



**Owners Manual For Sauna  
Models HY-Y202 / 204 / 360  
/ 380 / 350**



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# Safety

**Read all health and safety instructions. If unsure about your health concerns, consult with your physician prior to use. If you feel light-headed or heat exhaustion during session, exit the sauna immediately.**

1. Read and follow all instructions carefully.
2. When installing and using the electrical equipment, basic safety precautions should always be followed.
3. To reduce the risk of injury, do not allow children to use the sauna unless they are closely supervised at all times.
4. Do not use the sauna immediately following strenuous exercise. Wait at least 30 minutes to allow the body to cool down completely.
5. Excessive temperature has a high potential for causing fetal damage during the early months of pregnancy. Pregnant or possibly pregnant women should contact their physician prior to using the sauna.
6. Hypothermia Danger: Prolonged exposure to hot air will induce hypothermia. Hypothermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 37°C (98.6 °F). While hypothermia has many health benefits, it is important not to allow your body's core temperature to rise above 103 °F. Symptoms of excessive hypothermia include dizziness, lethargy, drowsiness, and fainting.
7. The use of alcohol, drugs, or medications prior to or during the sauna session may lead to unconsciousness.
8. Persons 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.
9. Persons 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.
10. Never sleep inside the sauna while the unit is in full operation.
11. DO NOT use any type of cleaning agents on the interior of the sauna.
12. DO NOT stack or store any object on top of or inside the sauna.
13. If power supply cord becomes damaged it must immediately be replaced by a service technician. Please contact your local dealer for assistance.
14. DO NOT use the unit during an electrical storm, as there is a remote risk of shock.
15. Altering or tampering of any electrical connections on the power supply will void the manufacturer's warranty.
16. Dry your hands before handling electrical controls. Never unplug the power cord or adjust the controls with wet hands or when you have wet bare feet. A danger of electrical shock exists.
17. DO NOT attempt any repair without consulting the manufacturer first. Unauthorized repair attempts will void the manufacturer's warranty.
18. All natural wood articles have variations in the color, grain, and irregularities such as knots, and fine cracks. These characteristics are a part of the natural beauty of the wood, and in no way should be considered defective.



# Important Safeguards For Your Sauna

1. **READ INSTRUCTIONS** -- All the safety and operating instructions should be read before the sauna is installed and operated.
2. **RETAIN INSTRUCTIONS** -- The safety and operating instructions should be retained for future reference.
3. **FOLLOW INSTRUCTIONS** -- All operating and usage instructions should be followed at all times.
4. **CLEANING** -- Unplug the sauna from the wall outlet before cleaning, **DO NOT** use liquid cleaners or aerosol cleansers inside the sauna. Use a damp cloth for cleaning.
5. **ATTACHMENTS** -- Do not use any attachments that are not recommended by the manufacturer as they may be hazardous.
6. **WATER OR MOISTURE** — **DO NOT** use your sauna near water, e.g. near a bathtub, in a wet basement, or near a swimming pool.
7. **POWER-CORD PROTECTION** -- Power supply cord should be routed so it is not likely to be walked on or pinched by items placed upon or against it.
8. **LIGHTING** -- For added protection for your sauna during a lightning storm, or when it is left unattended and unused for long time, unplug it from the wall outlet.
9. **OVERLOADING** -- Do not overload wall outlet and extension cord as this can result in a risk of fire or electric shock.
10. **SERVICING** -- Always unplug your sauna from the wall outlet before servicing.
11. **REPLACEMENT PARTS** -- When replacement parts are required, be sure it is specified by the manufacturer or has the same characteristics as the original parts. Unauthorized substitutes may result in fire, electric shock or other hazards.
12. **SAFETY CHECK** -- Upon completion of any service or repairs to your sauna, ask the service technician to perform safety checks and determine that your sauna is in proper operating condition.

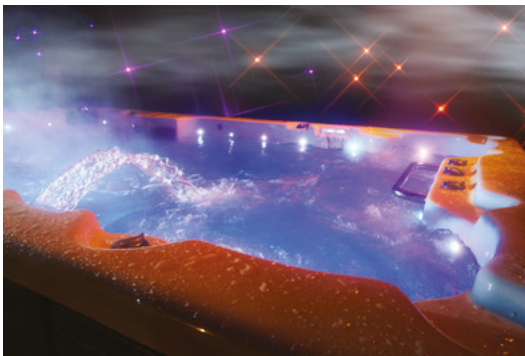


# About Us



## **30+ Years in Business**

30+ years of constant product innovation and industry experience with locations in North America & Europe



## **Luxury is our Standard**

Our products come fully-loaded with all of the features you would expect in a high-end hot tub or sauna, but for a fraction of the cost



## **Community Involvement**

We are committed to employing local technicians from your region, so great service is always just a call away



## **Proven Customer Care**

Every member of our team is dedicated to meeting our high standards of customer service



# Introduction

We congratulate you on your new path to better health! Thousands of users enjoy the benefits of an infrared sauna every day. Now you can enjoy the great benefits of FAR-infrared heat within the privacy of your own home.

Please read this manual carefully and thoroughly before using an Infrared Sauna for the first time. We recommend for you to keep this manual for future reference.

