



INFRARED SAUNA JIP180

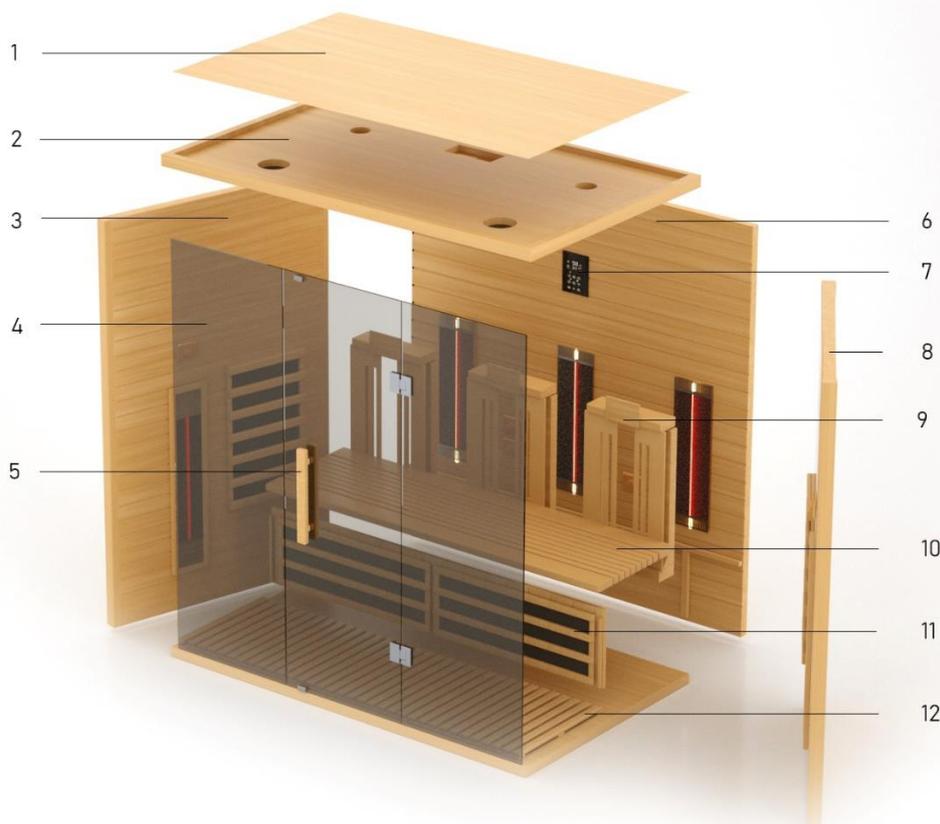
Specifications and assembly instructions

SPECIFICATIONS



Model	JIP180
Dimensions	1800x1200x1900 mm
Number of persons	3
Wood	Hemlock, 48 mm
Glass	Black, tempered, 8 mm
Hinges	Stainless Steel
Control	Touch control panel
Operating time	Up to 90 min
Temperature	Up to 65 °C
Ventilation	Yes
Connectivity	USB, Bluetooth, Radio, App
Lighting	LED RGB starry sky, LED strip under the bench
Heaters	3050 W, intensity regulation
Connection	Schuko socket 230 V, 50Hz, 16 A fuse
Weight	250 kg

COMPONENTS



1 Cover plate

2 Ceiling panel

3 Left side

4 Front side with glasses

5 Handle

6 Back plate

7 Control panel

8 Right side

9 Back warmers

10 Bench

11 The front side of the bench

12 Bottom

RECOMMENDED TOOLS



Screwdriver



Meter



Screwdriver



Screws



Water scale



Imbus key



Knife



A ladder

ASSEMBLY TIPS

Please remove the transport packaging and check that your infrared sauna has been delivered complete and undamaged before starting assembly. At least two people are needed to assemble the sauna.



ASSEMBLY STEPS



1. Bottom



2. Back plate



3. Left side



4. The front of the bench



5. Bench



6. Right side



7. Back warmers



8. Ceiling panel



9. Front and handle



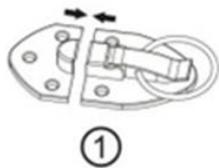


10 Cover plate



11 Composite sauna

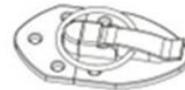
Installing the outer buckle



①



②



③

Connecting electrical components



1. Connect the power cable under the bench (for saunas with lower and floor heaters).



2. Connect the blue UTP cable from the control panel to the sauna control unit.



3. Connect the power cables between the control unit and the stove.

Installation of hinges, handle and cover



1. Install the hinges



2. Install the handle



3. Install the cover plate



An overview of how the sauna works



1. Design mode - 1: 55 degrees Celsius for 90 minutes

Shaping mode is designed for people who want to improve their body shape and reduce body fat. At 55 degrees Celsius and a longer duration of 90 minutes, this program targets deep tissue heating, which can help improve fat metabolism. The heat causes increased sweating, which helps flush out toxins and promotes weight loss. Regular use improves blood circulation and skin elasticity and helps shape the body.

Recommended for: people seeking to boost performance, enhance skin, and promote weight loss.



2. Detox mode - 2: 45 degrees Celsius for 60 minutes

Detox mode is designed to cleanse the body. At 45 degrees, the body excretes toxins, which improves health. This program stimulates the lymphatic system, which helps eliminate toxins from the body, and is a great choice for people who want to detox after a busy day or an unhealthy diet. The heat improves the function of the immune system, which is crucial for general well-being.

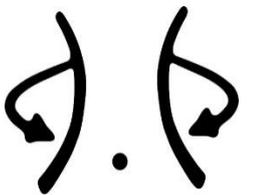
Recommended for: People who want to improve the immune system, detoxify the body and improve general well-being.



3. Relaxation mode - 3: 50 degrees Celsius for 60 minutes

Relaxation mode is designed for deep relaxation and stress reduction. At 50 degrees, the muscles relax, which helps reduce tension in the body. This program is great for those who have tight muscles or suffer from stress and anxiety. The heat relieves pain in the joints and improves blood circulation, which contributes to complete relaxation of the body and mind.

Recommended for: who need to relax after a busy day, relieve stress and anxiety, and improve sleep quality.



4. Beauty mode 4: 45 degrees Celsius for 90 min

The beauty mode is designed to improve the appearance of the skin. At 45 degrees Celsius for 90 minutes, this method stimulates the production of collagen, which contributes to skin rejuvenation, reducing wrinkles and improving skin tone. Heat increases blood circulation and regenerates skin cells. Regular use of this program can contribute to clearer and more radiant skin.

Recommended for: people looking to improve skin appearance, reduce signs of aging and enhance elasticity.



5. Soothing mode - 5: 40 degrees Celsius for 30 minutes

Soothing mode offers short but intense relaxation. At 40 degrees Celsius for 30 minutes, it calms the nervous system and reduces anxiety and stress. Ideal for those short on time who want the benefits of an infrared sauna, it provides a pleasant experience without overheating.

Recommended for: People looking for quick relaxation, stress reduction, and a sense of well-being in a short period of time.

