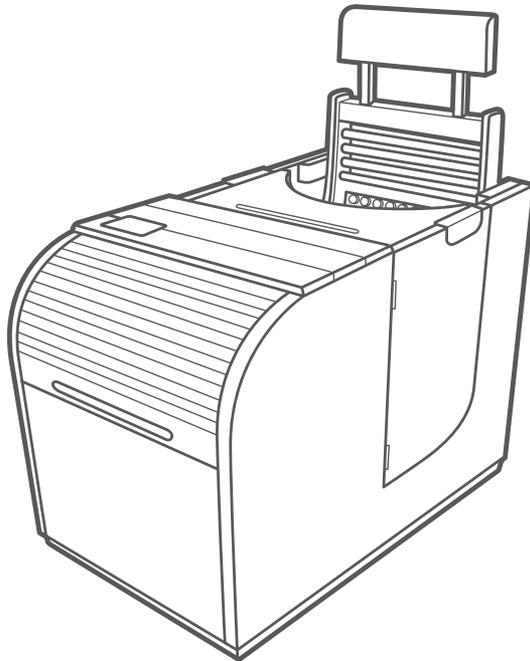




HEALTH MATE

infrared essential lounge

owner's manual



Please read the Owner's Manual before using the product.
Keep this Owner's Manual in a safe place for future reference.

healthmatesauna.com



infrared essential lounge



Comfortable & Elegant Design



Eco-Friendly Product



World Class Technology & Reliability



Energy Efficient



Easy to Use Control



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before use

choosing a location

When determining a location for your Health Mate Half Sauna, choose an area with a sturdy, level surface. The unit must be placed in a dry area as moisture can cause damage to the unit. The Health Mate Half Sauna is intended to be a self-contained and free-standing unit. It must not be built into any structure.

cleaning & maintenance

1. Do not sit on any part of the unit other than the seat on the inside of the unit.
2. Before using your Health Mate for the first time, clean the inside of the unit with a damp cloth. A natural furniture polish or wax can be used on the unit's exterior.
3. To absorb perspiration during a sauna session, we recommend placing a towel on the seat. Damp towels must be removed immediately after each session to maintain a pleasant and clean sauna interior.
4. Avoid directly covering the heaters with a towel during and after each session.
5. Scratches and stains on the sauna's interior can be removed by using a fine grain sand paper over the damaged area.
6. Use the recessed grip at the front and back of the unit to lift while moving the unit.



before use

important safeguards for your mate

1. **Read & Retain Instructions** - All the safety and operating instructions should be read prior to installation and operation. Instructions should be retained for future reference.
2. **Heed Warnings & Follow Instructions** - Please adhere to all warnings on the unit. All operating and usage instructions should be followed at all times.
3. **Cleaning** - Unplug the unit from the wall before cleaning. Use only a damp cloth. Do not use liquid or aerosol cleaners inside.
4. **Attachments** - Do not use attachments that have not been recommended by the manufacturer. Doing so may be a hazard.
5. **Water/Moisture** - Do not use this product near water. (i.e. Bathtub, Swimming Pool, Wet Basement, etc.)
6. **Grounding** - This sauna is intended for use with a 3-wire, properly grounded power socket. Do not defeat the purpose of the supplied line cord and plug.
7. **Power Sources** - This product should be operated only from the type of power source indicated on the marking label.
8. **Power Cord** - Power supply cords should be routed so they are not likely to be tripped over or pinched.
9. **Lightning** - Unplug the unit during lightning storm or when left unattended or unused for an extended period of time.



before use

important safeguards for your mate

10. **Overloading** - Do not overload wall outlets and extension cords. Doing so may lead to fire or electric shock.
11. **Servicing** - Always unplug unit from the wall when servicing.
12. **Power Supply & Heaters** - Do not touch or alter the power supply or heaters.
13. **Replacement Parts** - When replacement parts are required, only use parts specified by the manufacturer. Unauthorized substitutes may result in fire, electrical shock or other hazards.
14. **Safety Check** - After any service or repair by a service technician, ask the technician to perform a safety check to determine that the product is in proper operating condition.



