

# IS 44 BT Room Owner's Manual

with

## IS SaunaLogic Control and Bluetooth Sound System



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**Please record the serial number here:**

Sauna Heater \_\_\_\_\_

Sauna Room \_\_\_\_\_

Keep the recorded serial numbers just in case you would have to call in to our Technical Support Department.

Please contact us at 1-888-780-4427 8 a.m. to 5 p.m. central time with technical questions.

**Read all instruction carefully before installation including instructions packaged separately with the sauna heater. Please leave all instructions and warranty with the owner.**

**WARNING:** When using electrical sauna heaters and associated sauna products, basic precautions must be followed, including the following:

1. Grounding is required.
2. No electrical receptacle shall be installed in the sauna room.
3. Be sure rocks are placed in the heater according to the instructions on page 9 of this manual.
4. Do not tamper with the door or install a latching or locking system. Malfunction of which may cause entrapment inside the heated room.
5. Do not block ventilation openings. Vents must be kept free of obstruction so proper airflow is maintained in the sauna room. Do not stack anything in front of the vents or push the back of the room up tight to a wall surface. Do not stack anything in front of the vents or push the back of the room up tight to a wall surface.

**WARNING:** Prolonged exposure to elevated temperatures is capable of inducing hyperthermia. Hyperthermia occurs when the internal temperature of the body reaches several degrees above the normal body temperature of 98.6°F. The symptoms of hyperthermia include an increase in the normal temperature of the body, dizziness, lethargy, drowsiness, and fainting. The effects of the hyperthermia include failure to perceive heat, failure to recognize the need to exit the room, unawareness of impending hazard, fetal damage in pregnant women, physical inability to exit the room and unconsciousness.

**WARNING:** The use of alcohol, drugs, or medication is capable of greatly increasing the risk of fatal hyperthermia.

**CAUTION FIRE HAZARD:** Do not use the sauna room for drying clothes, bathing suits, etc. Do not hang towels above the heater or place any object, other than the rocks supplied, in the heater. If any darkening of the wall around the heater is noticed, discontinue sauna use immediately.

**ELECTRICAL SHOCK HAZARD:** High voltage exists within this equipment. There is no user serviceable part in this equipment. All installation and service to this equipment should be performed by qualified licensed personnel in accordance with local and national codes.

## ROOM ASSEMBLY

The 1.7kw can be used on all 15 amp or 20 amp household outlets (the standard 120 volt outlet found in all homes). A dedicated circuit is advisable to avoid unnecessary tripping of the breaker.

Each panel is heavy. Be careful to avoid injury when installing, especially the top panel.

Two adults are required for the installation of sauna room.

There is a “+” button or a “-” button at the sides of each panel, which will be installed correspondingly with one “+” to one “-” in the following way when installing: The panel with “+” button should be lifted up about 4 inches (10cm) higher than the panel with the “-“ button (Refer to Picture 1); place the “+” panel against the panel with “-” button (Refer to Picture 2), and then slide the panel with “+” button down until the two panels are equal in height (Refer to Picture 3). If they are not equal in height or there is an obvious gap between the two panels, that means they are not properly attached, and you should try again.

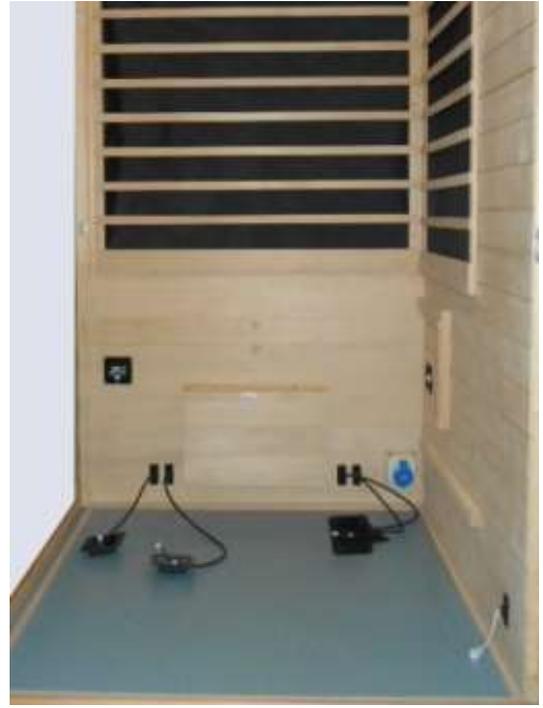


The panels should be installed in the following order: \*Floor Panel—Back Panel—Right Side Panel—Left Side Panel  
—Lower Bench —Bench Skirt Panel—Upper Bench—Front Panel—Top Panel

Note: The vents must be kept free from any obstruction so proper airflow is maintained in the sauna room. Do not stack anything in front of the vents or push the back of the room up tight to a wall surface.

