

Cedrus Sauna



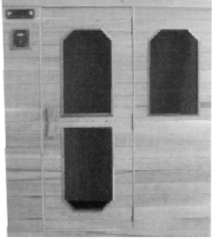

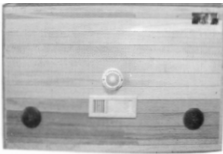

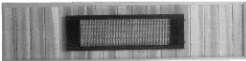



Owner's Manual

Table of Contents

Page 1	Individual Panel Information
Page 2	Installation Information
Page 3	Assembly Instructions for all 2000, 3000, 4000 & 5000 models
Page 9	Digital Controller Operating Instructions
Page 11	History of Colored Light Therapy
Page 15	Commonly Asked Questions
Page 17	Warranty and Contact Information

CERTIFIED TO: CAN / CSA STD C22.2 No.164
CONFORMS TO: UL STD 875

Individual Panel Information

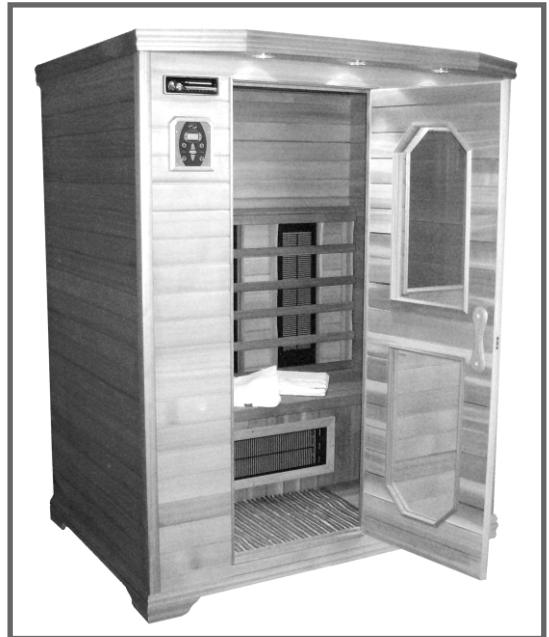
Front panel			Back panel
Top panel			Bottom panel
Bench support			Bench
			Left side panel Right side panel

Installation Information

Please read the instructions thoroughly before and during assembly to ensure proper installation of the unit. Assembly of the sauna requires at least two adults. Find a dry and level location where you have an easy access for the main cord. Should you have any questions during assembly, please feel free to contact our Customer Service at: 877-700-7286 ext. 806 , M-F, 8am to 5pm, PST.

Cleaning and Maintenance

1. We strongly recommend you wipe inside of the sauna with a damp cloth before using your Cedrus Sauna.
2. Use furniture polish to clean the exterior of the sauna.
3. Placing a towel on the floor and on the bench of the sauna will help to absorb perspiration during a sauna session.
4. Scratches and stains can be removed from the inside of the sauna by using a fine grade sandpaper over the damaged area.



Assembly Instructions for all 2000, 3000, 4000 & 5000 Models

1. Placing bottom panel

Place the bottom panel on the floor. Make sure the front is in the desired location of the door. (The front can be identified by the two gold brackets located on the left and right sides of the bottom panel.)



2. Place back panel on bottom panel

Place the back panel onto the recessed area on the back of the bottom panel. One person continues to hold back panel while another goes to the next step.



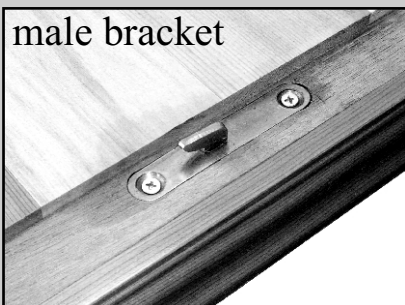
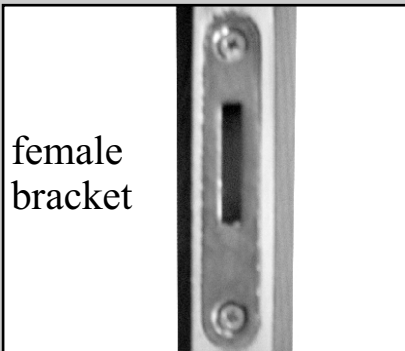
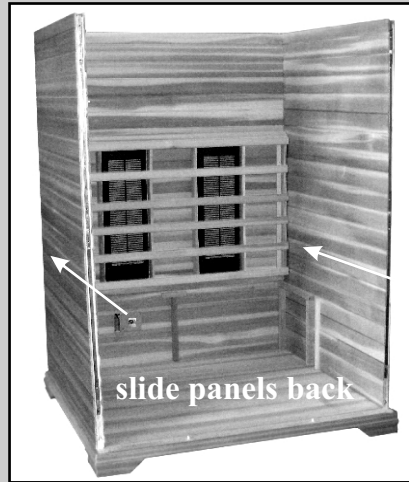
Assembly Instructions for all 2000, 3000, 4000 & 5000 Models