## **Benefits of Sauna Use:**

- Superior Detoxification: Removes Heavy Metals & Fat-stored Toxins
- Increased Cardiovascular Conditioning
- Stimulated Immune System
- Improved Circulation
- Pain Relief
- Weight Loss and Cellulite Reduction
- Rejuvenated Skin
- Stress Reduction

*You will be surprised at the noticeable effects on pain relief, weight control, skin stimulation, and stress reduction due to an increased blood circulation when using this product.*

## **Features:**

- High quality wood craftsmanship
- High quality electronic control system & digital control panel
- Bluetooth
- Pre-assembled boards and built-in electrical elements
- Easy clasp assembly
- Accurate temperature sensor
- Energy efficient
- Comfortable backrest
- LED Chromatherapy System
- Built in Aromatherapy Port
- Low EMF far-infrared carbon heaters
- Tempered glass door



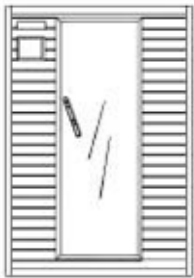
# Packing List for Model # HY-Y202 / 204 / 360 / 380

If you notice any missing parts, please contact your local distributor.

Item Number:

1. Front Panel
2. Back Panel
3. Left Side Panel
4. Right Side Panel
5. Bottom Panel
6. Top Panel
7. Backrest
8. Bench Panel
9. Bench Heater Panel

1. Front Panel



2. Back Panel



3. Side Panel (L)



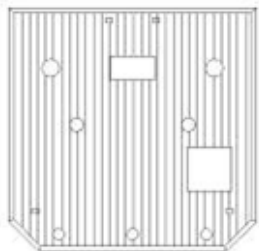
4. Side Panel (R)



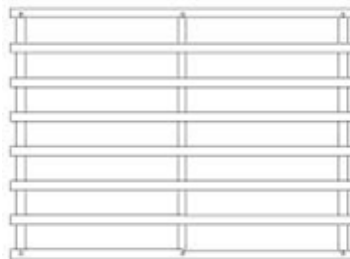
5. Bottom Panel



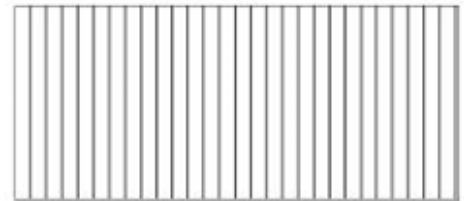
6. Top Panel



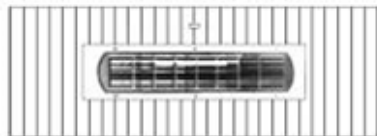
7. Backrest



8. Bench Panel



9. Bench Heater Panel



NOTE: The pieces shown in the packing list and instructions may differ slightly in appearance from your model. If you have any questions regarding your product or assembly, please call 1-877-347-7727 or check our support site at <http://support.canadianspacompany.com/> for updated manuals.



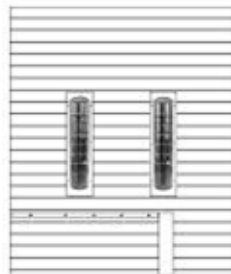
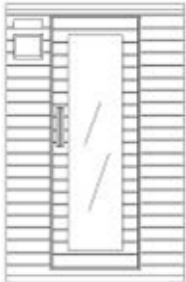
# Packing List for Model # HY-Y350

If you notice any missing parts, please contact your local distributor.

Item Number:

1. Front Panel 2. Back Panel (R) 3. Back Panel (L) 4. Side Panel (L) 5. Side Panel (R) 6. Bottom Panel 7. Top Panel 8. Backrest (Long) 9. Backrest (Short) 10. Bench Panel (Long) 11. Bench Panel (Short) 12. Sitting baffle (Long) 13. Sitting baffle (Short)

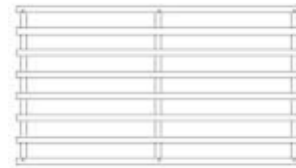
1. Front Panel 2. Back Panel (R) 3. Back Panel (L) 4. Side Panel (L) 5. Side Panel (R)



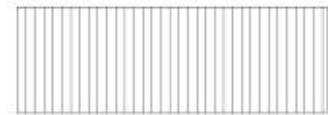
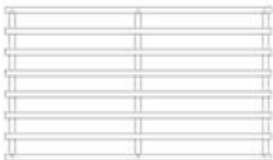
6. Bottom Panel

7. Top Panel

8. Backrest (Long)



9. Backrest (Short) 10. Bench Panel (Long) 11. Bench Panel (Short) 12. Sitting Baffle (Long)



13. Sitting Baffle (Short)



NOTE: The pieces shown in the packing list and instructions may differ slightly in appearance from your model. If you have any questions regarding your product or assembly, please call 1-877-347-7727 or check our support site at <http://support.canadianspacompany.com/> for updated manuals.





