

USER MANUAL

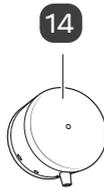
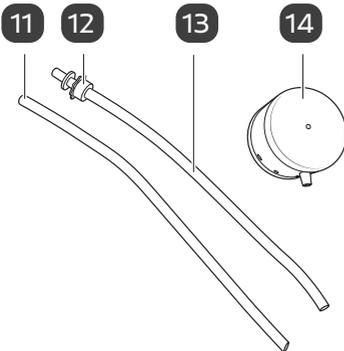
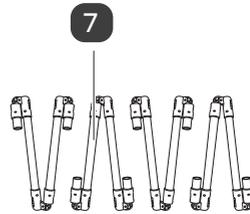
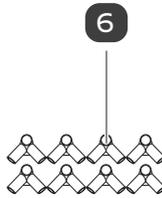
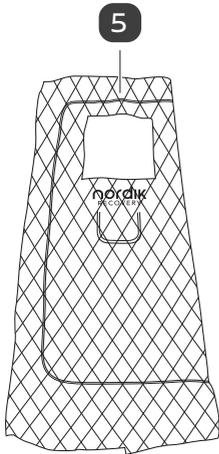
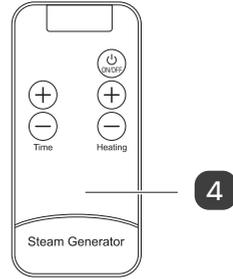
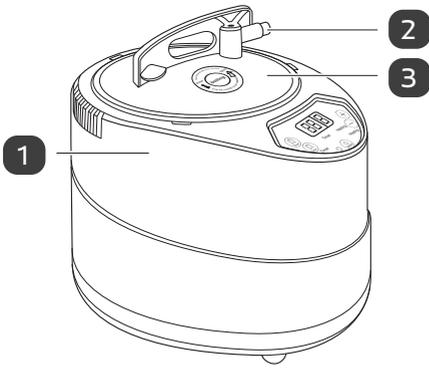
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Portable Sauna

# nordik

## RECOVERY





# Product contents/parts

1	Steam generator
2	Steam outlet
3	Lid
4	Remote control
5	Cabin cover
6	Three-way joint, 8×
7	Tube C (foldable), 4×
8	Joint, 4×
9	Tube B, 4×
10	Tube A, 8×
11	Long steam pipe
12	Connector
13	Short steam pipe
14	Steam box
15	Foldable chair
16	Carry bag

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# General information

## Reading and storing the manual

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This user manual accompanies the Nordik Portable Sauna (hereafter referred to as the "product"), and contains important information on assembly and use.

Before using the product, read the user manual carefully. This particularly applies to the safety instructions. Failure to do so may result in personal injury or damage to the product.

Store the user manual for further use. Make sure to include this user manual when passing the product on to third parties.

## Proper use

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The product is intended exclusively as a steam bath. It is only intended for private, domestic use and not suitable for commercial purposes.

Only use the product as described in this user manual. Any other use is considered improper and may result in damage to property or persons.

The manufacturer or vendor cannot be held liable for damages or injury incurred through improper or incorrect use.

## Explanation of symbols

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The following symbols are used in this user manual, on the product or on the packaging.



**WARNING**

This signal symbol/word designates a hazard with moderate risk, which may result in death or severe injury if not avoided.



**NOTICE**

This signal word warns of possible damage to property.



**INFO**

This symbol provides you with useful additional information on assembly and use.

# Safety information

## General safety instructions

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# IMPORTANT SAFETY INSTRUCTIONS

## READ AND FOLLOW ALL INSTRUCTIONS

- **WARNING!** To reduce the risk of injury, do not permit children to use this product unless they are closely supervised at all times.
- **WARNING!** To reduce the risk of injury:
  - The wet surfaces of steam enclosures may be slippery. Use care when entering or leaving.
  - The steam head is hot. Do not touch the steam head and avoid the steam near the steam head.
  - Prolonged use of the steam system can raise excessively the internal human body temperature and impair the body's ability to regulate its internal temperature (hyperthermia). Limit your use of steam to 10–15 minutes until you are certain of your body's reaction.
  - Excessive temperatures have a high potential for causing fetal damage during the early months of pregnancy. Pregnant or possible pregnant women should consult a physician regarding correct exposure.
  - Obese persons and persons with a history of heart disease, low or high blood pressure, circulatory system problems, or diabetes should consult a physician before using the product.