3. Placing the side panels

While the back panel is being held in place, connect the right side panel first by simply mating the female bracket on the bottom of the side panel to the male bracket in the recessed groove on the right side of the bottom panel. Once you have the side panel properly settled into the groove on the bottom panel, slide it back to mate with the back panel's buckles. See illustration A. Fasten buckles down the backside of the sauna and repeat this step with the left side panel.

Each side panel can be determined to be the right or left by the bench wall support that should be placed toward the bottom rear corner of the sauna.

illustration A.



Assembly Instructions for all 2000, 3000, 4000 & 5000 Models

4. Connecting front panel

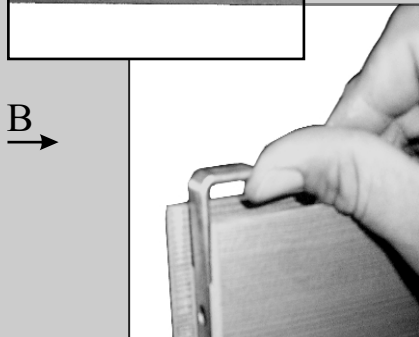
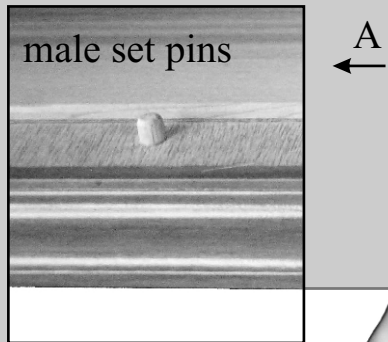
Connect the front panel to the bottom panel by lining up the male set pins on the floor to the female alignment pins on the bottom of the front panel.

(See illustration A)

Once you have the front panel setting on the groove, lift the front panel locks located on the front top corner of the side panels.

(See illustration B)

Now press your front panel flush against the side panels and simply press the front panel locks down into the locked position.



Assembly Instructions for all 2000, 3000, 4000 & 5000 Models

5. Installing bench support

Slide down the bench support by lining up its sides with the vertical guides on each side panel. Bench support must be positioned so that the heater grill is facing outward. Be careful not to scratch the side panels when positioning the bench support. Connect cord from back panel to bench support plug.



6. Installing bench panel

Install the bench panel by sliding it over the horizontal guides on each side panel. Be careful not to scratch the side panels when doing so. Make sure to position the bench so that smooth and finished sides of the bench are facing up and forward.



Assembly Instructions for all 2000, 3000, 4000 & 5000 Models

7. Placing top panel

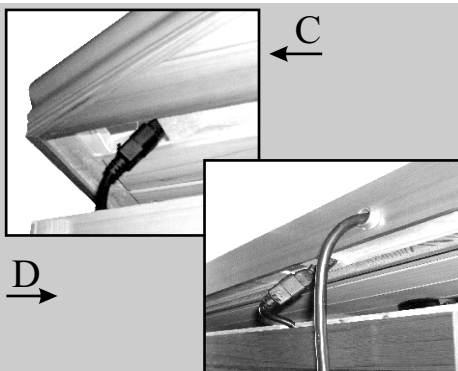
Gently lower the top panel onto the assembled panels. Carefully lift the front of the top panel and plug in the front panel heaters.

(See illustration C)

Tuck the excess cord into the roof and set the front of the top panel into place. Carefully lift the back of the top panel and plug in the back panel heaters.

(See illustration D)

Tuck the excess cord into the roof and set the top panel into its finished position.



Models 4000 and 5000 have two heater plugs for the back panels

8. Installing stereo faceplate

Attach the stereo faceplate onto the radio/CD player on the front panel as follows: Position the right side of the faceplate on the groove on the stereo and then gently push down the left side until you hear a click, which indicates that it is securely in place.

