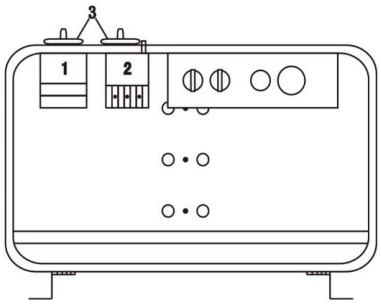
Connecting lamps

The sauna lamps can also be connected in the junction box. These can use the same cross-section of connection cable as the sauna heater.

Caution: The upper screws must be firmly tightened, the minimum distance between the screw head and the wall must be 3 mm.



1 mains switch
2 Thermostat
3 Temperature controller
4 Control
5 Mains cable
6 Junction box
7 Connection cable



Model	Performance	Cable for	
FK-80	KW	380 V 3 ph 415 V 3 ph mm^2	220 V 1 ph 240 V 1 ph mm^2
	8.0	5 x 2.5	3 x 10

6. Application

6.1. Safety instructions

The following health and safety information must be read carefully.

Risk of injury

Improper handling during operation can lead to injuries



- No changes may be made to the product.
- Before switching on the heater, make sure that no objects are stacked on top of the product and that they are at a safe distance.
- Check that the timer is set to "**0**" after leaving the sauna.
- **Do not** over-turn the timer dial, as this may result in the sauna heater not switching off and continuing to run without a time limit.
- A long stay in a hot sauna leads to a rise in body temperature, which can be dangerous.
- Children aged 6 and over may only use the sauna adult supervision.
- Keep children away from the sauna and the sauna heater.
- During commissioning, the product **must** be under constant supervision.
- **Risk of burns, electric shock:** Do not touch the sauna lamp while the sauna is in operation.
- **Risk of burns:** Keep away from heated and hot surfaces. Do not touch the sauna heater, sauna stones or metal objects during heating and sauna sessions.



- **Risk of burns**: To replace the light bulb, allow the sauna cabin and the light bulb to cool down first.
- **Risk of scalding:** Keep at least 30 cm away from the hot, heated sauna heater**.**
- **Risk of scalding:** Do not pour water onto the sauna stones when someone is in the immediate vicinity of the sauna heater. The hot water can splash onto the sauna user.
- **Risk of slipping:** Watch out for slippery floors when entering the sauna**.**
- Do not pour too much water onto the sauna stones as this can lead to excessively hot water vapour.
- Do not throw sauna stones.
- Do not place the sauna stones between the heating elements.
- Avoid direct pressure on the heating elements when stacking the sauna stones.
- Place the large sauna stones at the bottom when filling the sauna. Make sure that they are not placed too close together so that the air can still circulate.
- Remove broken or damaged stones from the sauna heater.
- Do not place too many sauna stones on the sauna heater.
- Do not place any objects on the sauna stones, the ventilation of the product must be guaranteed.
- A sauna session can cause medical problems for sauna users. The following groups of people should consult a doctor beforehand:
  Pregnant women, heart disease, high blood pressure, circulatory problems, after taking medication, with diabetes, if you feel unwell.
- Consult a doctor before going to the sauna if you have any symptoms of illness, e.g. signs of a cold or flu.
- Do not go to the sauna if you are under the influence of narcotics (alcohol, medication, drugs, etc.).
- A sauna session should not last longer than half an hour. A sauna session that lasts too long can lead to a rapid heartbeat, slight heart pain, a feeling of weakness or dizziness. If the above symptoms occur, the sauna session should be ended immediately.
- If you stay in a hot sauna for a long time, the blood temperature can rise, which can have a negative effect on the body.
- Do not sleep in the hot sauna.
- Do not store bottles of infusion agent in the sauna.
- Drink enough fluids (e.g. water) before and after your sauna session.
- Keep your skin cool if necessary.

Risk of damage



- Before each use and at regular intervals, check all fastenings and the product for visible damage. Pay particular attention to load-bearing components. In the event of material changes or damage, take the product out of service. Contact the manufacturer's customer service for further instructions and, if necessary, spare parts.
- Sea and humid climates can corrode the metal surfaces of the sauna heater.
- Do not force the sauna stones between the heating elements.
- The sauna stones do not have to fit and be placed completely between the heating elements.
- Check the fastening screws etc. at regular intervals and tighten them if necessary.
- Use the sauna completely dry, as the wood can be damaged by water.
- **Recommendation:** Use and sit on 2 - 3 towels during the sauna session to protect the wood.

- **Fire hazard:** Do not use the product for tumble drying**.**

6.2. Initial commissioning

The sauna heater and sauna stones give off odours the first time they are used, ventilate the sauna cabin after heating up so that air can be exchanged. Do not stay in the sauna cabin when it first heats up.