# Safety information

- Persons using medication should consult a physician before using the product since some medication may induce drowsiness while other medications may affect heart rate, blood pressure and circulation.

Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 37 °C (98.6 °F). The symptoms of hyperthermia include an increase in the internal temperature of the body, dizziness, lethargy, drowsiness, and fainting. The effects of hyperthermia include:

- Failure to perceive heat
- Failure to recognize the need to exit the sauna
- Unawareness of impending hazard
- Fetal damage in pregnant women
- Physical inability to exit the sauna
- Unconsciousness

**WARNING:** The use of alcohol, drugs, or medication is capable of greatly increasing the risk of fatal hyperthermia.

## SAVE THESE INSTRUCTIONS



### WARNING

#### **Risk of electric shock!**

A faulty electrical installation, excessive line voltage, or incorrect operation may result in an electric shock.

- This product must be grounded. Grounding reduces the risk of electrical shock by providing an escape wire for the electrical current.
- **IMPORTANT GROUNDING INSTRUCTIONS:** This product is equipped with a 3-wire grounding plug. It should be properly

# Safety information

connected to a grounding-type outlet and the grounding prong should never be removed. Do not modify the plug. If the plug does not fit the outlet securely, call a qualified electrician for assistance.

- **WARNING:** Improper use of the grounding plug can result in a risk of electric shock. Consult a qualified electrician or service agent if the grounding instructions are not completely understood, or if doubt exists as to whether the product is properly grounded.
- All electrical connections related to the product must comply with local requirements and be performed by professionals. A GFCI (ground fault circuit interrupter) power outlet is mandatory when the product is used. Have an electrician install one if not available.
- All electrical connections must comply with local codes and be performed by professionals.
- In case an extension cord is needed, use a 12 AWG cord with a single plug end, rather than a multi-tap option, to ensure stable and efficient operation.
- Do not use the product near a bathtub or sink.
- Do not use the product in any way other than the intended use. The product is for household use only.
- Only connect the product if the line voltage of the outlet corresponds to the data on the rating plate.
- Only connect the product to an easily accessible outlet so that you can quickly disconnect it from the power supply in the event of a problem.
- Do not use the product if it is damaged or if the power cord or plug is defective.

# Safety information

- If the power cord of the product is damaged, the manufacturer, the customer service team or a person with similar qualifications must replace it to avoid risks.
- Do not open the housing; instead, have qualified professionals perform repairs. Contact a qualified workshop for this. Liability and warranty claims are waived in the event of repairs performed by the user, improper connection or incorrect operation.
- Only parts that comply with the original device data may be used for repairs. This product contains electrical and mechanical parts which are essential for providing protection against sources of danger.
- Do not use the product with an external timer or separate remote control system.
- Do not immerse the product or the power cord in water or other liquids.
- Never touch the power plug with wet or damp hands.
- Do not pull the power plug out of the outlet by the cord; instead, always pull it out by the plug itself.
- Never move, pull, or carry the product by its power cord.
- Keep the product and power cord away from open flames and hot surfaces.
- Lay the power cord so that it does not pose a tripping hazard.
- Do not kink the power cord and do not lay it over sharp edges.
- Do not place the product such that there is a risk of it falling into a tub or sink.

# Safety information

- Never reach to retrieve an electrical device if it has fallen into water. In such a case, immediately disconnect the power plug.
- Never insert any objects into the housing.
- Always switch the product off and unplug it when you are not using it, when you intend to clean it, or in the event of a malfunction.



## Risk of injury!

Improper handling of the product may result in injury.

- The product is not a medical equipment and is not intended for medical purposes.
- Stop using the product immediately if you feel discomfort, nausea or sleepy.
- The product must be serviced by qualified service personnel.
- Do not open the lid of the product while it is in operation.
- Never move the product while it is in operation.
- Wear protective gloves if you need to reconnect loose pipes during use.
- Only fill the product with water.
- Make sure the product is completely cooled off before cleaning or maintenance.
- This product is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning the use of the appliance by a person responsible for their safety.

# Safety information

- Children should be supervised to ensure that they do not play with the product.
- Keep children under the age of 8 away from the product and power cord.
- Close supervision is necessary when the product is used near children.
- Secure the area of use to prevent unauthorized access, especially by children.
- Make sure that children do not play with the plastic wrapping. They may get caught in it when playing and suffocate.



## Health hazard, risk of leakage and explosion!

Improper handling of the batteries may result in health hazard, leakage or explosion.