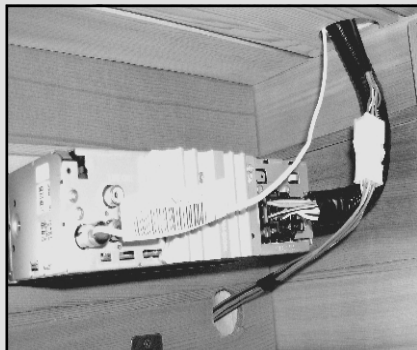


Faceplate can be easily detached by pushing the "RELEASE" button on the bottom left corner of the faceplate.

Assembly Instructions for all 2000, 3000, 4000 & 5000 Models

9. Antenna and front panel connections

Plug the antenna wire in at the bottom left corner on the back of the radio. Next, connect the black plug into the bottom right corner on the back of the radio. Finally, connect the remaining white plug and move onto the next step.



10. Placing the radio box

Gently place the supplied box over the radio and secure it using the two installed magnets.

Press firmly to ensure that the box is installed correctly.



Digital Controller Operating Instructions



1. Pressing the Start/Stop key for two seconds will turn on the controller and the inside and outside lights. The time and temperature settings of the last session will be displayed alternately for 30 seconds. Changing the time or temperature settings during this period will restart the 30-second delay.

2. If no keys are pressed for 30 seconds, the controller will automatically energize the heaters and begin

counting down from the preset time.

3. The time and temperature settings can be changed at any time by pushing the appropriate Up and Down keys. Temperature setting changes will always be saved in memory, but only time changes made during the first 30 seconds after the controller is turned On will be saved in memory.

4. During timer countdown the controller will display the time remaining for 45 seconds and the actual temperature inside the sauna for 15 seconds once every minute. In this mode the display will show "Lo" for 15 seconds when the temperature is below 90° F (32° C).

5. The actual temperature inside the sauna can be displayed on demand by pressing both the Up and Down Temp keys simultaneously. In this mode actual temperature will be displayed even when below 90° F.

6. The inside and outside lights can be toggled On and Off with the appropriate front panel keys whenever the controller is running.

7. The temperature can be set at 170° and for 60 minutes. Warm the sauna for 10 -15 minutes, then use for 30 minutes. Do not expect the sauna to exceed 150° F (66° C) in one 30-minute session. The ambient temperature around the sauna will affect the climb rate.

Digital Controller Operating Instructions

8. The timer can be set between 0 and 60 minutes.
9. When the timer reaches 0 the controller beeps 5 times, then the heaters and controller shut Off.
10. If the temperature inside the sauna exceeds 180° F a built-in High Temperature Alarm function will activate. During the alarm condition the heaters will shut off, the beeper will beep one-second bursts and the display will alternately flash “OTA” (Over Temp Alarm) and display actual sauna temperature. Pressing any button will silence the beeper, but the alarm condition can only be reset by cycling the controller Off and On using the Start/Stop key after the sauna temperature has dropped below 100° F.
11. The temperature display units can be switched from °F to °C. To change the display units turn the controller On by pressing the Start/Stop key while holding the Down Temp key.
12. The controller incorporates several self-diagnostic routines. These diagnostic routines run at start-up and while the controller is running. If an error is detected the controller will respond by immediately turning off the heaters and displaying an error code.

CAUTION

The sauna heaters shall not be subjected to water spray and showerheads shall not be installed above the sauna heaters.

If the manually resettable temperature-limiting control trips frequently, a qualified serviceman should be contacted.

History of Color Therapy

Color therapy is a technique of restoring imbalance by means of applying color to the body. Its history is rooted as far back as the Mayan culture.

In India, Ayurveda, an ancient form of medicine practiced for thousands of years, is based on the idea that every individual contains five elements of the universe which are present in specific proportions unique to each individual, including their personality type and constitution. When these elements are out of balance, Ayurveda works with the energies inherent in the colors of the spectrum to restore this balance.

In ancient Egypt the art of healing with color was founded in the Hermetic tradition, the Ancient Egyptians and Greeks used colored minerals, stones, crystals, salves, and dyes as remedies, and painted treatment sanctuaries in various shades of color.

