

SAUNA TENT

Operating Instructions





NOTICE: DO NOT DISCARD THIS MANUAL.

This instruction manual contains IMPORTANT operating and maintenance instructions, and you have a duty to read, understand, and follow these instructions for safe operation of the product.



IF YOU DO NOT FOLLOW THESE INSTRUCTIONS AND THE SAFETY GUIDELINES CONTAINED IN THIS MANUAL EXACTLY, A FIRE MAY RESULT AND MAY CAUSE PROPERTY DAMAGE, PERSONAL INJURY, OR DEATH.



WARNING: HOT SURFACES!

- The stove, carrying handles, chimney pipe, chimney hole cover, sauna rock holder, sauna rocks, and tent poles may be hot during operation and cool down. When hot, these items will cause burns. **DO NOT TOUCH** these items until they are cooled.
- **CAREFULLY SUPERVISE** children when in or around the product and **NEVER** allow children to touch the product.
- **WARN** adults and children that the product may be hot.
- High temperatures can ignite clothing, towels, drapery, or other combustible materials, and these materials must be kept away from the product.
- This product is for **OUTDOOR USE ONLY**.
- **DO NOT LEAVE PRODUCT UNATTENDED WHILE IN USE.**



NOTICE OF ARBITRATION.

THIS MANUAL CONTAINS AN ARBITRATION PROVISION AND CLASS ACTION WAIVER THAT APPLIES TO ALL CLAIMS EXCEPT FOR CLAIMS OF INTELLECTUAL PROPERTY INFRINGEMENT OR THOSE THAT CAN BE BROUGHT IN SMALL CLAIMS COURT. EXCEPT AS OTHERWISE STATED UNDER THE TERMS OF THIS AGREEMENT, AND IF YOU DO NOT OPT-OUT OF ARBITRATION AS SET FORTH BELOW, YOU AGREE THAT ANY AND ALL DISPUTES BETWEEN YOU AND **SAUNA TENTS, LLC** WILL BE RESOLVED BY BINDING, INDIVIDUAL ARBITRATION, AND YOU WAIVE YOUR RIGHT TO BRING OR RESOLVE ANY DISPUTE AS, OR PARTICIPATE IN, A CLASS, CONSOLIDATED, REPRESENTATIVE, COLLECTIVE, OR PRIVATE ATTORNEY GENERAL ACTION OR ARBITRATION.

SAFETY PRECAUTIONS



The stove should be placed directly under the square hole opening in the tent ceiling.



The front door of the stove should face the rectangular stove vent at the bottom of the tent. Do not place the stove in any other configuration or you may start a fire.



The product is designed for the burning of cordwood only. Do not attempt to burn any other medium with the fireplace, as it is unsafe and will void the product's warranty.



The product's chimney must be cleaned regularly. Failure to regularly clean the product's chimney and remove any creosote due to wood combustion may cause a fire in the chimney and voids the product's warranty.



Do not touch the product while it is hot and instruct all children and adults not to touch the product until it has cooled. Children should always be supervised around the product.



Do not place clothing, towels, drapery, or other combustible materials near the product.



Do not place the product within three feet of any dwelling, structure, or other object.



Contact your local building inspector or code department to determine any regulations or restrictions that may apply to your use of the product.



Notify your insurance company of your intent to use the product prior to your use of the product.



Clean the product regularly and dispose of all ashes in a metal container with a tight lid.



Do not throw this manual away and always follow the operating instructions in this manual.



Do not attempt to repair the product yourself. Contact the manufacturer for any repairs or replacement.



Do not overfire the product. Overfiring the product may result in damage or fire.



Do not alter or modify the product in any manner. Doing so could result in serious injury, death, or property damage.



The product's use should not exceed fifteen (15) minutes and the product's temperature should not exceed 180-200 degrees Fahrenheit or 82-94 degrees Celsius.



Prior to using the product, ensure that the intended area is clear of all brush, debris, and branches.



When pouring water over the sauna rocks, water must be poured slowly as there is a risk that boiling water may spray and harm the user.



The included oven mitt, which is provided with the product, must always be used when operating the stove and no area of the stove should be touched without wearing the oven mitt when the stove is in use or has not yet cooled down.