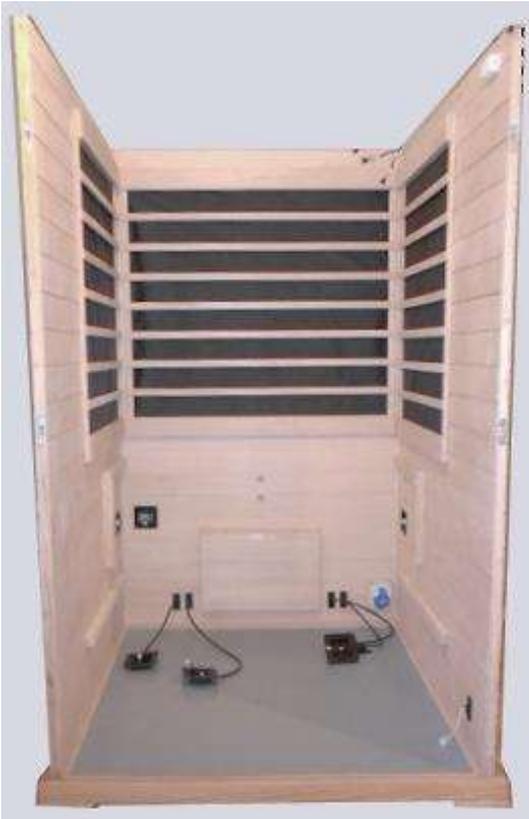


**Step 1.** Place the floor on a flat level surface (you may need to use wood shims to assist with leveling. Shims are not provided). Then place the back wall on the sauna room floor (have somebody hold the back wall).



**Step 2.** Place side wall on sauna floor interlocking the two wall panels together (repeat for the other side wall)

**Note: Do not install the front wall at this point.**





**Step 3.** Connect heater in to the water tight plug. Place the heater inside of the room. Final installation of heater in Step 8.



**Step 4.** Connect the two black junction boxes, located on the lower left and right wall corner. R1 to the Right wall, L1 to the Left wall. Then screw them into place.

**Step 5.** Install the lower bench and bench skirt



**Step 6.** Connect the S1 junction box on the bench skirt and install the top bench. Place heater on the floor in front of the benches.



**Step 7. Front wall and ceiling installation.**

Place the front wall in the slot in the floor. Lift each corner to slide and lock into place. This step will require two people. Then set the ceiling on the unit. Using the foam blocks from packaging to hold the ceiling up off the unit to put the wires into the ceiling.



**Step 8.** Connecting the wires in the ceiling.

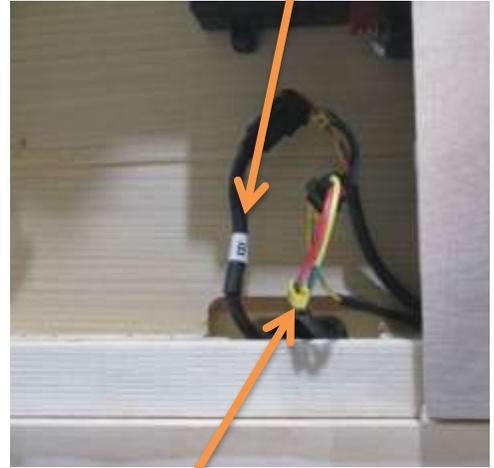
Front compartment above control.

Connect C to C



Right Side Wall above Sensor

Connect B to B



Back compartment connections

Connect 4 to 4



Connect 6 to 6

Connect 5 to 5

**Step 9.** Remove heater mounting plate from the back of the heater. With the 1” screws provided with the heater, fasten the heater mounting plate to the wood brackets. The upper left screw (closest to the wall) should be 5” from the wall and 24-3/4” from the floor. Then put the two lower screws in the holes. Then hang the heater on the heater mounting plate.

After mounting the heater, connect the large wire from the sauna heater to the blue connector on the back wall. Connect the smaller wire from the heater to the right side wall.



**Step 10.** Ensure all connections are completed. Plug the cord from the back of your room to a 15 or 20 amp 120 volt dedicated outlet.

# IS SAUNALOGIC CONTROL OPERATION for IS 44 ROOM

## Lighting

Press External Light Icon (light bulb outside a box) to toggle on or off the lights.

Press Internal Light Icon (light bulb inside a box) to toggle on or off the lights.

Press Color Light Icon (light bulb with a color pallet) to scroll through the colors and then off.



## Audio System

Bluetooth Audio System always has power while the room is plug in to the outlet. During first power up, the audio system will provide a tone to notify the user it is ready to pair to Bluetooth device. Open your device and search for Bluetooth device and pair. Once paired it will provide a pairing tone. **Note:** Check with your device manufactures for operation temperatures before using the device in the Sauna/IR Room.

## OPERATING INSTRUCTIONS FOR IS 44 ROOMS

Press the control POWER button once. The room temperature will be displayed on the control and an LED indicator will be glowing above the Infrared or Traditional button. The LED that is glowing is the system this chosen. If the system desired is not chosen, press the appropriate system.

**NOTE: You can only operate one heating system at a time.**

Note: Once the desired type of heat is chosen, follow the “Setting the Time” and Setting the Temperature” section of the manual to operate the room.

## OPERATING INSTRUCTIONS FOR INFRARED SAUNA HEATERS

Default settings for temperature are preset to 120°F, the bath time is set to 60 minutes and 0 minute delay to start to heat. These settings are adjustable (as described below) from 100° to 149°. Length of sauna can be set from 0 to 60 minutes. The time delay before start can be up to 23 hour and 59 minutes. Any changes are remembered by the heater for your next bath. Should the room power be lost then restored, the settings will return to their default values.

## OPERATING INSTRUCTIONS FOR TRADITIONAL SAUNA HEATER

Default settings for temperature are preset to 176°F, the bath time is set to 60 minutes and 0 minute delay to start to heat. These settings are adjustable (as described below) from 125° to 194°. Length of sauna can be set from 0 to 60 minutes. The time delay before start can be up to 23 hour and 59 minutes. Any changes are remembered by the heater for your next bath. Should the heaters power be lost then restored, the settings will return to their default values.

## STARTING EITHER HEATING SYSTEM IMMEDIATELY

Immediately after pressing the Power On button, the selected heating system will engage. The heater(s) will turn on and begin heating the room to current set points. At the end of the selected time (60 minutes maximum), the heating system will turn off. The control display will turn off and all lights will turn off 5 minutes after heating system.

**NOTE: You can only operate one heating system at a time.**

### SETTING THE TIME AND TEMPERATURE

To set the sauna length time, press the control POWER button to turn on the heater. Press the TIME “+” or “-” buttons on the control to increase or decrease time for desired setting. The maximum of time is 60 minutes.

To set the temperature, press the control POWER button to turn on the heater. Press the TEMP “+” or “-” buttons on the control to increase or decrease temperature for desired setting. The maximum temperature is 194°F (90°C) for Traditional Sauna and 150°F (65°C) for Infrared.

Note:

Typical bathing temperature for a traditional sauna is 150F to 165F displayed on the control.

Typical bathing temperature for Infrared sauna is above 100°F displayed on the control. Infrared sauna is a much lower temperature and the display of room temperature is not important. The key is the room should feel warm upon entry (after approximately 15 – 20 minute heat up). Infrared energy heats objects not the air. When the body is placed in front of infrared heat, the infrared wavelength causes water molecules to vibrate in the skin on a molecular level. As the skin warms, the inner core temperature of the body rises. When the core temperature rises, the bodies cooling mechanism is to sweat.