6.3. Operation

Attention!

Please check with the fire protection authorities about the use of firewalls and insulation. The ventilation openings must not be insulated.

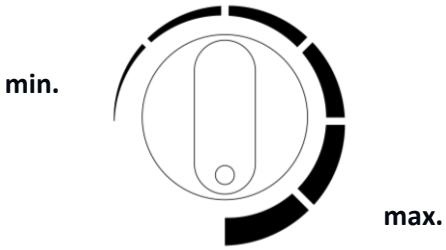
- The sauna offers space for a maximum of 5 people.
- Always place the drip tray under the sauna heater so that excess water, e.g. from the infusion, can be collected. If the drip tray is filled with water, it must be emptied.
- The sauna heater is equipped with a timer and a temperature control, where the time and temperature can be set and controlled. The sauna heater can be switched off by setting the timer to "**0**".
- Sufficient air circulation is essential for a sauna session. The air in the cabin should be renewed 6 times per hour. Correctly installed ventilation creates pleasant sauna conditions and also saves energy.
- To maintain the temperature during the sauna session, the ventilation must be closed.
- The ventilation openings must not be blocked during operation.
- After the sauna session, open the ventilation and also the sauna door so that the sauna dries out.
- Only use drinking water for the infusion. Other water or liquids can damage the heating elements and invalidate the warranty.
- Do not use too much water for the infusion, as this can result in too much hot steam.
- We recommend using the sauna for no longer than 30 minutes per session. Sweat production begins after approx. 8 - 15 minutes after entering the sauna.
- Do not eat for about an hour before using the sauna, as this can lead to discomfort.
- Only use the sauna when your body is relaxed and winded, not after hard training or hard work.
- The function of the sauna heater is to bring the temperature of the sauna cabin to a suitable and comfortable temperature. The temperature is brought to a suitable temperature of around + 65 °C in about an hour.

6.4. Control elements

Temperature control

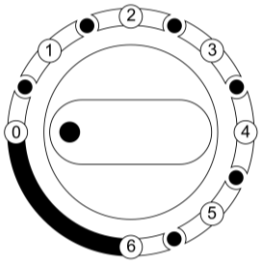
Hint
Before switching on the sauna heater, check that there are no objects on the sauna heater or in the immediate vicinity of the sauna heater.

Depending on the size of the sauna cabin, the sauna heater can reach the preset temperature in 30 to 60 minutes, which can be regulated by the thermostat to a temperature that is comfortable for you. A thermostat with a three-phase connection can ensure that a comfortable temperature is maintained in the sauna cabin. The temperature is set using the rotary control.



Timer switch

The timer is the "off switch" for the sauna heater, which must be set exactly to "**0**" to switch it off. The heating time is set using the control dial.



Time span	**0 = Off**
	1 = 30 min
	2 = 60 min
	3 = 90 min
	4 = 120 min
	5 = 150 min
	6 = 180 min

6.5. Sauna stones and sauna infusion

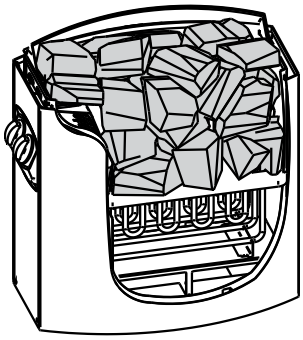
Information about the sauna stones

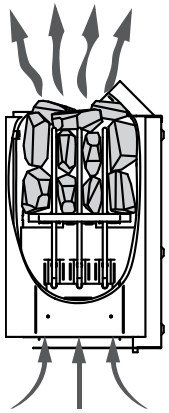
- **Recommendation:** Clean the sauna stones of dust before using them for the first time and then place them in a pile in the sauna heater.
- Place the large sauna stones at the bottom of the sauna heater. Make sure that they are not stacked too tightly so that the air can still circulate.
- The sauna stones must be of the best quality. Use a solid sauna stone that is especially suitable for use in electric sauna heaters.
- Place sufficient sauna stones (10 - 15 kg) in the sauna heater, but only after the installation of the sauna heater and the control box has been completed.
- The diameter of the sauna stones is usually 5 to 25 cm.
- The sauna stones should be intended for use in sauna heaters and be made of solid volcanic rock. The surface should be pointed and rough, e.g. peridot, olivine.
- Do not use loose or porous ceramic stones, as these can cause damage to the sauna due to high temperatures.
- Do not place sauna stones directly on the heating elements.

