



USER MANUAL FOR D5 OUTDOOR SERIES SAUNA



OUTDOOR CONTEMPORARY SERIES SAUNA

*IT IS RECOMMENDED TO APPLY WATERPROOF SEALANT TO THE SAUNA CABIN EXTERIOR ANNUALLY

●●● Dear SunRay Customer,

Congratulations on the purchase of your new SunRay D5-series outdoor contemporary series sauna. We strive to provide the highest quality saunas on the market, and we are confident that you will enjoy the many benefits of using your new sauna for years to come.

We encourage you to carefully and thoroughly read this manual in its entirety before using your new sauna for the first time. We recommend keeping this manual in the event you need it for future reference.

If you have any questions on the assembly or operation of the sauna, please contact our customer support team at 800.976.5530 or customerservice@sunraysaunas.com. We will be glad to assist you.

●●● Sauna Requirements

The sauna must be installed on a dedicated electrical circuit. Refer to the your heater manual that accompanies your sauna to determine the required voltage and amperage for your sauna heater.

The sauna should always be placed on a sturdy level surface such as a concrete pad, wood deck or other solid surface. Do not place the sauna directly onto the ground.

If the sauna floor is damp or has moisture install a floor separator/moisture barrier to keep the sauna high & dry.

Do not store flammable objects or chemical substances near the sauna.

●●● Specifications for D5 series saunas

MODEL	WIDTH Metal roof	DEPTH Metal roof	HEIGHT Metal roof	WIDTH Cabin only	DEP Cabin only	HEIGHT Cabin only	WATTS
300D5	78"	71"	87"	61"	51"	85"	6000
400D5	89"	83"	89"	89"	62"	87"	6000

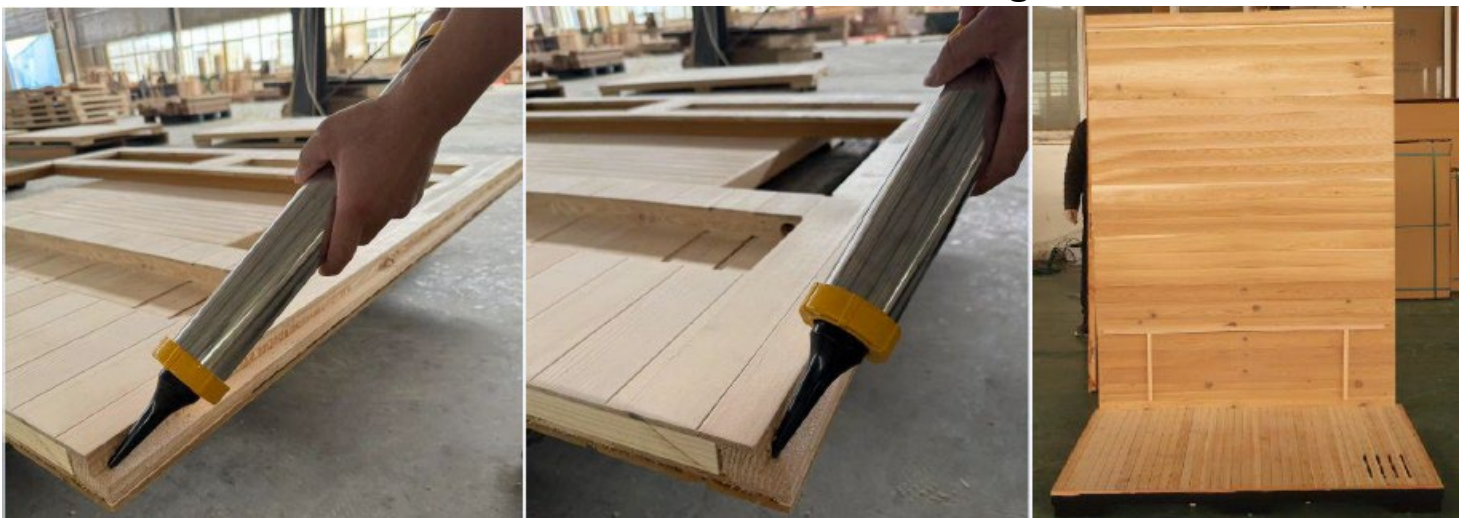
●●●Assembly Instructions

Assembly of the sauna requires at least 2-4 adults to complete. Please read the instructions thoroughly before and during assembly to ensure proper installation of the unit. If you encounter any problems or have questions during assembly, please feel free to call our Customer Service or local dealers.