# Installation Requirements

1. Do not plug any other appliances into the outlet with your infrared sauna.
2. Install the sauna on a completely level floor.
3. Do not spray the exterior with water. If the floor is damp, install a floor separator to keep the sauna high & dry.
4. Do not store flammable objects or chemical substances near the sauna.
5. The sauna must be placed indoors and in a dry area. Moisture will cause damage to the interior and exterior of the sauna.
6. Electrical Requirements:

<b>Model #</b>	<b>Voltage</b>	<b>Amps</b>
HY-Y202	120 V	12 A
HY-Y204	120 V	15 A
HY-Y360	120 V	15 A
HY-Y380	120 V	20 A
HY-Y350	120 V	15 A

NOTE: Model HY-Y380 requires an electrician to install a dedicated 120 V / 20 A circuit for installation.



# Assembly Instructions

Assembly of the sauna requires at least 2 adults to complete. Please read the instructions thoroughly before and during assembly to ensure proper installation of the sauna.

## 1. LOCATION OF SAUNA

When you find a good location for your sauna, please look for the following.

- a) The main power cord on the sauna must be easily accessible.
- b) The location must be dry and leveled.

NOTE: This sauna is for indoor use only.

## 2. PLACING BOTTOM PANEL



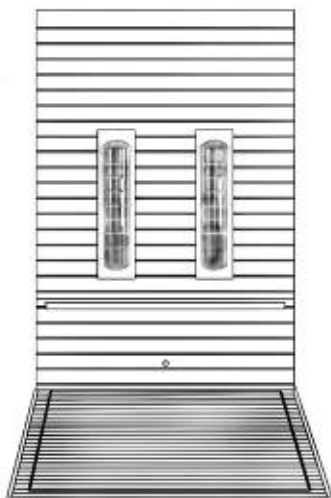
For HY-Y202 /204 /360 /380



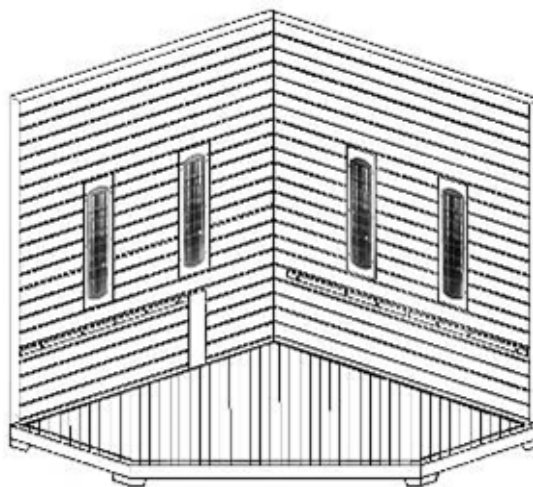
For Model HY-Y350

Place the bottom panel on the floor. Make sure you are aware of the FRONT side of the panel, and position it accordingly.

## 3. CONNECTING BACK PANEL TO BOTTOM PANEL



For HY-Y202 /204 /360 /380



For Model HY-Y350

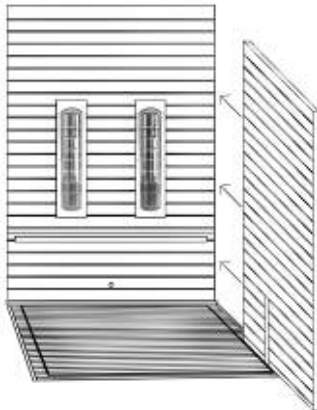


Attach the back panel to the bottom panel by lining up the back panel on the groove of the bottom panel. Align buckles on both panels and fasten them. (Please hold the back panel in place until one of the side-panels has been installed.)

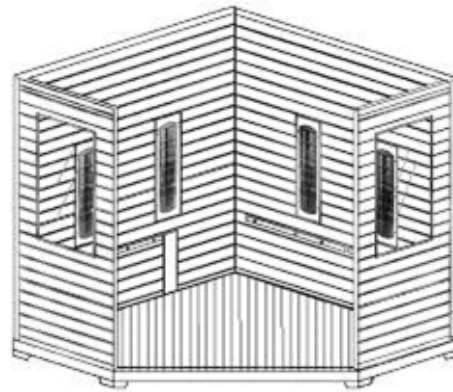
## 4. INSTALLING SIDE PANELS

Install the side panels (Left & Right) to the bottom and back panels by lining up buckles and fastening them securely in place.

- a) Please be aware of which side panel is for the RIGHT side and which is for the LEFT side
- b) Make sure that all buckles are properly secured in place on all panels

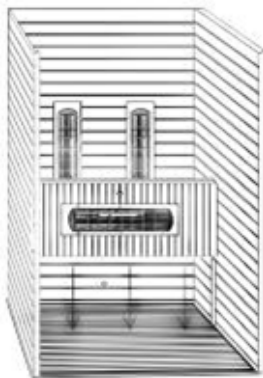


For HY-Y202 /204 /360 /380

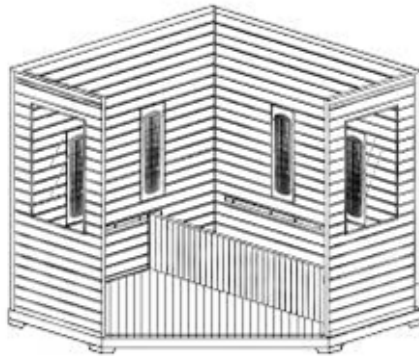


For Model HY-Y350

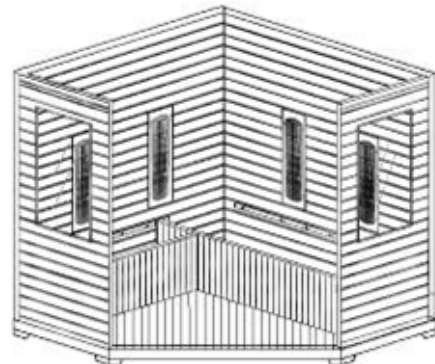
## 5. INSTALLING BENCH PANEL



For HY-Y202 /204 /360 /380



For Model HY-Y350



(Note: Place the long sitting baffle first, then place the short sitting baffle.)