### **WARNING!**

**INGESTION HAZARD: This product contains a button cell or coin battery.**

### **WARNING!**

- Ingestion hazard: This product contains a button cell or coin battery.
- DEATH or serious injury can occur if ingested.
- A swallowed button cell or coin battery can cause Internal Chemical Burns in as little as 2 hours.
- Keep new and used batteries OUT OF REACH OF CHILDREN.
- Seek immediate medical attention if a battery is suspected to be swallowed or inserted inside any part of the body.



# Safety information

- Immediately dispose of used batteries and keep away from children. Do NOT dispose of batteries in household trash.
- Even used batteries may cause severe injury or death.
- Call a local poison control center for treatment information.
- The product contains a coin battery (CR2025, 3 V ---).
- Do not mix old and new batteries, different brands or types of batteries, such as alkaline, carbon-zinc, or rechargeable batteries.
- Ensure the batteries are installed correctly according to polarity (+ and -).
- Remove and immediately discard batteries from equipment not used for an extended period of time.
- Non-rechargeable batteries are not to be recharged.
- Do not force discharge, recharge, disassemble, heat above manufacturer's specified temperature rating or incinerate. Doing so may result in injury due to venting, leakage or explosion resulting in chemical burns.



## NOTICE

### Risk of damage!

Improper handling of the product may result in damage to the product.

- **IMPORTANT:** Keep a minimum clearance of approximately 2 feet (60 cm) around the product for proper air circulation during operation. Overheating may damage the product and is not covered by the warranty.
- Never cover the intakes or exhaust openings with clothes, towels, or other objects.

# Safety information

- Place the product on an easily accessible, level, dry, heat-resistant and sufficiently stable surface. Do not place the product on the edge of the surface.
- Do not modify the product.
- The product is intended to be free-standing and should not be built-in or placed in a recessed area.
- Do not place heavy objects or magnetic items on top of the product.
- Avoid the build-up of heat by not placing the product directly up against a wall, under cupboards or similar.
- Never place the product on or near hot surfaces (stovetops, etc.).
- Do not climb, sit or stand on the product.
- Ensure that the power cord does not come into contact with hot parts.
- Do not place heavy objects on the power cord or run the cord under carpets or rugs.
- Never expose the product to high temperatures (heaters etc.) or to the effects of the weather (rain etc.).
- Never attempt to clean the product by immersing it in water and do not use a steam cleaner to clean it. Otherwise, you could damage the product.
- Stop using the product if its parts exhibit cracks or breaks or are deformed. Only replace damaged parts with corresponding original spare parts.

# Before you begin

## Unpacking

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### NOTICE

### Risk of damage!

Improper handling of the product may result in damage.

- Do not open the packaging with a sharp knife or other pointed object to avoid damage.
1. Unpack the product at the location where you intend to use it. This will make the setup process smoother.
  2. Take all the parts out of the packaging and place them on the floor.
  3. Check to make sure that all parts are included (see chapter "Product contents/parts").
  4. Check whether the product or individual parts are damaged. If this is the case, do not use the product. Contact the after sales service.

## Choosing the setup location

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### Installation location

- Always install the product on a flat and stable surface, with good ventilation and close to a power source.

### Electrical considerations

- The product should be connected to a 110–120 V, 15 A outlet (power rating of most household outlets in North America).
- You also need to use a GFCI (ground fault circuit interrupter) outlet. You may recognize a GFCI outlet by the "Reset" and "Test" buttons in the center of the outlet. If you do not have one, you should replace the outlet where you want to plug in the product with a GFCI outlet. Such an outlet should be installed by an electrician according to the codes and regulations of your respective country. GFCI outlets are generally installed where electrical circuits may accidentally come into contact with water.
- For the best results and safety, plug the product directly into the outlet rather than using extension cords. In cases an extension cord is needed, use a 12 AWG cord with a single plug end, rather than a multi-tap option, to ensure stable and efficient operation.

