



# owner's manual



# Congratulations...

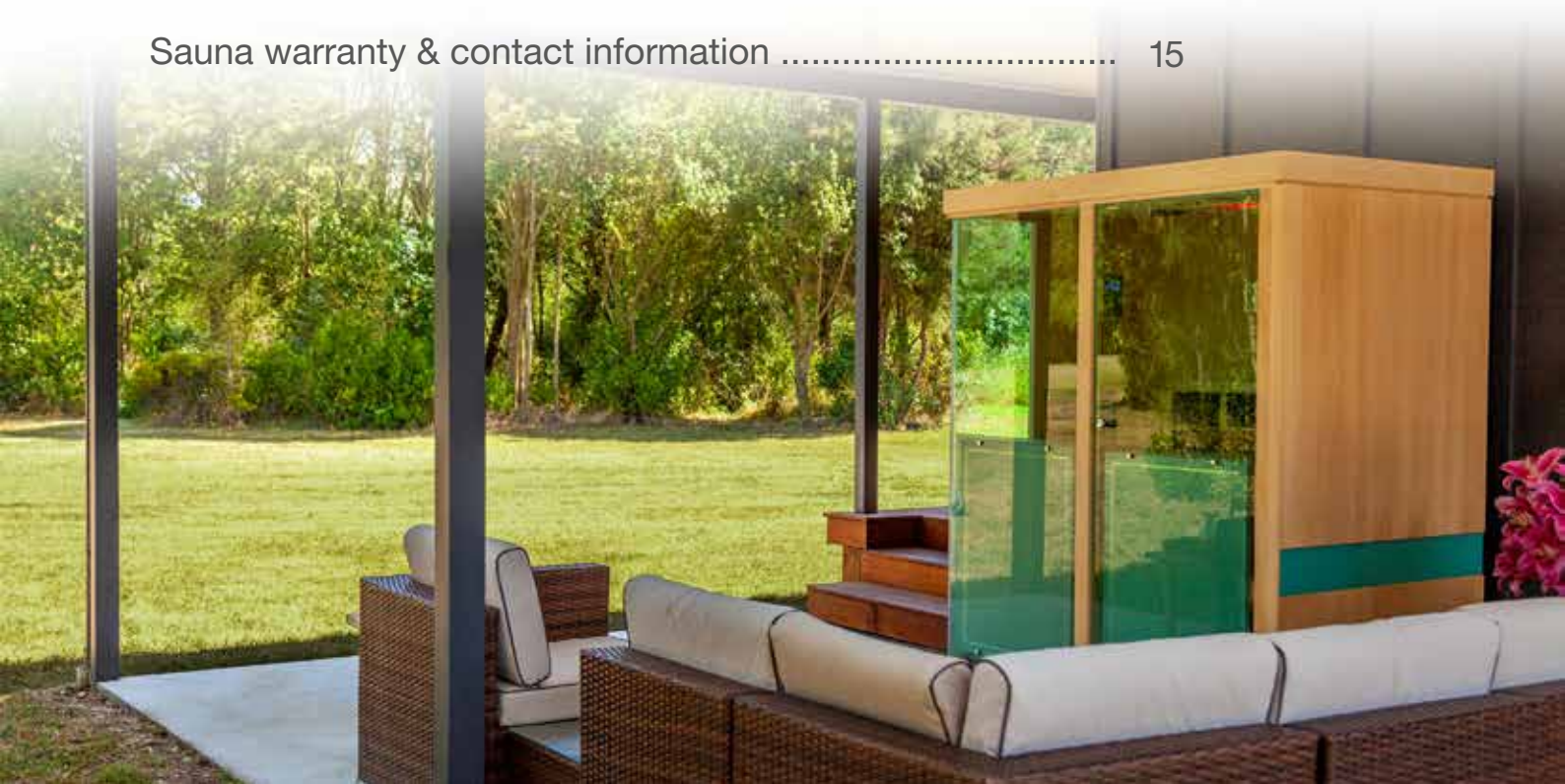
on purchasing a Sun Stream Far Infrared Sauna. We are confident you and your family will experience many health benefits for years to come. Happy sweating!

Please read all instructions carefully before using your new sauna so you can use it safely and keep it in great condition.



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# Assembly Manual

The Assembly Manual is in digital format and has been sent to you via email, alternatively you can download a copy from our [website](#).