In China, traditional Chinese medicine incorporates color to be associated with each organ and elemental system. This healing method looks at the idea that every individual is a balance.

The first color wheel was invented by Sir Isaac Newton. He split white sunlight into red, orange, yellow, green, cyan, and blue. He then joined the two ends of the color spectrum together to show the natural progression of colors.

Light Therapy has been valued throughout history as a remarkable source of healing. Today, the therapeutic applications of light and color are being investigated in major hospitals and research centers worldwide. Results indicate that full-spectrum, ultraviolet, colored, and laser light can have therapeutic value for a range of conditions from chronic pain and depression to immune disorders.

Healing With Color

Color is light; split into different wavelengths vibrating at different speeds at different frequencies. Objects that ABSORB all wavelengths and DO NOT reflect are black in nature. Objects that REFLECT all wavelengths and DO reflect are white in nature. Between black and white lies COLOR. Colors are wavelengths of energy that, to us, appear as color because of the potential and capabilities of the object to either absorb or reflect the energy.

Red is called "The Great Energizer." It loosens, releases stiffness and constrictions. It is excellent for areas that have become stiffened. Red is the first visible color we see after the infrared band is passed. It promotes cellular growth, stimulating the "will" aspect, or the circulatory system. It is therefore indicated for all colds, sluggish or dormant conditions, such as pneumonia, arthritis, anemia, as a liver stimulant, an energy builder, and for increasing circulation. Red links with and stimulates the base of the spine, causing the adrenal glands to release adrenalin. This results in greater strength. Red causes hemoglobin to multiply, thus increasing energy raising body temperature conditions as it stimulates sensory nerves such as hearing, taste, smell, and activates metabolism. It is excellent for anemia or blood-related conditions.

Yellow helps awaken mental inspiration arousing higher mentality. Thus, it is an excellent color for nervous or nerve-related conditions or ailments; fueling the solar plexus. Yellow has a very enriching effect upon the intellect. Yellow can be used for conditions of the stomach, liver, and intestines. It can help the pores of the skin by repairing scarred tissue. These rays have an alkalizing effect which strengthens the nerves. Awakening, inspiring and vitally stimulating the higher mind promoting self-control. Typical diseases treated by yellow are constipation, gas, liver troubles, diabetes, eczema and nervous exhaustion. Providing clarity of thought, increasing awareness, stimulating interest and curiosity yellow energy is related to the ability to perceive or understand. The yellow energy connects us to our mental self.

Green is the universal healing color. Green is midway in the color spectrum; therefore, it contains both a physical nature and a spiritual nature, in equal balance and in equal harmony. Thus, green can be used for just about any condition in need of healing. When in doubt, green will always work. Help relax muscles, nerves, and thoughts. The color green cleanses and balances our energy, to give a feeling of renewal, peace and harmony. Used primarily for balancing our whole being It is neither relaxing nor astringent in its impact. In a more practical sense, green affects blood pressure and all conditions of the heart. Having both an energizing effect, moderating, or soothing effect. Green can help heal many illnesses of this nature, specifically including heart troubles, decreasing and stabilizing blood pressure, ulcers, cancer, headaches, nervous disorders and influenza, and acts as a general tonic.

Blue on the other hand, is at the opposite end of the visible spectrum. Blue can be used for any type of ailments associated with speech, communication, or the throat. This is a mentally relaxing color. Blue has a pacifying effect on the nervous system encouraging great relaxation. It is ideal for sleep problems. Blue light connects us to holistic thought, and gives us wisdom and clarity enhancing communication and speech. Relaxing, soothing blue rays bring great calm and peace to the mind that is worried, excited, or in a constant nervous state. It is a very positive color, indicating loyalty and reliability, as expressed in the sentiment of being "true blue."

Orange has a freeing action upon the mind, relieving repressions. Because orange



is a blend of red and yellow, it combines physical energy with mental wisdom, inducing a transformation between lower physical reaction and higher mental response. Thus, it is often referred to as "The Wisdom Ray." Orange is warm, cheering, and non-constricting. Through orange, we are able to heal the physical body (red) and, at the same time, induce within the mind (yellow) greater understanding. Orange helps assimilate new ideas. Orange is the best emotional stimulant, helping to remove inhibitions paving independent social

behavior. Bring joy to your workday and strengthen your appetite for life. Orange aids in repairing inflammation of the kidneys, gallstones, menstrual cramps, epilepsy, wet cough and all sinus conditions.