safety tips & instructions



! caution

1. Follow all instructions carefully.
2. When installing and using electrical equipment, follow all basic safety precautions.
3. To reduce risk of injury, do not allow children to use the unit without direct supervision. **Do Not Touch Heater Surface.**
4. Wait 30 minutes before using the unit after strenuous exercise.
5. Excessive temperatures have high potential for fetal damage. Pregnant or possibly pregnant women should consult with a physician before using a sauna.
6. **Hyperthermia Danger:** Prolonged exposure to heat can cause Hyperthermia. This occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 98.6°F.
7. The use of alcohol, drugs, or medications prior to or during the sauna session may lead to unconsciousness.
8. Persons suffering from obesity or a medical history of heart disease, low or high blood pressure, circulatory system issues, or diabetes should consult a physician before using a sauna.
9. Persons using medications should consult a physician before using a sauna as side effects may be worsened.
10. Exercise care when entering and exiting the unit.



safety tips & instructions

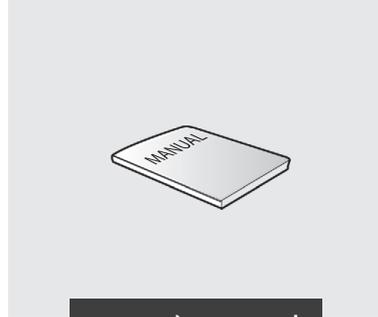
11. Never sleep while the unit is in full operation.
12. Do not use any cleaning agents on the unit's interior.
13. Do not stack or store anything on or inside the unit.
14. If the power cord becomes damaged it must immediately be replaced by the manufacturer or its agent or a similarly qualified person to avoid hazard.
15. Unauthorized repair, altering, or tampering with any parts or the electrical connections on the power supply will void the warranty.
16. Do not use the unit during an electrical storm, as there is a remote risk of shock.
17. Dry your hands before handling electrical cords and controls. Never unplug the power cord or adjust the controls with wet hands or when you have wet bare feet as there is a risk of electric shock.



product specifications



essential lounge



owner's manual

	Specifications
Electrical	120 volt, 946 watt, 15 amp
Dimensions	29"W x 46"D x 32"H
Weight	120 lbs
Wood	Old Growth Canadian Western Red Cedar
Heater	Tecoloy®, Carbon, Infrared Lamp

! safety tips

We strongly recommend the use of a GFCI (Ground Fault Circuit Interrupter) device in any potentially wet locations.

We recommend turning the unit on for the maximum time and temperature in order to burn off any factory dust prior to using the sauna for the first time. Following this procedure will make your first sauna session a pleasurable one.

product explanation

Near-Infrared Heater

Cadmium free near-infrared lamps. Long-lasting and environmentally friendly. (300 hours)

Easy-to-Use Door

Magnetic door for easy access.

Dual Doors

Easy to pull and close magnets smoothly glide open.

Floor Heater

Reclining Chair

Ergonomic reclining backrest maximizes relaxation.

Power Supply (PSU)

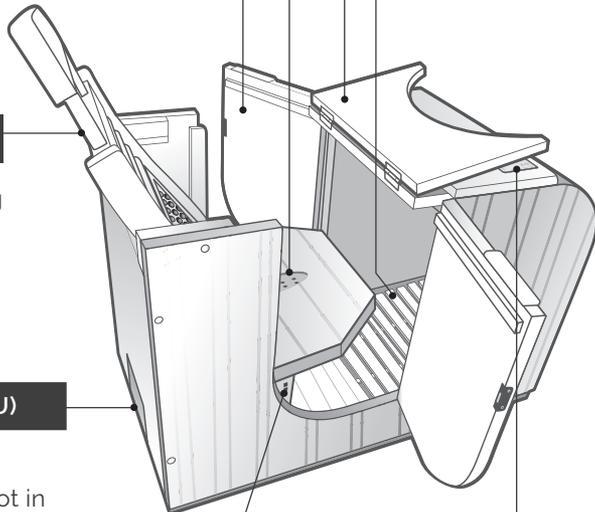
To avoid accidental overheating when not in use, switch off the Power Supply and the power will shut off safely.