## How to prepare the sauna for first time use

Your sauna has only recently been manufactured & then tightly stored in cartons for the last 4 weeks or more with Styrofoam & other packaging materials. To get rid of the initial foreign smells, we recommend the following:

1. After initial assembly, vacuum up any excess dust & bits of Styrofoam.
2. GLASS CLEANING: Spray glass cleaner directly onto the rag instead of the glass, this will prevent spray from coming into contact with the wood or running down the glass behind the door heater in the Evolve series.
3. Take a damp cloth & gently wipe all timber surfaces inside the sauna to remove any excess wood dust from manufacturing.
4. Give the cloth a good rinse & gently clean the surface of all heater panels.
5. Turn the sauna on to 100% intensity. Fully open the door of the sauna ....& let it run for an hour to rid the sauna of any foreign smells if deemed necessary.
6. Your Sauna is now ready for use. Over the next few days, leave the door open to remediate any further initial new sauna smells.

# How do I keep the sauna clean & hygienic?

1. Place a large towel over the sauna bench seat, two layers if possible. This will keep the bench clean & hygienic.
2. Once you start sweating or before, place a small towel under your feet to absorb some of the sweat. NB: DO NOT cover the entire floor heater with a towel, allow some breathing space at either end of the heater.
3. Towel off sweat during the sauna session, this will enable the body to perspire more freely.
4. Important: After each sauna session, leave the door open to properly air out the sauna or otherwise leave it running for 20 minutes to dry out any excess sweat. Additionally raise up the floor heater guard regularly and gently wipe the surface of the heater panel clean with a damp cloth.
5. If necessary, clean the movable backrests and floor heater guard with a little warm water and a small amount of white vinegar added, then place them in the direct sunlight to properly dry out. TIP: Apply Australian made Gilly's Liquid Beeswax or New Zealand made Beeseal to the backrests, seat, movable bench top and floor heater guard, to provide some repulsion against sweat and assist with maintaining hygiene.

## Tip:

Since the internal timber surfaces of the sauna are unfinished, you can safely use fine grit sandpaper to remove any unwanted marks. NB: Sand in the direction of the timber grain.

## Cleaning Precautions:

NB: Avoid detergents or anything that has the potential to off-gas harmful fumes. Never hose down the interior of your sauna. Never apply paint or stain to the sauna.

# How to take a sauna

Unlike a traditional sauna, far Infrared heats the body directly, so the cabin air temperature is not as important as the type and quality of the Infrared received. The radiant heat emitted by the heaters will be absorbed by the moisture in your skin and drawn in deeper through conduction to the muscles inducing a deep heavy sweat.

In preparation for your sauna session, make sure you have plenty of towels and enough water to drink. Also, review all safety instructions and if in doubt consult with your health practitioner. If you feel light-headed during a sauna session, exit immediately.

## We recommend the following protocol:

1. Turn the sauna on for **10-15 minutes** at 100% Intensity to allow the heaters to come up to their optimum temperature. A lower starting cabin temperature of 38-40°C is highly recommended to begin your sauna session.
2. The optimal sauna experience occurs between 38-55°C, these lower temperatures stimulate an oil sweat which eliminates toxins stored in fat, as opposed to high temperatures which encourage a water sweat.
3. Enter the sauna & set the temperature to the maximum 65 degrees, this will ensure the heaters remain on for the entire session. Now select your desired session time. **NB: Avoid touching the heaters as they are very hot.**
4. To regulate the internal ambient temperature if you get too hot, open the door an inch or two, or use the 'Adjustable Intensity' feature to lower the radiant heat output and hold the sauna at a desired temperature setting if required.
5. The ceiling vent can be opened at any time to allow a little fresh air into the sauna.
6. Always drink plenty of water before and during your sauna session, this will replenish fluids lost from the body through perspiration.
7. As your sauna session progresses you can adjust the settings & control the temperature as the need arises.
8. Sit back and enjoy your sauna session, listen to music or a podcast on the premium sound system, or relax with your favourite book in hand.
9. Once finished, remove all sweaty towels from the sauna and take a shower to wash away all the perspiration on your body.

# Using your LCD control panel

When the sauna is plugged into your wall outlet the red Power Indicator light on the control panel will be on. The Bluetooth audio receiver on the roof will make a beeping noise, its indicator light will turn on.

