



Instruction Manual



Image ESF202HCB reference only

Thank you for choosing the Mountain Ridge™ infrared sauna!

www.mountainridgesauna.com

1. Introduction

Mountain Ridge Sauna welcomes you to the most affordable infrared sauna in the nation! We also congratulate you on your new path to better health! Thousands of users enjoy the benefits of infrared saunas every day. Infrared saunas help you burn calories, reduce toxins, relieve pain and even clear complexions. Now you can enjoy the great benefits of far-infrared heat within the privacy of your own home.

Mountain Ridge Sauna strives to deliver superior home health products at an affordable price. Our list of clients grows daily and we believe that your success is our success. Our staff has over 15 years of combined professional experience and is ready to provide you with excellent customer service.

2. Health & Beauty Benefits

Relieve pain: the far-infrared ray of a Mountain Ridge Sauna accelerates the blood circulation and supplies more oxygen to the body. Increased blood circulation diminishes inflammation, relieves pain, and speeds up recovery. Infrared saunas have also been used to treat bursitis, rheumatism, arthritis, and hemorrhoids. Increased blood circulation not only alleviates internal ailments, but also skin conditions such as psoriasis, eczema and scars. Good circulation is essential for smooth and firm skin.

Burn calories & fat: The far-infrared rays of the Mountain Ridge Sauna eliminate extra salt and subcutaneous fat. Burn up to 600 calories in one half hour session versus a half hour of jogging which burns 300 calories, and a half hour of cycling burns 225 calories.

Relax your body and mind: Use the built-in CD player to listen to your favorite music to relax and reduce stress. Infrared saunas also improve; often cure insomnia, and other stress related disorders.

Reduce toxins and improve complexions: Sweating in a lower temperature environment activates the sweat glands and expels toxins from the skin.

3. Highlights

- a. High quality craftsmanship
- b. Automatic thermostat for constant temperature
- c. Timer and buzzer: buzzer sounds 1 minute before the end of session
- d. Digital sensor and thermometer
- e. Infrared heating pipes
- f. AM/FM Car Stereo W/ CD player and speakers (***Most models***)

Installation

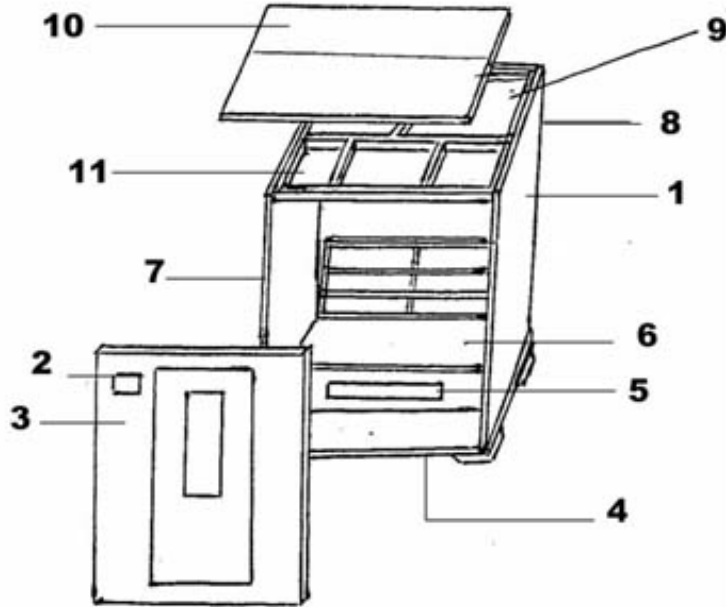
1. Installation requirements

- a. Do not plug any other appliances into the outlet with your Mountain Ridge infrared sauna.
- b. Install the sauna on a completely leveled floor.
- c. Do not spray the exterior with water. If the floor is damp, install a floor separator to keep the sauna high & dry.
- d. Do not store flammable objects or chemical substances near the sauna.