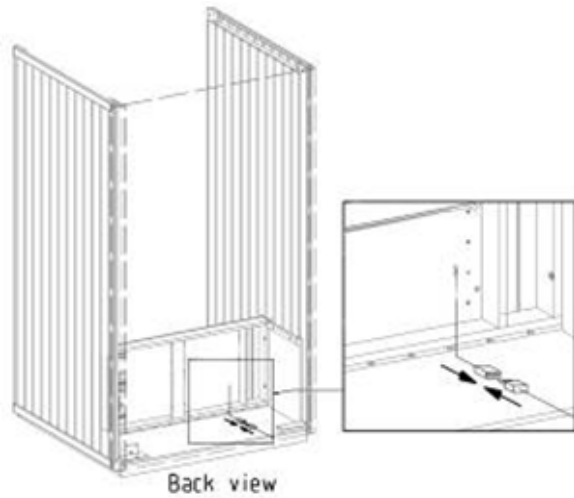
Slide down the bench heater panel by lining up its sides with the vertical guides on each side panel.

1. The heater grill should face outward (toward the front of the sauna).
2. Push the bench heater panel all the way down until it touches the bottom panel and is securely in place.
3. Plug in the bench heater cable to the connector from the back panel.



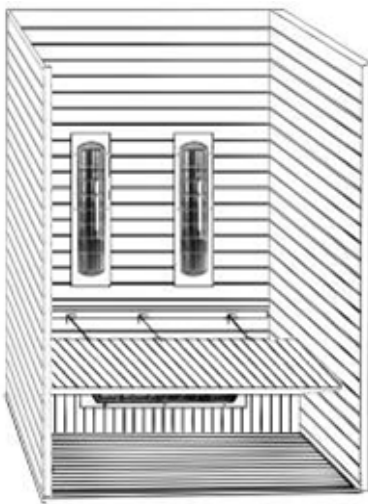
# Assembly Instructions

## 6. INSTALLING BENCH HEATER PANEL

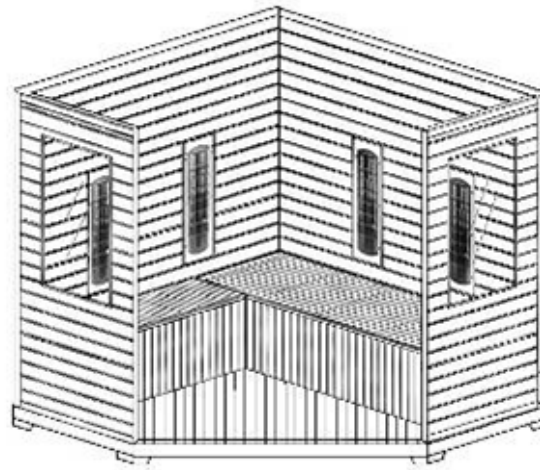


Connect the bench's heater element wire to the corresponding wire within the back wall, make sure the two wires are tightly connected, otherwise, the heater will not work.

## 7. INSTALLING BENCH



For HY-Y202 /204 /360 /380



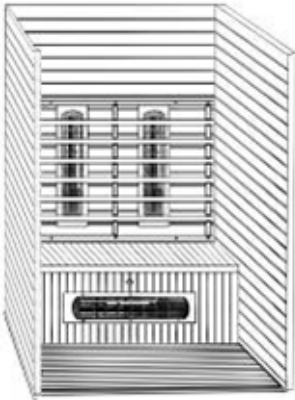
For Model HY-Y350

Install the bench by sliding it over the horizontal bench guides on the side panels. Push the bench all the way in until it touches the back panel and is securely in place.

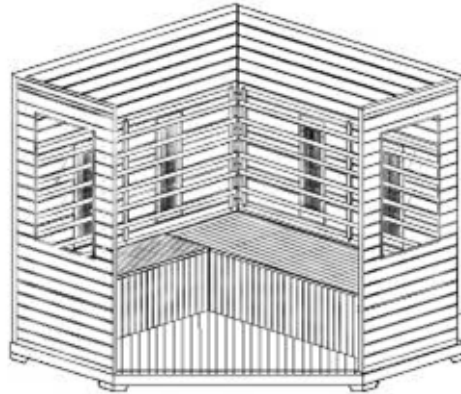
**NOTE:** Make sure the smooth and finished side of the bench is facing up and forward before installing.

## 8. PLACING BACKREST

The backrest has been designed to protect and support your back during your sauna session. It can be screwed into the back panel.



