

HENLEY[®] STOVES

EVERY HOME DESERVES A HENLEY

INSTALLATION & USER GUIDE



Wave 1



Wave 2



Wave 3

INFRARED INDOOR SAUNAS

Thank you for choosing Henley Stoves.

Please read this manual carefully before using your sauna to ensure safe and optimal operation. Keep these instructions in a secure place for future reference.

Installation of the sauna requires a minimum of two people.

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Important Notes

Please handle all components with care during transportation and installation. Your Atlantic Sauna is constructed from wood, glass, and electrical components, all of which are fragile and may be damaged if not handled properly. We appreciate your care and attention.

During installation, **do not lift the sauna by the heater's wooden frame**. Always lift and position the unit using the wall panels for proper support.

This indoor sauna is designed for **indoor use only** and must not be installed outdoors.

Check the Packaging Contents

Please ensure all packages are present before beginning installation:

- **Package A:** Roof panel, floor panel, benches, accessories, screws, dust covers, and related components
- **Package B:** Front door panel and back wall panel
- **Package C:** Left wall panel and right wall panel

Open **Package A** and verify that all screws are included.

Please note that screw sizes and quantities may vary depending on the sauna model.

1. INSTALLATION PROCEDURE

CAUTION:

Do not install any plumbing, water lines, or plumbing fixtures inside the sauna.

Keep all liquids away from the heating panels and electrical components at all times.

The sauna must be installed on a completely level, solid surface.

Do not place or assemble the sauna directly on grass or uneven ground.

Installation should be carried out in dry weather conditions.

Keep all flammable materials and corrosive chemical substances well away from the sauna.

Each wall panel is clearly labeled to indicate its correct position and orientation.

For example, a panel marked “LEFT” must be installed on the left side of the sauna when viewed from inside the cabin. The same principle applies to all other labeled panels.

The images provided are for reference purposes only.

If your sauna model differs from the illustrations shown, please adjust and follow the installation steps as appropriate for your specific unit.

Connection Method of Panels (Walls)

There are mainly 2 connection methods of sauna panels (walls)

Fig 1. Buckle Locking System

Fig 2. Latch Locking System



Fig. 1

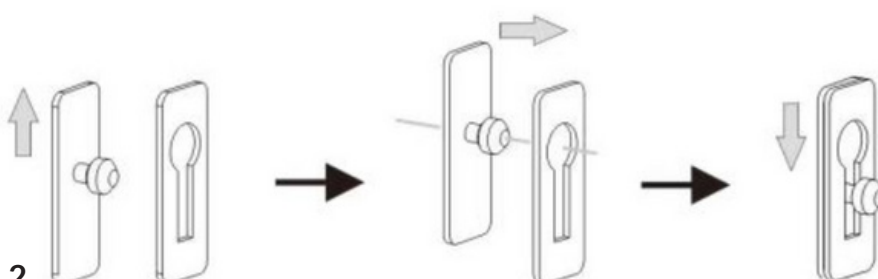


Fig. 2

Sauna Assembly

Select a flat, level surface suitable for the dimensions of your sauna and position the floor panel in place.



Position the back wall panel onto the rear edge of the floor panel. Ensure all cables are laid flat on the floor and are not trapped or damaged. One person should hold the back wall panel steady during this step.



Place the left wall panel onto the left side of the floor panel and secure all latches. If alignment is difficult, gently adjust the panel until it stands fully upright before fastening.



Place the right wall panel in position and secure it in the same way as the left wall panel.



Secure the wall panels together using the buckle locking system, ensuring each buckle is fully fastened and properly aligned. Shown in **Fig 1. PG 5**

Securing the Bench Seat Frame



Depending on the model of Sauna you have purchased, the method for securing the seat frame may vary. Please refer to the instructions below specific to your model.

Wave 1

Position the seat frame so that it slots securely between the two wooden support strips on each side, ensuring it is properly aligned and fully seated in place.



Wave 2 & 3

Position the seat frame so that it slots securely between the two wooden support strips on each side, ensuring it is properly aligned and fully seated in place.



Connect the two black plug connectors securely, ensuring the connection is fully engaged.

Route the LED light strip cable from the left wall panel onto the upright panel and position it ready for connection.



Before lowering and securing the seat panel, ensure the LED light strip cable is properly connected.