1. Place the sauna floor on a solid and level surface.



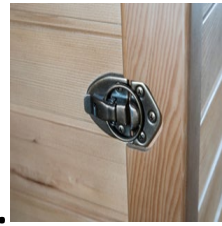
2. Apply a layer of waterproof sealant to the bottom of back and side walls. Place the back wall onto the floor and align the corners.



3. Attach right and left walls using the pre-installed buckles



located on the outside of the panels.



4. Attach the front wall using the inner buckles located on the panel edges.



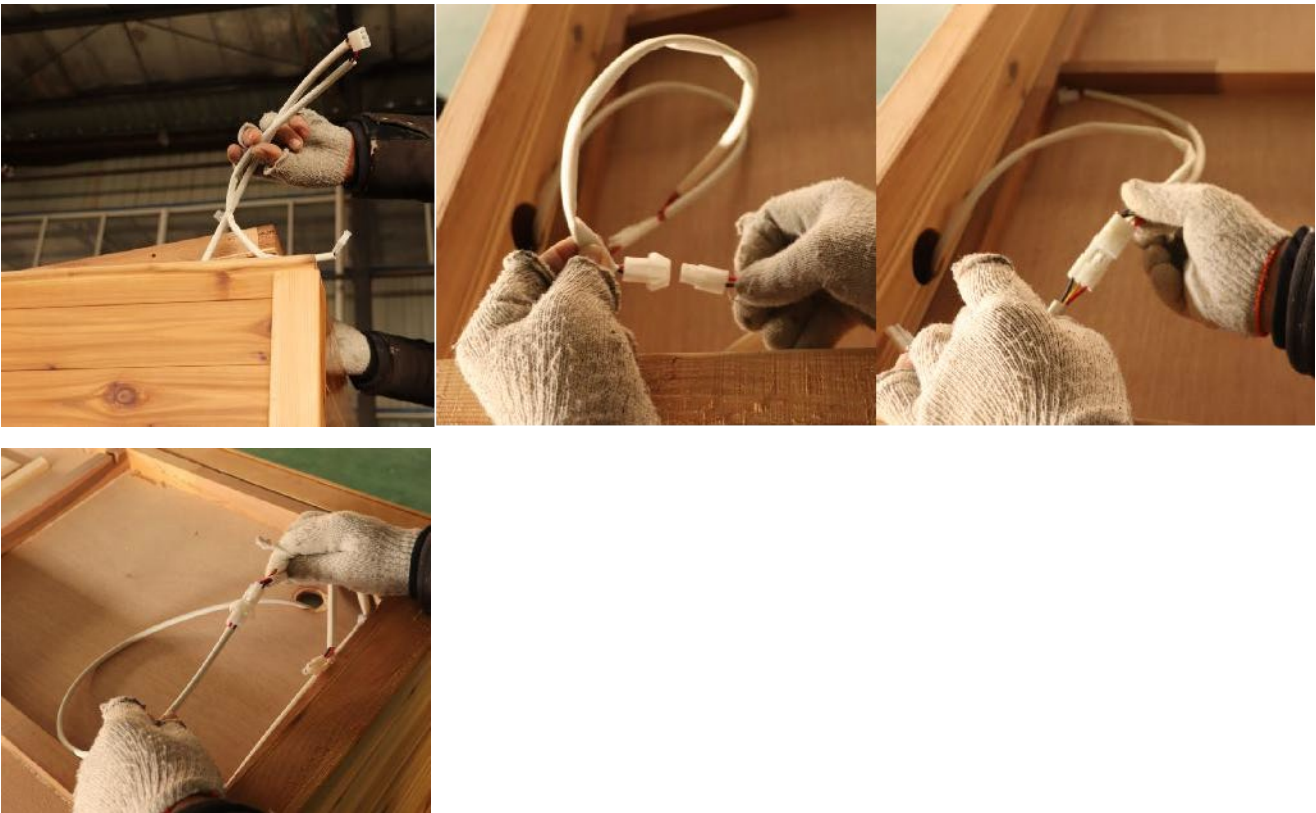
5. Connect the inner and outer door handle through the glass door as shown below.