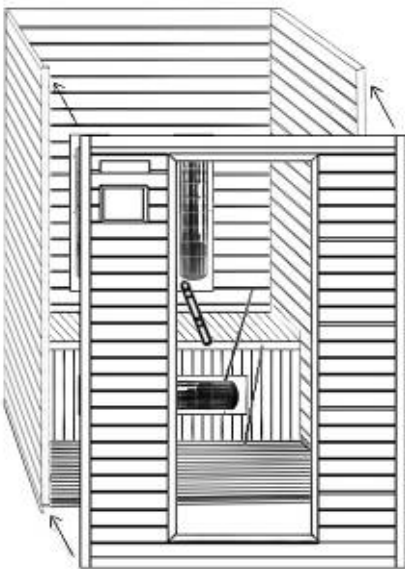
For HY-Y202 /204 /360 /380



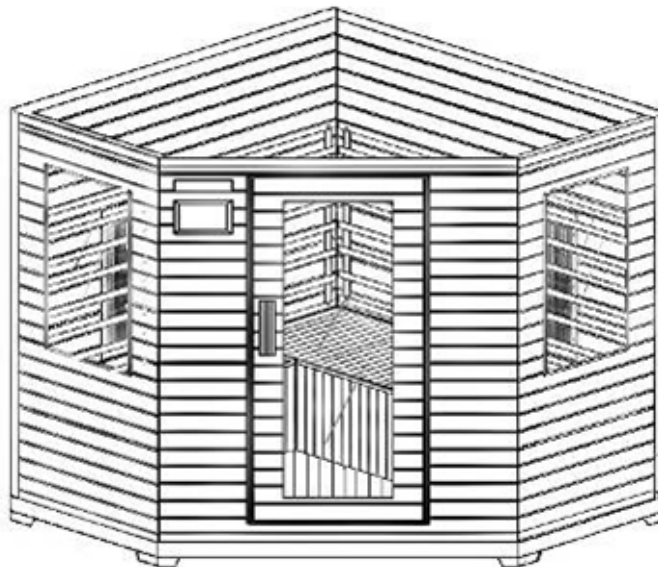
For Model HY-Y350

## 9. CONNECTING FRONT PANEL

- a) Align the front panel with the side panels' corresponding buckles, and latch it to secure in place.
- b) Please take care of the glass door to avoid damage.



For HY-Y202 /204 /360 /380



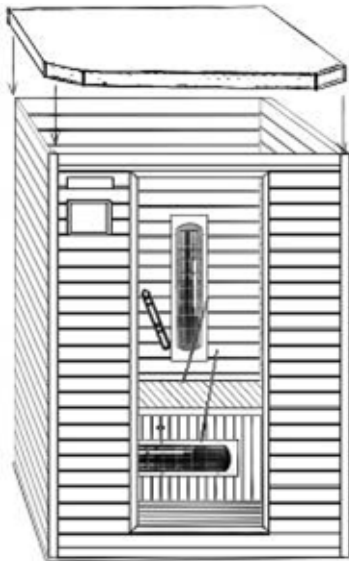
For Model HY-Y350



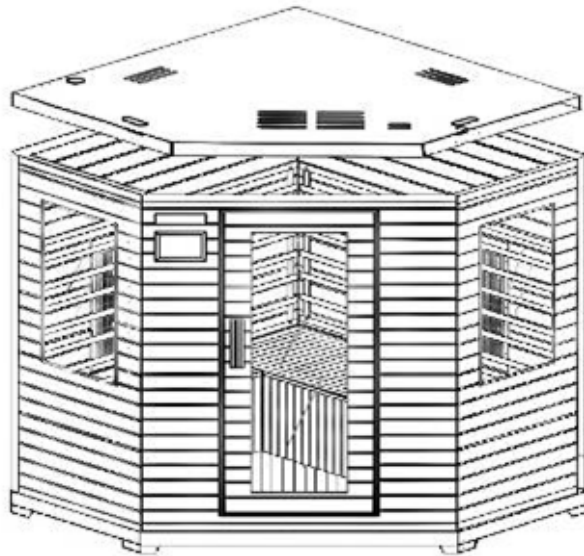
# Assembly Instructions

## 9. PLACING TOP PANEL

1. Gently place the top panel onto the rest of the assembled panels. When all of the corners are aligned, gently push down the top panel from the outside corners until it is snugly fit over the rest of panels.
2. Make sure the cables in the front left corner do not get pinched between the panels.
3. Lead the wires of heaters onto the board through the corresponding hole.