Securing Front Panel (Glass Door)



A minimum of two people is required to install the front glass door. One person must support the glass panel at all times to prevent tipping or damage.

The door is mounted and secured using either the **Buckle Locking System** or the **Latch Locking System**, depending on the model.

Depending on the model of Sauna you have purchased, the method for securing the front panel may vary. Please refer to the instructions below specific to your model.

Wave 1

Position the front panel so that it slots in at the front and use the Buckle Locking System to secure the front panel to the 2 side walls.



Wave 2 & 3

Carefully lift the front door so that the brackets are positioned slightly above the top of both side wall panels. Once properly aligned, slowly lower the door, allowing the brackets to slot securely into the mounting points on the side walls.

Ensure the door is fully seated, level, and stable before releasing support.



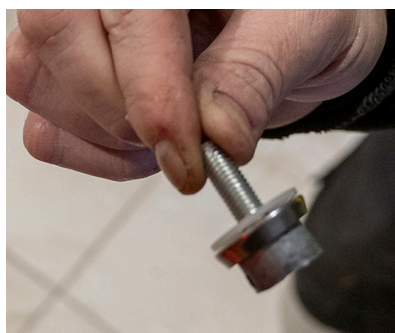
Attaching the Handle to Glass Door

It is recommended to have two people for easier and safer installation.

Step 1: Position the handle on the outside of the glass, placing the white plastic washers between the handle and the glass.



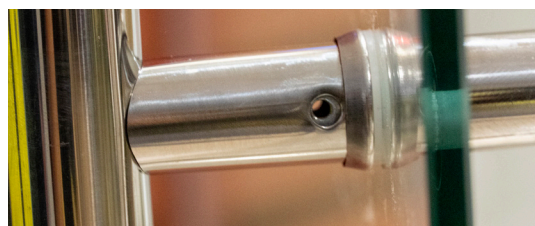
Step 2: Assemble the bolts as shown in the reference image and insert them through the holes in the glass to attach the outside handle. Tighten the bolts to secure the handle.



Step 3: On the interior side, align the bolt mechanism holes with the holes on the handle as shown in the image.



Step 4: Place the interior handle onto the bolt mechanism, ensuring all holes are properly aligned.



Step 5: Secure the interior handle using the small screws on each side of the handle, as shown in the image.



Attaching Oxygen / Ionizer



To install the Oxygen / Ionizer unit, use the two screws provided and secure it to the wall near the electrical connection coming down from the ceiling of the cabin.

The ionizer is fastened in place using two screws, one on each side of the device. Ensure it is firmly secured before use.



Oxygen / Ionizer - WARNING | Do Not Use The Ionizer while using the Sauna

Enhance your infrared sauna experience with the Oxygen / Ionizer system. It helps reduce airborne particles such as dust and pollen, while neutralising unpleasant odours – leaving the air inside your sauna fresh and clean.

The ionizer does not need to be operated frequently. In most cases, using it once a month is sufficient, or as needed depending on usage and air quality.

How to use the Ionizer

The air ionizer can be turned on and off by pressing the “ION” button on the control panel. A green indicator light confirms that the ionizer is operating.

Ozone (O₃) production is controlled separately by pressing the “O₃” button. A red indicator light shows that ozone is being generated.

Ozone is intended for disinfection purposes only. It is not recommended to operate the ozone function while the sauna is in use. The O₃ feature should be used after your sauna session to help eliminate odours, reduce fungi, and disinfect the interior of the cabin.

Important Usage Notes for the Ionizer and Ozone

The ionizer should not be used while the sauna is in operation.

For the ozone (O₃) function:

- It is recommended to activate the O₃ (red) mode after using the sauna.
- After approximately 15 minutes, the indicator will automatically switch to green.
- After an additional 15 minutes, the ozone function can be safely turned off.

This ensures effective disinfection and odor removal without exposure during sauna use.

Electrical Connections at the Top of the Sauna



First Wiring Connection

Locate the two wires next to the electrical box. These wires need to be connected together to complete the first wiring step.