Lower Bench Heater

Toggle switch for lower bench heater control.

Digital Touch Sensor Controller

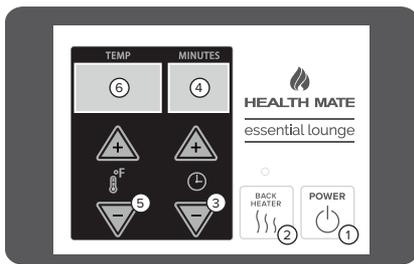
Automatically maintain your favorite temperature, after setting your personal preference for time and back infrared heater/stone regulation.





digital control panel

controller layout



1. Power Button
2. Back Heater On/Off Button
3. Time Setting Buttons (+/-)
4. Current Session Time Indicator
5. Temperature Setting Buttons (+/-)
6. Current Session Temperature Indicator

how to use

Start-Up

1. Plug in the power cord to the electrical outlet.
2. Press and hold the Power button for 2 seconds to turn on.

Setting Mode

1. Session time can be set between 5 and 60 minutes.
 - a. Press Time Set Buttons (+/-) to adjust time. Time value will increase or decrease by 5 minutes.
 - b. By holding down the up or down arrow keys, you can speed up the rate of change.
2. Session temperature can be set between 90°F -170°F.
 - a. Press Temp Set Buttons to adjust temperature. Temperature value will increase or decrease by 5 degrees at a time.
 - b. By holding down the up or down arrow keys, you can speed up the rate of change.



operating instructions

your health mate half sauna session

1. You can change the time and temperature during a session by pressing the up and down arrows for either time or temperature.
2. Changes made in time or temperature will become the preset values in the unit's control memory. The next time your sauna is powered on, the controller will display that time and temperature.
3. The back and lower bench heaters in the unit can be turned on and off independently and are not controlled by the sauna's temperature settings. The lower bench heater is controlled by toggle switch on bench support.
4. Press and hold Power for 2 seconds to turn off the unit.

error signs



The following error codes will display if there is a problem with either the temperature sensor or the unit's wiring:

- **EO: There is a problem with the temperature sensor.**
- **ES: There is a problem with the unit's wiring or controller.**
- **HT: The unit is overheating and must be allowed to cool.**
- When an error code displays, the unit's power will be shut down automatically for safety. If this happens, please unplug the unit.
- Wait at least 24 hours before turning the unit on again. If the problem is not resolved, please contact customer service.



enjoying your sauna

Review all health and safety instructions. If in doubt as to the advisability of using your Health Mate Half Sauna, please consult with your physician. If you feel light-headed or experience heat exhaustion during a session, exit the unit immediately.

1. Select the desired session temperature and time using the control panel.
2. Allow approximately 5-10 minutes for the unit to warm up before beginning a session. By placing a towel over the top of the unit to cover the open area, you can speed up the warming process.
3. When the temperature reaches the level set on the control panel, the heaters will turn off and on periodically to regulate and maintain the set temperature.
4. Always drink plenty of water before, during, and after each sauna session.
5. The Health Mate's unique property of direct penetration into the lower body allows you to enjoy all of its benefits while your heart and head stay cool.
6. Choosing to take a hot shower or bath prior to the sauna session will further promote perspiration. However, be sure to dry off thoroughly before using the sauna. Excessive water exposure can stain the wood.
7. The exterior of the Health Mate Half Sauna is made of the finest Canadian Western Red Cedar. It is very aromatic which adds to the enjoyment of your session. If the fragrance of the fresh wood is too strong during the first few months of use, wipe the wood with a damp cloth to minimize the aroma.

