

Installation & Users Manual



Model:

ONYX ONE
ONYX DUO



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Introduction

Thank you for purchasing a premium Harvia Onyx Full Spectrum Infrared Sauna, we are confident that you will experience many years of enjoyment with your new sauna.

Saunas are the ultimate extension of a healthy lifestyle; they offer a variety of health and wellness benefits, including improved circulation, detoxification, muscle relaxation, stress relief, and potential improvements in cardiovascular and respiratory health. They can also contribute to better sleep and potentially aid in weight loss through increased calorie burn and stress reduction.

Here's a more detailed look at the benefits:

1. Cardiovascular Health:

Improved Circulation

Sauna use can help dilate blood vessels, promoting better blood flow and potentially improving overall cardiovascular health, according to the University at Buffalo.

Reduced Risk of Vascular Diseases

Research suggests a link between regular sauna use and a lower risk of conditions like high blood pressure and cardiovascular disease.

2. Muscle and Joint Pain Relief:

Muscle Relaxation

The heat from a sauna can help relax muscles, easing tension and potentially reducing soreness after exercise.

Joint Pain Relief

Saunas may also provide relief for individuals experiencing joint pain or stiffness.

3. Detoxification and Skin Health:

Detoxification

Sweating in a sauna can help eliminate toxins and impurities from the body through the skin.

Improved Skin Health

Saunas can promote better circulation, giving the skin a healthy glow and potentially improving its overall appearance.

4. Stress Relief and Mental Wellness:

Stress Reduction

The heat and relaxation associated with sauna use can help lower stress levels and promote a sense of well-being.

Improved Mood

Some studies suggest that sauna use can have a positive impact on mood and may help reduce symptoms of depression and anxiety, according to Dr. Leaf.

5. Respiratory Benefits:

Improved Respiratory Function

Sauna use can help humidify airways, promote bronchodilation (relaxation of the lungs), and potentially reduce airway inflammation.

Relief from Respiratory Conditions

Some individuals find that the warm air in a sauna can help relieve symptoms of respiratory conditions like asthma or sinus congestion.

6. Weight Loss:

Increased Calorie Burn

While saunas won't lead to significant long-term weight loss, they can temporarily increase calorie burn and potentially aid in weight management.

Reduced Water Weight

Saunas can help the body release excess water weight through sweating.

7. Improved Sleep:

Relaxation and Sleep Aid

Sauna use can help relax the body and mind, potentially leading to improved sleep quality.

8. Brain Health:

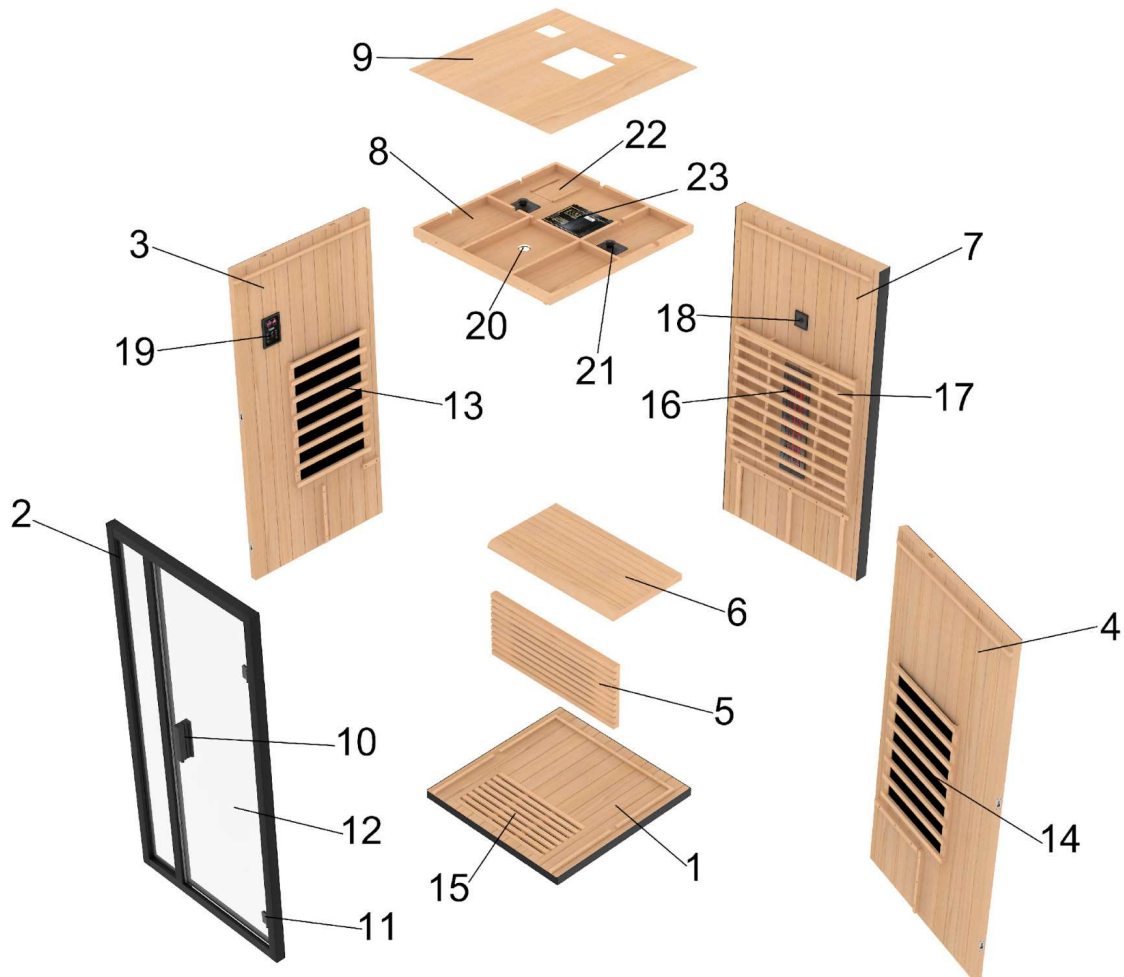
Potential Neuroprotective Effects

Some research suggests that sauna use may have a positive impact on brain health and potentially reduce the risk of neurodegenerative diseases.