Step by Step Installation Instructions

Sauna Room:

1. Structure of Infrared Sauna. See FIG-1



- | | | |
|-------------------------------|-----------------------------------|------------------------------|
| 1. right side board | 2. digital panel | 3. front board |
| 4. bottom board | 5. sitting baffle | 6. sitting board |
| 7. left side board | 8. back board | 9. internal top board |
| 10. external top board | 11. electric control panel | |

2. One unit is packed in two or three cartons. See FIG-2



FIG-2 Three cartons

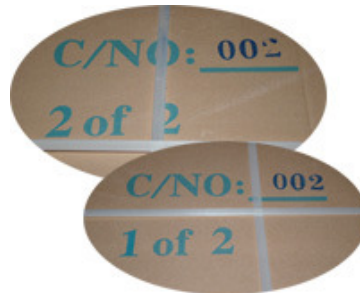


FIG-2.1 C/No. for three cartons

Check the C/NO. On both cartons if they are the same. If not, please notify the store/website you purchased your Mountain Ridge Infrared Sauna. For example, C/NO: 002 1 OF 3 and C/NO: 002 2 OF 3 are for one unit. See

FIG-2.1

Make sure all parts are present before assembling the unit. See parts list below.

- | | | | | |
|------------------------|------------------|--------------------------|---------------------|----------------------|
| A. User manual, | B. Bottom board, | C. Back Board, | D. Left side board, | E. Right side board, |
| F. Bench Heater panel, | G. Bench, | H. Back rest, | I. Front board, | J. Internal Roof, |
| K. External Roof Cover | L. CD player, | M. CD player back cover, | N. Screwdriver, | O. Towel Hook, |

4. Assembly

Place the bottom board (section 4, Sauna room diagram, P.3) in the desired location of your room, and be aware which side is the front and which side is the back. **See FIG-3.**



FIG-3 Placing bottom floor

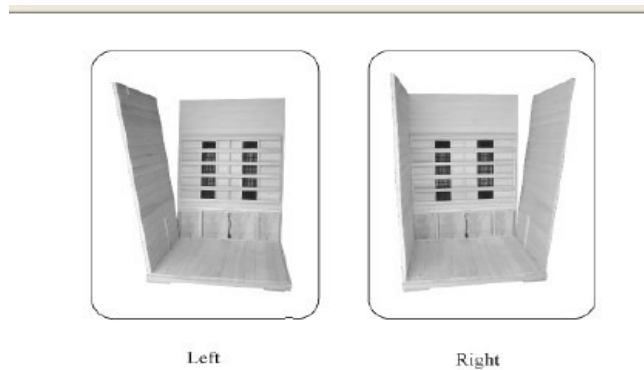


FIG-4 Assembling back board

5. Align the backboard (section 8) with bottom board's corresponding Strips; make sure they are in line. **See FIG-4**
6. Align the left board (section 7) with bottom board's corresponding Strip; make sure left board fits flush into backboard. **See FIG-5**



FIG-5 Buckle



Left

Right

FIG-6 Assembling left and right boards (Walls)

7. Connect the right side board to the bottom and back board by lining up the grooves. Engage inner wall clips by sliding the board slightly up and over so the metal clips connect, and then slide back down to lock in place. (each side board has a white label to identify which side it is. The board with "RIGHTBOARD" label should be placed on the right side when facing the sauna from the front.) **See Figure 6**



FIG-7 Assembling bench chair bracket

8. Align the right board (section 1) with bottom board's corresponding Strips; make sure right board fits flush into backboard and latch together. **See FIG-6**
9. Locate bench wall with heating element (section 5) and slide it down vertically into the slot within the inside wall. Next, connect the bench's heater element wire to corresponding wire from the back wall (plug male to female), then locate Bench Heater panel (section 5) and slide into place. **See Figure 7, 8, 9** Note: Make sure the wires are tightly connected; otherwise the heater will not work.