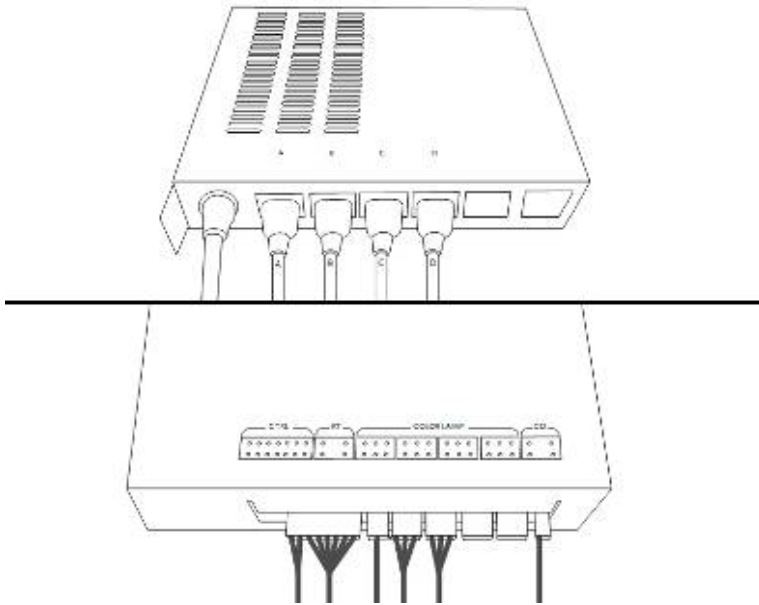
For HY-Y202 /204 /360 /380



For Model HY-Y350

## 13. THE MAIN POWER CONNECTION ON THE TOP PANEL

- a) Connect the heater wires
- b) Connect the control panel wires by matching the numbered wires to the correct number on the connection port.
- c) Check to be sure that all connections to the control box are secure.

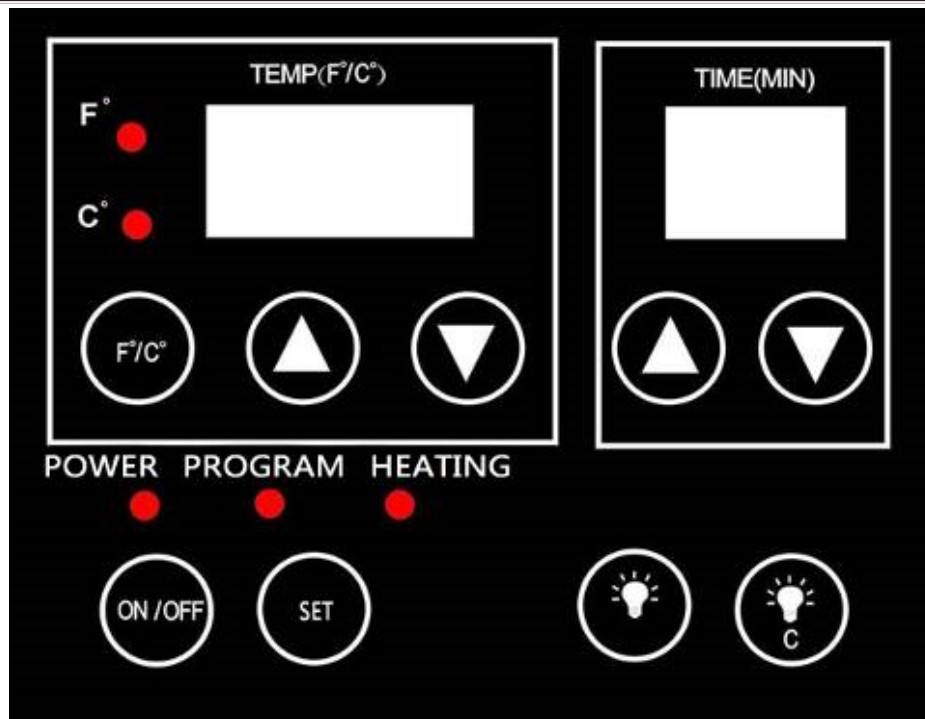


## 14. Enjoy your sauna!

Plug the main power cord into the designated wall outlet and power up your sauna. Connect your Bluetooth, grab some towels, step into your sauna and start enjoying its numerous benefits!



# Digital Control Panel Operating Instructions



## 1. Power on

Plug the main power cord into the wall outlet. Press the “On/Off” button once, the control panel is now operable, but the heaters are not on. You can now use the Bluetooth and lights.

## 2. Heating

Press the “On/Off” button again. The “Heating” indicator should light up, meaning that the heaters are now running. To turn the sauna off, press the “On/Off” button again. NOTE: during your sauna session, the “Heating” indicator will turn off once the sauna has reached its desired temperature. The sauna heaters will turn on and off periodically to maintain your desired temperature.

## 3. Pre-setting

The “Set” button is for pre-setting the time you want your sauna to turn on. Press the “Set” button once. Pre-set the time you want your sauna to turn on with the UP/DOWN arrows. Temp UP/DOWN arrows are for hour setting and time UP/DOWN arrows are for minute setting. The setting range is 00:00-23:59.

## 4. Sauna Time Adjustment

Press the time UP/DOWN arrows to adjust time (using a minute value). You can speed up the rate of change by holding down the UP/DOWN arrow. If you don’t input anything for 5 seconds, the Time display will stop flashing and the value will be stored as the preset value

## 5. Sauna Temp Adjustment

Press the temp UP/DOWN arrows to adjust temperature. You can speed up the rate of change by holding down the UP/DOWN arrow. if you don’t input anything for 5 seconds, the Temp display will stop flashing and the value will be stored as the preset value.