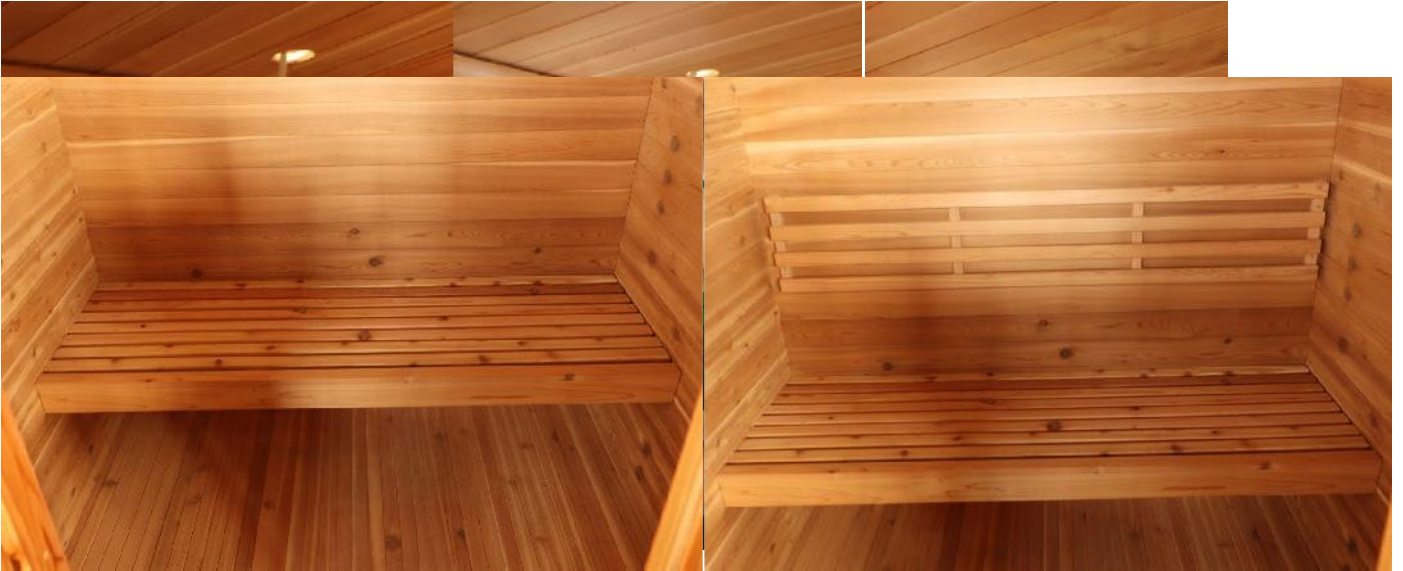
6. Place the interior flat roof along the inside edge of the sauna. The inner roof will rest on the roof supports.



7. Pull the light wires from the wall panel and connect them with the roof panel light wire as shown.



8. Attach the sealed dome light and cover in the upper corner of the sauna using the included screws.



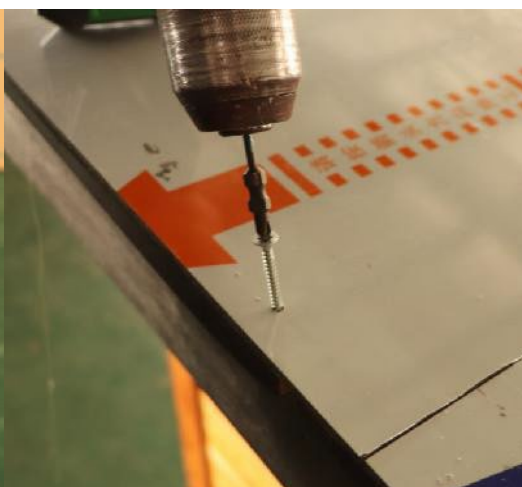
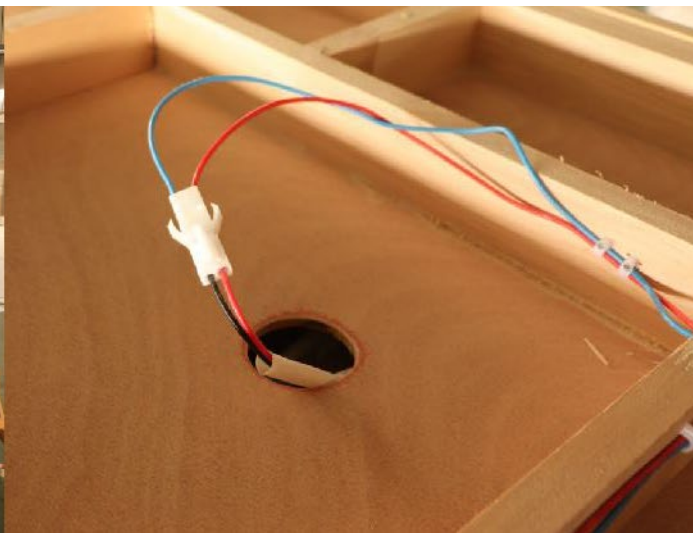
9. Place the seat bench onto the wall supports and attached the back rest using the included screws.

Note: the 400D5 includes a side bench. Attach the side bench as pictured below.





10. Attach the light wire and secure the outside roof along the perimeter using the included roof screws.

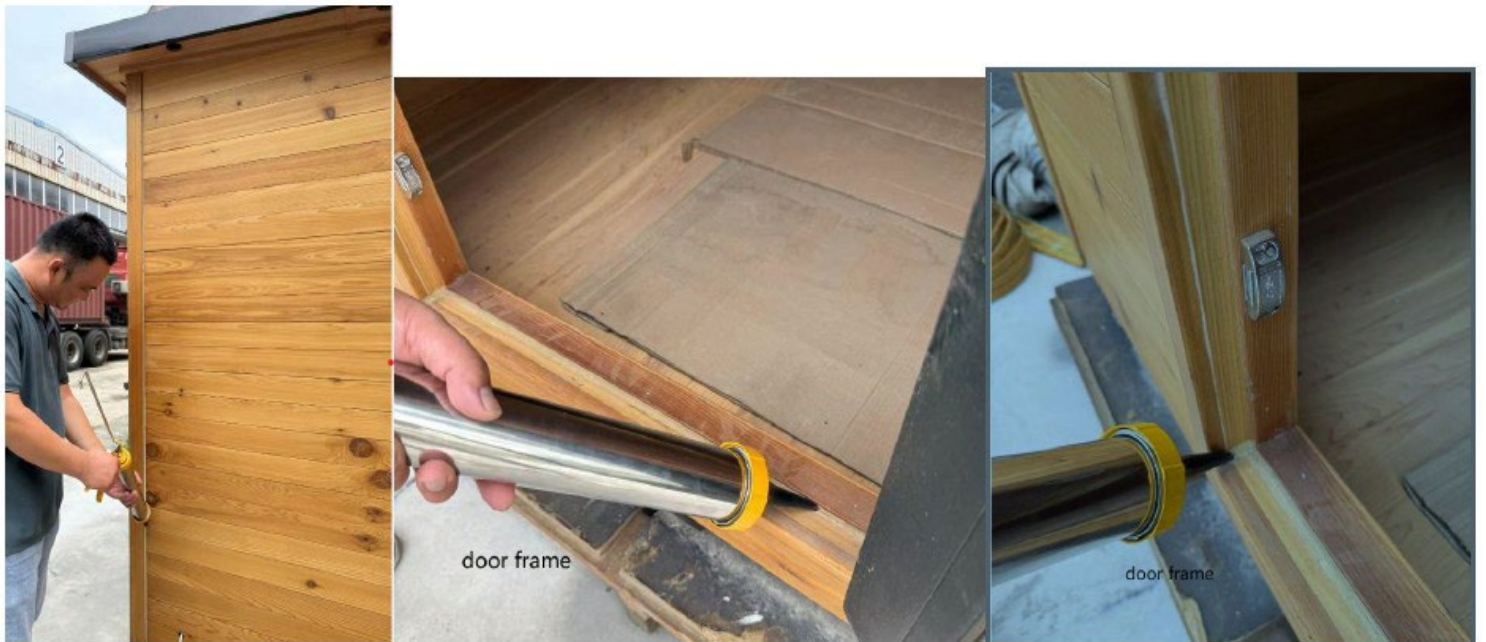




11. Assemble outside light.



12. Apply waterproof sealant to bottom of door opening and outside corners.



13. Attach all accessories.



Note: details on how to assemble wood frame :



14. Insert the stove into the cradle as shown.



Enjoying your Sauna

INSTRUCTIONS FOR USE

Review all health and safety instructions. If in doubt as to the advisability of using your sauna, consult with your physician. If you feel light-headed or heat-exhausted during a session, exit the sauna immediately.