Violet is the last color we can see before light passes on to ultra-violet. This color is an excellent remedy for neurosis, diseases of the scalp, sciatica, tumors, rheumatism, cerebral-spinal meningitis, concussion, cramps and epilepsy. Violet animates and cleans the venous blood. It is generally not used for physical conditions; however, some color experts believe that it does provide nourishment to the cells in the upper brain. Furthermore, it helps expand the horizons of our divine understanding. Violet should be used only for spiritually-related problems. Violet purifies our thoughts and feelings giving us inspiration in all undertakings. The violet energy connects us to our spiritual self bringing guidance, wisdom and inner strength, and enhances artistic talent and creativity. Leonardo da Vinci proclaimed that you can increase the power of meditation ten fold by meditating under the gentle rays of violet, as found in church windows.

Color therapy uses colors for their proposed healing abilities in treating emotional and physical disturbances. Color therapy is based on the premise that different colors evoke different responses in people. For example, some colors are considered to be stimulating, whereas others may be soothing. Color therapy has been suggested for many uses, based on tradition or on scientific theories. However, these uses have not been thoroughly studied in humans, and there is limited scientific evidence about safety or effectiveness. Some of these suggested uses are for conditions that are potentially life threatening. Consult with a health care provider before using color therapy for any use.

Resources

1. Natural Standard: An organization that produces scientifically based reviews of complementary and alternative medicine (CAM) topics
2. National Center for Complementary and Alternative Medicine (NCCAM): A division of the U.S. Department of Health & Human Services dedicated to research

Selected Scientific Studies: Color Therapy

Natural Standard has reviewed all of the currently available medical literature to prepare the professional monograph from which this version was created.

The information in this monograph was prepared by the professional staff at Natural Standard, based on thorough systematic review of scientific evidence. The material was reviewed by the Faculty of the Harvard Medical School with final editing approved by Natural Standard.

Some of the more recent studies are listed below:

1. Deppe A. Ocular light therapy: a case study. *Aust J Holist Nurs* 2000;7(1):41.
2. Geldschlager S. Osteopathic versus orthopedic treatments for chronic epicondylopathia humeri radialis: a randomized controlled trial. *Forsch Komplementarmed Klass Naturheilkd* 2004;Apr, 11(2):93-97.
3. Maher CG. Effective physical treatment of chronic low back pain. *Orthop Clin North Am* 2004;Jan, 35(1):57-64.
4. Natural Standard Research Collaboration, Chief Editors: Ulbricht C, Basch E, Natural Standard Herb and Supplement Reference: Evidence-Based Clinical Reviews, USA. Elsevier/Mosby, 2005.
5. Ohara M, Kawashima Y, Kitajima s, et al. Inhibition Of lung metastasis of B16 melanoma cells exposed to blue light in mice. *Int J Molecular Medicine* 2002;10(6):701-705.
6. Wileman SM, Eagles JM, Andrew JE, et al. Light therapy for seasonal affective disorder in primary care: randomised controlled trial. *Br J Psych* 2001;178:311-316.
7. Wohlfarth H, Schultz A. The effect of colour psychodynamic environment modification on sound levels in elementary schools. *Int J Biosocial Res* 2002;(5):12-19.
8. Zifkin BG, Inoue Y. Visual reflex seizures induced by complex stimuli. *Epilepsia* 2004;45(Suppl 1):27-29.

Commonly Asked Questions

1. Why does the bench heater not work as well as the other heaters?

The bench heater is actually a 200-watt heater, the back panel heaters are 300 watts, and the front panel heaters are 400 watts. All of the heaters have the same surface area, and after 5-10 minutes are fully warmed. They are also very close in overall surface temperature making the sauna a very even therapy.

2. Why do the lights not work? Where do they plug in?

The slide hatch is located on the outside on top of the roof in the front left corner. The plugs for the inside lights, outside lights, speaker connections, and the antenna plug are there. The slide hatch often makes contact with the plug for the inside light, open and adjust the plug.

3. Where are the directions to put the sauna together?

The directions are located in Box A inside the accessory box. Open the accessory box and the manual with serial number is inside. Also if necessary call the 1-800 number and we will be happy to assist you in assembling it.