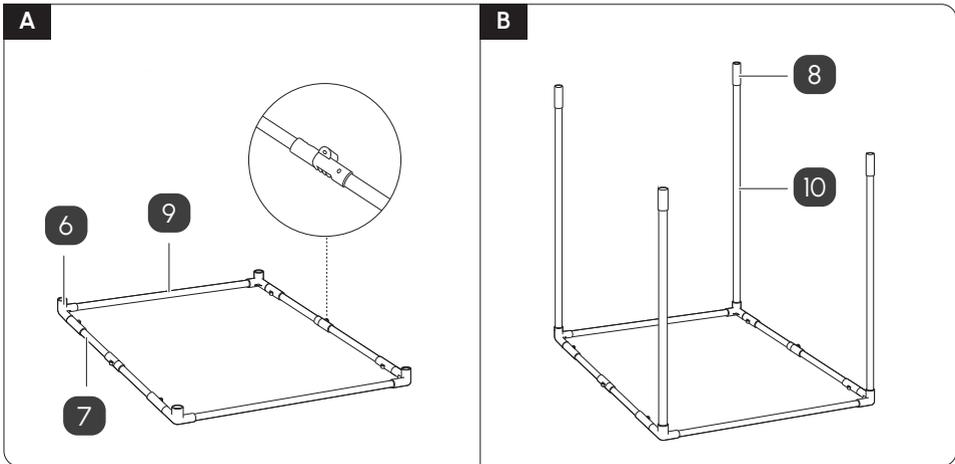
# Before you begin

## Indoor vs outdoor use

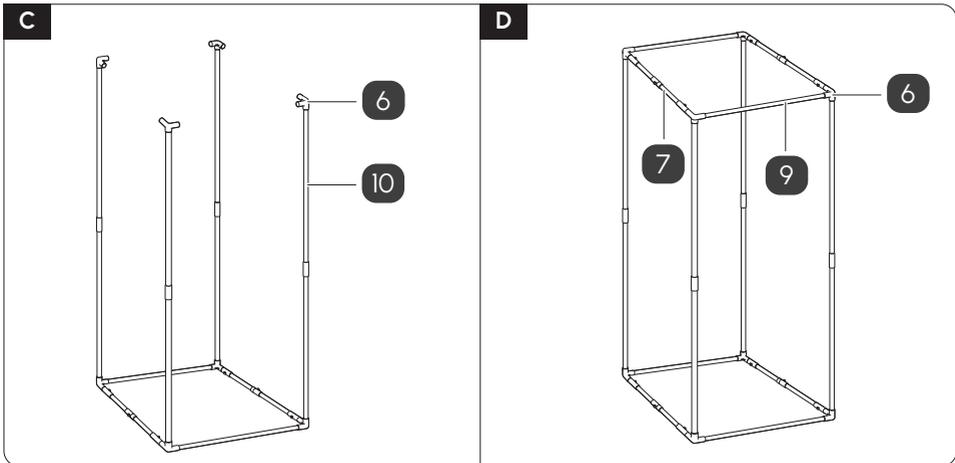
- We recommend using the product indoors as much as possible to protect it from harsh weather.
- If you need to use the product outdoors, make sure it is protected from direct contact with rain.

# Assembly

## Step 1: Assembling the frame of the cabin



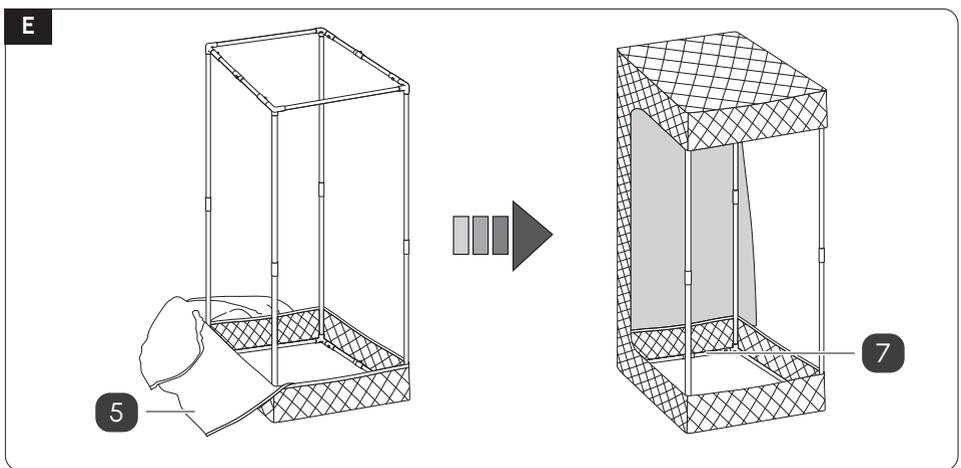
1. Connect 2 tubes B **9** and 2 tubes C **7** with 4 three-way joints **6** (see Fig. A).  
· Make sure the protruding points at the middle of the tubes C face outwards.
2. Connect 4 tubes A **10** and 4 joints **8** to the assembled frame (see Fig. B).