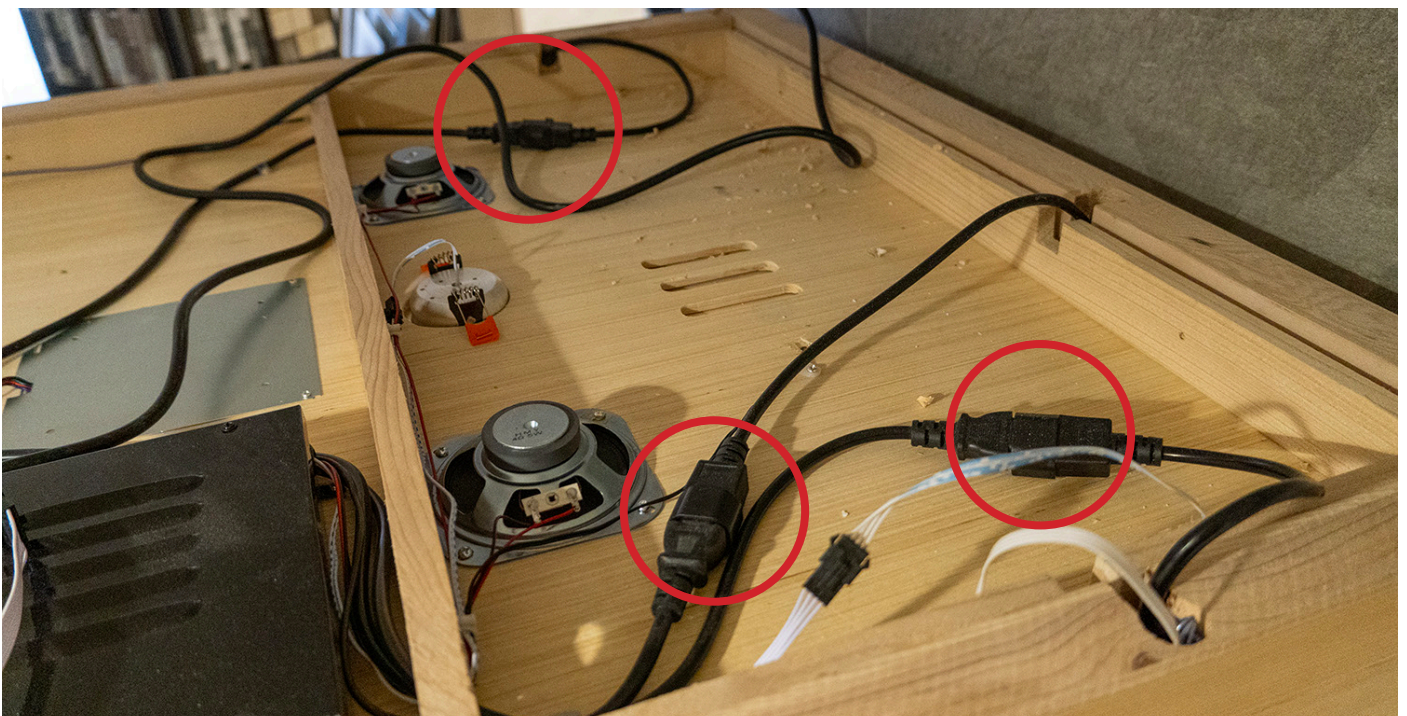
Second Wiring Connection

The second wiring connection is located in the adjacent section, next to the electrical box. Ensure the wires are properly connected as indicated for safe operation.

Third Wiring Connection

Connect the thick black cables together. There are three connections to complete.

Please refer to the image below for guidance on the correct connection points.



Optional Add-ons



Cup Holder

The cup holder can be installed in one of the back corners of the sauna, either left or right, based on your preference. Do not install the cup holder on or in front of the heaters.

Magazine Holder

The magazine holder can be mounted on either side wall. Ensure it is not placed in front of the heaters.

Towel Rack

The towel rack may also be installed on either side wall. Do not position the towel rack in front of the heaters.

These are optional extras if you don't like it or there is no where suitable to install, just ignore it.