Parts List: ONYX ONE

No.	PART DESCRIPTION	QTYS
1	Floor panel	1
2	Front panel	1
3	Side panel (L)	1
4	Side panel (R)	1
5	Bench heater panel	1
6	Bench	1
7	Back panel	1
8	Top panel	1
9	Roof cover	1
10	Door handle (Interior & Exterior)	2
11	Door hinge	2
12	Glass	1

No.	PART DESCRIPTION	QTYS
13	Carbon Heater (L)	1
14	Carbon Heater (R)	1
15	Floor heater	1
16	Harvia Full Spectrum HVIS 350	1
17	Backrest	1
18	Dimmer	1
19	Touch screen	1
20	Reading light	1
21	Speaker	2
22	Vent	1
23	Control Box	1



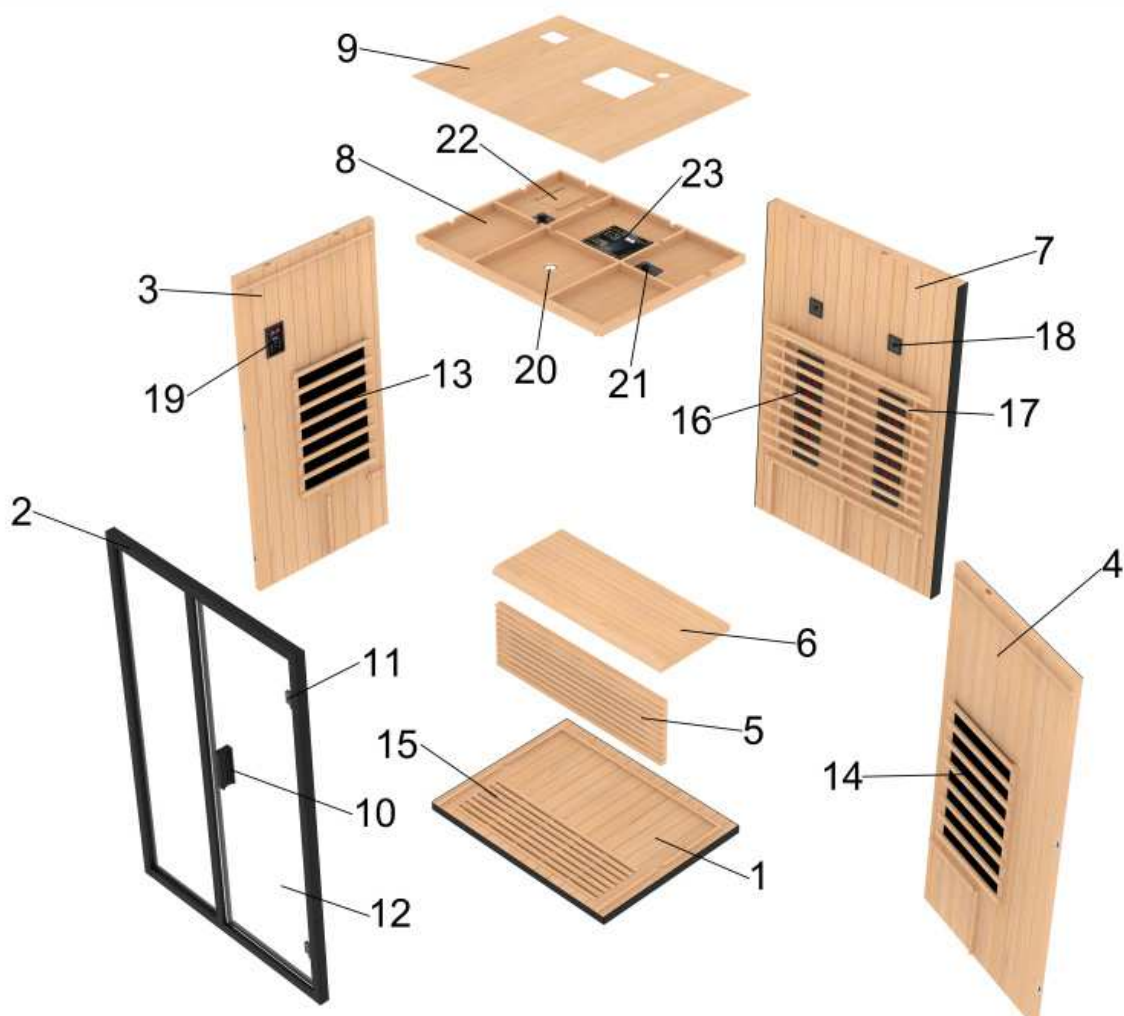
Screw Kit: ONYX ONE

No.	NAME OF PARTS	SPECIFICATION	QTY.	NOTE
1	Interior door handle	200*40*35	1	
2	Exterior door handle	200*40*35	1	
3	Connection piece	80*16MM	2	
4	Stainless Steel 304 Flat Head Screw	4*40	2	Bench:2
5	Stainless Steel 304 Flat Head Screw	3*30	24	Connection piece: 8
6	Stainless Steel 304 Flat Head Screw	3*20	16	Roof cover:16
7	Removable Screw	6*55	6	Back&Side panel install
8	Stainless Steel 201 Removable Screw	6*75	2	Door handle
9	Black tape	30*40mm	1	
10	LED Strip Pin Connector	4P	1	

Parts List: ONYX DUO

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Installation Requirements

1. Do not plug any other appliances into the same power outlet used for your infrared sauna.
2. The cabinet must be erected on a level surface. A distance of at least 5cm from the wall must be maintained.
3. Do not spray the exterior of the cabinet with water. If the level surface is damp, install a floor separator to keep the sauna elevated & dry.
4. Do not store flammable objects or chemical substances in or near the sauna.
5. The sauna must be placed indoors and in a dry area. Moisture will cause damage to the interior and exterior of the sauna.
6. Installation and connection of the electrical parts (control unit, heater, etc.) may only be performed when the power supply is disconnected.
7. Comply with the regulations applicable at the installation location.
8. We do not recommend using an extension cord for your sauna. Please plug the sauna directly into the power outlet.
9. For your own safety, consult your supplier in the event of any issues that are not explained in sufficient detail in the installation instructions.