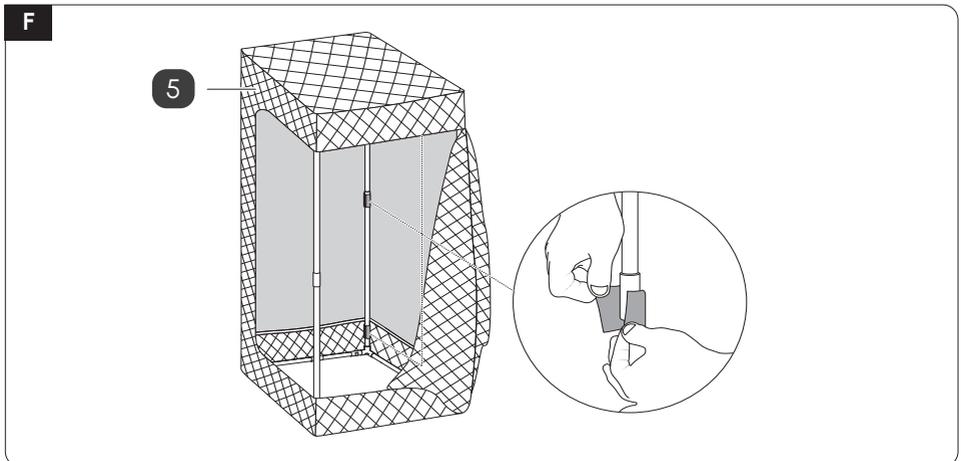
3. Connect 4 tubes A **10** and 4 three-way joints **6** to the assembled frame (see Fig. C).
4. Connect 2 tubes B **9** and 2 tubes C **7** to the three-way joints at the top of the assembled frame (see Fig. D).

# Assembly

## Step 2: Attaching the cabin cover to the frame



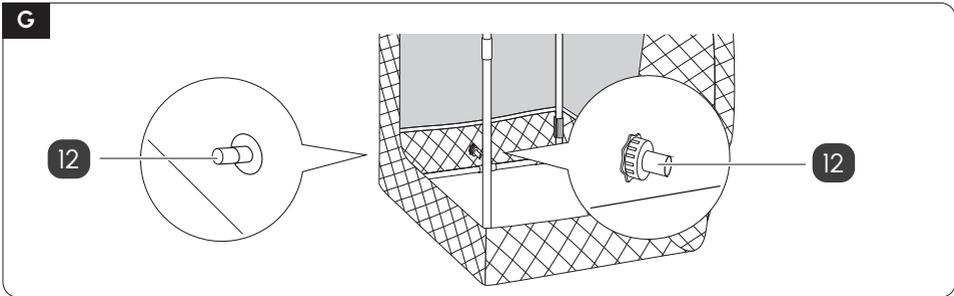
1. Unzip the cabin cover **5**.
2. Place the frame onto the bottom of the cabin cover. Then place the cabin cover over the top of the frame (see **Fig. E**).
  - Make sure one of the tubes C **7** is placed on the side without the zipper (see **Fig. E**).



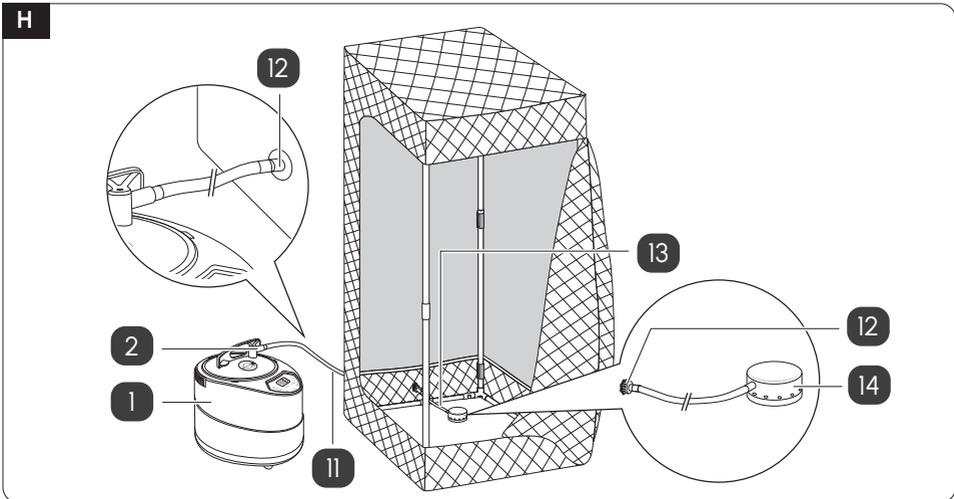
3. Secure the cabin cover **5** to the frame with the hook-and-loop fasteners (see **Fig. E**).