Actual results may vary depending on individual body type



using your essential mate

1. Do not sit on any part of the top of the unit. Sit only on the seat bench inside the unit.
2. Drink plenty of fluids before, during, and after each sauna session.
3. Use at least 2-3 towels. Place a large towel on top of the unit to absorb extra sweat from your arms.
4. Be sure to towel off any excess sweat during your session to help the body perspire more freely.
5. Do not put any lotions or oils on the body or face when using the unit. This may block the pores and hinder perspiration. Do not eat anything at least 1 hour before your sauna session. It is better to use the unit on an empty stomach as a full stomach can cause discomfort.
6. Start your first session at a lower temperature and a shorter session time, then gradually increase the maximum temperature and time. You should not feel uncomfortable at any time during your session.
7. You can benefit from the relaxing and soothing effects of a regular sauna session by going to sleep afterward.
8. Perspiration should begin within 15-40 minutes after starting a session depending on each individual's body type. The more frequently you use the unit, the shorter time it will take to begin perspiring.
9. A shower after each session can be refreshing and helps to rinse perspiration from the body. After a session is over, do not immediately jump into the shower. Since your body was heated up during the session, it will continue to sweat even after the heaters are off. Sit in the unit for a while and let your body cool down for approximately 15-30 minutes or until you feel comfortable.



before calling customer service

If a problem occurs with your Health Mate Infrared Half Sauna, please try the following steps before contacting our customer service technicians:

if there is no power

1. Make sure the unit is plugged into an electrical outlet with the correct voltage.
2. Make sure the outlet is working properly.
3. Check the power cord for any foreign substances or damage.
4. Be sure to hold the power button down for 2 seconds.
5. Check that the switch at the back of the unit, located near the power supply, is in the ON position.

if the unit is not heating

1. Check to make sure the temperature setting is correct.
2. Make sure enough time is given for the unit to warm up. Allow the unit to heat for up to 30 minutes.
3. For new products, it can take longer for the unit to heat up. During the first 2 weeks after installation, use the product frequently to help prime the heater.

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Contact Information for Customer Service
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Address	6655 Knott Avenue, Buena Park, CA 90620
Toll-Free Tel	(800)946-6001 option 2
Direct Tel	(714)739-6600 option 2
Email	support@healthmatesauna.com



warranty & contact

PLH Products, Inc. warrants the Health Mate Half Sauna to be free of defects in material and workmanship.

- Heaters: 3 Years
- Electrical Components: 3 Years
- Craftsmanship: 3 Years
- Infrared Light Bulb: 1 Year

This warranty extends only to the original retail purchaser of the unit and terminates upon transfer of ownership. The unit must be installed and registered in the United States and Canada within one year of purchase date. Freight charges to and from the customer are the responsibility of the customer. This includes freight charges for parts shipped to enable the services of your Health Mate.

This warranty is void if the unit has been altered, misused, or abused. Such instances shall include operation or maintenance of the unit in deviation to the published instructions. The warranty extends only to manufacturing defects and does not cover any damages resulting from mishandling of the product or by natural disaster.

PLH Products, Inc. shall not be liable for the loss of use of the unit or other incidental or consequential damages. Under no circumstances shall PLH Products, Inc. or any of its representatives be held liable for injury to any person or damages to any properties. Some states do not allow exclusion or limitation of incidental or consequential damages, so the above limitations or exclusions may not apply to you. This warranty gives you specific legal rights, and you may also have other rights that vary from state to state. Product specifications are subject to change without prior notice.

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For your records, please complete the following information. You will need to refer to this information when calling the manufacturer for customer service.

Date of Delivery	
Model Number	Health Mate Infrared Essential Lounge (HML-ASB-1-RC)
Serial Number	
Dealer Information Name & Telephone	

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HEALTH MATE

PLH Products, Inc.

model: HML-ASB-1-RC

Manufactured by PLH Products, Inc.

6655 Knott Avenue Buena Park, CA

T: (800)946-6001 | F: (714)739-6605

support@healthmatesauna.com

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The information this manual is subject to change without notice.

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