### PRE-SETTING DELAYED START

With the electricity applied to the contactor box, press the control POWER button once. The room temperature will be displayed on the control. Press the “Pre-setting” button. Press the TIME “+” or “-” buttons on the control to increase or decrease delay time for desired setting. The maximum of time is 23 hours and 59 minutes. If no delay start is desired, set to 00:00 and press “Pre-Setting” button.

Note: The “:” will flash between the numbers in the time display when system is in the delayed start mode.

### USER MAINTENANCE INSTRUCTIONS

Water Tray (under heater):

A water tray is provided to reduce the amount of water that will get on the floor. Ensure water is removed from tray after use and floor is dry.

Room Instructions for Cleaning:

Perspiration and dirt may absorb into the wood, so periodic cleaning is needed. Scrubbing the benches and floorboards with a stiff brush and mild detergent is normally sufficient. Light sanding is another option.

## Important Information about your new IS 44 Sauna

Infrared Saunas have a typical operating range of 100°F (38°C) to 115°F (46°C). This lower heat range is ideal for users new to sauna bathing and the lower temperature does not dry out mucus membranes.

Also, Infrared energy is the same energy produced by the Sun and thus does not heat the air, rather it heats objects in the room. In fact, less than 20% of the infrared energy is used to heat the air. The rest is available to be directly converted to heat within the body.

Your sauna's typical heat-up time is usually about 15 to 20 minutes but can vary depending on a few key factors listed below. Please consider these factors when choosing a location for your sauna.

- Locate your sauna indoors and in an area with an ambient air temperature of about 70°F. (25°C) and on a flat, level and dry surface.
- Supply voltage should be a nominal of 120 volts AC / 20 Amp.
- "House" wiring gauge size should match the amperage of the product being used.
- Keep the length of wiring run from the breaker panel to your sauna to a minimum.
- Do not use surge protection devices or extension cords.
- Always try to use a dedicated 120 volt AC circuit of appropriate amperage for your sauna.

It is important to remember that whether the sauna achieves 100°F or 120°F, the effectiveness of the infrared energy is the same.

Some people will sweat easier than others and if you are having difficulty in achieving a deep sweat, please consider the following tips to help you reach your desired goals.

- Drink plenty of fluids before using the sauna. Hydration is very important!
- Perform some light exercise before using the sauna, this will help elevate your body's core temperature and induce sweating.
- Your body may be low on trace minerals such as sodium or salt. Consult your doctor before taking supplements.
- Take a warm shower prior to using the sauna.

Finally, relax and enjoy your sauna!

## Sauna Heater Tips and Tricks

Before using your new sauna heater, verify proper rock placement, wall sensor placement and the wall thermometer is placed no more than 12” from the ceiling near the seating area.

Steam- Your new sauna heater is designed to have water ladled on the rocks. Proper use of water in the sauna is important. One cup of water will produce 2500 cups of steam. ¼ cups of water every three to five minutes will be sufficient. Only use clean tap water. Do not use water with any chemicals present. (Example: spa or pool water). This WILL damage the sauna heater. Over usage of water will only cool down the rocks, thus producing less steam. This will also allow water to pass through the rocks and out the bottom of the heater, ending up on the floor of the sauna. Water on the floor of the sauna means you are using too much water.

Ventilation- Proper ventilation will provide fresh air into the sauna room and will circulate the heat in the room more evenly, resulting in a more consistent heat throughout the sauna.

## TROUBLESHOOTING SECTION

### Room Questions

No Heat:

- Control is delay mode? Ensure system is not in the delay mode.

Infrared Room not reaching set point:

- Infrared system will not reach set point typically. System is designed to keep heating panels on so the body can absorb the infrared heat. Refer to operation for more details.

Room not reaching set point while using Traditional heat:

- This room is designed to be indoors with a start temperature of 70°F. If this room is located in a cooler location, pre-heating time will increase and higher temperatures may not be reached.
- Ensure power supply is correct for room. This system should be connected directly to an outlet. Do not use an extension cord. Low supply voltage can cause poor temperature performance.

No control functions:

- Verify the control wiring has been connected.

For troubleshooting or service questions call 1-888-780-4427 and ask to speak with the Technical Support Department.

Prior to calling, please have the Model and Type number available. You may also e-mail us at [techsupport@tyloheloinc.com](mailto:techsupport@tyloheloinc.com).