CONTROL PANEL



Power Button (On/Off)

This button turns the sauna on or off



MP3 Switch Button

Insert USB device into the USB port, then press this button to switch to MP3 mode



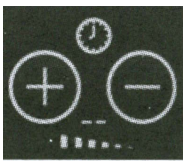
FM Switch Button

Press this button to switch to FM (Radio) mode



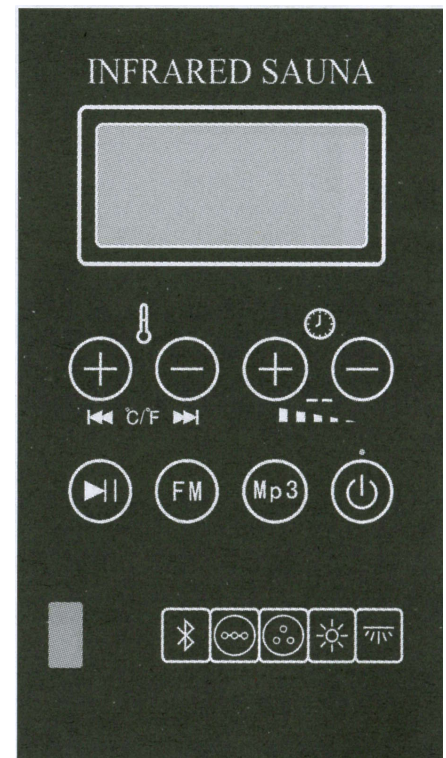
Music Control (Play/Pause)

Press this button to play or pause when it is in MP3 mode



Time Button (Increase/Decrease)

Press the (+) or (-) button to increase or decrease the sauna timer. It will count down until 00 and shut down the heaters

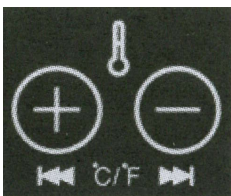


Tips:

1. If you would like to keep the sauna working continuously (no time limit), press and hold (+) and (-) buttons, the display should show two dashes (--).

To start the timer again, just click on one of the Time Control buttons.

2. Press the (+) or (-) buttons to increase or reduce volume.



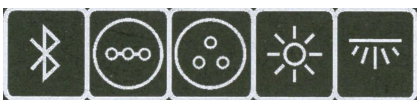
Temperature Control (Increase/Decrease)

Press the (+) or (-) to increase or decrease the sauna temperature. The heater will turn off when the sauna reaches its desired temperature.

1. Temperature setting ranges from 18-65 degrees Celsius

2. Press and hold both (+) and (-) buttons to switch the temperature display between Fahrenheit and Celsius

3. Press the (+) or (-) buttons to choose next or previous song in MP3 mode, or tune in FM Radio mode



From left to right the buttons marked as 1, 2, 3, 4, 5 with description in detail as below:

1. Press this button to connect bluetooth with the devices which have bluetooth function to play music. If without this button, there is no such a function.

2. Press this button to change colour of chromo therapy light automatically, if there is any therapy light and operate by the control panel

3. Press this button to select colour of the chromo therapy light one by one, if there is any therapy light and operate by control panel

4. Press this button to power the interior light (reading light) on or off

5. Press this button to power the exterior light (eave light) on or off, if there is any exterior light.

Sometimes it is used to control the LED strip if there is.

Usage Guide

Conditions to use the sauna:

- Temperature range: +5~+40 C (41–104°F)
- Relative humidity: ≤85%
- Depression: 700–1060 hPa
- Main supply: AC 110V or 220V–240V Frequency 50Hz ±1 or 60Hz ±1

Allow your sauna to warm up for 15–20 minutes or until it reaches 43C (110°F). You may close the vent on the ceiling to speed up the preheating process.

Drink plenty of water to avoid dehydration during or after sauna use. It is better not to exceed 40 minutes at one time.

TIPS:

- Start using the sauna within 10c before it reaches the set temperature in order to receive the most benefits of the infrared heaters. For example, if you set the sauna to 52c (125°F), you'd better start using the sauna when it reaches 46c (115°F) or 2–3c less.
- Sverage use temperature of 52c (125°F).