*The manufacturer reserves the right to change specifications without prior notice.

*All designs and specifications are for reference only and subject to change without prior notice.

*Correct specifications depend on the actual model.

Assembly Instructions

Assembly of the sauna requires at least 2 adults to complete. Please read the instructions thoroughly before and during assembly to ensure proper installation of the sauna.

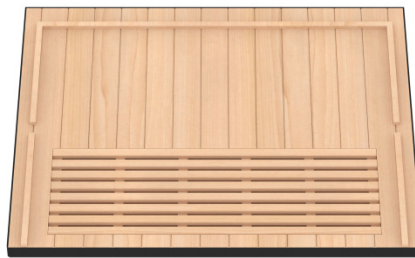
1. Location of Sauna

When you find a good indoor location for your sauna, please note the following:

1. The main power cord on the sauna must be easily accessible.
2. The location must be dry and leveled.

2. Placing Bottom Panel

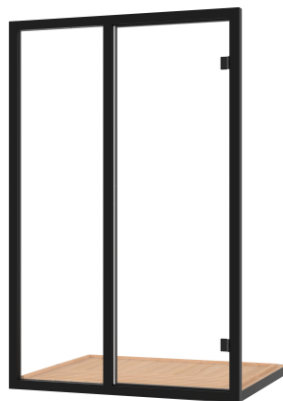
Place the bottom panel on the floor. Make sure that the FRONT direction of your sauna enclosure is facing away from any walls.



FRONT

3. Connecting the Front Panel to Floor Panel

1. Position the front glass panel directly in front of the floor panel by lining up the front panel with the floor panel (Please hold the front panel until one of the side-panels has been installed).
2. Please take care of the glass door to avoid damage.



4. Connecting Side Panels with Front Panel

1. Align the side panels with the front glass panel and corresponding inside-buckles. Latch the inside-buckles on both side panels to the front glass panel frame.
2. Please take care of the glass door to avoid damage.



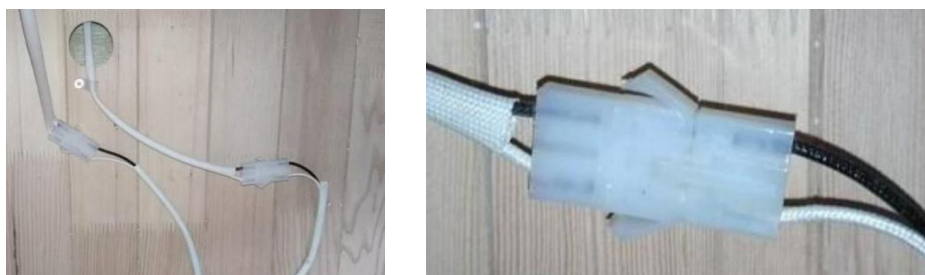
5. Installing the Bench Heater Panel

Slide down the bench front heater panel by lining up its sides with the vertical guides on the side panels.

1. Ensure that the heater grill is facing outward (toward the front of the sauna).
2. Push the bench heater panel all the way down until it is touching the bottom panel and securely in place.

6. Connect the cable of Bench Heater and the Floor Heater

Connect the cable for the bench heater and floor heater by attaching corresponding connectors



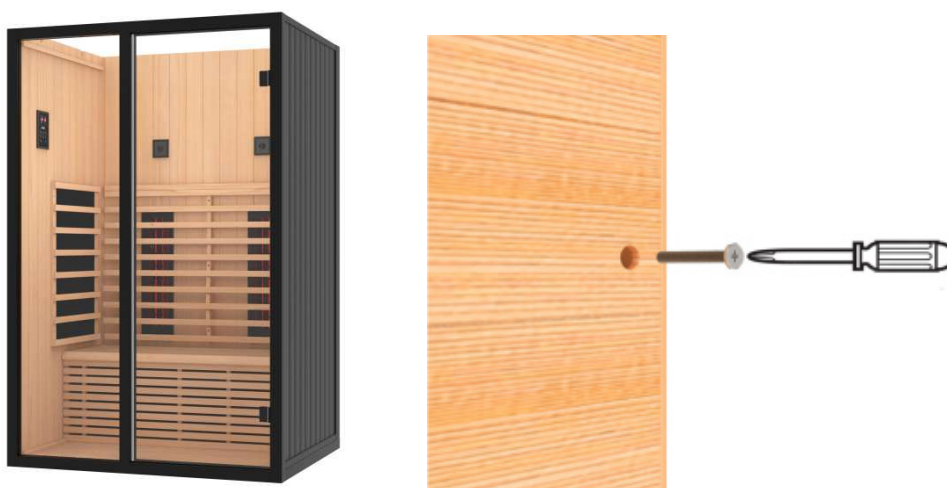
7. Installing the Bench

1. Install the bench by sliding it over the horizontal bench guides on the side panels.
2. Push the bench all the way in until it can touch the back panel and is securely in place.
3. Fix the bench by two screws (4*40mm)



8. Connecting the Back Panel to Side Panels

Align the Back panel with side panels corresponding screw holes.



9. Placing Top Panel

Lower the top panel onto the assembled panels.

1. Gently place the top panel onto the rest of the assembled panels. When four corners are in place, gently push down the top panel from the outside corners until it is snugly fits over all panels.
2. Make sure electrical cables do not get pinched between the panels.
3. Leading the cables for the heaters onto the top panel through the corresponding hole.
4. Fix the top panel by screws to make sure it is stable enough.

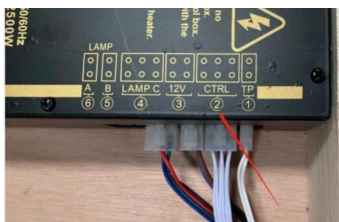


10. The Main Power Connection to the Top Panel

1. Connect all cables for the heaters to their corresponding connection point.



2. Connect the control panel cables (CTRL).



3. Check if all connections to the control box are secure.

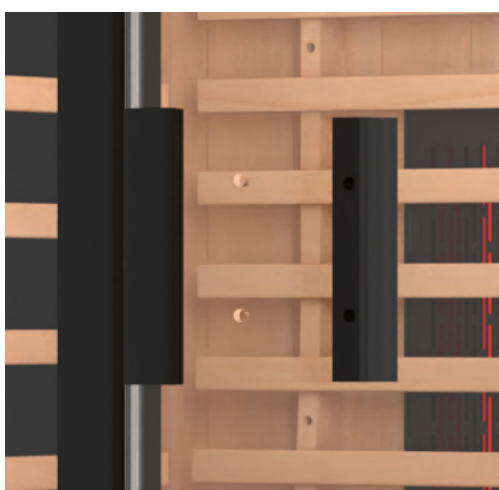
11. Place the Top Panel Cover onto the Top Panel

Place the top panel cover onto the top panel; connect it to the top panel with the provided 16 screws (3*20mm). Ensuring that the cutout holes in the top panel cover align with the main power module and the top panel vent outlet.



12. Installing Door Handle

Attach the door handles together (through the glass door panel) using the two 6*75mm Stainless Steel 201 Removable Screw provided.




13. Enjoy Your Sauna


Plug the main power cable into the power outlet on the wall and turn the power on, listen for a beep sound to confirm activation of your sauna.

Activate the control panel of the sauna by holding your finger on the front of the control panel for at least three (3) seconds, the control panel should activate at this time. If you don't hear a beep and/or the control panel doesn't activate, check all of the saunas' electrical connections to ensure that they are connected correctly.

Press the Power button to activate the sauna.

Press the settings  button and connect sauna to your Wi-Fi, set the time and control panel screen brightness.

Press the home  button.

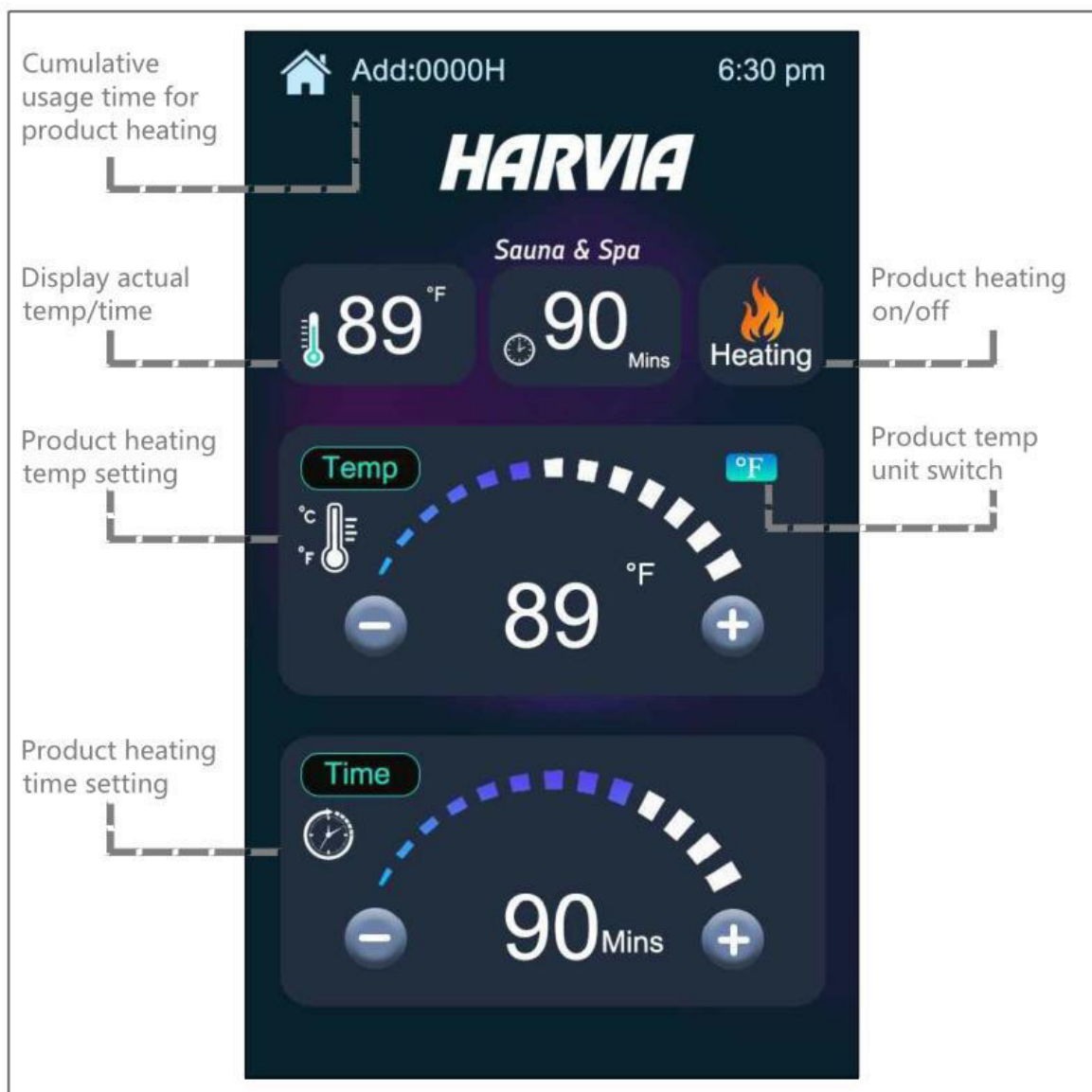
Press Heat button, adjust the Temp to your preferred temperature setting, adjust Time to your preferred time setting, ensure that the top centre timer  minutes have reset to your selected time setting then press the Heating button to activate heating, the Heating button will illuminate to confirm heating has been activated.

Turn on the Bluetooth, grab some towels, and step in and enjoy the benefits of your new sauna!!

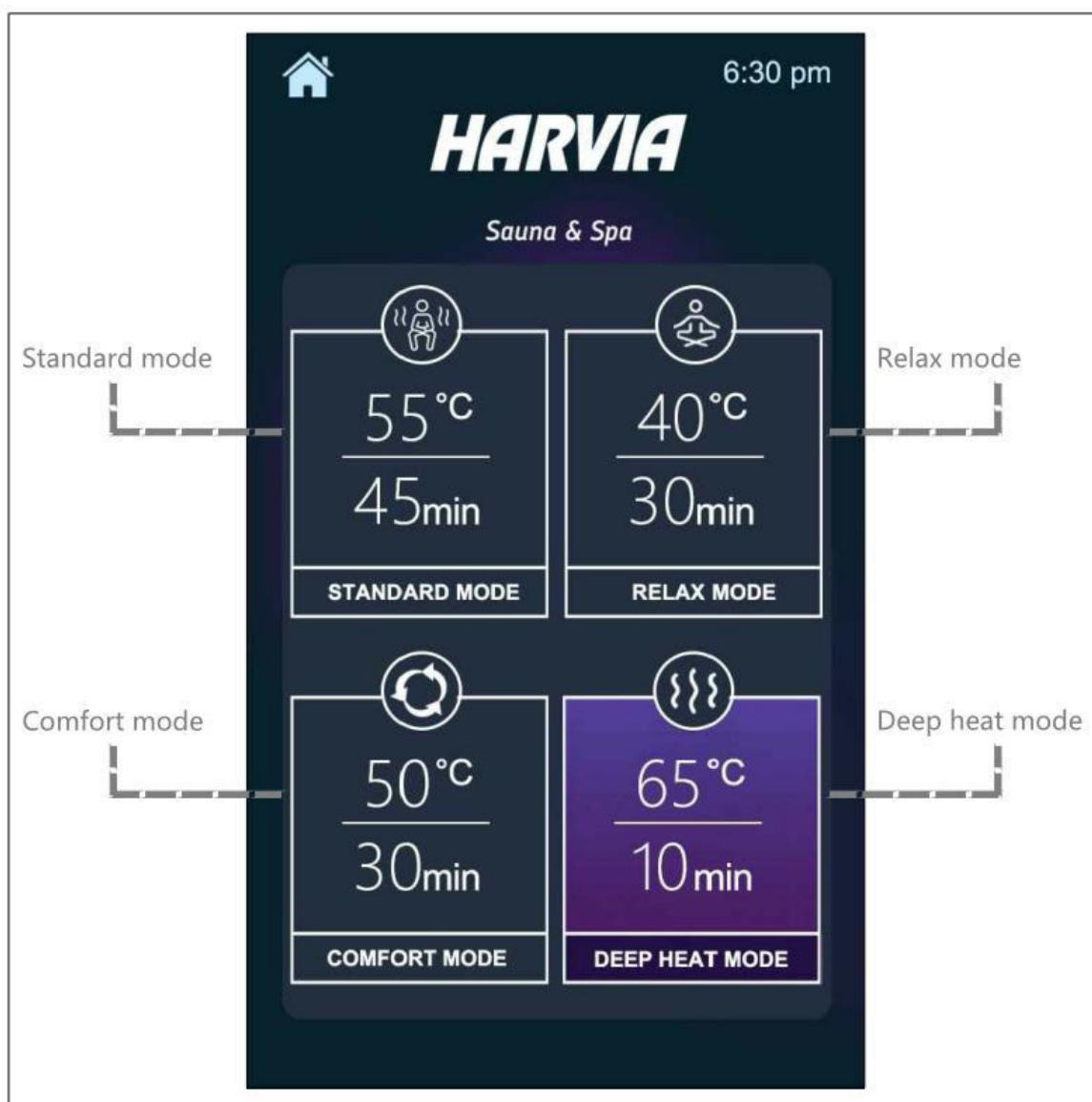
Important Note: As a safety feature to prevent young children from accidentally activating the sauna both the Temp setting and the Time setting must be adjusted every time you use the sauna before the Heating button will allow activation.

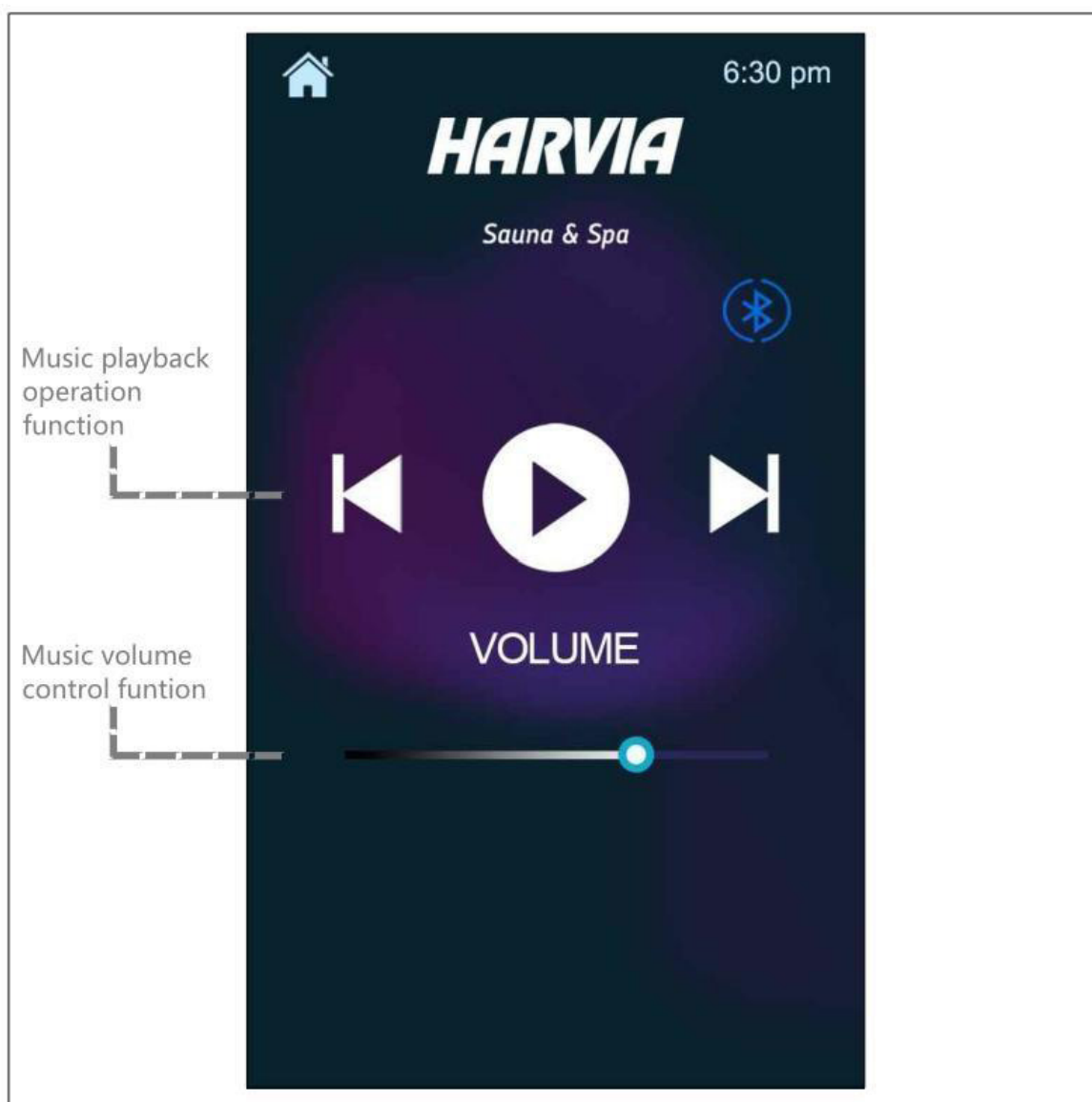
Touch Screen Operating Instructions

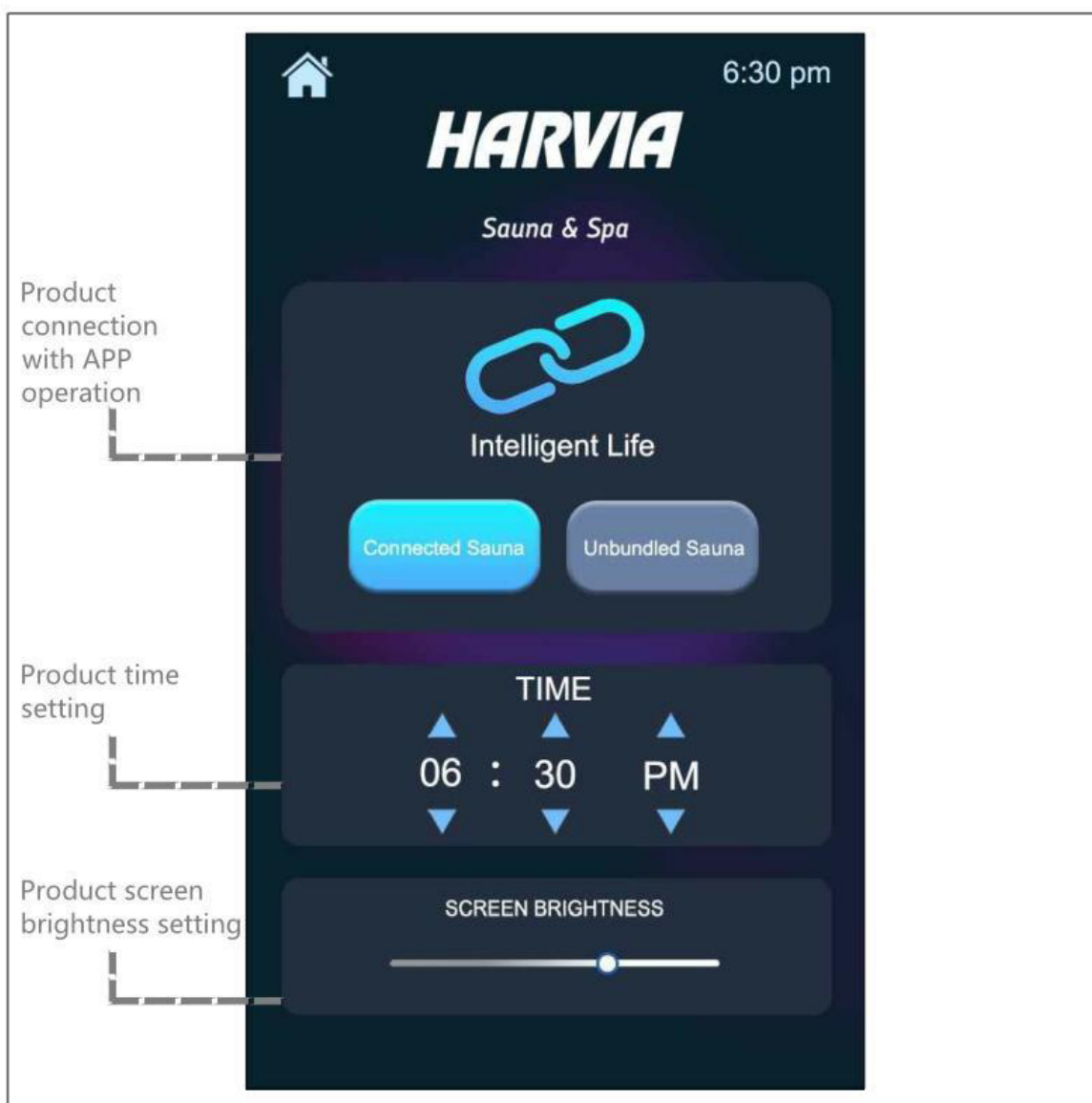












Recommendations for Operation

1. Set the desired session temperature and time using the control panel.
2. Allow approximately 10~ 15 minutes for the sauna to warm up before beginning a session.
3. Recommended sauna session time is around 30-45 minutes.
4. The heaters automatically maintain the desired temperature inside the sauna.
5. The ceiling vent can be opened at any time to allow for air circulation.
6. Always drink plenty of water before, during, and after a session. Doing so will replenish lost fluids from the body through perspiration.
7. Taking a hot shower or bath prior to the sauna session will further promote perspiration. However, dry off thoroughly before entering the sauna because excessive water will stain or warp the wood and could create a safety risk. A shower after the session is refreshing and rinses perspiration from the body.
8. To absorb perspiration and to keep the sauna tidy during the session, place a towel on the bench and floor of the sauna. Keep one towel handy to wipe excessive sweat from your body.

Recommendations for Use

- a. To regulate the temperature inside the sauna during your session, use the roof vent or the door (by setting it at an angle).
- b. If you need more cooling, simply leave the door open until the air around you feels comfortable.
- c. Drink plenty of fluids prior to and after your sauna session.
- d. If you take a hot /warm shower or bath before your sauna session, you may perspire more. Try it with and without bathing or showering first to determine which way you prefer.
- e. To utilize the sauna's heat therapy effect, give your hair a hot oil treatment prior to entering the sauna. Put oil or treatment into your hair and wrap it with a towel. After the session is over, rinse your hair thoroughly.
- f. Use at least 2-3 towels; sit on one towel folded over several times for added cushioning. Put another towel on the floor to absorb excess sweat. A third towel draped over the knees may aid you in comfort and useful to towel off the sweat.
- g. Be sure to towel off excess sweat during your session to help the body perspire more freely.
- h. To help relieve sore and tense muscles, massage the affected areas while in the sauna to help heal faster.
- i. Do not put any lotions or oils on the body or face while using the sauna. This may block the pores.
- j. Do not eat anything at least an hour before your sauna session. It is better to go in the sauna on an empty stomach. You are more likely to feel uncomfortable sitting in a sauna with a full stomach.
- k. You can benefit from the relaxing and soothing effects of a regular sauna session by going to sleep afterwards. The peaceful and relaxed state rendered by a sauna session will help you sleep easier and better.
- l. At the first sign of cold or flu, increasing your sauna sessions may be beneficial in boosting your immune treatment and decreasing the reproductive rate of the viruses. Consult your physician for the proper treatment and care for this or any other medical conditions.
- m. To treat your ankles and feet more effectively, elevate them while inside the sauna. Any area that you wish to achieve a specific deep heating effect should be moved as close to one of the heaters as feels comfortable.
- n. After the 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 sauna with the door open and allow the body to sweat a little more as it cools off. Once you feel comfortable enough, take a warm (or cool) shower to rinse the sweat off your body completely. If you use a cell phone, MP3, etc. audio equipment when enjoying the sauna, suggested maximum duration is no more than 20 mins. If you find the equipment is overheated, stop using it at once.

Safety

Read all health and safety instructions. If in doubt as to the suitability of using your infrared sauna, consult with your doctor prior to use. If you feel light-headed or heat exhaustion during a sauna session, exit the sauna immediately.

1. The infrared cabin has been produced in accordance with the applicable safety regulations for sauna and electrical products. However, hazards may occur during use. Therefore adhere to the following safety information and the specific warning notices in the individual points.
2. When installing and using electrical equipment, basic safety precautions should always be followed.
3. Before the control unit is switched on, make sure that no combustible objects have been placed on the heating elements.
4. Do NOT touch the infrared heaters when they are in operation, turn off power and allow to cool before servicing.
5. The cabin may be used by children under the following conditions:
 - They are supervised.
 - They have been shown how to use the device safely.
6. Children must not play with the cabin.
7. DO NOT use the sauna immediately following strenuous exercise. Wait at least 30 minutes to allow the body to cool down completely.
8. Hyperthermia: Prolonged exposure to heat may induce hyperthermia. 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).

While the use of saunas has many health benefits, it is important not to allow your body's core temperature to rise above 103° F. Symptoms of excessive hyperthermia include dizziness, lethargy, drowsiness, and fainting. The effects of excessive hyperthermia may include failure to perceive heat, failure to recognize the need to exit, unawareness of impending hazard, fetal damage in pregnant women, physical inability to exit the sauna, and unconsciousness.

9. If you intend to use far infrared therapy for therapeutic reasons, please consult your physician prior to using the sauna.
10. Excessive temperatures have a high potential for causing fetal damage during the early months of pregnancy. Pregnant or possibly pregnant women should consult their physician prior to using the sauna.
11. The use of alcohol, drugs or medications prior to or during a sauna session may lead to unconsciousness.
12. Persons suffering from obesity or with a medical history of heart disease, low or high blood pressure, circulatory system problems or diabetes should consult a physician prior to using the sauna.

13. Persons using medications should consult a physician before using the sauna since some medications may induce drowsiness while others may affect heart rate, blood pressure, and circulation.
14. NEVER sleep inside the sauna while the unit is in operation.
15. DO NOT use any type of cleaning agents on the interior of the sauna.
16. DO NOT stack or store any object on top of or inside the sauna.
17. If power supply cable becomes damaged it must immediately be replaced by the manufacturer, or its agent, or a similarly qualified person to avoid a hazard.
18. DO NOT use the unit during an electrical storm, as there is a remote risk of shock.
19. For added protection during a thunder storm, or when it is left unattended and unused for long periods of time. Unplug it from the wall power outlet.
20. Altering or tampering with any electrical connections on the power supply will void the manufacturer's warranty.
21. Dry your hands before operating electrical controls. Never unplug the power cable or adjust the controls with wet hands or when you have wet bare feet. A danger of electrical shock exists.
22. DO NOT attempt any repair without consulting the manufacturer first. Unauthorized repair will void the manufacturer's warranty.
23. Power supply cables should be routed so they are not likely to be walked on or pinched by items placed upon or against them.
24. DO NOT overload wall power outlets and DO NOT use extension cords as this could result in a risk of fire or electrical shock.
25. Always unplug this product from the wall outlet before servicing the product.
26. DO NOT remove power supply covers. No user serviceable parts are located inside the power supply.
27. If you don't feel comfortable or relaxed during a session, lower the temperature or open the door of the cabin.