# Assembly

## Step 3: Installing the steam pipes and box



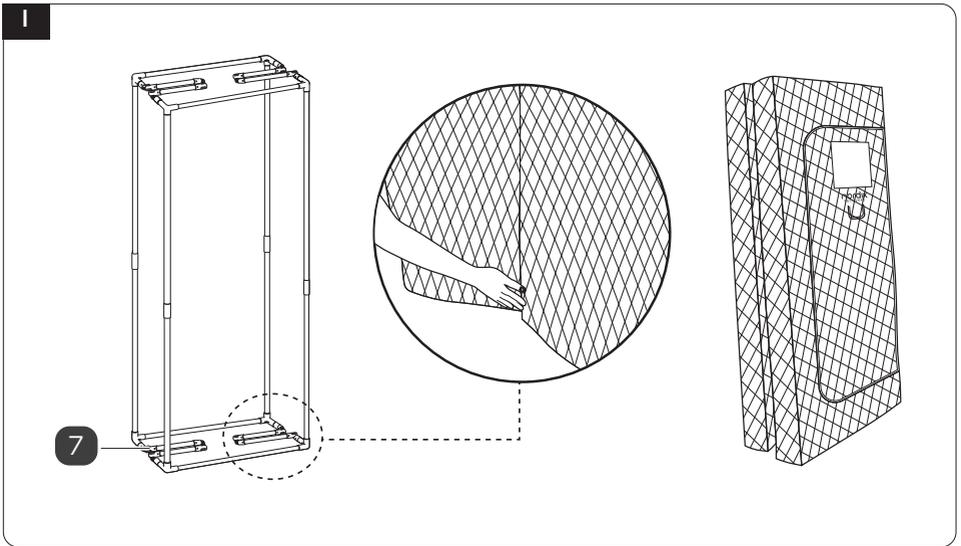
1. Separate the connector **12** and attach it to the designated hole at the lower part of the cabin.
  - The front part of the connector must be placed outside and the rear part inside of the cabin (see **Fig. G**).



2. Attach the long steam pipe **11** to the connector **12** outside the cabin. Then connect the other end of the long steam pipe to the steam outlet **2** of the steam generator **1** (see **Fig. H**).
3. Attach the short steam pipe **13** to the connector inside the cabin. Then connect the other end of the short steam pipe to the steam box **14** (see **Fig. H**).
4. Place the foldable chair **15** inside the cabin and close the zipper of the cabin.

# Assembly

## Tips on using the cabin



- The cabin can be folded up for storage. To do so, push inwards the 4 tubes C **7** at the top and bottom of the cabin (see **Fig. 1**).
- To unfold the cabin, push the 4 tubes C from inside outwards until they are straight.

# Operation

## Filling water

1. Rotate the lid **3** of the steam generator **1** counterclockwise and then lift the lid up.
2. Fill in the steam generator with clean water. Do not fill above the maximum filling line.
3. Place the lid back onto the steam generator by aligning the tabs of the lid with the slots on the top of the steam generator.
4. Rotate the lid clockwise to lock the lid in place.

## Connecting to power source

- Connect the power cord of the steam generator **1** to a properly installed power outlet.

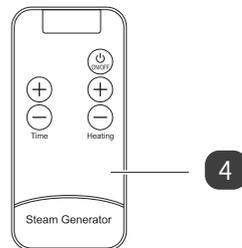
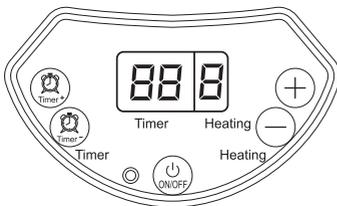
## Controlling the product



### INFO

- It generally takes around 3–6 minutes for the steam generator to heat up and emit steam.
- After use, turn off and unplug the product. Wait until the product is completely cooled off before cleaning and maintenance.

J



Use the control buttons on the steam generator **1** or remote control **4** for operation (see Fig. J).

- ON/OFF: Turn the steam generator on or off.
- Heating +/-: Adjust the heating level. The selected heating level shows in the display.
- Timer +/-: Select a timer before the steam generator turns itself off automatically. The selected timer shows in the display.