FIG-8 Connecting wire



FIG-9 assembling sitting board

11. Put the bench board (section 6) horizontally in corresponding strips of the backboard. **See FIG-9**

FIG-10 Assembling front board

12. Align the front board (section 3) with bottom board's corresponding battens, and then latch it with the left and right boards respectively. Notes: Take caution of the glass door to avoid damage. See FIG-10.



13. Put all of the wires outside to leave enough space for setting up the top board (Roof) (section 9). **See FIG-11.** Open the door, raise the top board high enough to see if it fits with the surrounding boards, then put down.



FIG-11 Setting the top board



FIG-12 Leading the wires of heaters onto the Board through the corresponding holes

16. During the course of putting down the internal top board, make sure all the wires (mentioned above) and connecting plugs are slipped through the corresponding holes of the top board. All these wires will be connecting with the control box in the roof board. **See FIG-13**

17. All the infrared heaters are pre-assembled. **See FIG-14.** Connect all the wires and connectors to the corresponding outlets on the top board. Please be sure all the plugs are connected tightly in case of outlet damage.



FIG-13 Connectors on the internal top board



FIG-14 put down the wires into the sauna cabin

18. After that, push through the power plugs for the speakers, temperature sensor, control panel and CD player through the hole on the top board. **See FIG 15**
19. All the wirings from top board should be linked with corresponding connectors of the control panel, the CD player, the temperature sensor and the radio antenna. Otherwise, the sauna will not function if any connections are missed. **See FIG 15-17**



FIG-15 Link the CD connectors



FIG-16 Link the antenna connectors



FIG-17 CD player back cover and screws



FIG-18 Fix the CD player back cover with screws

20. Take down the bag of screws affixed to the CD player back cover; use a Phillips screwdriver to screw in the CD player back cover over the CD player. **See FIG-18**
21. Making sure all steps are completed correctly, plug in the power and try using the sauna at first to make sure it will work properly. Then put the external top board (section 10) over the internal top board, and push through the power plug through the corresponding hole in the external top board. **See FIG-19**



FIG-19 Slip the power plug through external top board



FIG-20 Fix the external board with screws

22. Take the screws affixed on the external top board, then set up the board using the Phillips screwdriver. **See FIG-20**

Operation

1. WARNING!

- a. Check all the circuits and plugs meet all requirements.
- b. Set the temperature and time to a comfortable level, normally, 30 minutes at 120°F.
- c. Drink a cup of water before your sauna session.
- d. After 2 hours of continuous use, shut the sauna down for one hour.
- e. To avoid burns, do not touch the heating element.

2. Operation

- a. Only plug the Mountain Ridge Sauna into a 110-120V wall outlet. Do not share the outlet with any other appliances. Plug the unit into the outlet and use the ON/OFF switch to activate the sauna. Sauna should be **unplugged** when not in use.
- b. Press the 'temperature' button to increase or decrease the temperature. If the 'heat' light is on, the temperature setting will increase one degree every time the '+' button is pushed. If pressed for three seconds, the setting will increase quickly. Decrease the temperature in the same manner by pressing the '-' button. After the sauna reaches the desired temperature, the 'heat' light turns off.
- c. Press the 'light' button to turn the interior light on and off.
- d. If the sauna is too stuffy, open the vent in the ceiling or open the front door.
- e. After your sauna session, turn off, and unplug the power cable.
- f. To set the time press the 'function' button until the 'time' button blinks. Press the '+' and '-' buttons to set the timer from 5 to 90 minutes. If pressed for three seconds, the timer will increase quickly. When the display reads '01', the timer will buzz then the sauna will shut off automatically after 1 minute.
- g. To extend the sauna session, reset the timer again.

