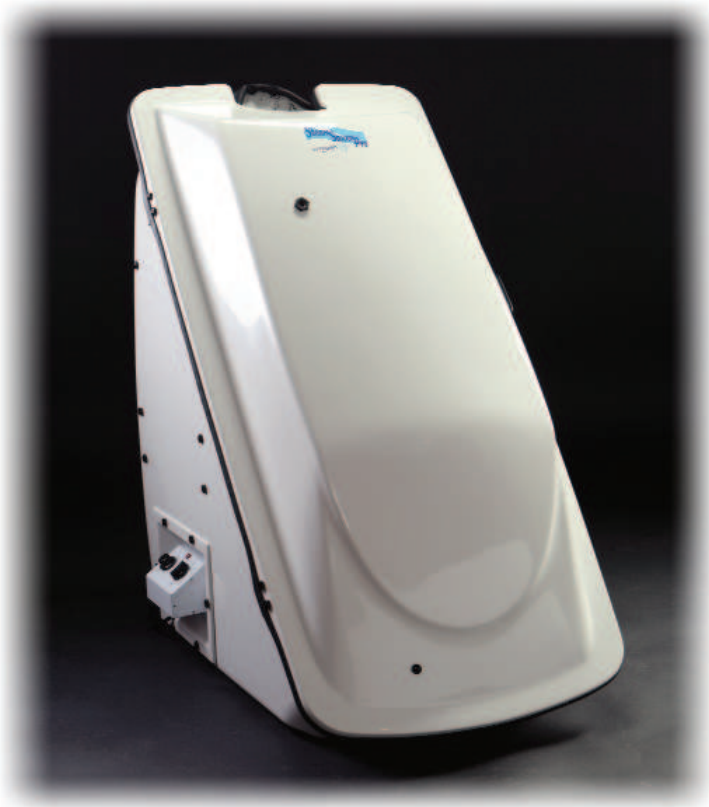


Steam Sauna Pro



Promolife, Inc.

PO Box 385 - Fayetteville, AR 72701

Toll Free: 888-742-3404 ♦ Fax: 479-444-6422

www.PROMOLIFE.com

Upon arrival immediately inspect shipment for damages.

If you notice any visible damage on the outside of the shipping carton report it to Promolife immediately.

There is a time limit to make a claim. Please notify the carrier (UPS, Fedex, Trucking Company) immediately and request them to make an inspection without delay.

Report damage within five days. Notify us without delay, stating the problem, and enclose the carrier's report.

VERY IMPORTANT: Please do not discard any shipping cartons or packaging material, as they are required to make a claim.

Failure to follow the above instructions may jeopardize your recovery of the loss or damage. No credit will be given on unauthorized return of goods if the above instructions have not been followed.

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Steam Sauna Pro Operating Instructions

Setting Up

1. Unwrap seat, insert into seat holders and adjust seat to desired height. Please foot rest into the bottom of the cabinet.
2. Pour approximately five to six cups of water (distilled water recommended) into the heater located under the seat. Total capacity is ten cups. Do not overfill. Note: 15 minutes of steaming uses approximately two cups of water, so if you want a 30 minute session, use at least four cups.
3. Place an oversized towel over the seat making sure that the back portion of the towel covers the space between the seat and the back of the cabinet. Then drape the front of the towel over the seat, letting it hang down so it covers the area between the seat and the grill platform just above the floor. This prevents the heat from escaping and becoming too hot on the lower back or legs.
4. Place a towel in front of the cabinet to absorb any condensation that may fall from the door when opened.
5. Your Steam Sauna Pro is made in the USA with only high quality materials. However, as with anything new, there may be some odors from the materials used. The best way to eliminate or reduce odors is to run the sauna for one or two 30 minute cycles before use.

Setting the Timer and Thermostat

1. Set the thermostat at the desired temperature. The following are the approximate temperatures corresponding to the numbered setting (in degrees F):

1 - 85	2 - 90	3 - 95	4 - 100	5 - 105	6 - 110
7 - 115	8 - 120	9 - 125	10 - 130		

2. Set timer for the desired amount of time. Thirty minutes is the maximum time recommended. If you feel this is too long, start at 15 or 20 minutes. Remember: you will need to determine your own personal tolerance. Everyone's tolerance to heat is different.
3. Allow the cabinet enough time to heat up (10-15 minutes) before taking your steam bath. It will heat up faster if you put a towel over the neck opening.
4. After entering the cabinet a towel should be placed around the neck to prevent excess heat from escaping.
5. The included lumbar pillow may be placed behind the back for support and comfort.

6. Aromatherapy oils can be placed directly into the water. Use only water soluble oils in order to prevent damage to your heater. View page 5 for an order form.