**ON/OFF for Heaters:** Push the POWER button to turn the sauna heaters ON. The various displays will come on. The sauna heaters will remain ON until the timer runs down to 00. The sauna heaters can be turned OFF at any time by pushing the POWER button.

**Timer Adjustment:** The default time is 60 minutes. Press + or - to change the Timer setting. The maximum setting is 60 minutes. The minimum setting is 5 minutes.

**Pre Heat:** Sun Stream Infrared Saunas are typically used by preheating the sauna for 10-15 minutes to allow the heaters to reach their optimum output, a starting temperature of 38-40°C is highly recommended. The starting ambient temperature can affect the warmup time especially if the sauna is located outside or in a cold environment.

**Thermostat Adjustment:** Press + or - to change the Thermostat setting. Increase Press the + button to increase the temperature by 1°C increments. The maximum setting is 65°C. Decrease Thermostat Setting by pressing the - button to decrease the temperature by 1°C increments. The minimum setting is 25°C.

**Thermometer/Thermostat Display:** When the POWER button is turned ON the digital display will show the Thermometer reading. Anytime the + and - buttons are pushed the Thermostat setting display will show. After setting the thermostat the display will return to displaying Thermometer reading.

**Temperature Control:** When the interior air temperature is below the Thermostat set temperature, the heaters will remain ON. When the interior temperature is higher than the Thermostat set temperature, the power to the heaters will be turned OFF. The heater panels will begin to cool down, air temperature and Infrared levels will slowly drop until the Thermostat is activated and the power to the heaters will be turned back on.



**All (Adjustable Infrared Intensity):** The Intensity button on the control panel will adjust the Infrared intensity much like a dimmer switch for a household light. Press the Intensity button to select 100%, 75% or 50% levels of Infrared intensity for different purposes and individual needs. For the best sauna experience, leave it set to 100% intensity and begin your sauna session at 38-40°C.

**Smart Mode:** To take advantage of this feature you will need to purchase a Smart Plug. We recommend the TP-Link Tapo P100 Mini Wi-Fi Smart Plug available at Bunnings.

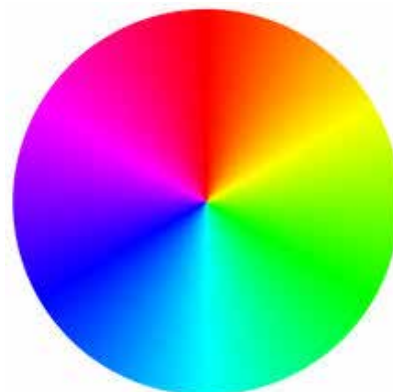
Once your sauna is connected to a Smart plug and set to “Smart” mode via the control panel, you gain the flexibility to schedule sauna sessions via the Smart plug app, or activate it remotely at your convenience, this feature requires Wi-Fi connectivity at your home or business. NB: When switching the sauna on via the smart plug app, the sauna will remember the previous settings on the control panel, for this reason it’s recommended to make sure that at the conclusion of each sauna session, the control panel is set to 40 + degrees, 100% intensity and 30 minutes or more.

NB: Beneath the control panel is the temperature sensor, this is fragile, please do not touch.



# Chromotherapy

Chromotherapy is a totally holistic and non-invasive therapy for us all and assists with moods and provides relaxation benefits. Colour should be a part of our everyday life. Colour is all around us everywhere. This wonderful planet does not contain all the beautiful colours of the rainbow without reason. Nature and its colours are not simply here by chance, everything in nature is here for a purpose. Colour is no exception.



The capacity for health and well-being is within us all.  
Let Chromotherapy help you to fulfil your potential.

## Using your Chromotherapy

The Chromotherapy is fully operated by the remote control only. Aim the remote directly at the LED light panel as you select the various options, including powering it on and off. (Chromotherapy is available as an upgrade for the Evolve Mini)

### Colour Options:

Choose from 12 different colour options.

### Programs:

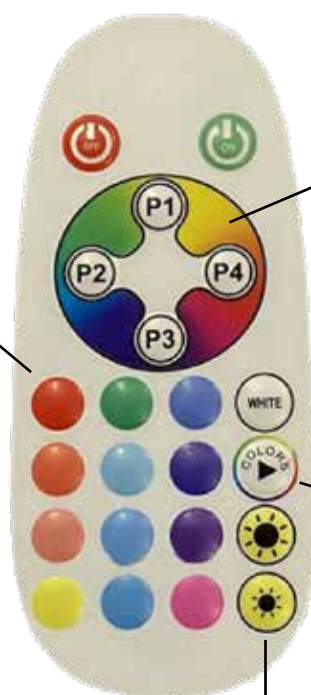
Choose from 4 different colour rotating programs.

### Brightness:

Adjust the brightness to a setting that suits you.

### Play Button:

Press the play button continuously to cycle through the various colour options.



# Audio system

Your Sun Stream Sauna comes equipped with a Bluetooth-enabled audio system, allowing you to enjoy music, podcasts, or guided meditations during your session.

## How to Connect via Bluetooth:

1. When you plug the sauna into a wall outlet, you'll hear a beep, confirming the audio circuit board in the roof has power. The LED indicators on the board will flash continuously while the sauna is powered.
2. On your device (smartphone, tablet, laptop), enable Bluetooth and search for "BT Speaker." Select it to pair and start streaming audio through the sauna's speakers.

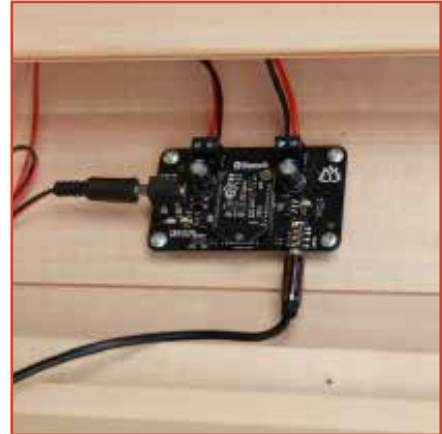


Image 1

## Troubleshooting Tips:

1. If your device won't connect, switch the sauna off at the wall, restart your device, then power the sauna back on and reconnect to "BT Speaker."
2. Only one device can connect at a time. If pairing fails, check if another device in your home is already connected and disconnect it.

# Floor heater safety reminders & cleaning

It is inevitable that you will drip some sweat down through the floor grate and on to the floor heater panel. Try to minimize this by wiping sweat from your body regularly during your sauna session. Place a small towel under your feet to absorb any sweat.



## CAUTION:

Do not use large towels on the floor heater that cover any more than 30% of the floor heater. SMALL towel only!



## Floor Heater Cleaning:

Simply tilt the floor grate up to access the floor heater. Gently wipe the heater with a damp cloth to clean. A bit of dish soap can be used on the floor heater if necessary. DO NOT scrub the heater with excessive pressure. Follow the same guidelines for cleaning the wall heater panels.



# FAQs

## How often can I use the sauna?

There is no right or wrong answer for this as every person is different. Typically, for a healthy adult it is safe to have a sauna session every day, or even more than once a day. However, if you have any concerns, please check with your doctor for their advice.

## How long should an average sauna session last?

This greatly depends on the person, the user's physical health and sauna usage preferences. Typically, a user will stay in the sauna for about 20-45 minutes or until the body indicates you should finish. The key is to have a good heavy sweat, the longer the better. If in doubt check with your doctor for their personal recommendation.

## How long does it take for the sauna to heat up?

Typically, a 15–20 minute preheat is all that's needed for the heaters to reach their optimal operating temperature before your session. Keep in mind that with far infrared saunas, the focus isn't on how hot the air gets. Unlike traditional steam or heat saunas that rely on cabin temperature, infrared heat works by warming your body directly, delivering a deeper, more effective experience even if the air feels cooler.

## Why doesn't my the sauna reach maximum temperature of 65°C?

The temperature reading on your sauna's keypad is a reference point, not a target. Think of it like a treadmill that can go up to 20 km/h — you don't need to run that fast to get an effective workout. The same goes for your sauna: the display shows the upper limit of the system, not what you need for the best results.

Infrared saunas work differently from traditional steam saunas. They're designed to deliver the greatest therapeutic benefits at 45°C to 55°C for 20–45 minutes. Instead of heating the air, far-infrared energy warms your body directly, penetrating deep into muscles and tissues to generate a deep heavy sweat.

Temperature can also be influenced by factors like ambient room temperature, climate, and placement. In cooler conditions, your sauna may reach the 50s, while in warmer or well-sheltered locations, it might climb into the high 60s. Either way focus on the sweating experience rather than the temperature gauge.

# Safety instructions

## Please read before use

To ensure your safety and the longevity of your Sun Stream Infrared Sauna, carefully follow these guidelines. Failure to observe these warnings may result in injury or damage.

- 1. Use a Properly Grounded Outlet**  
Connect the power cord only to a grounded outlet that meets local electrical standards.
- 2. Avoid Direct Contact with Heaters**  
The heaters can become very hot. Do not touch them with hands or body during or after use.
- 3. Never Leave the Sauna Unattended**  
Always monitor the sauna while in operation.
- 4. Use Only Approved Accessories**  
Do not use attachments or modifications not recommended by Sun Stream.
- 5. Keep Power Cord Clear of Heat**  
Ensure the electrical cord does not come into contact with heated surfaces.
- 6. Check for Damage Before Use**  
Do not operate if the cord, plug, or any component appears damaged or the unit has malfunctioned or been dropped.
- 7. Position in a Dry, Safe Location**  
Do not place the sauna in a wet or damp environment, outdoors in rain, or in direct sunlight.
- 8. Do Not Attempt Unauthorized Repairs**  
Never repair or modify the sauna yourself, except where specified in the manual. Contact Sun Stream for service.
- 9. Do Not Spray Heaters with Water**  
Liquids can cause damage or pose an electrical hazard.
- 10. Unplug During Electrical Storms**  
For safety, disconnect the unit from power during storms.
- 11. Always Unplug Before Maintenance**  
Turn off and unplug the sauna before cleaning or servicing.

# Precautions for safe use

To enjoy your sauna safely and avoid injury, please observe the following precautions:

**1. Allow Time After Exercise**

Wait at least 15 minutes after strenuous activity before entering the sauna to let your body cool down.

**2. Supervise Children at All Times**

Children should only use the sauna under close adult supervision.

**3. Pregnancy & Health Conditions**

Pregnant or possibly pregnant women should consult a physician before use. Individuals with obesity, heart conditions, high or low blood pressure, circulatory issues, diabetes, or any chronic illness should also seek medical advice before using the sauna.

**4. Medication & Substance Use**

Avoid alcohol, recreational drugs, or medications that can impair judgment or cause drowsiness before or during your session. Some medications can affect heart rate, blood pressure, or circulation—consult your doctor if unsure.

**5. Hyperthermia Warning**

Prolonged exposure to heat may cause hyperthermia (a rise in core body temperature above 39.4°C). Symptoms include dizziness, drowsiness, lethargy, and fainting. Hyperthermia can reduce heat awareness and the ability to exit, and may cause unconsciousness or fetal harm in pregnant women. If you feel unwell, exit the sauna immediately.

**6. Stay Alert & Awake**

Never sleep inside the sauna while it is operating.

**7. Be Careful When Entering or Exiting**

Surfaces may be hot. Move slowly to prevent slips or falls.

**8. Keep Interior Clean & Safe**

Do not use chemical cleaning agents inside the sauna. Wipe with a soft cloth and mild, non-abrasive cleaner as directed in the maintenance section on page 5.

# Warranty

Sun Stream Infrared Saunas Australia and Sun Stream Infrared Saunas New Zealand offers the following comprehensive warranty to the original purchaser.

## Indoor residential use:

- Lifetime replacement warranty for defective carbon heater panels
- Lifetime replacement warranty for electronic control system components
- Lifetime replacement warranty on sauna cabin for major deformations or breakage due to manufacturer's defects
- Lifetime replacement warranty on stereo components
- Lifetime replacement warranty on lighting system components
- Labour on sauna cabin and factory installed components 10-years

## Outdoor residential use:

- Lifetime replacement warranty for defective carbon heater panels
- Lifetime replacement warranty for electronic control system components
- 5-year warranty on the sauna cabin for major deformations or breakage due to manufacturer's defects
- Lifetime replacement warranty on stereo components
- Lifetime replacement warranty on lighting system components
- Labour on sauna cabin and factory installed components 10-years
- Water resistant cover: 7-year warranty | Australian made and designed for Sun Stream Saunas\*

## Commercial use:

- 5-year warranty for defective carbon heater panels
- 5-year warranty for electronic control system components
- 5-year warranty on the sauna cabin for major deformations or breakage due to manufacturer's defects
- 5-year warranty on stereo components
- 5-year warranty on lighting system components
- Labour on sana cabin and factory installed components 5-years
- Water resistant cover: 7-year warranty | Australian made and designed for Sun Stream Saunas\*

\* Warranty extends to outdoor use with the following conditions:

1. The sauna must be protected at all times by our Australian made Sun Stream waterproof cover.
2. The sauna must be located on a flat, level, hard surface, with full protection from direct rainfall.