4. What wattage and how many amps is my sauna?

All of the wattage should be available online. The wattage and amps are as follows:
2-person 1400 watts and 15 amps
3-person 1700 watts and 20 amps
4-person 1850 watts and 20 amps
5-person 1900 watts and 20 amps (220v)

5. How does Infrared help me when it is not very hot inside the sauna?

Infrared is best at low temperatures that match your body heat. Although at your exact body heat you would not feel much heat, this is why we suggest using it at slightly higher temperatures. Again warming the sauna for the 5-10 minutes and using it for 30 minutes daily will provide the benefits you are seeking.

6. Why does it take so long for the sauna to heat up to maximum temperature (170°)?

Again we do not suggest using it at high temperatures because infrared is a low-heat therapy. At higher temperatures the wavelength is much shorter and not as effective. We suggest turning the unit on and allowing the heaters to warm for 5-10 minutes, and then using it for a half hour. The exact temperature is unimportant as the infrared is also warming your body. The sauna will expand and contract your sweat glands as you are using it. This repetitive action will cause you to sweat at lower temperatures and you will notice sweating much earlier in your sauna sessions.

7. Can I use the sauna everyday?

Yes. We suggest you drink a liter of water for every half hour of sauna use to keep hydrated. As long as you feel fine use the sauna daily and enjoy. To notice the benefits much faster, it is actually suggested to use daily. Using it only weekly will take your body much longer to sweat, as your body cannot get used to the infrared.

Commonly Asked Questions

8. How long can I use the sauna each day?

We suggest using the sauna a half hour per day. It makes no difference whether you use it in the day or at night. Use it according to your schedule and follow the heating instructions.

9. What micron range does the heater emit?

The sauna emits a micron range of 6 - 8 microns.

10. What is the best temperature to use?

Do not pay attention to the temperature, just allow 5-10 minutes for warm up and use for the half hour period. As your sweat glands are like muscles, you will notice that the more you use it, you will sweat at lower temps.

11. What is the heater made of?

The heater is a transistor wire in a tube that is filled with silicone sand that is encapsulated in aluminum and ceramic coated. It is patented and has the largest surface area available.

12. How much will the sauna cost to run a month?

The sauna runs on the same wattage as a hair dryer and will cost very little to run monthly.

13. If I do use it everyday, what else should I do?

Drink plenty of fluids to replace the fluids you will be losing with everyday usage. If you like, take a warm shower before to help accelerate the opening of the sweat glands and the sweating process.

14. How do I clean the sauna?

For the sauna, just wipe the inside with a damp cloth. Any furniture polish will do for the outside. Do not use anything with chemicals, as the heat will warm these products.

15. Can I place the sauna outdoors?

Yes, we offer a marine grade cover that is waterproof and available at your request. The cover is handmade and very sturdy.

16. Do I need to put towels down?

Yes. Placing towels on the bench and floor areas will prevent the staining from sweat and also keep the inside cleaner overall. The towels can be used on the backrest as well.

Warranty and Contact Information

Full Spectrum International Inc.

14723 Carmenita Rd.

Norwalk, CA 90650

Tel: (877) 700-7286

Fax: (562) 483-7061

Warranty

Full Spectrum International Inc. warrants the sauna to be free of defects in material and workmanship.

*Heaters	Lifetime
*Workmanship	Lifetime
*Electrical Components	Lifetime

This warranty extends only to the original retail purchaser of the sauna and is terminated upon transfer of ownership. It does not extend to commercial or institutional use or installation. The sauna must be purchased and installed in the United States within one year of the manufactured date. Freight charges to and from the customer and any labor charges incurred are the responsibility of the customer. This includes freight charges for parts shipped to enable the services of your sauna.

The warranty is void if the sauna has been altered, misused, abused or exposed or exposed to water. Such instances shall include operation or maintenance of the sauna in deviation to the published instructions. The warranty extends only to the manufacturing defects and does not cover any damages resulting from mishandling of the product by the owner. The warranty does not apply to light bulbs.

Full Spectrum International Inc. shall not be liable for the loss of use of the sauna or the other incidental or consequential damages. Under no circumstances shall Full Spectrum International Inc. or any of its representatives be held liable for injury to any persons or damages to any properties. Specifications are subject to change without notice.

Full Spectrum International Inc.
14723 Carmenita Rd.
Norwalk, Ca. 90650
Toll Free: (877) 700-7286
Fax: (562) 483-7061