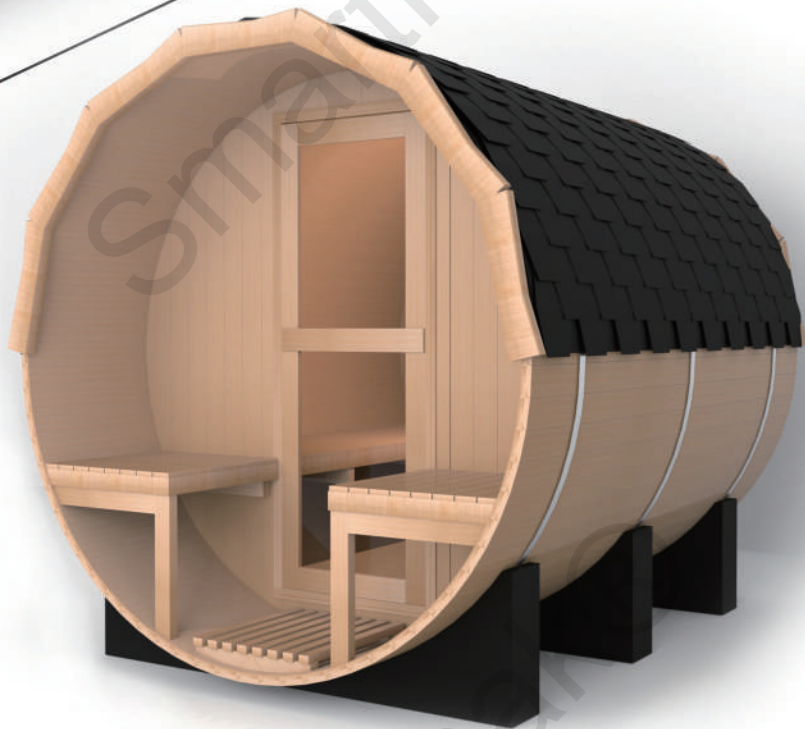


# User's Manual



SH1812/SH1815/SH1818/SH1824  
Series without porch



SH1815P/SH1818P/SH1824P  
Series with porch

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## Instructions before Use

1. A member of the high blood pressure, heart disease, high blood pressure do not sauna.
2. Who has a cold should not be sauna. because the sauna room hidden cryptococcus bacteria can enter human body through respiratory tract, such as easy to cause pneumonia, etc.
3. Do not sauna when overwork and can't sleep in sauna room. People with poor muscle tone when they are tired, reduce the stimulation of cold and hot resistance ability, easy to cause collapse when sauna.
4. Do not sauna when on an empty stomach, lest cause cardiovascular collapse. Should not be sauna after overstrain brain or strenuous exercise, it can cause brain anemia or shock.
5. It is not suitable for sauna not after half an hour feast, because the high temperature make the skin vasodilation, blood backflow in great quantities, which affects the blood supply of the digestive organs, interfere with digestion and absorption of food.
6. Do not sauna after drinking. After heavy drinking, it can make the brain systems at the mercy of the function to drop, at this time if sauna, under the effect of alcohol, a amount of sweat will make human body caused by rapid filtration syncope.
7. Do not wear jewelry when sauna, like jade, necklaces, watches, etc are easy absorption of heat may be burn the skin.
8. Do not apply cosmetics, because it can block pore, prevent sweat evaporation.
9. Sauna is not suitable for the elderly, sitting in a sauna room, the body sweat more, the blood becomes sticky, it is easy to form thrombus, cause of various cardiovascular diseases. Especially the elderly, their body temperature regulating center not too sensitive, so not suitable for sauna.
10. Sauna should not be too long, if too long, excessive sweating can make the person to exhaustion; temperature is too high, can be difficulty breathing. In general, in the sauna room should be come out every 5-10 minutes. Setting temperature personalized, it is recommended that the dry steam temperature between 60 °C to 80 °C make the person feels more moderate.
11. Do not immediately come with cold air after sauna, prevent big difference temperature cause vascular contractions induced stroke.
12. Go with partner sauna, should be timely supplement moisture, do not wait until thirsty to drink.
13. Keep awake when sauna, if have shortness of breath, dizziness and other symptoms should immediately stop sauna, lie down in a better air circulation place, drink some cold boiled water, not drink too low water temperature.
14. Do not get up too fast and too hard, be sure slow up and adequate rest.

# Introduction:

## Instructions before assembly

1. At least two people are required to assemble the sauna.
2. Assembly location: check whether the ground or platform is horizontal, and slight slope will not affect the assembly and use of sauna, but if the slope is evident, a pad is needed to keep the sauna level.
3. All screw heads to assemble sauna must be completely inserted into wood to avoid scratching skin during use. If you want to assemble accessories provided by other companies to the sauna, try to avoid metal accessories, or insulate them.
4. Please find qualified electricians to install the electrical elements in sauna.