# Maintenance and care



## NOTICE

### Risk of damage!

Improper handling of the product may result in damage to the product.

- Do not use any aggressive cleaners, brushes with metal or nylon bristles, or sharp or metallic cleaning utensils, such as knives, hard scrapers and the like. They could damage the surfaces.
- Make sure that no water or other liquids penetrate the housing. Never immerse the product in water or other liquids.

### Cleaning

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1. Unplug the product and allow it to cool off completely.
2. Open the lid **3** of the steam generator **1** and empty any residual water.
  - If scale is formed inside the steam generator, use a commercially available descaler to remove the scale. Follow closely the manufacturer's instructions for the descaler.
3. Wipe dry the cabin cover **5** after each use.
4. Use a damp cloth to wipe off the product. Then let all parts dry completely.

### Inserting or replacing the battery

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The remote control requires one CR2025, 3 V === button cell battery. If the remote control is not responsive or not working, the battery power may be low or empty. Replace the battery.

1. Turn the remote control **4** over.
2. At the bottom of the remote control, pull the battery tray out from the remote control while pushing the tab of the battery tray to the right.
3. Insert a battery into the battery tray. Make sure the polarity is correct (the "+" side faces upwards).
  - If you are replacing the battery, take the old battery out of the battery tray before inserting the new one. Dispose of the old battery in accordance with the applicable regulations (see chapter "Disposing of the product").
4. Slide the battery tray back into the remote control until it locks into place.

# Maintenance and care

## Maintenance

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- All servicing should be performed by a professional repair centre. Contact customer service for servicing. There are no serviceable parts inside the steam generator **1**.

## Storage

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All parts must be completely dry before being stored.

- Store the accessories of the cabin in the carry bag **16**.
- Always store the product in a dry area.
- Protect the product from direct sunlight.
- Store the product so that it is not accessible to children.

## Troubleshooting

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Problem	Possible cause	Solution
The product does not work.	The power connection is not properly done or the power outlet is defective.	Make sure the power cord is properly connected to the power outlet and the power outlet is not defective.
	The battery power of the remote control is low or empty.	Replace the battery (see chapter "Inserting or replacing the battery").
	The lid of the steam generator is not properly closed.	<ol style="list-style-type: none"><li>1. Place the lid onto the steam generator by aligning the tabs of the lid with the slots on the top of the steam generator.</li><li>2. Rotate the lid clockwise to lock the lid in place.</li></ol>

# More information

## Technical data

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Power supply:	110-120 V~, 50 Hz
Rated power:	1,500 W
Maximum drain scale:	3.0
Battery (remote control):	1× CR2025, 3 V ===

## FCC statement

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This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Warning: Changes or modifications to this unit that are not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

# More information

## Disposing of the packaging

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- Sort the packaging before you dispose of it. Dispose of paperboard and cardboard with the recycled paper service and wrappings with the appropriate collection service.

## Disposing of the product

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- Should the product no longer be capable of being used at some point in time, dispose of it in accordance with the regulations in force in your city, state or country.

### **Batteries and rechargeable batteries do not belong in the household waste!**

- As the end user you are required by law to bring all batteries and rechargeable batteries, regardless whether they contain harmful substances\* or not, to a collection point run by the city, county, or state, or to a retailer, so that they can be disposed of in an environmentally friendly manner.

\*labeled with: Cd = cadmium, Hg = mercury, Pb = lead

# Warranty and service information

## Nordik Recovery Limited Warranty Policy

Thank you for choosing Nordik Recovery. We take great pride in the quality and craftsmanship of our products and accessories. To ensure your satisfaction and peace of mind, we offer the following Limited Warranty Policy ("The Policy") for our products.

### Warranty Coverage

12737434 Canada Inc, dba Nordik Recovery ("Company") warrants to the original purchaser ("Customer") that its Portable Sauna ("Products") sold through the Company's Shopify store are free from material defects in material and workmanship under normal use and service. This Limited Warranty extends for a period of two (2) years from the date of original purchase. For Accessories, the Limited Warranty extends for a period of one (1) year from the date of original purchase.

### Limited Warranty

2.1 This Limited Warranty covers the following:

- Replacement parts, repair, or full replacement of the Product, at the Company's discretion, for any manufacturing defects.
- Parts necessary for the repair of the Product due to manufacturing defects.