# Digital Control Panel Operating Instructions

Temperature Measurement: Changes the temp display from Fahrenheit to Celcius

Temperature setting: Sets the desired temperature of the sauna (ranges from 67°F - 158°F / 25°C - 70°C)

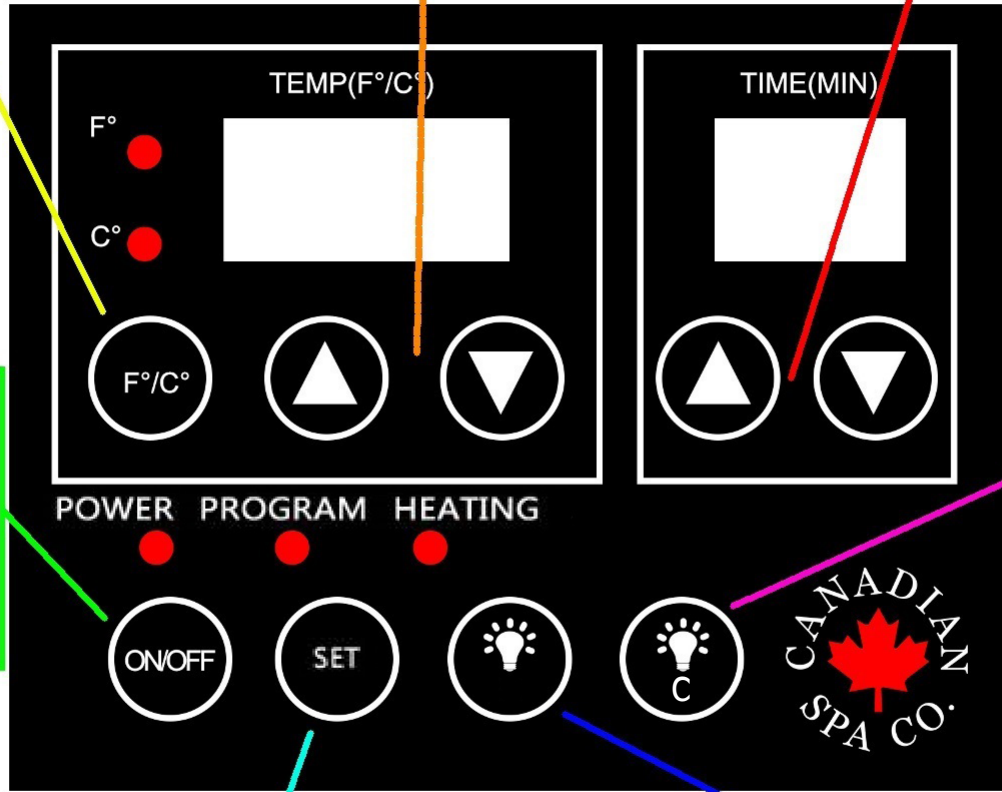
Controls length of time (minutes) that the sauna should be heated for. Time can be set between 0 and 90 minutes. NOTE: timer will turn on before sauna reaches desired temp.

Power/Start button: This button will power up the spa once it has been plugged in. It will also start warming up the heater once the time and temperature has been set.

Interior light control: This button will cycle through the various LED lighting colours inside the sauna.

Preheat button: The SET button allows you to set a time delay before the sauna should start warming up. This is useful if you want the sauna to be at the required temperature after your workout

Exterior light control: Pressing this button will turn the lights on the outside of the sauna on or off



## Music System:

The Bluetooth equipment is located on the roof of the Sauna.



# Recommendation for Use

1. Set up the desired session temperature and time using the control panel. (suggested 100°F - 130°F)
2. Allow approximately 10 - 15 minutes for the sauna to warm up before beginning a session.
3. Recommended sauna session time is around 30 - 45 minutes.
4. The heaters automatically maintain the desired temperature inside the sauna
5. The ceiling vent can be opened at any time for air circulation.
6. Always drink plenty of water before, during, and after a session. Doing so will replenish lost fluids from the body through perspiration.
7. Taking a hot shower or bath prior to the sauna session will further promote perspiration. Dry off thoroughly before going into the sauna because excessive water will stain or warp the wood.
8. To absorb perspiration and keep the sauna clean 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.
9. The interior wood is aromatic and adds to the enjoyment of your sauna session. If you feel the odour is too strong during the first few months of usage, you can wipe the wood with a damp cloth to minimize the odour.
10. Take advantage of the sauna's heat therapy effect and give your hair a hot oil treatment while in the sauna. Put oil or treatment into your hair and wrap it with towel. After the session is over, rinse your hair thoroughly.
11. To help relieve sore and tense muscles, massage the affected areas while in the sauna to help them loosen and heal faster.
12. Do not put any lotions or oils on the body or face when using the sauna. This may block the pores.
13. 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.
14. You can benefit from the relaxing and soothing effects of a regular sauna session by going to sleep afterwards. The peaceful and relaxed state rendered by a sauna session will help you sleep easier and better.
15. At the first sign of cold or flu, increasing your sauna sessions may be beneficial in boosting your immune treatment and decreasing the reproductive rate of the virus. Consult your physician for the proper treatment and care for this or any other conditions.
16. To treat your ankles and feet more effectively, elevate them while inside the sauna.
17. 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 heaters are off. Sit in the sauna with the door open and allow your body to sweat a little more as it cools off. Once you feel comfortable enough, take a warm (or cool) shower to rinse the sweat off your body completely.



# Cleaning and Maintenance

1. Before using your infrared sauna for the first time, clean the inside of the sauna with a damp cloth. It is expected for the natural hemlock wood of the sauna to give off a strong odour at first. You may turn the sauna on for 30 minutes and leave the door open upon installation to help relieve this smell. Smell should dissipate within a few days.
2. Use furniture polish to clean the exterior only.
3. Scratches and stains on the sauna can be removed by simply using fine grade sandpaper over the damaged area.

# Troubleshooting

	Problem	Explanations	Solutions
1	Power indicator light not on	Power cord is not plugged-in	1.Check for power to the outlet. 2.Check connection between power cord and main control unit.
		The fuse is burned out	Check or replace the fuse.
2	Function indicator light not on	The corresponding indicator light is broken or burned out.	Repair or replace the control panel.
		The wiring or some electronic component in the circuit has failed	Repair or replace what has failed in that circuit.
3	Infrared Heater will not heat up	The heater is broken	Replace with a new heater of the same specifications.
		Its life will be shortened gradually from excessive use.	
		The fuse is burned out.	Check or replace the fuse.
		The wiring connection for the heater is loose or in the wrong location.	Check it, and reconnect tightly.
		The circuit board is not functioning.	Check power output on the circuit board
4	Sauna room not maintaining correct temperature	Problem with heater.	See item #3
		Incorrect setting on control panel	Power sauna off and on to reset
		The temperature sensor wire may be loose or broken.	Check sensor wire connection and condition. Check to see if sensor head is visible inside the sauna room.
5	Peculiar burning smell	Circuit problems (broken component, short circuit, failure of controlling system) causing the burning of some component in the electrical system.	1. Unplug sauna, check the voltage. Call your local service technician
6	The light not working	The light bulb is burned out.	Replace light bulb.
		The bulb is not secured in the base	1.Make sure the bulb is tight enough to make good contact in the light fixture. 2.Check the lighting protection fuse.
		The socket is broken.	Replace it.
		Problems with electrical control panel.	Check or replace the panel.

Please contact the distributor with questions regarding customer service and troubleshooting.



# Warranty

## Infrared Sauna Limited Warranty

Canadian Spa Company manufacturing extends the following warranties to the original purchasers of its saunas:

One-year limited warranty on electrical, heater and cabinetry. *Limited warranty on Infrared Sauna replacement parts.* We warrant our products to be free of defects in material and workmanship. Parts, which become defective within the warranty period, will be repaired or replaced except for damage due to negligence, abuse, misuse, misapplication, unauthorized modifications, improper installation, or normal wear and tear. We recommend that customers replace the carbon heater after one year of use for a better sauna experience.

NOTE: THIS UNIT IS MEANT FOR INDOOR USE ONLY. WARRANTY IS VOIDED IF THIS INFRARED SAUNA IS PLACED IN AN OUTDOOR ENVIRONMENT.

**Extent of Warranty:** This warranty is extended only to the original purchaser and terminated upon transfer of ownership. This warranty shall not apply to any product or component used in any industrial, rental, club or commercial purpose. This warranty shall not apply to any claims arising from the misuse, neglect, accident, abuse, improper installation, including but not limited to exposure to fire or to excessive heat, and other hazards of nature. Under no circumstances will the manufacturer 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 for injury to any person, any claims for damages arising from the use, installation or servicing of the product. The purchaser is responsible for providing adequate access to the equipment so that any necessary service may be performed. The purchaser must establish, by dated sales slip, invoice or delivery receipt, the date of purchase. All costs for removing and reinstalling the sauna including the freight charges to and from customer shall be at the customer's expense. When sent to us, the product must be accompanied by the sales receipt or other proof of purchase date, as well as the sender's name, mailing address, daytime telephone number and any other information relating to the sender's claim. This warranty applies to products produced by us after 1st May 2016.

**Disclaimer:** We will not cover any labor costs attributable to disassembly and reassembly of the unit. We will not be responsible for labor costs of the routine maintenance, adjustments or alterations to the calibration of the electrical devices.

### Warranty Registration

We recommend that you register your warranty online at <http://support.canadianspacompany.com/>. This ensures that we can quickly respond to you in the unlikely event that you have any issues, or if you simply need help and guidance with your product.



**North America Office:**

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T: +1-877-347-7727  
F: +1 (905) 825 2513  
[www.canadianspacompany.ca](http://www.canadianspacompany.ca)

**US Office:**

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Lewiston, NY 14092-0420  
T: +1 (844) 879-7727  
[www.canadianspacompany.com](http://www.canadianspacompany.com)

**UK Office:**

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[www.canadianspacompany.co.uk](http://www.canadianspacompany.co.uk)

**Germany Office:**

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T: +49-2203-995580  
[www.canadian-whirlpools.de](http://www.canadian-whirlpools.de)

**France Office:**

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[www.canadianspacompany.fr](http://www.canadianspacompany.fr)

**Dubai / Middle East Office**

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Canadian Spa Company meets ISO 9001 Standards.  
When you purchase a product from Canadian Spa Company, the  
ISO 9001 certification assures world class excellence in  
manufacturing and customer service.