## 1. Tools we prepare

Plastic Hammer × 1	Glue gun × 1	Waterproof glue
		

## 2. Tools you need to prepare

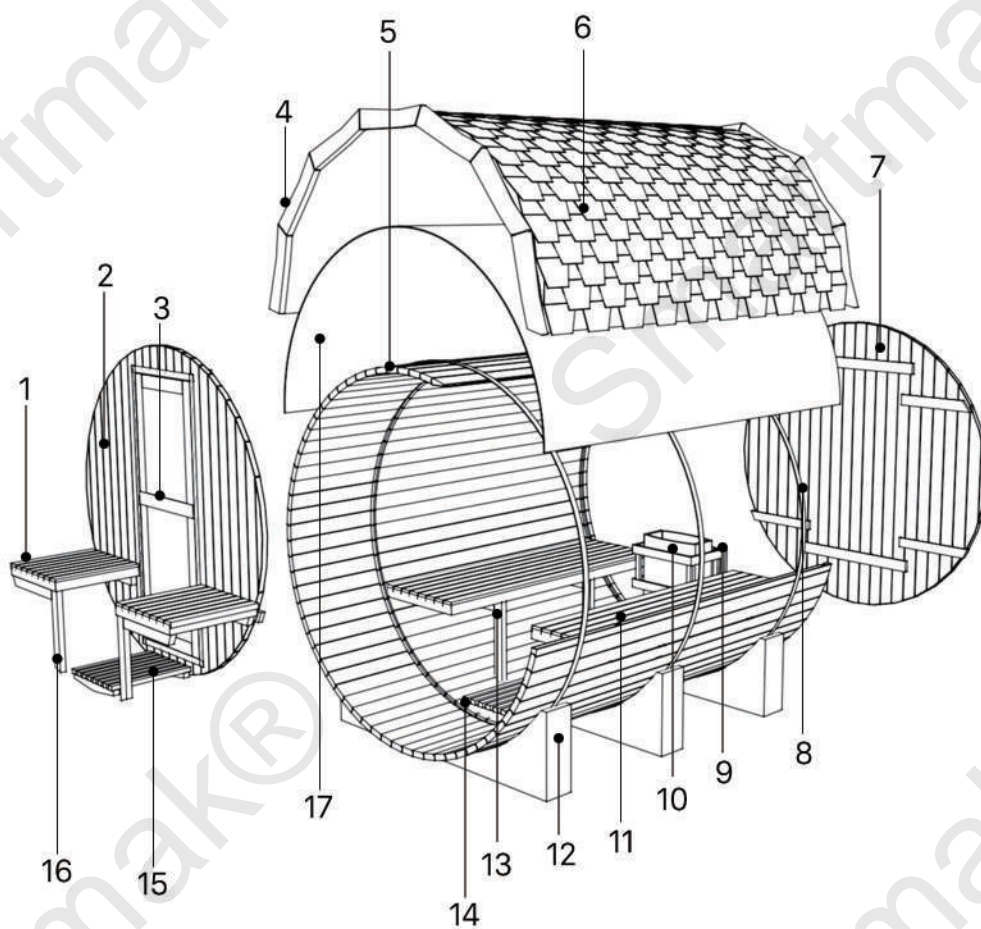
Power Drill x 1	Adjustable Wrench x 2	Tape x 1	U-shaped nail gun x 1	Scissors/Utility Knife x 1	Herringbone ladder x 1
					
Bar Level × 1					
					

## 3. All parts list

Accessories package List									
NO	Component	Unit	Model/ numbers						
			SH1812	SH1815	SH1815P	SH1818	SH1818P	SH1824	SH1824P
1	Power /Voltage	Pc	220V/4.5KW			220V/6.0KW			
2	Bucket	Pc	1	1	1	1	1	1	1
3	Sauna Stones	Ctn	1	1	1	1	1	1	1
4	Thermometer /Hygrometer	Pc	1	1	1	1	1	1	1
5	Explosion-proof Lamp Holder	Pc	1	1	1	1	1	1	1
6	Ladle	Pc	1	1	1	1	1	1	1



## Wooden components of sauna

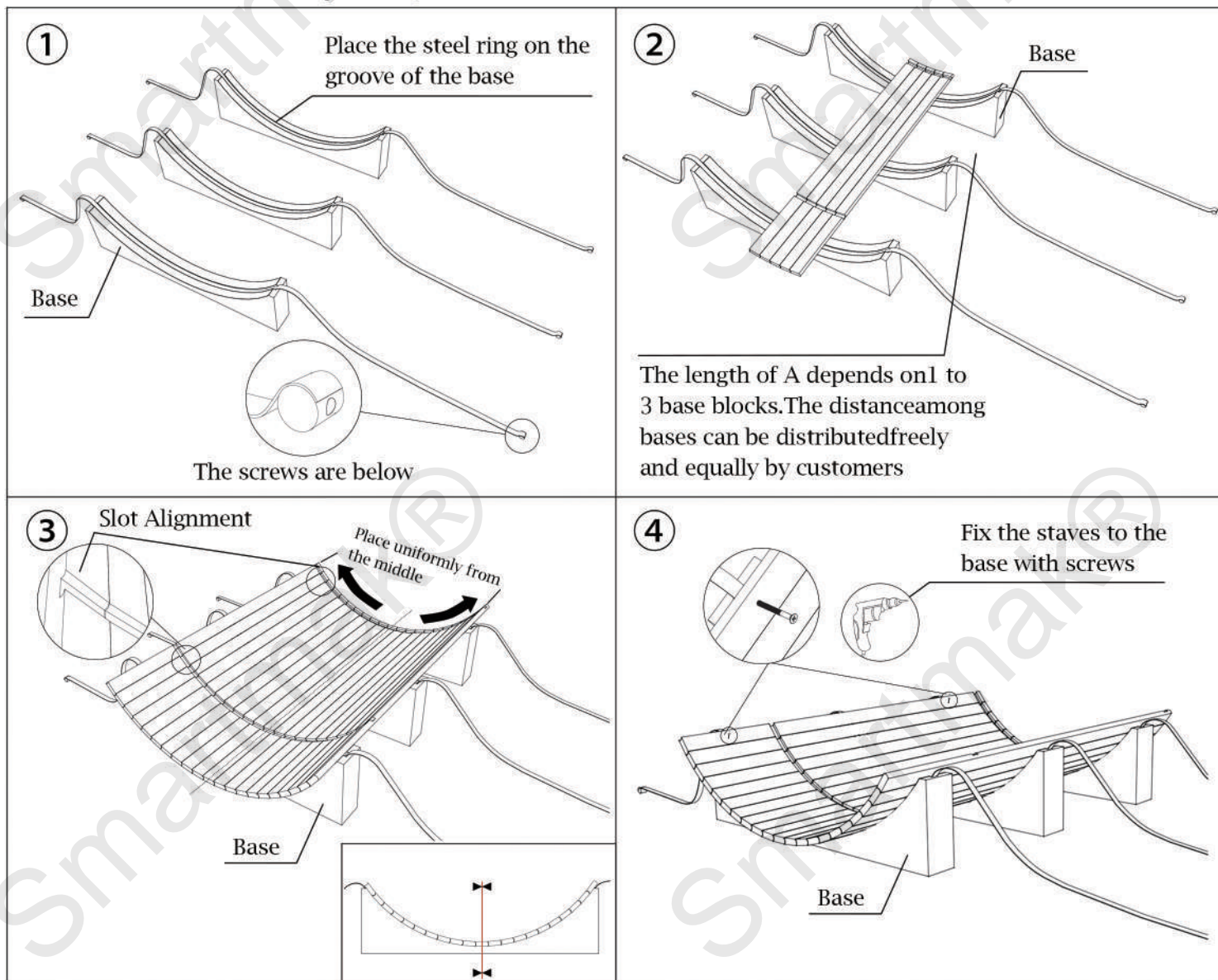


No.	Name	Quantity	No.	Name	Quantity
1	Outside Bench(Series porch)	2	9	Heater Fence	1
2	Front Wall	3	10	Sauna Heater(Optional)	1
3	Door Handle	/	11	Inside Bench	2
4	Decorative Plates	/	12	Base	2-3
5	Stave	/	13	Bevel Support	0-4
6	Shingles	1	14	Inside Floor	1
7	Back Wall	3	15	Outside Floor(Series Porch)	1
8	Steel Ring	2-3	16	Bevel Support(Series Porch)	2
			17	Tarp	1