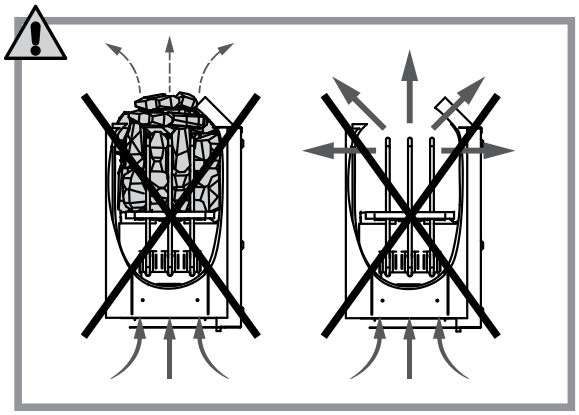
- Do not pile the sauna stones into a high stack.
- There must be no objects or devices in the stone chamber or in the vicinity of the sauna heater that could change the volume or direction of the air flow through the sauna heater.

Placing the sauna stones

- Do not drop the sauna stones into the sauna heater.
- Avoid wedging the sauna stones between the heating elements.
- Stack the sauna stones in a permeable, loose arrangement so that air can flow and circulate between the stones.
- When stacking, make sure that the sauna stones do not press against the heating elements.
- Do not pile the sauna stones high on top of the sauna heater.
  There must be no objects or devices in the stone chamber or in the vicinity of the sauna heater that change the quantity or direction of the air flow through the sauna heater







Sauna infusion

- When the sauna cabin heats up or warms up, the air becomes dry. An infusion with an appropriate amount of water on the hot sauna stones brings the humidity to the right level and the skin feels the effects of the increased moisture.
- The right level of moisture gives the skin natural perspiration and gentle breathing.
- Too high a temperature and humidity can lead to an uncomfortable feeling.
- A longer stay in the sauna cabin can lead to an increase in body temperature. The sauna user should feel comfortable
- When infusing, the capacity of the wooden ladle should **not** exceed 200 ml.
- Only tap water / drinking water should be used for the infusion.
- Only fragrances labelled for this purpose may be used for the infusion. Follow the instructions on the pack.

Water property	Effect	Recommendation
Humus content	Colour, taste, deposits	<12 mg/l
Iron content	Colour, odour, taste, deposits	<0.2 mg/l
Water hardness: The most important substances are: Manganese (Mn) and lime, i.e. calcium (Ca).	Deposits	Mn: <0.05 mg/l Ca: <100 mg/l
Chlorinated water	Harmful to health	Must not be used
Salt water	Rapid corrosion	Must not be used

6.6. Sauna recommendations

Sauna instructions

- Cleanse your body before the sauna
- Only stay in the sauna as long as it is pleasant.
- Forget all the stress and relax.
- Coordinate the infusions with the other users.
- The heated skin should cool down in the meantime, if possible go for a swim in a cool pool or take a cold shower.
- Wash yourself after the sauna.
- Rest until you feel balanced
- It is best to drink clear water or a soft drink to stabilise your fluid balance.

Hygiene in the sauna cabin

- Use towels to protect against sweat on the benches.
- Clean the benches, sauna walls and sauna floor at least every six months. Use a sauna cleaning agent and a brush for this.
- Wipe off dust and dirt from the sauna heater with a damp cloth.
- Remove limescale deposits from the oven with 10 % citric acid.

7. Troubleshooting

If faults occur during operation of the product, please check the following causes of faults using the table below. If the fault cannot be rectified, please contact customer service:

Error	Possible cause	Solution
The sauna wobbles or swings	• The sauna stands on an uneven, loose surface	• Place the sauna on a level, solid surface
Heat escapes from the sauna	• Door is slightly open	• Close door
The sauna heater cannot be switched on	• No mains voltage	• Plug in the mains cable • Check the fuse or RCD of the power supply • Main switch of the power supply is off
The sauna heater does not switch off	• The timer is not set exactly to "**0**" • The timer has been turned past the 0 position	• Set the timer exactly to "**0**" • Set the timer exactly to "**0**"
The sauna heater is not working properly	• Overheating protection has triggered • Thermostat not set correctly • Timer is set to "**0**"	• Contact customer service • Set the temperature correctly • Switch on the timer
The sauna heater does not heat up properly	• Heating elements are not in order • Temperature does not rise • Sauna stones too close together • Ventilation closed	• Check the heating elements • Increase temperature • Re-stack the sauna stones so that the air can circulate • Open the ventilation
The sauna heater heats up quickly, the sauna stones do not get really warm. Water runs off behind the sauna stones.	• Ventilation closed • Thermostat regulates the temperature down • The heat output is too high	• Open the ventilation • Contact customer service • Contact customer service
Noises from the sauna	• Sauna stones and sauna components can make noises when heating up or cooling down. • Timer ticks loudly	• No error • No error

8. Maintenance and care

Caution! All maintenance work must be carried out by qualified technical personnel.