h. CD Player

Please read the instruction of our stereo with CD player

Warnings

1. Safety precautions

- a. To avoid fire, do not dry clothes or leave any towels in the sauna.
- b. To prevent burns or electric shocks, do not touch or use metal tools on the net cover of the far infrared heater elements.
- c. While in the sauna, do not touch the light bulb. If the bulb needs to be changed, switch it off and wait until the sauna is shut off and the bulb is cool
- d. Do not spray water on the far-infrared tube. This activity may result in electric shock or damage to the heater elements.
- e. Do not use the Mountain Ridge Sauna infrared sauna if you have any of the following conditions:
 1. Open wounds
 2. Eye diseases
 3. Sever sunburns
 4. Elderly & weak people, especially those suffering from a disease, pregnant women and infants are prohibited. Children over the age of 6 years may use the sauna under the supervision of adults.
 5. If suffering from a disease directly related to temperature, seek the advice of a doctor before using.
 6. Do not place pets in the sauna.
 7. Do not use the sauna if you are under the effects of alcohol.

Trouble Shooting:

	PROBLEMS	EXPLANATION	SOLUTIONS
1	Indicator light for power supply not working	The socket can't work properly	Check the power supply and socket, or replace a new one
		The fuse is burned out	Change the fuse
2	Indicator light for function is not working	The corresponding indicator light is broken	Repair or replace the relevant control panel
		The circuit or some accessories are broken for relevant functions	Repair or replace the circuit for corresponding functions
3	Infrared Heater can't work to produce heat and infrared ray	The heater is broken	Replace with a new one
		Its life will be shorted gradually for being used for many times	Of the same specifications
		The fuse is burned out	Replace with a new one of the same specifications
		The circuit connection for the heater is wrong	Check it, and reconnect them tightly
		The circuit for corresponding control panel or accessories is broken	Repair or replace it
4	The abnormal temperature inside the entire body of infrared sauna room	Some problems with heater	See the 3rd items
		Wrong operation for setting	Reset it
		The circuit for temperature controlling or some accessories are broken	Repair it or replace the control panel
5	Light. Peculiar smell. Allophone appear inside sauna body	The circuit problems (broken accessories, short circuit, failure for controlling system) cause the burning of some accessories and electrical controlling center	1) Cut off the power, check the power supply and voltage; 2) Find the objects with problems 3) Solve the problems
6	The light not working	The bulb filament is burned out	Replace the bulb
		The bulb and the lamp fixture are loose	Replace the bulb and raise the reed at the middle of the lamp fixture, screw in the bulb again and reconnect them well
		The socket is broken	Replace it
		Problems with electrical control panel	Repair or replace it
7	Cannot hear sound from the speakers.	The speaker is broken	Replace with a new one of the same specifications
		The electrical connection is loose	Reconnect and insert the electrical connection
		The power indicator light for on CD is off	Turn on the switch to start work
		CD is broken	Check the fuse and all operating buttons and replace with a new one

Maintenance

Cleaning

Clean the faceplate with a wet towel, or clean with a small amount of hand-soap mixed with warm water if necessary.

Clean the sauna room with a wet cotton towel, dry with a clean dry towel. ***Do no use benzene, alcohol, or strong cleaning chemicals on sauna. NOTE: Any chemical that can damage wood material will damage the sauna and the protection layer that is on the wood.***

****** Do not leave the sauna or CD player on for more than 2 hours at a time. ******

Storage

Do not store or install outdoors.

Packing list

Infrared sauna room with heaters attached

Cup holder (some Models)

CD player and (2) Speakers

Backrest

Bag of screws and bolts

Hand screwdriver

Towel Hook (some Models)

Magazine Rack (some Models)

Oxygen Ionizer (some Models)

Therapy Lights (some Models)

Instruction manual

Mountain Ridge Sauna® Infrared Sauna Warranty

Five-year limited warranty on electrical, heater and Structure.

One-year limited warranty on stereo.

THIS UNIT IS MEANT FOR INDOOR USE ONLY. WARRANTY IS VOID IF MOUNTAIN RIDGE INFRARED SAUNA IS PLACED IN AN OUTDOOR ENVIRONMENT.