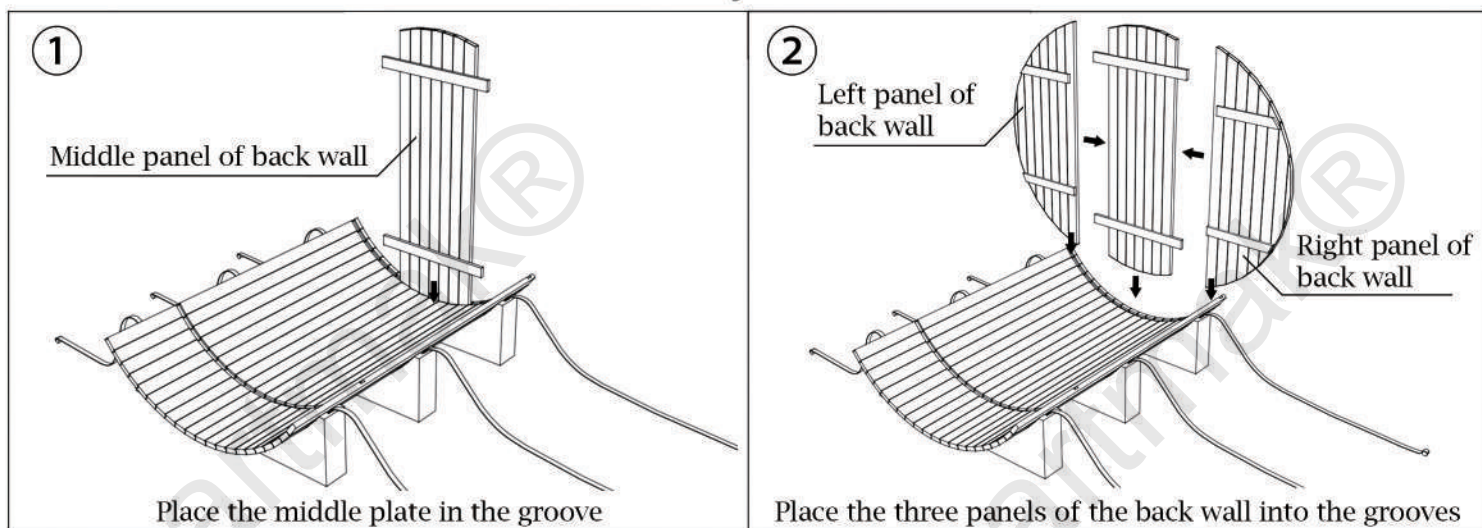
Tools:



## 1. Base assembly step:

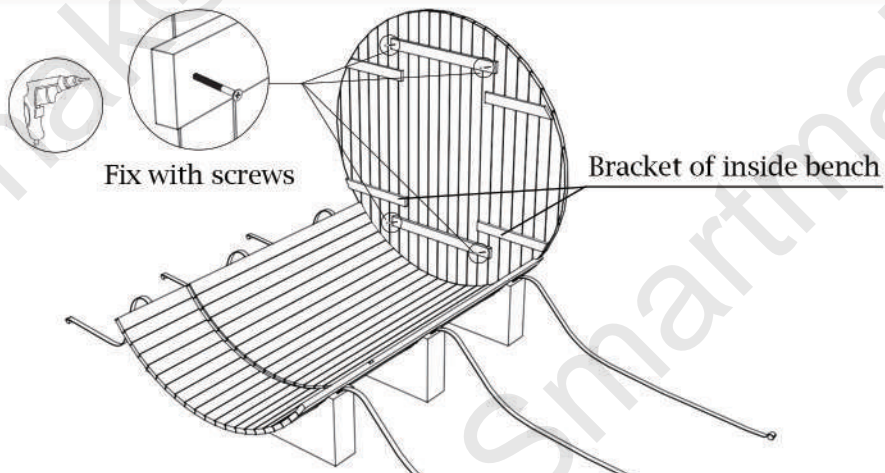


## 2. Front and back wall assembly

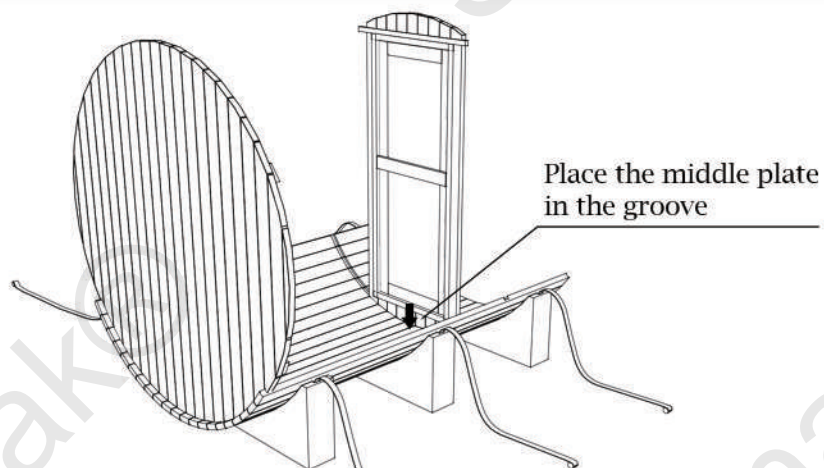




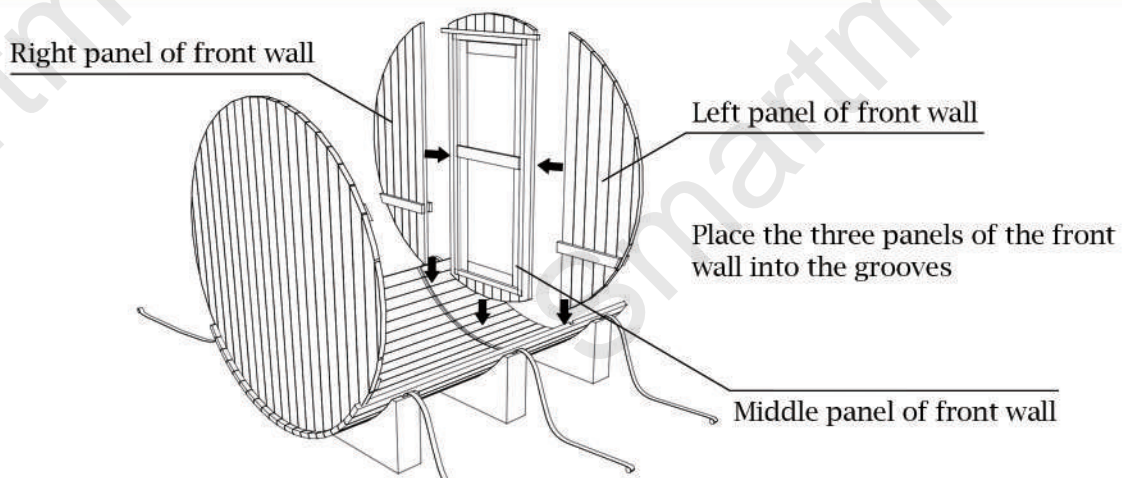
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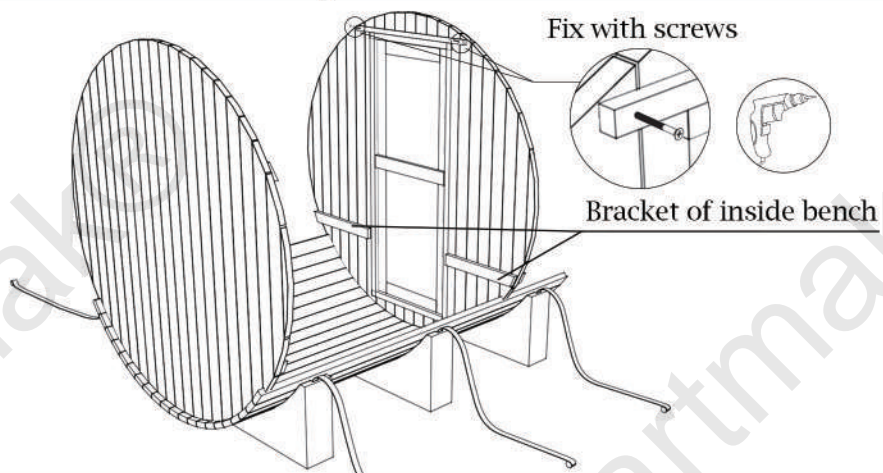
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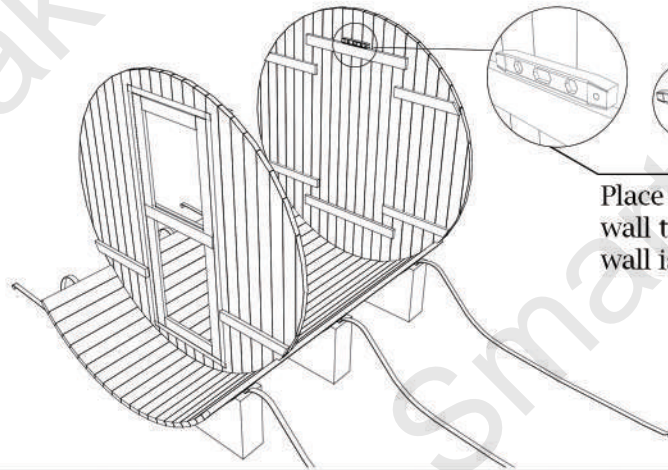


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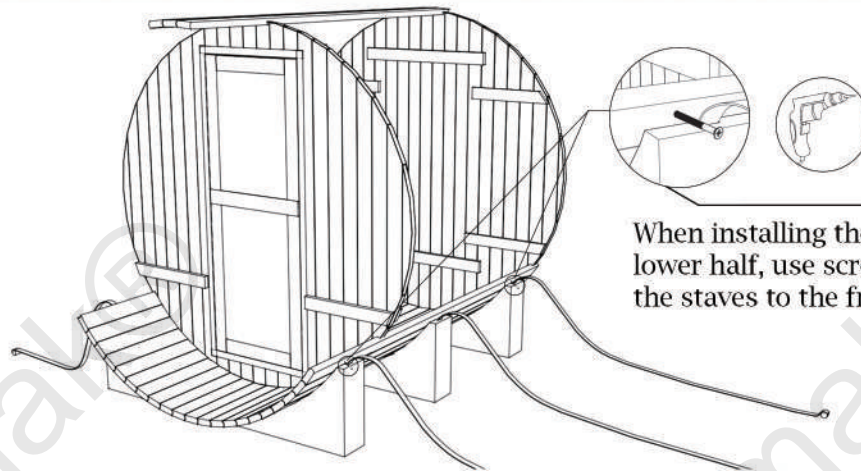
### 3. Stave assembly

①



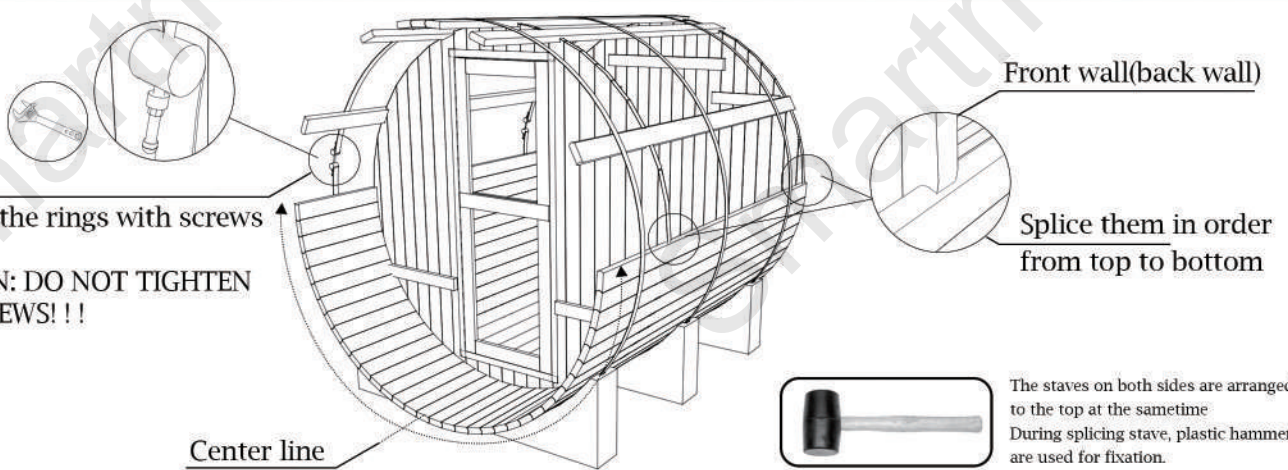
Place the level on the front/back wall to ensure the front/back wall is level

②



When installing the staves in the lower half, use screws to secure the staves to the front/back wall

③



Connect the rings with screws

CAUTION: DO NOT TIGHTEN THE SCREWS!!!