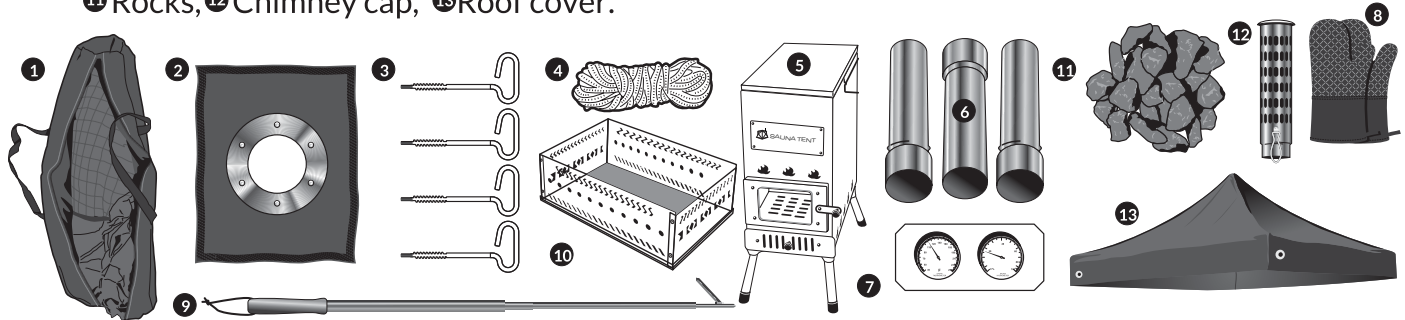


The product must not be used while under the influence of drugs, alcohol, or other intoxicants, and users should not, under any circumstances, sleep in the product.

HOW TO USE YOUR SAUNA TENT

Open your packages and ensure all items are included. (According to bundle purchase)

Your packages should contain: ❶ the Tent, ❷ Chimney hole cover, ❸ Tent stakes, ❹ Ropes, ❺ Stove, ❻ Stove chimney (in pieces), ❼ Thermometer, ❽ Glove, ❾ Fire poker, ❿ Rocks holder, ⓫ Rocks, ⓬ Chimney cap, ⓭ Roof cover.



2. “Season” the stove. VERY important. DO NOT skip!

Your stove is fresh off the manufacturing line and needs to be “seasoned”. What this means is you need to run the stove OUTSIDE of the tent before using the stove for the first time. “Seasoning” your stove before using it in your tent will both a) burn off any cleaning chemicals used to clean the unit during the manufacturing process and b) warp the metal into its final resting place.

How to “Season” the stove:

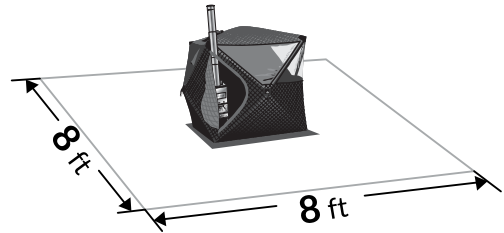
- i. Take everything out of the stove, including the chimney pieces, fire poker, glove and thermometer.
- ii. Pop out the stove’s legs and place the stove in a well-ventilated outdoor area on a concrete, tile, dirt, grass, turf, ice or unvarnished wood surface.
- iii. Assemble the stove chimney by interlocking the chimney pieces and fitting them into each other. They will lock into place snugly.
- iv. Attach the chimney to the stove once the chimney is fully assembled. Press down firmly so it fits in snugly.
- v. Open the control vent on your stove so that the maximum amount of air can get in and then light a fire in the stove using 3 fire starter pellets and 2-3 logs of wood.
- vi. Once the fire gets going you will start to hear pops and crackles coming from the stove. The stove will also start to change color. Do not worry, this is all normal and part of the “seasoning” process.
- vii. Let the fire run and then completely burn out before using the stove in your tent. Wait for the stove to cool down before moving the stove into your tent.
- viii. Congrats! You have now seasoned your stove and it is ready to use in your tent!



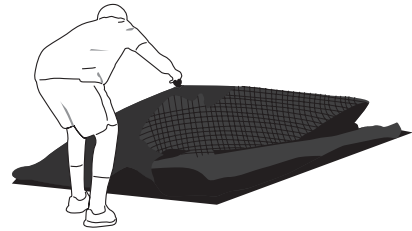


3. Assemble the tent.

- Find a suitable, well-ventilated 8ft X 8ft area outside on a concrete, tile, dirt, grass, turf, ice, or unvarnished wood surface.



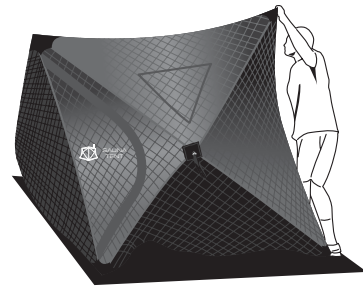
- Begin erecting the tent by pulling on one of the 4 tent wall endpoints.



- Pull forcefully until the tent wall pops out into place.
- Repeat this process for the next 3 tent walls.



- Then, push up on the tent roof endpoint from the inside of the tent to pop the roof into place.



- Remove the fabric window coverings and store them for safekeeping.
- Make sure your tent is within at least 2 feet on every side of any major structure or debris.



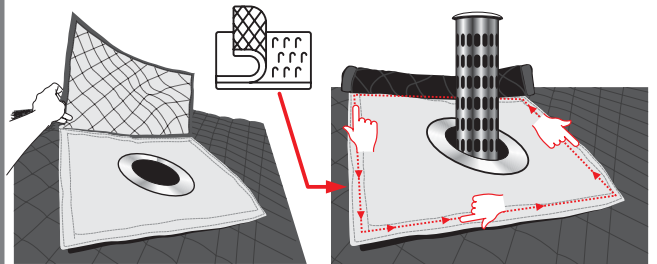


4. Make sure your tent is anchored to the ground.

- Place weights (like rocks, bricks, cinder blocks, wood, etc.) onto the exterior tent skirt and use the included stakes and ropes to secure the tent to the ground.



- Remove the fabric chimney hole covering and replace it with the piece of fabric with the metal circular ring.
- Ensure the piece of fabric with the metal circular ring is secured to the top of the tent by pressing it down firmly so the velcro is secured.



- Install the Roof Cover on the top.
- Anchor the corners of the cover to the loops on the sides of your tent using the included carabiners & straps.



5. Install the stove in your tent.

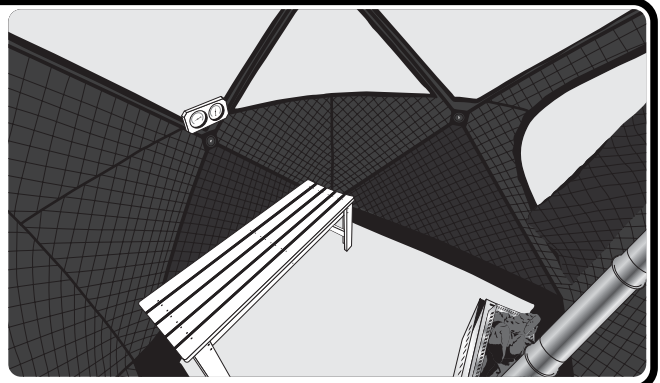
- Make sure you have “seasoned” your stove (see: step #2) and that it has completely cooled down before attempting to install it in your tent.
- Disconnect the chimney from the stove and carry the stove into the tent using the attached carrying handles.
- Place the stove directly below the hole opening in the tent ceiling and ensure that the stove door is facing the tent door.
- Reconnect the chimney to the stove and guide the pipe through the roof holes.





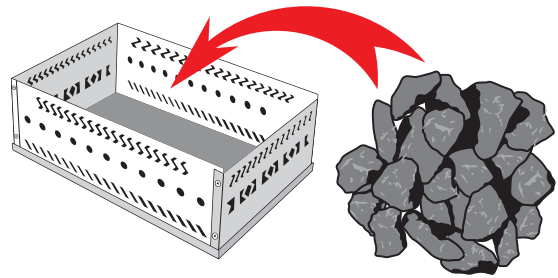
7. Bring seating into your tent.

- Carry your bench into the tent and place it along the tent wall furthest from the stove.
- If you are using your own seating, only use wood benches or chairs and never use seating that contains metal components.



8. Place the rocks holder and rocks on top of the stove.

- The rocks holder will require some very light assembly using the included screws.
- Fit it together so the walls lock into place.
- Wash the sauna rocks and then add them to the rocks holder



9. Fire up the stove.

- Open the rectangular fresh air intake vent at the bottom of your tent. Keep this vent open at all times.
- Then slide the control vent on your stove to the fully open position so that the maximum amount of air can flow in.
- Finally, light a fire in the stove using 2-4 fire starter squares and 2-3 logs of dry hardwood firewood.
- Keep the rectangular vent at the bottom of your tent open at all times when using the SweatTent.



10. Regulate the temperature in your tent.

You can regulate the temperature inside your tent by:

- i. Adding more wood logs to the stove (increases heat)
- ii. Adjusting the control vent and ashtray on your stove to increase or decrease air flow into (more airflow = hotter burning fire).
- iii. Opening and closing the tent doors, small windows & stove vents

11. SAUNA TENT it out!

Sit or stand in your Sauna Tent until you break a sweat. Slowly pour water over the sauna rocks to create steam if you wish. Add more logs to the fire to increase the heat if you wish. Remember to always use the included glove when touching the stove door. Only stay in the SaunaTent for up to 15 minutes. Let the fire in the stove naturally burn out every time you use the Sauna Tent and never attempt to move the stove before it has fully cooled down. Keep the rectangular vent at the bottom of your tent open at all times when using the Sauna Tent.

USER WARNINGS

WARNING

1. Do not use **Sauna Tent** until you have read the operating instructions and user warnings. Serious injury, death, and/or property damage may occur
2. Always use **SaunaTent** in accordance with all applicable national, state and local codes. Contact your local fire department for details.
3. Do not alter or modify **SaunaTent** in any manner. Doing so could result in serious injury, death, or property damage.
4. **SaunaTent** is for outdoor use only. **SaunaTent** shall not be used under any circumstances indoors or in any area without proper ventilation.
5. The maximum time for use of the **SaunaTent** should not exceed fifteen (15) minutes
6. **SaunaTent** should never be used by anyone under the influence of drugs or alcohol or anyone experiencing and/or predisposed to the health issues described in this pamphlet.
7. No jewelry of any type should be worn while using the **SaunaTent**.
8. **SaunaTent** must be placed at least two (2) feet away from any structure and must be erected on an even flat, level surface of either concrete, tile, dirt, grass, turf, ice (1+) feet thick, or unvarnished wood.
- NOTICE: use extreme caution when using **SaunaTent** on or around combustible surfaces.
9. Users, prior to erecting the **SaunaTent**, must ensure that the intended area is clear of all brush, debris and branches.
10. The **SaunaTent** should not be erected under low hanging tree branches.
11. Under no circumstances should any material, other than wood and fire starter pellets be used in the stove.
12. Water must be poured slowly over the rocks as there is a risk that boiling water may spray and harm the user.
13. The oven mitt provided with purchase must be used at all times when operating the stove and no area on the stove should be touched without the mitt when the stove is in use
14. The stove door must remain closed at all times except when adding wood to the unit.
15. Users should not, under any circumstances, sleep in the **SaunaTent** while the stove is operational.

EXCLUSIVE OBLIGATION

When you purchase the **SaunaTent**, you agree to assume all risks related to and/or arising from your ownership and use of the portable sauna and agree to indemnify and hold **SaunaTent, LLC**, its members, agents, affiliates, employees and partners harmless from any and all claims brought by any person or entity against **SaunaTent, LLC** related to and/or arising from your ownership and/or use of the Sauna. This product has been designed solely for use and in the manner described in the product instruction manual.

HEALTH DISCLAIMER

The information and advice contained in this pamphlet is for informational purposes only and is not intended to replace or substitute the advice and/or services of a physician or other licensed health care professional.

Always consult a licensed health care professional who is knowledgeable in sauna use before using a sauna.

The United States Food and Drug Administration (FDA) requires that we inform you, the **SaunaTent** should not be used, nor is it intended to serve as a diagnostic tool or treatment for any disease or medical problem and is not a substitute for regular medical care from a licensed healthcare professional.

Individual results from sauna use vary on a person-to-person basis. We do not make any claims regarding treatment, cures or prevention of disease.

All specific medical or health questions should be presented to your own physician or health care professional. If you are unsure whether sauna use is safe for you, consult your physician.

Saunas are powerful devices and monitoring your progress by a professional trained in sauna use is always advisable.

SaunaTent is not registered with the FDA as a medical device. No information or statement about **SaunaTent** has been evaluated by the FDA or clinically tested in the prevention or treatment of any disease.

SaunaTent LLC, its members, agents, affiliates, employees, and partners assume no responsibility and shall not be liable for any circumstances arising out of your use or misuse of the **SaunaTent**.

You agree to hold **SaunaTent LLC** harmless from any and all liability for all claims for damages due to injuries, including attorney fees and costs, incurred by you or caused to third parties by you, arising out of your use or misuse of the **SaunaTent**.

Sauna therapy can be dangerous and even fatal for some people under some circumstances. If you are considering sauna therapy, you must first seek the advice of your health care provider about sauna therapy and should also become educated as to the proper use of sauna, preparations for doing sauna therapy, as well as fully understanding the risks involved in sauna therapy.

Risks include but are not limited to: **cardiac failure, stroke, fainting, headache, nausea, weakness, rashes, hot flashes, dehydration, exacerbation of neurological symptoms, and even death.**

Variables of sauna therapy such as health condition of the user, duration of sauna therapy, proper hydration, electrolyte and mineral balance and restoration must be properly considered and heeded before proceeding with sauna therapy.

Use of the **SaunaTent** should never exceed more than **fifteen (15) minutes** in duration.

SaunaTent should not be used by the elderly, persons under the age of 18 years old, pregnant women, persons under the influence of drugs or alcohol, or persons suffering from the following medical issues: **alcohol and drug dependency, cardiovascular problems, diseases associated with an impaired ability to sweat, fever, heat insensitivity, or hemophilia.**

The use of certain medications may affect your ability to use the sauna consult with your physician if you are taking medications and are unsure of how they may interact with heat therapy.

SaunaTent must be assembled and used as directed in the product instruction manual.

The Stove must be stored in the tent or in an interior space when not in use.