

STEAM SAUNA PRO



OPERATING MANUAL

For Models SSP, SSP-OZ and SSPO3-OZ



Warning

TO REDUCE THE RISK OF FIRE, ELECTRICAL SHOCK OR PERSONAL INJURY

READ ALL INSTRUCTIONS BEFORE OPERATING THIS DEVICE

- Always unplug your Steam Sauna Pro™ and allow it to cool completely before cleaning or other maintenance.
- Only use the unit with the parts delivered with your Sauna.
- If the supply cord is damaged it must be replaced by an authorized and qualified person in order to avoid a hazard.
- Discontinue use of Sauna if you feel lightheaded or dizzy.
- Do not use your Steam Sauna Pro™ if you are pregnant, have high blood pressure, or are sensitive to high or low temperatures without consulting a qualified physician first.
- Never put anything other than distilled water in your steam chamber (except for the recommended cleaning agents while cleaning).
- **CAUTION:** Do not operate your Steam Sauna Pro™ with the steam chamber lid open as steam is hot and can burn your skin. Do not allow steam to directly contact your skin.
- Do not use the door as a support to stand up or upon getting out of your Steam Sauna Pro™.

Your Steam Sauna Pro™ is backed by a five (5) year limited warranty. Please see last page for more information.

If you have questions or need help with your Steam Sauna Pro™, or would like more product information, please call our toll free number **1-888-742-3404 Monday-Friday 9am-5pm CST.**

We pride ourselves on Customer Service and are always here to help.

WARNING: Your Steam Sauna Pro™ is rated at 1500 watts therefore must only be used on a 15 amp or greater outlet (20 amp is recommended).

Model No: _____ Serial #: _____

Date Purchased: _____

Customer Service: 1-888-742-3404

Upon Arrival Immediately Inspect Your Shipment for Damages

If you notice any visible damage on the outside of the shipping carton, contact Promolife immediately.

Report any damages to the delivery carrier immediately and request they make an inspection without delay. If you find damage, please contact us right away.

Please notify us of any damages within seven (7) days of delivery stating the problem so we can file a claim with the delivery carrier.

Very important: Please do not discard any shipping carton or packaging material as these are required to make a claim.

Note: Following the above instructions will speed up replacing or fixing any damages that occur during shipping.

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Care and Maintenance

Inside your Steam Sauna Pro™: The internal portion of your Steam Sauna Pro™ should be cleaned daily after use. This can be accomplished by removing the floor board and sponging up any standing water, and wiping the inside surfaces with a towel and a dilute bleach solution or your favorite green cleaning product.

Inside your Steam Boiler: Periodic cleaning of the steam boiler is recommended. Using distilled water will reduce how often cleaning is needed. Cleaning is recommended every three months with regular use. To clean and sterilize your steam pot, add one tablespoon of bleach or vinegar to a full pot of water. Run the unit for 60 minutes. Note: This may need to be done a second time to eliminate all cleaning agent smells.

Outside your Steam Sauna Pro™: The fiberglass shell can be kept looking new with regular application of a high grade, non-abrasive fiberglass polish. For heavily weathered shells a marine grade fiberglass oxidation remover/polish can be used to restore original luster.

SETTING UP YOUR STEAM SAUNA

All Steam Sauna Pro™ Models

1. Remove the Steam Sauna Pro™ from the packaging.
2. Unpack the seat (A) and floorboard (B).
3. Place floorboard (B) into the base of the cabinet.
4. Add distilled water to the steam boiler under the steam chamber lid (located under the seat). Fill to near top of the pot and close the steam chamber lid. A full pot lasts approximately 1.5 hours. **NOTE: Your steam sauna is equipped with multiple safety features including a low water cutoff and a thermal cutoff to prevent the sauna from overheating. It is still recommended to always check the level to make sure the heating element is covered with water.** The boiler holds 7 liters (1.75 gallons) of water.
5. Seat placement: Start by placing the seat into the second track from the top. Sit down inside the cabinet and close the door. If further adjustment is needed, place the seat higher or lower.
6. Plug your Steam Sauna Pro™ into a wall outlet. **Note: The sauna requires a 15 amp or greater outlet (20 amp recommended).**
7. At this point you can put the seat pad and lumbar pillow into the sauna if you wish to use them.
8. Turn your sauna on. The On button is located on the left side of the digital control display.
9. Set the temperature to 105 degrees Fahrenheit. This is a good starting point. If you need the temperature higher or lower adjust accordingly.
10. Set the timer to 60 minutes. The Steam Sauna Pro™ takes approximately 15 minutes to start warming up and can take up to 30 minutes to heat up to the desired temperature. After your sauna heats up, reset the timer to your desired session time. **Note: 30 minutes is the recommended time for a treatment. Everyone's tolerance to heat varies, therefore you will need to determine your own comfort level.**
11. Once you establish a good comfort level you can use the USER button on the digital display screen to save it as a pre-set mode if you wish.

Tips:

To speed up the heat time of your Steam Sauna Pro™, place a towel over the neck opening. To reduce steam escape and increase the temperature inside the cabinet, place a towel over your shoulders before entering the sauna. Towel clips are included in the inside back of the sauna.

Note: The first time you use your Steam Sauna Pro™ there may be a “new sauna smell”. It may take a few sauna runs to alleviate the smell completely.

Additional Instructions - Ozone Ready Model - SSP-OZ

1. Attach tubing from the Ozone Out port on your ozone generator to the Ozone In port on the steam sauna, which is located next to the control panel.

2. Turn on your oxygen source and ozone generator to the settings needed to produce your desired ozone output. If you have an O3Elite, a chart is included on the unit itself or in your manual.