Limited warranty on Mountain Ridge Sauna Infrared Sauna replacement parts. Mountain Ridge Sauna warrants its products to be free of defects in material and workmanship. Parts, which become defective within the warranty period, will be repaired except for damage due to negligence, abuse, misuse, misapplication, unauthorized modifications, improper installation, or normal wear and tear. Mountain Ridge Sauna will not be responsible for labor incurred by its authorized service agents per pre-established takes in removing, inspecting and reinstalling the warranty parts. Mountain Ridge Sauna will not cover any labor costs attributable to disassembly and reassembly of the unit. Mountain Ridge Sauna will not be responsible for labor costs of the routine maintenance, adjustments or alterations to the calibration of the electrical devices.

Any parts claimed to be defective must be shipped freight prepaid, to Mountain Ridge Sauna and the repaired or replaced product will be returned to the sender freight collect. When sent to Mountain Ridge Sauna, the product must be accompanied by the sales receipt or other proof of purchase date, as well as the sender's name, mailing address, daytime telephone number and any other information relating to the sender's claim. This warranty applies to products produced by Mountain Ridge Sauna after June 1, 2005. This warranty is extended only to the original purchaser and terminated upon transfer of ownership. This warranty shall not apply to any product or component used in any industrial, rental, club or commercial purpose. This warranty shall not apply to any claims arising from the misuse, neglect, accident, abuse, improper installation, including but not limited to exposure to fire or to excessive heat, and other hazards of nature. Under no circumstances will the manufacturer be liable for any special or consequential damages arising from the use of the product, components, and the parts attached, or installed with it. Nor for injury to any person, any claims for damages arising from the use, installation or servicing of the product. The purchaser is responsible for providing adequate access to the equipment so that any necessary service may be performed. The purchaser must establish, by dated sales slip, invoice or deliver receipt, the date of purchase. All costs for removing and reinstalling the sauna including the freight charges to and from customer shall be at the customer's expense.

Jurisdictional provision: the laws of the State of California control the provisions of this document. By accepting this warranty the buyer subjects itself to the jurisdiction of the laws of the State of California and agrees that place of suit shall be in Sacramento County, California, USA.

Attached hereto is the warranty card, which must be completed and returned to Mountain Ridge Sauna within thirty (30) days from the date of purchase of the Mountain Ridge Sauna products. Failure to return the warranty card within thirty days of purchase will void this warranty without any further notice.

REGARDLESS OF THE WARRANTY CARD BEING RETURNED WITHIN THE SPECIFIED TIME PERIOD. THERE SHALL BE NO WARRANTIES OR OBLIGATIONS; EXPRESS OR IMPLIED HEREUNDER, SPECIFICALLY EXCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, OTHER THAN SPECIFICALLY DESCRIBED HEREIN. NO LIABILITY SHALL ACCURE TO MOUNTAIN RIDGE SAUNA® EXCEPT AS SET FORTH HEREIN.

**Please register your Mountain Ridge Sauna® product to be covered under warranty.
Please fill out the following information and mail the form to the following address within 10 days from the date of purchase:**

Please circle one : ESF101HCE 1 Person Ceramic ESF101HCB 1 Person Carbon
 ESF202HCE 2 Person Ceramic ESF202HCB 2 Person Carbon
 ESF302CHCB 3 Person Corner Carbon ESF402HCB 4 Person Carbon

First Name: _____ Last Name: _____

Home Address: _____

City _____ State _____ Zip _____

Phone: _____ Fax: _____

E-mail Address: _____

Purchase Date: ___/___/_____

Dealer Name: _____

C/No. (Located outside of the package) _____

Mountain Ridge™

2725 NW 30th Ave

Lauderdale Lakes, Florida 33311

WWW.MOUNTAINRIDGESAUNA.COM

Optional:

Please answer the questions below for us to better serve you and improve our customer experience.

What is the primary reason you purchased Mountain Ridge Sauna Infrared Sauna?

What was the greatest influence on your decision to purchase Mountain Ridge Sauna Infrared Sauna?

What magazines or publications do you subscribe to?

Where did you hear about Mountain Ridge Sauna?

Suggestions/Comments:
