



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 provided in digital format and can be downloaded from our website. Simply navigate to the main menu, select “Why Sun Stream”, then click “Easy Assembly”. Alternatively, scan the QR code below:



Australia / New Zealand



Europe / United Kingdom

How to prepare the sauna for first time use

Your sauna has only recently been manufactured and has been securely packaged for transport and storage. Before enjoying your first session, we recommend the following:

1. **Vacuum the interior:** to remove any residual dust, packaging debris, or small pieces of styrofoam that may remain after assembly.
2. **Clean the glass:** spray glass cleaner onto a cloth rather than directly onto the glass. This helps prevent cleaner from coming into contact with the timber or running behind the door heater on the Evolve series models.
3. Using a damp cloth, gently wipe all interior timber surfaces to remove any fine wood dust from the manufacturing process.
4. Use a clean damp cloth and gently wipe the surface of all heater panels.
5. Your sauna is now ready to enjoy!

How do I keep the sauna clean & hygienic?

1. **Protect the bench seat.** Place a large towel over the bench seat during each session. For added protection, we recommend using two layers.
2. **Use a towel under your feet.** Once you begin sweating (or before), place a small towel beneath your feet to absorb excess moisture. Do not cover the entire floor heater with a towel. Leave space at either end of the heater to allow for proper airflow.
3. **Towel off excess sweat.** During your session, periodically towel off excess perspiration. This can help the body continue to sweat more freely and keeps the sauna cleaner.
4. **Allow the sauna to dry after use.** After each session, leave the door open to allow the sauna to air out thoroughly. We also recommend periodically lifting the floor heater guard and gently wiping the surface of the heater panel with a damp cloth.
5. **Clean removable components as required.** The movable backrests and floor heater guard can be cleaned using warm water with a small amount of white vinegar. After cleaning, place them in direct sunlight and allow them to dry completely before reinstalling.

Tips:

- The interior timber surfaces of your sauna are unfinished. If required, fine-grit sandpaper can be used to remove minor marks or stains. Always sand in the direction of the timber grain.
- Protect the timber by applying pure Tung Oil to the high sweat areas, seat pads, benches, movable back rests, floor heater guard.

Cleaning Precautions:

- Avoid using detergents, solvents, or cleaning products that may release harmful fumes when heated.
- Never hose down or flood the interior of your sauna.
- Never apply paint, stain, varnish to the interior timber.

How to take a sauna

Unlike a traditional sauna, far infrared heats the body directly rather than primarily heating the surrounding air. For this reason, cabin air temperature is less important than the quality and intensity of the infrared heat being absorbed by the body. The radiant energy emitted by the heaters is absorbed by the skin and penetrates deeply into the body, promoting relaxation and a deep, satisfying sweat.

Before beginning your sauna session, ensure you have plenty of drinking water and towels available. We also recommend reviewing all safety instructions. If you have any health concerns, consult your healthcare practitioner before using the sauna. If you feel light-headed or unwell at any time, exit the sauna immediately.

We recommend the following protocol:

1. Turn the sauna on for **15-20 minutes** at 100% intensity, to allow the heaters to come up to their optimal operating temperature. We recommend entering the sauna when the cabin temperature reaches approximately 38-40°C.
2. Most users find the ideal sauna experience occurs between 38-55°C. Infrared saunas can be highly effective at these lower temperatures because the infrared energy heats the body directly.
3. Once inside, set the temperature to the maximum setting of 65°C. This helps ensure the heaters remain active throughout your session. Then select your desired session time. **NB: Avoid touching the heater panels, as they become very hot.**
4. If you become too warm during your session, you can regulate the temperature by slightly opening the door, adjusting the temperature setting, or using the adjustable 'Intensity' feature to reduce the infrared output while maintaining a comfortable environment.
5. The ceiling vent can be opened at any time to introduce fresh air into the sauna.
6. Drink plenty of water before, during, and after your sauna session to help replace fluids lost through perspiration.
7. As your sauna session progresses, feel free to adjust the temperature and intensity settings to suit your comfort level.
8. Sit back and enjoy your sauna session. Listen to music or a podcast through the premium sound system, meditate, or simply relax and unwind.
9. Once your session is complete, remove any damp towels from the sauna and take a shower to rinse away perspiration and refresh the body.

Using your LCD control panel

When the sauna is plugged into a wall outlet, the red Power Indicator light on the control panel will illuminate. The Bluetooth audio receiver on the roof of the sauna will emit a brief beep and its indicator light will turn on.

ON/OFF for Heaters: Press the POWER button to turn the sauna heaters ON. The display will illuminate and the heaters will begin operating. The heaters will remain ON until the timer reaches 00:00. The heaters can be turned OFF at any time by pressing the POWER button.

Timer Adjustment: The default session time is 60 minutes. Press + or - buttons to adjust the timer setting. The maximum setting is 60 minutes and the minimum setting is 5 minutes.

Preheating: Sun Stream Infrared Saunas are typically used by preheating the sauna for 15-20 minutes to allow the heaters to reach their optimum operating temperature. A starting cabin temperature of 38-40°C is highly recommended. Please note that warm-up times may vary depending on the ambient temperature, particularly if the sauna is installed outdoors or in a cold environment.

Thermostat Adjustment: Press the + or - buttons to adjust the thermostat setting in 1°C increments. The maximum temperature setting is 65°C and the minimum setting is 25°C.

Thermometer/Thermostat Display: When the sauna is operating, the display will show the current cabin temperature. Whenever the + or - buttons are pressed, the display will temporarily show the selected thermostat setting. After a few seconds, the display will automatically return to showing the current cabin temperature.