# Warranty

For the specified warranty period, Sun Stream infrared saunas Australia and New Zealand, will repair or replace parts as required in accordance with the terms, conditions, limitations and exclusions as set forth below.

## Replacement parts:

Sun Stream Saunas warrants its products to be free of manufacturer's defects in materials and workmanship. Parts which become defective, heater panels, power supply, control panels, electrical wiring and audio system will be replaced or repaired by Sun Stream Saunas, except for damage due to negligence, abuse, misuse, misapplication, unauthorised modifications or improper installation.

## Labour warranty on sauna cabin and factory installed components:

All factory installed components including the cabin are covered by our labour warranty for the specified warranty period. However Sun Stream Saunas will not be responsible for labour costs associated with the general maintenance of the product or any non-factory installed components. Our labour warranty is provided for Australia and New Zealand clients only. All labour costs incurred for products sold outside Australia and New Zealand, will be the responsibility of the owner.

## Shipping costs of defective parts:

Defective parts will be either repaired or replaced, and returned to the purchaser with freight paid by Sun Stream Saunas.

Parts claimed to be defective, maybe requested to be shipped with freight prepaid by the purchaser, to Sun Stream Saunas. Once the defective parts are received, Sun Stream Saunas will reimburse the shipping costs to the purchaser. Our shipping of defective parts warranty is provided for Australia and New Zealand clients only. All shipping costs incurred for products sold outside Australia and New Zealand, will be the responsibility of the owner.

## Warranty transfer:

This warranty is issued to the original purchaser and is not automatically transferable. A new owner may apply for a Warranty Transfer, which allows continued coverage under the remaining warranty period.

## Transfer requirements & fee:

- Proof of original purchase.
- Confirmation the sauna has been installed and maintained in accordance with Sun Stream guidelines.
- A one-off fee of \$250 applies.

## What the transfer includes:

- Ownership verification and warranty reassignment.
- Continued access to lifetime component coverage.
- Ongoing customer support from Sun Stream Saunas.

Sun Stream Saunas reserves the right to approve or decline any transfer request at its discretion.

# Warranty

## Warranty limitations and exclusions:

The warranty period begins on the date of purchase by the user.

All warranty labour must be performed by Sun Stream Saunas; it's designated representative or another agent approved by the company. Any unauthorised repairs or labour costs incurred, will be the responsibility of the owner.

This warranty shall not apply to any claims arising from the modification of the product, misuse, neglect, accident, abuse, improper installation, including but not limited to exposure to fire, excessive heat or other hazards of nature.

For saunas placed outside, the warranty does not cover damage caused by rain, snow deposits, trees, plants, shrubs or damage caused due to improper installation on an unlevel surface lacking adequate drainage.

Under no circumstances will Sun Stream Saunas be liable for any special or consequential damages arising from the use of the product, components and the parts attached, or installed with it. Nor will Sun Stream Saunas be liable for injury to any person or any claims for damages arising from the use, installation or servicing of the product.

## Policy:

Sun Stream Saunas is committed to treating our customers honestly, responsibly and fairly. We agree to comply with the fair trading and consumer protection laws governing all Australian states and New Zealand. No liability shall accrue to Sun Stream Saunas except as set forth herein.

## Warranty servicing information:

Often, any technical issues arising with your sauna are easily resolved or diagnosed with a simple phone call. The great majority of spare parts are plug and play, designed to be easy for you (the owner) to install under our guidance.

For more complex issues, we have a list of independent contractors and electricians we can call on to get your sauna operating again.

To obtain a warranty service, please contact us as below either by phone or email with a description of the problem and proof of purchase:

### Sun Stream Saunas Australia Ltd

p: 1800 316 962

e: sales@infraredsaunasau.com.au

### Sun Stream Saunas New Zealand Ltd

p: 0800 218 020

e: info@infraredsaunas.co.nz



## Australia

[www.infraredsaunasau.com.au](http://www.infraredsaunasau.com.au)  
[info@infraredsaunasau.com.au](mailto:info@infraredsaunasau.com.au)  
1800 316 962

## New Zealand

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0800 218 020