2.2 Exclusions: This Limited Warranty does not cover:

- Normal wear and tear of the Product.
- Damage resulting from abuse, misuse, unauthorized modification or repairs, accidents, or negligence.
- Damage resulting from improper installation, operation, or maintenance as specified in the Product manual.
- Any indirect, incidental, or consequential damages arising out of the use or inability to use the Product.
- Transportation or shipping costs associated with the warranty service.

### Warranty Limitations

- 3.1 This warranty is non-transferable and applies only to the original purchaser of the Product.
- 3.2 The Company reserves the right to repair or replace the defective Product with the same or functionally equivalent product.
- 3.3 The Company reserves the right to replace the defective Product with an equivalent unit.
- 3.4 The Company's decision regarding repair or replacement under this warranty shall be final.

# Warranty and service information

## Warranty Claims

4.1 To initiate a warranty claim, the Customer must:

- Contact the Company's customer service within the warranty period.
- Provide proof of purchase and a detailed description of the issue.

4.2 Product Inspection:

- Upon initiating a warranty claim, the Customer is required to return the Product to the Company for inspection.
- The Product must be returned in accordance with the Company's instructions, including proper packaging to prevent further damage during transit.
- The Customer is responsible for the cost of shipping the Product to the Company.
- The Company will inspect the Product upon receipt to determine if the warranty claim is valid.
- The warranty claim will only be processed and approved after the Company has conducted a thorough inspection and confirmed that the issue is covered under this Limited Warranty.

4.3 Replacement Parts:

- In certain cases, the Company may elect to send a replacement part to the Customer, along with instructions for installation or replacement.
- These parts will be provided at no charge to the Customer, and this option will be exercised at the Company's discretion.

4.4 Post-Inspection:

- If the warranty claim is validated, the Company will, at its discretion, either repair the Product, replace the Product with an equivalent unit, or provide the necessary replacement parts.
- The Company will cover the cost of shipping the repaired or replacement Product, or replacement parts, back to the Customer.

4.5 If the Product is found to be outside the scope of warranty coverage, the Customer will be notified, and any repair or replacement will be subject to a charge.

## Miscellaneous

5.1 This Limited Warranty gives you specific legal rights, and you may also have other rights which vary from province to province.

5.2 The Company reserves the right to change the terms of this Limited Warranty at any time without prior notice.

## Governing Law and Jurisdiction

This Limited Warranty Policy shall be governed by and construed in accordance with the laws of the province of Quebec. Any disputes arising out of or in connection with this

# Warranty and service information

warranty or the products may be resolved through arbitration or court proceedings, at the consumer's choice. The arbitration proceedings shall be conducted in the province of Quebec and in the French language (langue française).

If arbitration is not agreed upon or if a provision of this warranty is determined to be unenforceable, the parties agree that any legal action or proceeding arising out of or relating to this warranty shall be brought in the courts of the province of Quebec, and each party hereby submits to the exclusive jurisdiction of such courts.

The prevailing party in any dispute or legal action arising out of this warranty shall be entitled to recover its reasonable attorneys' fees and costs incurred in connection with such dispute or legal action.

## Language Availability

Ce document est également disponible en français sur demande.

Please retain your proof of purchase, as it will be required for any warranty claims. For further inquiries or to initiate a warranty claim, please contact our customer service department at [hello@nordikrecovery.com](mailto:hello@nordikrecovery.com).

Note: This Limited Warranty Policy is provided as a general guideline.

# Contact us

At Nordik Recovery, we're committed to ensuring that you have the best experience with our products. Whether you have questions, concerns, or require assistance, our dedicated team is here to help.

## **Operating Hours:**

Our customer service team is available Monday to Saturday, 9:00 AM to 5:00 PM (EST), and Sunday, 10:00 AM to 5:00PM (EST).

## **Feedback and Suggestions:**

We value your feedback and are always looking to improve. If you have suggestions or comments about your new equipment or any other Nordik Recovery product, please reach out to us.

## **Replacement Parts and Accessories:**

For inquiries about replacement parts, or accessories, visit our official website or contact our customer service.

## **Warranty and Repairs:**

If you're experiencing issues with your product or need information about its warranty, our team is ready to assist. Always have your product's barcode or SKU handy when reaching out for faster service.

**Your satisfaction is our top priority. Trust in Nordik Recovery to support you every step of the way.**

**Phone:** 1-888-8-NORDIK

**Email:** [hello@nordikrecovery.com](mailto:hello@nordikrecovery.com)

**Website:** [www.nordikrecovery.com](http://www.nordikrecovery.com)

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