Temperature Control: When the cabin temperature is below the selected thermostat setting, the heaters will remain ON. Once the cabin temperature reaches the selected thermostat setting, power to the heaters will automatically switch OFF. As the heater panels cool, the cabin temperature and infrared output will gradually decrease until the thermostat reactivates the heaters.



All (Adjustable Infrared Intensity): The Intensity button on the control panel allows you to adjust the level of infrared output to suit your personal preference and comfort level.

Select from 100%, 75%, or 50% infrared intensity, depending on your desired sauna experience.

For the most effective sauna session, we recommend leaving the sauna set to 100% Intensity and beginning your session when the cabin temperature reaches approximately 38–40°C.

Smart Mode: To use this feature, you will need a compatible Smart Plug (sold separately).

Once your sauna is connected to a Smart Plug and Smart Mode has been activated via the control panel, you can schedule sauna sessions through your Smart Plug app or remotely switch the sauna on and off at your convenience. An active Wi-Fi connection is required.

When activated via the Smart Plug app, the sauna will automatically recall the previous settings stored on the control panel. For this reason, we recommend leaving the control panel set to the following at the end of each session:

- Temperature: 40°C or higher
- Intensity: 100%
- Session Time: 30 minutes or longer

This ensures your sauna is ready for convenient remote pre-heating whenever required.

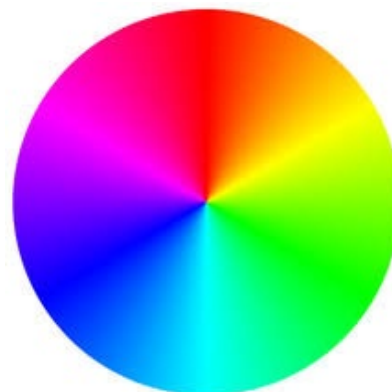


NB: Beneath the control panel is the temperature sensor, this is fragile, please do not touch.

Chromotherapy

Chromotherapy uses coloured light to create a relaxing and enjoyable sauna environment. Many users find that different colours can help influence mood, promote relaxation, and enhance their overall sauna experience.

Enjoy experimenting with the different colours and settings to create a sauna experience that suits your mood and personal preference.



Using your Chromotherapy

The Chromotherapy system is operated using the supplied remote control. Point the remote directly at the LED light panel when selecting colours, programs, brightness levels, or when turning the system on and off.

Colour Options:

Choose from 12 different colour options.

Programs:

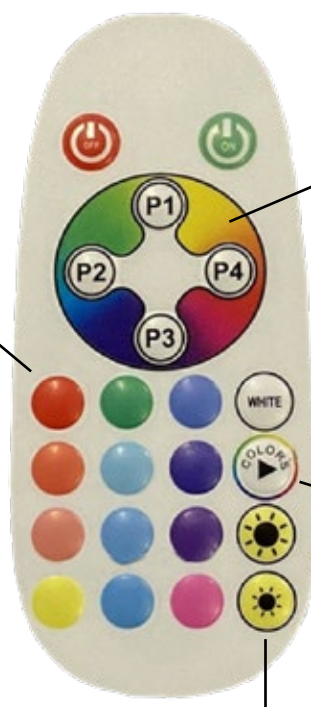
Choose from 4 different colour rotating programs.

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 is equipped with an RF-free Bluetooth audio system, allowing you to enjoy music, podcasts, audiobooks, or guided meditations during your sauna session. The RF-free design automatically disables Bluetooth transmission once your device is connected, helping to minimise radio frequency exposure within the sauna environment.

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.
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.



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.

Accessories

Sauna Hat

Your sauna hat is designed to help insulate your head from heat, allowing you to enjoy longer and more comfortable sessions.

Hand wash in cool to warm water when required and allow to air dry.



Dry Skin Brush

Dry brushing is a simple self-care ritual that gently exfoliates the skin and promotes circulation.

How to use:

1. Before your sauna session, use the brush on dry skin.
2. Starting at your feet, use long, gentle strokes towards the heart. Continue brushing the legs, arms, and torso using light pressure.
3. Follow with your sauna session and shower as normal.

For best results, use the dry skin brush regularly as part of your wellness routine.



Accessories

Backrests

Your Sun Stream Sauna includes premium backrests crafted from Western Red Cedar for added comfort and support during your sauna sessions.

Position the backrests as shown in the illustration to provide comfortable lower back support and to maintain an optimal distance between your body and the infrared heater panels.



Aromatherapy

Enhance your sauna experience with your favourite essential oils, such as eucalyptus, lavender, peppermint, or citrus blends.

How to use:

1. Add approximately 10ml of water to the aromatherapy glass.
2. Add a few drops of your preferred essential oil.
3. Hang the aromatherapy glass securely on the wall heater guard.
4. As the sauna warms, the gentle heat will help disperse the aroma throughout the cabin.



Cup Holder

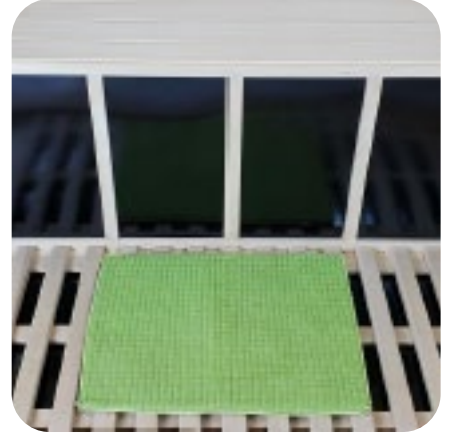
Your sauna includes a convenient timber cup holder, allowing you to keep water within easy reach during your sauna session.

- Many customers simply place the cup holder on the sauna bench, allowing it to be moved as required.
- The cup holder can also be permanently mounted to the side wall beneath the heater panels or above the heater panels on the side walls.



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.



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