Center line

Front wall(back wall)

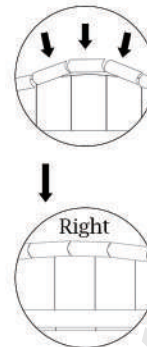
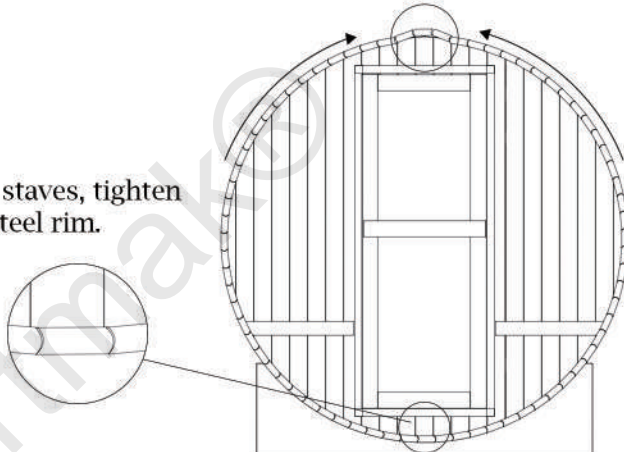
Splice them in order from top to bottom



The staves on both sides are arranged to the top at the same time. During splicing stave, plastic hammers are used for fixation.

④

After installing the staves, tighten the screws on the steel rim.



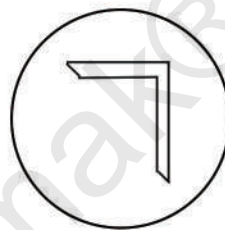
The last three staves are fixed in position as shown in the picture, and lightly tapped with a plastic hammer until they are completely anastomos.

Note: After laying all the staves, there will generally be 1-2 more staves.



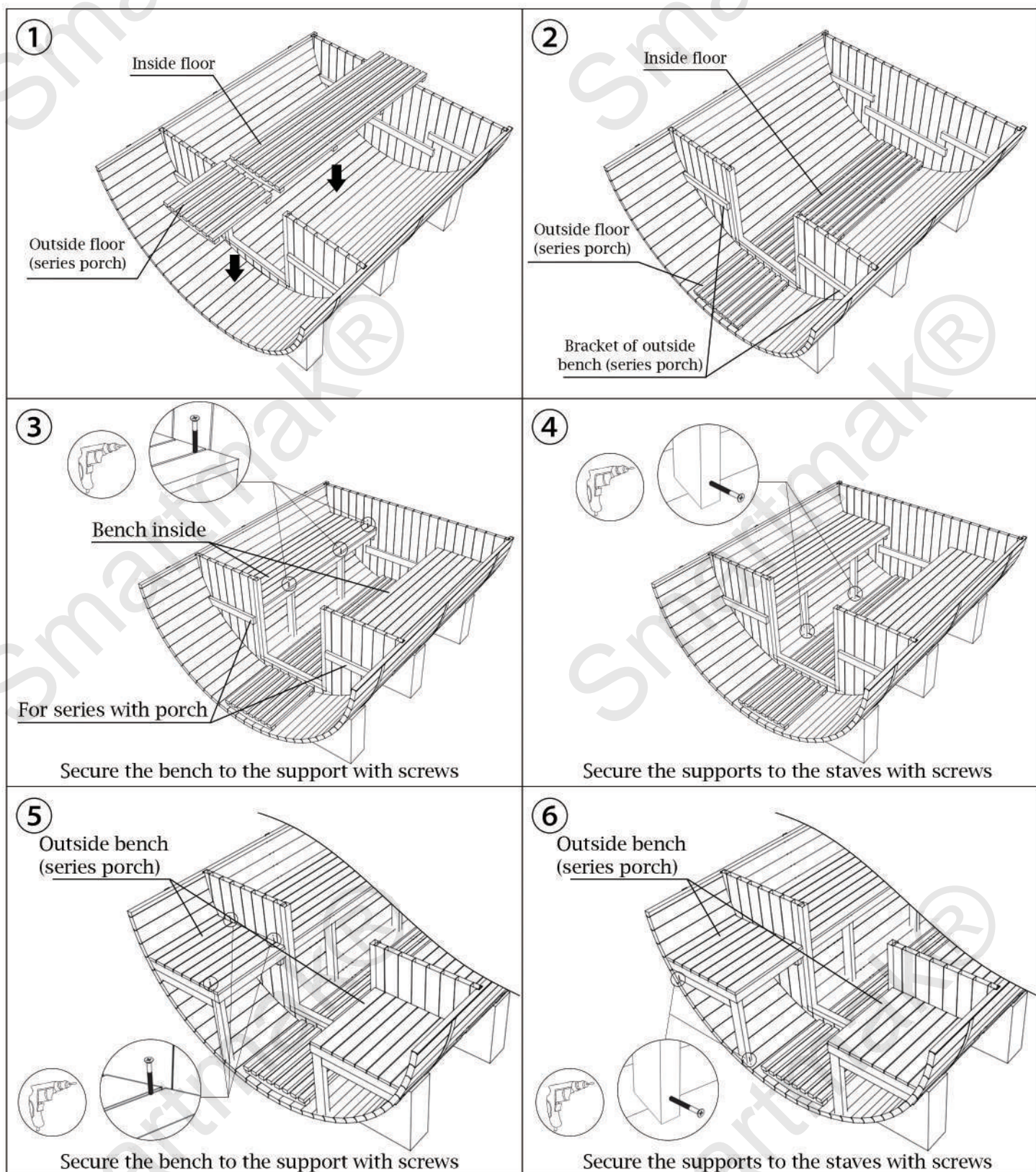
## 4. Accessories installation

First place the inside and outside ( series with porch) floors, then install other accessories such as stools.



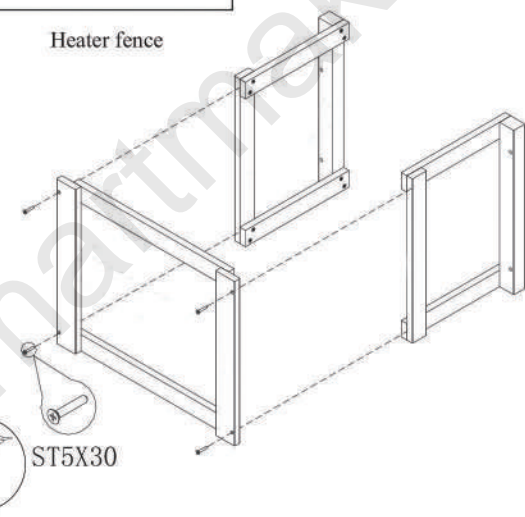
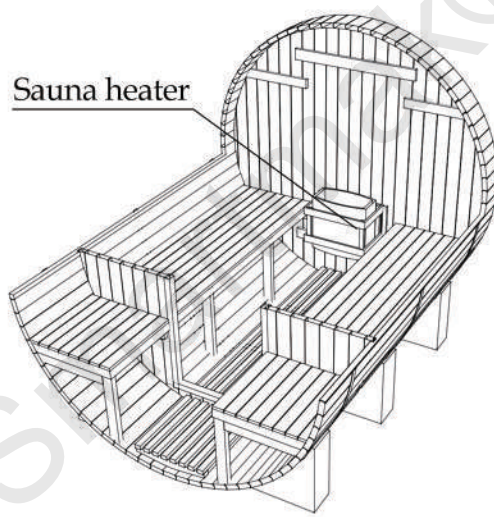
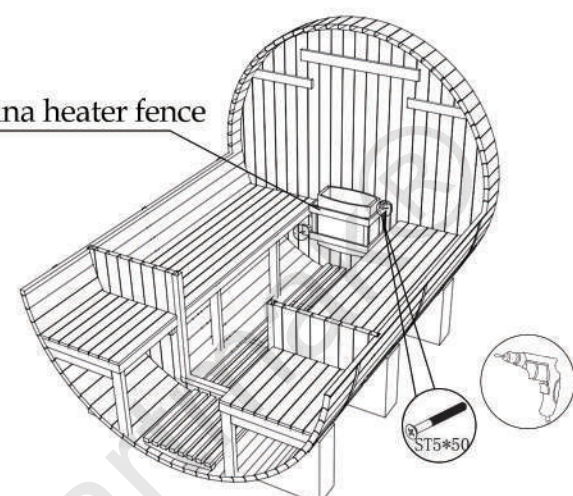
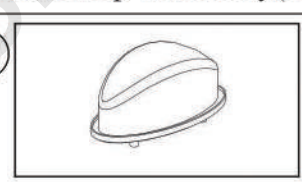
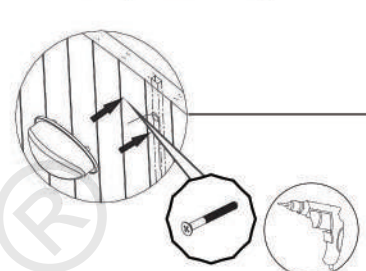
### Required accessories:

1. Bench	2. Bevel support	3. Floor
Inside bench	2-4 pcs for inside bench	Inside floor
Outside bench ( Series porch)	2 pcs for outside bench ( Series porch)	Outside floor (Series porch)





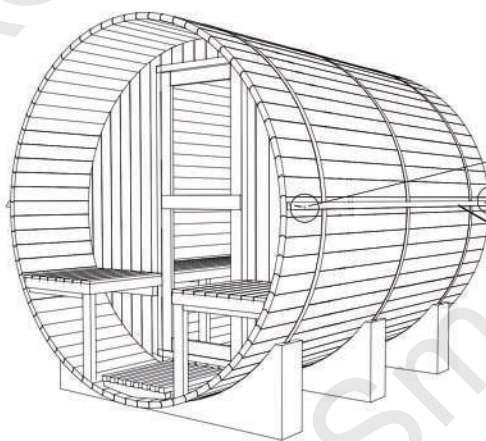
## 5.Sauna heater fence and lamp assembly(Lamp is optional)

<p><b>Sauna heater fence</b></p> <p>① Heater fence</p>  <p>ST5X30</p>	<p>②</p> <p>Sauna heater</p>  <p>! Please refer to heater instructions for installation the heater.</p>
<p>③</p> <p>Sauna heater fence</p>  <p>ST5*50</p> <p>! Please refer to heater instructions for installation the heater fence.</p>	
<p><b>Sauna lamp assembly(Lamp is optional)</b></p> <p>④</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="127 1388 494 1612">  <p>4-1:Accessories of lamp</p> </div> <div data-bbox="510 1456 813 1523"> <p>4-2:Lamp assembly</p> </div> </div>  <p>Sauna Light</p> <p>Note: Make hole in the wall by yourself,then wire out from the hole</p>	



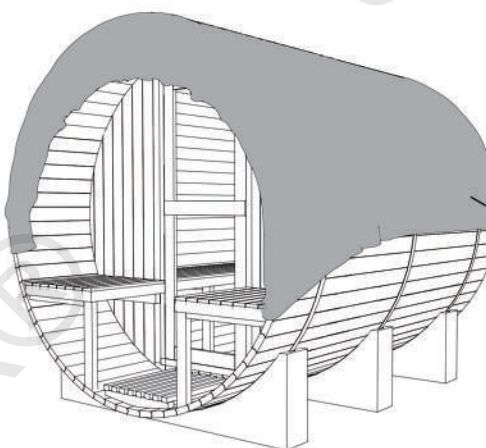
## 6.External waterproofing installation

①



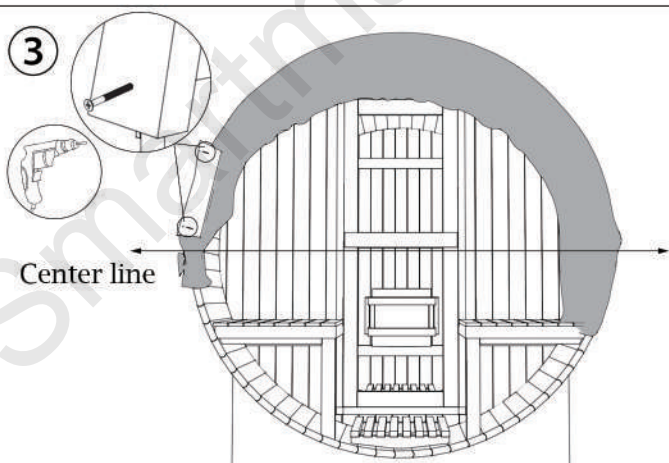
Install the water retaining strips on both sides (the height is level with the door handle)