- High humidity in the sauna cabin does not damage the wood.
- The sauna cabin must be well ventilated after the sauna session and an appropriate drying phase should be observed.
- Spray the wood (walls and benches) in the sauna cabin with water.
- Wipe wooden surfaces with a damp cloth.
- Depending on use, treat the seating surfaces with fine sandpaper at least once a year.
- If the benches are very dirty, they can be cleaned with a 3% hydrogen peroxide solution.
- If the outer walls of the sauna are scratched or abraded, they can be treated with furniture polish, oil or other furniture care products.
- Scratches or scuffs in the cabin can be sanded.
- Some of the sauna stones break naturally during use. Refill the sauna heater with new sauna stones.
- Remove the sauna stones at least once a year and reposition them. Also remove dust and small stones from the lower part of the sauna heater. This makes the sauna more efficient and prevents the heater from overheating.



Disinfectants are highly corrosive!
Follow the instructions of the detergent or disinfectant manufacturer.
Wear protective gloves when cleaning.



Attention! The sauna cabin must **not** be painted, varnished or impregnated on the inside. Wooden parts (e.g. benches, protective grilles, etc.) used inside the sauna cabin must also not be painted, varnished or impregnated. These surfaces develop toxic gases when heated.

9. Dismantling

9.1. Safety instructions

Risk of injury
Improper handling during disassembly can lead to injuries

- Disconnect the product from the power supply before dismantling. Contact with live components can result in an electric shock, which can cause burns or death.
- The product has a high weight and large dimensions, at least 2 - 3 persons are required for disassembly.
- Secure the product against falling before dismantling.



Disassembly of the product must be carried out in reverse order to assembly. (**see chapter Assembly**)

10. Disposal instructions



- Dispose of the product and all components in accordance with local and country-specific regulations, thereby avoiding damage to the environment.
- Our packaging is made from environmentally friendly materials. These can be recycled and thus serve as valuable raw materials. Dispose of the packaging material (cardboard packaging, dirty packaging, etc.) separately and professionally in accordance with the applicable national regulations.
- Contact the manufacturer if you are unsure about disposal.

- You can also obtain information on proper disposal from the local waste disposal centres.

11. Electrical and electronic equipment - Information for private households

The Electrical and Electronic Equipment Act (ElektroG) contains a large number of requirements for the handling of electrical and electronic equipment. The most important ones are summarised here.

1. Separate collection of old appliances

Electrical and electronic appliances that have become waste are referred to as old appliances. Owners of old appliances must dispose of them separately from unsorted municipal waste. They must separate used batteries and accumulators that are not enclosed in the old appliance, as well as lamps that can be removed from the old appliance without destroying them, from the old appliance before handing them in at a collection point. Separate old appliances in order to prepare them for reuse.

2. Options for returning old appliances

Owners of old appliances from private households can hand them in at the collection points of the public waste disposal authorities or at the take-back centres set up by manufacturers or distributors in accordance with the ElektroG. An online list of collection and take-back centres can be found on the website: https://www.stiftung-ear.de or https://www.take-e-back.de.

3. Data protection notice

Old devices often contain sensitive personal data. This applies in particular to information and telecommunications technology devices such as computers and smartphones. In your own interest, please note that each end user is responsible for deleting the data on the old devices to be disposed of.

4. Take-back obligation of distributors

Distributors with a sales area for electrical and electronic equipment of at least 400 m2 and distributors of foodstuffs with a total sales area of at least 800 m2 who offer and make available electrical and electronic equipment on the market several times per calendar year or on a permanent basis are obliged to fulfil this obligation,

- when supplying a new electrical or electronic appliance to an end user, to take back, free of charge, at the place of supply or in the immediate vicinity, an old appliance of the end user of the same type that essentially fulfils the same functions as the new appliance, and
- at the end user's request, to take back old appliances that do not exceed 25 cm in any external dimension free of charge in a retail shop or in the immediate vicinity thereof; the take-back may not be linked to the purchase of an electrical or electronic appliance and is limited to three old appliances per type of appliance.

5. Meaning of the "crossed-out wheelie bin" symbol



The symbol of a crossed-out dustbin regularly shown on electrical and electronic appliances indicates that the appliance in question must be collected separately from unsorted municipal waste at the end of its service life.

- Manufacturer registration number
- We are registered as a manufacturer within the meaning of the ElektroG with the responsible foundation Elektro-Altgeräte Register (Nordostpark 72, 90411 Nuremberg) under the following registration number: WEEE reg. no. DE86467979

Home Deluxe GmbH
Schanzeweg 2
32312 Lübbecke
Germany
Tel: +49 (0)5743 6181-0
www.home-deluxe-gmbh.de

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