3. When finished with your ozone sauna session, turn off the ozone generator first and let the oxygen run for several minutes. Then turn off your oxygen.



Guide to Ozone Sauna Concentrations

LOW DOSES (getting started)

Oxygen: 1/8 LPM

Gamma Range: 12 to 33

MEDIUM DOSE (optimal range)

Oxygen: 1/8 LPM

Gamma Range: 32-53

HIGH DOSE (advanced/higher intensity)

Oxygen: 1/8 LPM

Gamma Range: 51-75

Additional Instructions - Built In O3Elite Dual Ozone Generator - SSPO3-OZ

1. Attach the power cord to the ozone generator and plug it into a wall outlet.

2. Remove the dust caps. Plug tubing from your oxygen source into the Oxygen In port.

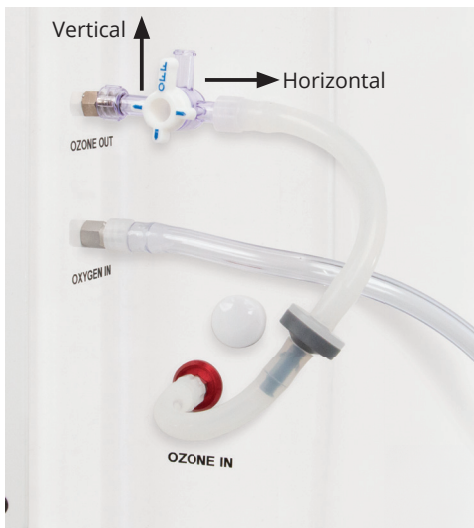
3. Attach the three way stopcock to the Ozone Out port. Attach a piece of silicone tubing to the horizontal arm of the stopcock and attach the other end of that tubing to the Ozone In port on the sauna. Make sure the check valve is closer to the Ozone In port as shown. **Note:** Until you are ready to turn on the ozone, or any time the sauna is heating up or being used without ozone, make sure the Off on the stopcock is pointed to the horizontal. When you're ready to start directing ozone into the sauna, turn the Off to the vertical position.

4. Turn on your oxygen source. Turn the ozone generator dials to the settings desired. Use the gamma chart on the next page to determine the settings needed to obtain your desired level of ozone.

5. When your session is complete, turn off the ozone generator. Let the oxygen run for a couple of minutes and then turn off your oxygen.

Note about the Built In Ozone Model: This model can be used for ozone saunas or separately for other ozone applications.

To use the ozone generator with other applications, connect silicone tubing to the vertical arm of the stopcock. Make sure Off is pointed toward the horizontal arm of the stopcock to divert ozone to that application.



Ozone Output Chart for Built In O3Elite Dual Ozone Steam Sauna - SSPO3-OZ

O2 LPM	Dial One Only					Both Dials				
	1	2	3	4	5	5,1	5,2	5,3	5,4	5,5
1	1	3	5	7	8	11	13	15	17	18
3/4	2	4	7	9	10	14	16	18	20	21
1/2	4	8	11	13	15	19	22	26	30	33
1/4	7	13	18	23	26	32	37	42	47	53
1/8	12	24	33	40	45	51	60	68	70	75
1/16	21	40	49	55	59	73	81	85	90	95
1/32	30	52	65	71	78	88	95	101	106	110

How to use this chart: Determine how many gammas of ozone you want to produce. Find that number in the chart. Set your oxygen to the LPM setting on the left and your O3Elite dial to the setting above. Example: To produce 26 gamma, you can use 1/4 LPM of oxygen and turn dial 1 to 5. To produce 70 gamma, you could use 1/8 LPM of oxygen and turn dial 1 to 5 and dial 2 to 4. Note: Gamma = ug/ml

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www.facebook.com/promolifeinc

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www.instagram.com/promolifeinc

Warranty Information

THANK YOU FOR YOUR PURCHASE. PLEASE READ CAREFULLY.

Satisfaction Guaranteed: Promolife believes that the products provided are the best available on the market. We are confident that 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. With this said we offer a thirty (30) day guarantee that if any or all parts fail in your Steam Sauna Pro within this time period, we will replace or fix it free of charge, including paying the shipping costs both ways. This does not apply to damage done by carrier service as a claim will have to be made with the carrier. Any damage done on your part from negligence and/or alteration of original equipment will void this thirty (30) day guarantee.

Limited Warranty: Promolife® offers a limited five year warranty on the Steam Sauna Pro™ Steam Cabinet. Promolife® warrants the Steam Sauna Pro™ to be free from defects in material and workmanship under normal use and service conditions from date of purchase as follows: Five (5) years on the fiberglass body, perimeter seals, and seat; three (3) years on the electrical components which include the timer, thermostat and boiler. We will replace any defective parts, free of charge, for the duration of the warranty, 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/shipping costs on any claims under this warranty. Claims must be in writing. Do not return any equipment without first obtaining written authorization from Promolife. Any equipment shipped to us without authorization will be sent back. Defective parts must be returned to us for examination before replacements can be shipped under the conditions of this warranty.

General Warranty Information: Any implied warranties, which may arise by virtue of your purchase, shall not be effective beyond the effective period for the regular warranty as 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 above limitation may not apply to you.

Important Notice: In accordance with the 1972 Consumer Products Safety Act, Steam Sauna Pro by Promolife will contact you directly if a safety modification is required.

REGISTER YOUR STEAM SAUNA PRO™
www.steamsaunapro.com/register

Or call us Monday-Friday 9am-5pm CST:
1-888-742-3404

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