*These statements have not been evaluated by the Therapeutic Goods Administration. These statements are for informational purposes only and should not be used as the basis for medical counseling. This information is not intended to diagnose, treat, cure, or prevent any disease. The author and publisher shall have neither liability nor responsibility for any person or entity with respect to any loss, damage or injury caused directly or indirectly by the information contained herein.

Important Safeguards for Your Sauna

1. **READ INSTRUCTIONS** — All the safety and operating instructions should be read before the sauna is installed and operated.
2. **RETAIN INSTRUCTIONS** — The safety and operating instructions should be retained for future reference.
3. **FOLLOW INSTRUCTIONS** — All operating and usage instructions should be followed at all times.
4. **CLEANING** — Unplug the sauna from the wall outlet before cleaning DO NOT use liquid cleaners or aerosol cleansers inside the sauna. Use a damp cloth for cleaning.
5. **ATTACHMENTS** — Do not use any attachments that are not recommended by the manufacturer, which may be hazardous.
6. **WATER OR MOISTURE** — DO NOT use sauna near water, e.g. near a bathtub, in a wet basement, or near a swimming pool or similar wet areas.
7. **POWER-CORD PROTECTION** — Power supply cord should be routed so it is not likely to be walked on or pinched by items placed upon or against it.
8. **LIGHTING** — For added protection for your sauna during a lightning storm, or when it is left unattended and unused for long periods of time, turn off the sauna unplug the power cable from the wall power outlet.
9. **OVERLOADING** — Do not overload wall power outlet and do not use extension cords as this can result in a risk of fire or electric shock.
10. **SERVICING** — Always unplug your sauna from the wall power outlet before servicing.
11. **REPLACEMENT PARTS** — When replacement parts are required, ensure that they are specified by the manufacturer or have the same characteristics as the original parts. Unauthorized substitutes may result in fire, electric shock or other hazards.
12. **SAFETY CHECK** — Upon completion of any service or repairs to your sauna, ask the service technician to perform safety checks and determine that your sauna is in proper operation condition.

Cleaning and Maintenance

1. The sauna is made of Natural wood. All wood products have variations in color, grain, and may have irregularities such as knots, fine cracks and wood natural oil stain. These reflect the natural beauty of the wood and should not be considered defects.
2. Before using the infrared sauna for the first time, clean the inside of the sauna with a damp cloth.
3. The interior of the Infrared Sauna is made of natural wood. It is aromatic and adds to the enjoyment of your sauna session. If the fragrance of the fresh wood is too strong during the first few months of use, first wipe the wood with a damp cloth to minimize the aroma.
4. Use furniture polish to clean the exterior only.
5. We recommend placing a soft towel on the floor and on the bench of the sauna to absorb perspiration during sauna use.
6. Scratches and stains on the sauna can be removed by simply using fine grade sandpaper over the damaged area.
7. The cabin must not be cleaned with steam cleaners, high-pressure cleaners or splashed water.
8. The wood may appear rough and coarse caused by dampness. To smooth the affected areas, sandpaper or gritty sponge can be used, always sanding in the direction of the grain.
9. Mahogany/Hemlock is a solid nature wood, minor cracks, natural oil stain or warping might occur due to seasonal humidity changes. This is a natural process and not a defect of the material.

Troubleshooting

Problems	Explanations	Solutions
1. Power indicator light not on	Power cord is not plugged-in. The circuit breaker has tripped. The corresponding indicator light is broken or burned out.	Check for power to the outlet. Check connection between power cord and main control unit. Check and reset the circuit breaker Repair or replace the control panel.
2. Function indicator light not on	The wiring or some electronic component in the circuit has failed. The heater is broken. Its life will be shortened gradually from excessive use.	Repair or replace what has failed in that circuit. Replace with a new heater of the same specifications.
3. Infrared Heater will not heat up	The circuit breaker has tripped. The wiring connection for the heater is loose or incorrectly connected. The circuit board is not functioning.	Check or replace the circuit breaker. Check it, and reconnect tightly. Check power output on the circuit board.
4. Sauna room not maintaining correct temperature	Problem with heater. Incorrect setting on control panel. The temperature sensor wire may be loose or broken.	See Item #3. Reset control panel. Check sensor wire connection and condition. Check to see if the sensor head is visible inside the sauna room.
5. Peculiar burning smell	Circuit problems (broken component, short circuit, failure of controlling system) causing the burning of some component in the electrical system to burn.	1. Unplug the power cord for the sauna.. 2. Find the objects with problems. 3. Replace the parts.
6. The light is not working	The light bulb is burned out. The bulb is not secured in the base The socket is broken. Problems with electrical control panel.	Replace light bulb. 1. Make sure the bulb is tight enough to make good contact in the light fixture. 2. Check the lighting protection fuse. Remove and refit the bulb. Replace the lamp. Check or replace the panel.

Troubleshooting

Problems	Explanations	Solutions
7. No sound or poor sound from speakers	<p>The speaker is broken or speaker wire is loose</p> <p>The wire connection is loose.</p> <p>Bluetooth is not connected.</p> <p>Can't hear sound.</p>	<p>1. Check speaker wire.</p> <p>2. Check speaker</p> <p>Check connectors to be sure they make good contact.</p> <p>Connect bluetooth on your device.</p> <p>1. Make sure your device is connected and playing something.</p> <p>2. Make sure that volume on the control panel is turned up.</p>

Disclaimers

The manufacturer shall not be liable for any loss due to use (or misuse) of the sauna or associated products or other incidental or consequential costs, expense or damages without irrefutable foundations. Under no circumstances shall we or any of our representatives be held liable for injury to any person or damage to any property, however arising. Any implied warranty shall have duration equal to the applicable warranty stated. Specifications are subject to change without notice or obligation.