②

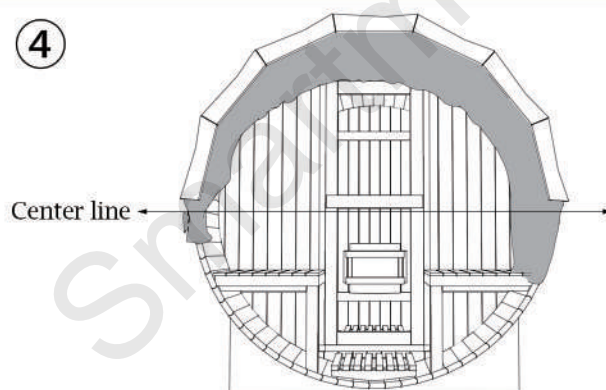


Lay down black tarp

③

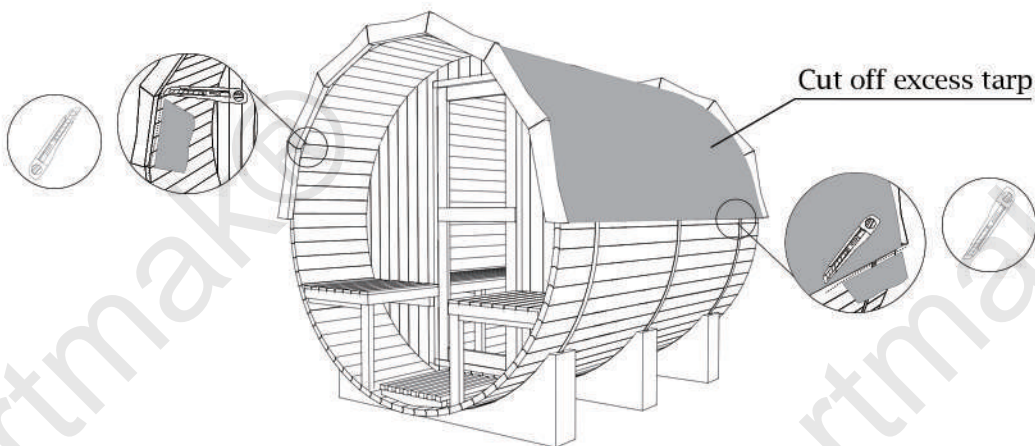


④



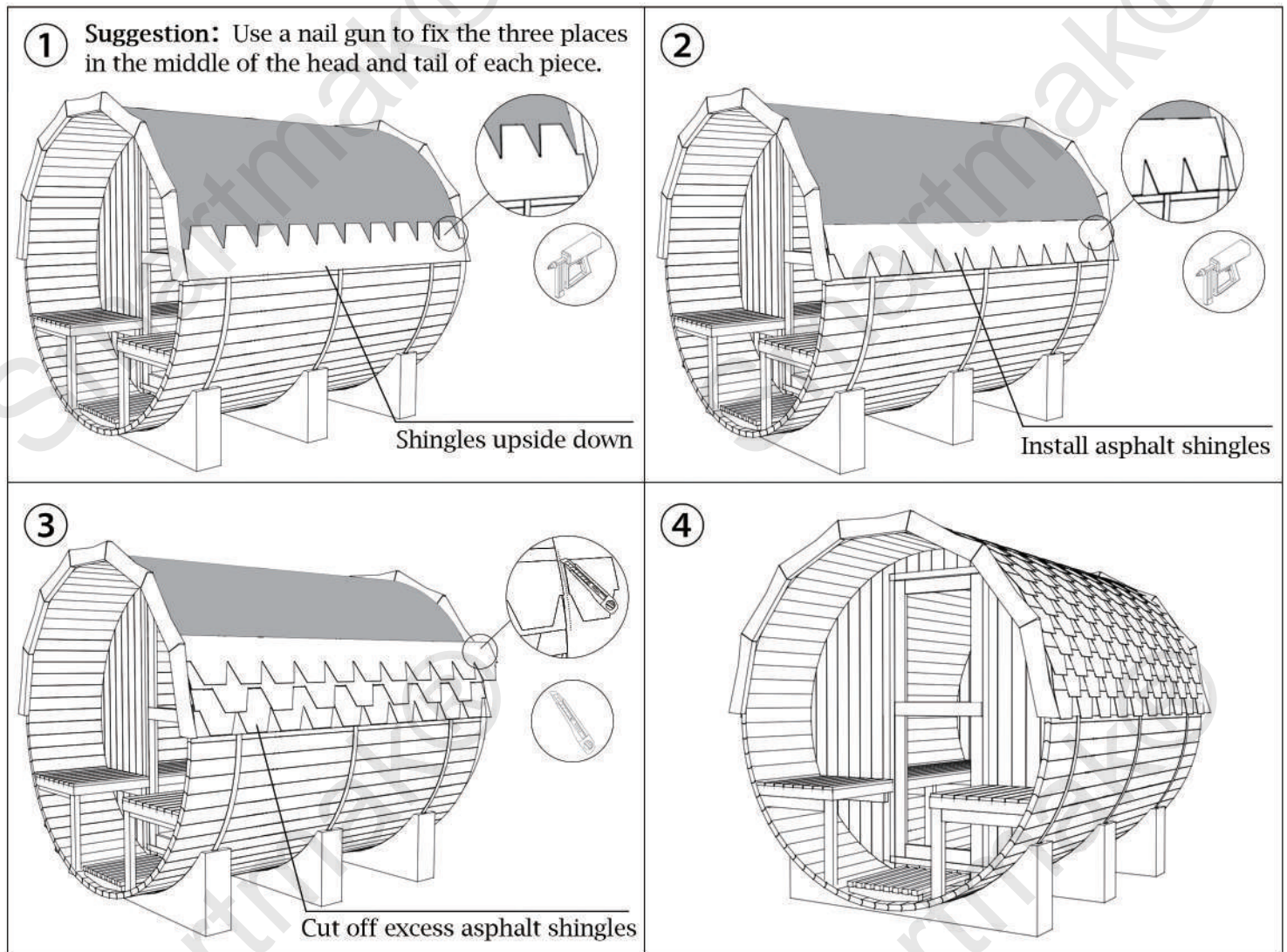
Install the front and rear decorative panels of the barrel sauna(the height is flush with the water retaining strip).