1. Set the temperature to a comfortable level, normally, 125 to 170 degrees Fahrenheit.
2. Allow approximately 45-60 minutes for the sauna to warm up before beginning a session.
3. Perspiration will begin within 6 to 15 minutes after stepping into the unit. We recommend that a sauna session does not exceed 30 minutes.
4. When the temperature reaches the level set on the thermostat, the electric heater will turn off and on periodically to maintain the desired temperature level inside of the sauna.
5. The front door/window and/or ceiling vent can be opened at any time to allow fresh air into the sauna.
6. Always drink plenty of water before, during, and after a sauna session. Doing so will replenish lost fluids from the body through perspiration.
8. Choosing to take a hot shower or bath prior to the sauna session will further promote perspiration. However, dry off thoroughly before going into the sauna because excessive water will stain or warp the wood. A shower after the session is refreshing and rinses perspiration from the body.
9. To absorb perspiration and keep the sauna tidy during the session, place a towel on the bench and floor of the sauna. Keep one towel handy to wipe excessive sweat from your body.

Tips for Use

- 1) To regulate the temperature inside the sauna during your session, use the roof ventilation.
- 2) If you feel the need for more cooling, simply leave the door open until the air around you feels comfortable enough.
- 3) Drink plenty of fluids prior to, during, and after your session.
- 4) If you take a hot/warm shower or bath before your sauna session, you may perspire more. Try it with and without bathing or showering first to determine which way you prefer.
- 5) Use at least 2-3 towels. Sit on one towel folded over several times for added cushioning. Put another towel on the floor to absorb extra sweat. A third towel draped over the knees may aid you in comfort and is useful to towel off sweat.
- 6) Be sure to towel off excess sweat during your session to help the body perspire more freely.
- 7) To help relieve sore and tense muscles, massage the affected areas while in sauna to help heal faster.
- 8) Do not eat anything at least an hour before your sauna session. It is better to go in the sauna on an empty stomach. You are more likely to feel uncomfortable sitting in a sauna with a full stomach.
- 9) To make the most out of your sauna session, work your muscles while in the sauna. Stretch your arms and legs, massage your neck, massage your feet, etc.
- 10) At the first sign of cold or flu, increasing your sauna sessions may be beneficial in boosting your immune system and decreasing the reproductive rate of the viruses.
- 16) After the session is over, do not immediately jump into the shower. Since your body was heated up during the session, it will continue to sweat even after the heater is off. Sit in the sauna with the door open and let the body sweat a little more while it cools off. After you feel comfortable enough, take a warm shower and finish it off with a cold shower to cool off completely.

Safety Instructions

1. Read and follow the safety instructions carefully.
2. When installing and using this electrical equipment, basic safety precautions should always be followed.
3. Do not use the sauna immediately following strenuous exercise. Wait at least 30 minutes to allow the body to cool down completely.
 - a. To avoid fire, do not dry clothes or leave any towels in the sauna.
 - b. Do not use the sauna if you have any of the following conditions:
 - 1) Open wounds
 - 2) Eye diseases
 - 3) Severity sunburns
 - 4) Elderly & weak people, especially those suffering from a disease, pregnant women and infants are prohibited. Children over the age of 6 years of age may use the sauna under the supervision of adults.
 - 5) If suffering from a disease directly related to temperature, seek the advice of a doctor before use.
 - 6) People suffering from obesity or with a medical history of heart disease, low or high blood pressure, circulatory system problems, or diabetes should consult a physician prior to using the sauna.
 - 7) People using medications should consult a physician before using the sauna since some medications may induce drowsiness while others may affect heart rate, blood pressure, and circulation.
 - 8) Do not place pets in the sauna.
 - 9) Do not use the sauna if you are under the effects of alcohol. The use of alcohol, drugs, or medications prior to or during the sauna session may lead to unconsciousness.