Electrical Specifications: 120 Volts, 1.3 KW, 11.5 amps for USA; 240 Volts, 1.3 KW, 5.75 amps elsewhere

How to care for and clean your steam sauna

1. Be sure to use all of the water in the tank. The cabinet will turn off automatically when water is gone.
2. Depending on your water conditions and the amount of use, the following process should be performed at least once every two weeks in order to prevent mineral deposits from building up. If you use distilled or reverse osmosis water this should not be necessary.
3. Fill the steamer with three cups of water and one cup of white vinegar.
4. Switch on the steamer and let the water heat and begin steaming for about one minute. Turn off the steamer and let it sit with the vinegar solution in it for approximately 15 minutes. Turn the unit back on and let it steam until it runs out of water. It may be necessary to repeat the previous steps until the vinegar odor is gone.
5. The inside of the cabinet should be sprayed with a disinfectant between clients to eliminate the spreading of germs.
6. The outside of the cabinet can be kept polished with a high grade fiberglass polish.

Precautions:

Do not overfill the water tray. Overfilling will eventually damage the electrical and heating components of the steam cabinet.

Do not use the cabinet if you are pregnant or have high blood pressure. Please consult your physician before using this equipment.

Do not use the door as a support.

Do not spray water directly on the sauna.

Exterior and Interior Care

To help keep the exterior shiny and spot free, use any high quality auto wax.

To keep the interior sanitized, use your favorite citrus based disinfectant or soap.



Promolife Affiliate Program

If you have a website, email newsletter, forum account or social networking profile, you can promote Promolife products including the Steam Sauna Pro and receive 3% of every sale made after someone clicks your affiliate link.

For complete program details and to sign up, visit www.promolife.com and click on Affiliate Program on the bottom of the page.

Sign up for Promolife's email newsletters

If you'd like to be kept up to date on Promolife's sales, updates, contests and new products, visit our website and sign up for our free Promotions newsletter. If you'd like to receive our monthly health articles, sign up for our PromolifeNews newsletter. Both are free and you can unsubscribe at any time.

Join us on our other online sites

Make sure to check us out at our other websites and social networking hubs. A complete list can be found on page 6 page of this manual.

1/2 oz bottles



Aromatherapy Oils Order Form

Made especially for your Steam Sauna Pro!

Aroma	Cost	Quantity	Total
Energize	\$15	_____	_____
Relaxation	\$15	_____	_____
Purify Blend	\$15	_____	_____
Soothing Heat Blend	\$15	_____	_____
All Four Blends	\$15	_____	_____
Shipping	FREE		
AR Residents add local sales tax			_____

Grand Total _____

Energize Oil: lemon, peppermint, rosemary, sweet orange

Relaxation Oil: sweet orange, tangerine, lemon, bergamot, lavender, chamomile, ylang ylang, sandalwood

Purify Blend Oil: patchouli, sage, peppermint, tea tree

Soothing Heat Blend Oil: balsam fir needle, lemon, eucalyptus, juniper berry, myrtle

Order by credit card

Circle Credit Card: Mastercard VISA American Express Discover

Credit Card Number: _____

Expiration: _____ Security Code on Back: _____

Name: _____

Address: _____

Phone: _____

Or mail a check to Promolife, Inc. PO Box 385, Fayetteville, AR 72702
Call in your order to 888-742-3404 or fax this form to 479-444-6422

Find Promolife Online

Here is a list of our social networking and related sites. Feel free to visit us anytime.

www.FarInfraredAnswers.com

Far Infrared Answers carries only far infrared products and information.

www.ToolsForOzoneTherapy.com

Tools for Ozone Therapy is only ozone, all the time.

www.SteamSaunaPro.com

The official Steam Sauna Pro website.

Follow us on Twitter!

www.twitter.com/promolifeinc

We're on Facebook!

www.promolife.com/facebook

And MySpace!

www.myspace.com/promolifeinc

Visit www.promolife.com for additional ways to join us online.

Thank you for your purchase. Please read this carefully.

Limited Warranty: All Steam Sauna Pro equipment is warranted to be free from defects in material and workmanship under normal use and service conditions for a period of two years from date of purchase. We will replace any defective parts, free of charge, for a period of one year, excluding defects caused by abuse or misuse of equipment. Damage from accidents, negligence and/or alteration of original equipment will cause this warranty to be null and void.

Warranty Claim Procedure: The consumer is responsible for all transportation costs on any claims under this warranty. All claims must be in writing. Do not return any equipment without first obtaining written authorization from Promolife. Any equipment shipped to use without authorization will be sent back. Defective parts must be returned to us for examination before replacements can be shipped.

Satisfaction Guaranteed: We believe that the products provided are the best available on the market. We are confident you will enjoy years of trouble free service from your Steam Sauna Pro if you use it properly and follow the guidelines set forth in our operations manual.

General Warranty Information: Any implied warranties, which may arise by virtue of your purchase, shall not be effective beyond the effective period set forth above. The remedy afforded to you under this written warranty, and under any implied warranties, is limited to the original purchaser only. Promolife shall not be liable for any consequential, incidental or other damages not set forth above for breach of any such warranty, or otherwise. Promolife neither assumes nor authorizes any person to assume for it any other liability in connection with the sale of a product. NOTE: This warranty gives you specific legal rights and you may also have rights that carry from state to state. Some states do not allow limitation or incidental or implied warranty lasts, so the above limitation may not apply to you.

Important Notice:

1. In accordance with the 1972 Consumer Products Safety Act, Promolife will contact you directly if a safety modification is required.
2. The door should not be used to hang items on, or for support when getting in and out of the sauna.

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