Precautions to Use the Sauna

- If the temperature becomes unbearable, decrease the temperature or shut off the sauna immediately.
- Do not use if pregnant or have serious inflammation, a fever, a communicable disease, acute bleeding, or intoxicated.
- Consider the temperature if using the sauna with the elderly or children. Children need an adult to accompany them when using the sauna.
- Do not consume alcohol or drugs when using the sauna.
- If using prescription drugs, please seek the advice of a personal physician or a pharmacist.
- Individuals with cardiovascular conditions or problems (hypertension / hypotension), congestive heart failure, impaired coronary circulation, which might affect blood pressure, should exercise extreme caution when exposed to prolonged heat.
- Chronic diseases such as Parkinson's, Multiple Sclerosis, Central Nervous System Tumors, and Diabetes with Neuropathy are conditions associated with impaired sweating.
- The use of infrared saunas should be avoided by anyone who is predisposed to bleeding.
- An individual that has insensitivity to heat should not use any type of sauna.
- Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow.
- If you have a recent acute joint injury, it should not be heated for the first 48 hours after an injury or until the hot and swollen symptoms subside.

- Metal pins, rods, artificial joints, or any other surgical implants should consult a surgeon prior to using an infrared sauna.
- Do not splash water on the heaters or any electrical component inside the sauna.
- Do not bring wet towels into your sauna or any substances that could harm the interior of your sauna
- Do not install a lock on your sauna.
- All repairs need to be authorized by the supplier;s representative; otherwise product warrenty may be voided.

In the rare event, you feel painful and/or uncomfortable, immediately discontinue sauna use.

Cleaning and Maintenance

Use a clean damp towel to wipe off the bench, floor and around the back panel.

Do not use a towel that is too wet and can drip water inside the sauna and do not use cleaning agents inside the sauna.

Make sure to keep the sauna dry and clean. Do not leave towels or water glasses or bottles inside the sauna after use.

Wipe the exterior surface of the sauna with a towel and clean the glass at least once a month.

Wood Care

If the sauna exterior body was scratched or scuffed, it can be concealed by using a small amount of furniture polish, oil or other furniture treatment.

The interior blemishes, scratches, or scuffs can be either left alone, sanded or combination of gluing plus sanding.

Please avoid any treatment containing benzene or a high concentration of alcohol.

Troubleshooting

The sauna does not power on

- Make sure the main power plug of the sauna is connected to the socket at your home.
- Make sure the main power plug is connected to the electric box on the top of sauna.
- Make sure the overload protector did not turn off.
- Make sure the control panel white ribbon wire is connected.
- Make sure the power socket at your home is working by trying a different device on the same socket.

LED Reading Light or Eave Light does not work

- Make sure the wires connect well.
- Replace the light bulb.

Color therapy light does not work

- Make sure the wire is inserted into the electric box correctly.
- If it is star therapy lights and operated by a remote controller,
 - A, Make sure the wire is inserted into the electric box correctly;
 - B, Make sure the wire is connected with the receiver board correctly;
 - C, Make sure wires of each individual light is connected well;
 - D, Make sure to operate the remote controller correctly, it is pressing either of the 7 color buttons to switch the light on.
- Replace a new therapy light.

All heaters do not work

- Make sure the heaters' plugs are connected on top of the sauna.
- Make sure the sauna is connected to the recommended power supply.
- Make sure the heat sensor is connected.

One or a few heaters do not work

- Make sure the heaters' plugs are connected on top of the sauna.
- Make sure the heaters' plugs under the bench are connected.
- Floor heater and bench heater are not as hot as other heaters (by design).
- Make sure the plug behind the heater is connected (you would need to unscrew the heater).

Control panel display is unusual

- If the control panel temperature display is over 150 or 230, assure the temperature sensor is connected well.
- If the control panel time display is -- (two dashes), the sauna is on continues working mode. Press the timer button to return to timed working mode.
- Replace a new control panel.

The Door is not closing properly

You may need to adjust the door to ensure it opens and closes correctly. To do this, slightly loosen the screws on the door hinges and carefully lift or reposition the door as needed.

Once the door swings freely and closes properly, fully tighten the hinge screws to secure it in place.

This adjustment is best carried out by two people — one person to support and lift the door, while the other loosens and tightens the hinge screws.

For more troubleshooting advice or to report a problem, please contact with your supplier.

Disclaimer

Henley Stoves and its associates do not provide medical advice. It is essential to consult a qualified medical professional for any health-related guidance or concerns. The information contained in this manual is provided for general informational purposes only and must not be considered medical advice.

Henley Stoves reserves the right to amend or update this manual at any time without prior notice. Henley Saunas and its authorised resellers cannot be held responsible for any printing errors or discrepancies.

Please note that product colours may vary, and some models illustrated in this manual may include optional features not included as standard.