⑤

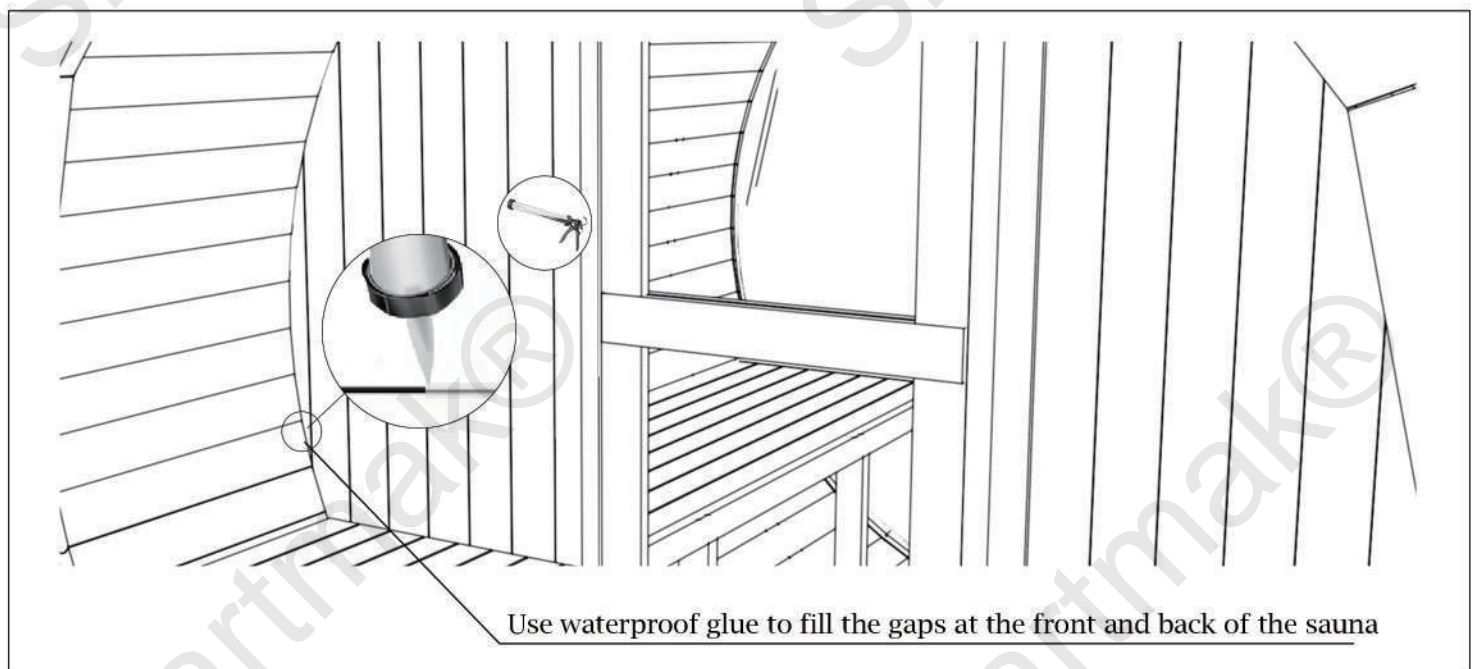


Cut off excess tarp

## Asphalt shingles installtion



## 7.Filled with waterproof glue





## 8. Instructions:

### Maintenance instructions

- (1) Turn on sauna heater, setting desired temperature, normally 60 °C-80 °C (in the area between bench surface and your head). Start with low temperature and increase it according to endurance of your body when you are in a sauna for the first time.
- (2) Before the sauna, take off clothes, glasses, jewelries, cell phones and other belongings, and then take a simple shower or spa.
- (3) The average sauna period for each time is around 5-15 minutes.
- (4) After a sauna, you can take a bath in a swimming pool or take a shower to cool your body for 10-20 minutes.
- (5) After re-entering the sauna, you may find there are drops formed by vapor on sauna stones. If water drops to the ground, it means you are overusing the sauna.
- (6) At least rest for 20 minutes after the last time in sauna. First take a shower with soap and warm water, then with cool water to close skin pores. Put on clothes after your body temperature completely lowers. (children must be accompanied by parents)

### Suggestions:

- (1) Paint the surface of sauna annually. You can choose the wood wax coating service provided by our company when purchasing the product.
- (2) Put a carpet before the door to keep the floor clean.
- (3) Brush obstinate stains on the sauna with sandpaper for daily maintenance.
- (4) Replace sauna stones after over 500 hours in normal use.

## 9. Our story

**Smartmak** was born out of a passion for improving health and wellbeing. As a high-tech enterprise, **Smartmak** has been committed to the production, research and development, sales and service of home therapy sauna rooms and related products since 2005. The company firmly believes in the power of technology to improve people's health and quality of life.

**Smartmak's** commitment to wellness is reflected in every aspect of its business. From the strict quality control measures implemented during the production process to the comprehensive after-sales services provided, **Smartmak** always puts the well-being of its customers first. The company's products are designed with health and wellness in mind, utilizing the latest technology and innovative materials to create safe and effective home therapy saunas.

**Smartmak's** dedication to wellness goes beyond its products and services. The company is actively involved in promoting healthy lifestyles and educating the public about the benefits of home remedies saunas. By partnering with wellness organizations and experts, **Smartmak** is helping to raise awareness of the importance of physical and mental health, and the role innovations like the home therapy sauna can play in achieving optimal health.

**Smartmak's** vision is to empower everyone with access to the tools and technology they need to achieve optimal health and well-being. With a commitment to quality, innovation and wellness, **Smartmak** is not just a brand, but a beacon of hope for those seeking to improve their lives through the power of technology.



## 10. Warranty Policy

### **Dear customer:**

First of all, thank you for choosing to buy our products!

In order to ensure product quality, specify product quality.

The responsibility of both parties is to ensure that the product quality is qualified, and to ensure product safety, the following guarantees are hereby made:

### **Warranty scope:**

All accessories in the sauna room including wooden planks and slats, etc.

Warranty period for wooden planks, wooden accessories (stools, backrests, headrests): 3 years from the date of arrival;

Warranty period for lamps, control boards, oxygen bars, reading lights, etc.: 3 years from the date of arrival.

### **Warranty:**

(1) During the 1-year warranty period, in the case of non-human damage, all accessories, free replacement, and the shipping cost will be borne by the seller.

(2) During the 1-year warranty period, if all accessories are due to human factors, our company will be responsible for free replacement, and the freight will be borne by the buyer.

(3) During the warranty period of more than one year (not including one year), if all accessories are damaged due to non-human factors, our company can replace them for the customer at the cost price, and the freight will be borne by the seller.

(4) During the warranty period of more than one year (not including one year), if all accessories are damaged due to human factors, our company can replace them for the customer at the cost price, and the freight will be borne by the buyer.

The final interpretation of this warranty policy belongs to the company.