

TheraSauna<sup>®</sup> *The Original Patented*  
*Dry Infrared Health Sauna*



***Owners Manual and Assembly  
for Model TS6238***

# **CONGRATULATIONS!**

Your recent purchase of a TheraSauna® is a step towards a lifetime of better health and well-being. Health and medical experts agree TheraSauna® is one of the finest products of its kind worldwide. We welcome you to the TheraSauna® family and wish you many years of enjoyment.

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TS4544 Straight Bench



TS5651 Straight Bench



TS7951 Straight Bench



TS7552 Opposite Facing



TS6238 Corner Unit

Before assembling your TheraSauna® please check the parts you have with the enclosed parts list.

## Parts List

**Figure 1**



Face Up

### Bottom

Part # SB4 – TS7951  
 SB2 – TS5651  
 SB1 – TS4544 SB3 – TS6238  
 SB5 – TS7552  
 Quantity 1

**Figure 2**



Sauna control box will face out.

### Right Back Wall

Part # BW4 – TS7951  
 BW2 – TS5651 / BW1 – TS4544  
 BW3 – TS6238 / BW5 – TS7552  
 Quantity 1

**Figure 3**



### Left Back Wall

Part # BW4 – TS7951  
 BW2 – TS5651 / BW1 – TS4544  
 BW3 – TS6238 / BW5 – TS7552  
 Quantity 1

**Figure 4**

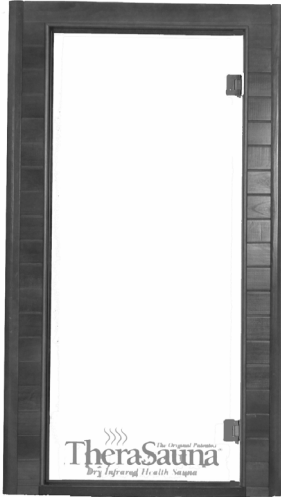
### Left Side Wall

Part #  
 WL4 – TS7951  
 WL2 – TS5651  
 WL1 – TS4544  
 WL3 – TS6238  
 WL5 – TS7552  
 Left Wall  
 Quantity 1  
 Sauna wall has a sticker designating “right or left”



When installed this panel will face into the sauna.

**Figure 5**



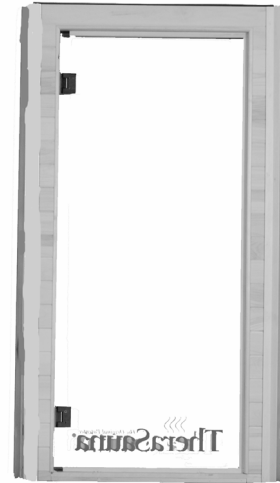
Outside View

**Front Wall**

Part # FW4 – TS7951  
FW2 – TS5651 / FW1 – TS4544  
FW3 – TS6238 / FW5 – TS7552  
Quantity 1  
TheraSauna® front wall pictured  
will differ slightly from TS4544,  
TS5651, TS7951 & TS7552  
models.

Finished side will face out.

**Figure 5**



Inside View

**Figure 6**



Right side wall

**Right Side Wall**

Part #  
WR4 – TS7951  
WR2 – TS5651  
WR1 – TS4544  
WR3 – TS6238  
WR5 – TS7552  
Right Wall  
Quantity 1  
Sauna wall has a  
sticker designating  
“right or left”

When installed  
this panel will  
face into the  
sauna.

**Figure 7**

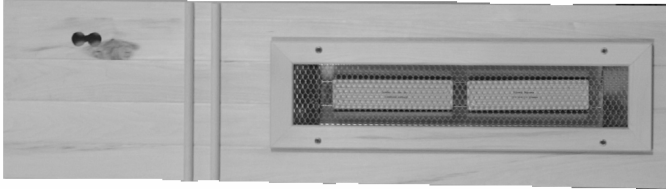


Knob faces inside of TheraSauna®

**Roof**

Part # SR4 – TS7951 / SR2 – TS5651  
SR1 – TS4544 / SR3 – TS6238  
SR5 – TS7552  
Quantity 1

**Figure 8**



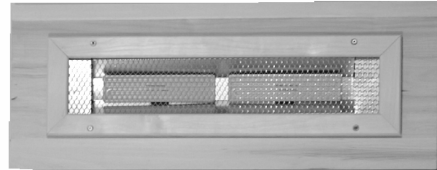
Front view

**Left Bench Support Panel**

Part # ST3 – TS6238 / ST5 – TS7552

Quantity 1

**Figure 9**



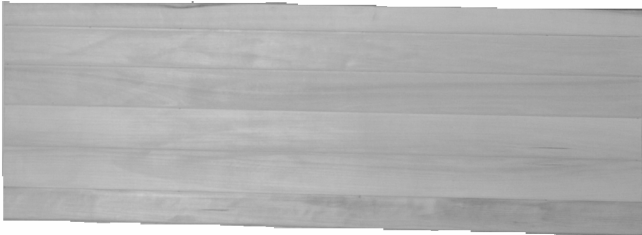
Front view

**Right Bench Support Panel**

Part # ST3 – TS6238 / ST5 – TS7552

Quantity 1

**Figure 10**



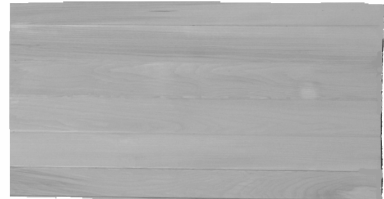
**Left Bench**

Part # ST3 – TS6238

ST5 – TS7552

Quantity 1

**Figure 11**



**Right Bench**

Part # ST3 – TS6238

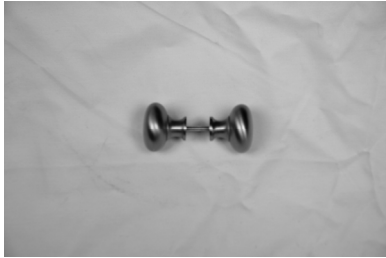
ST5 – TS7552

Quantity 1

Reversible bench, one side is contoured for sitting. The other side is flat for lying down.

Serial number is on the flat side underneath of the bench.

**Figure 12**



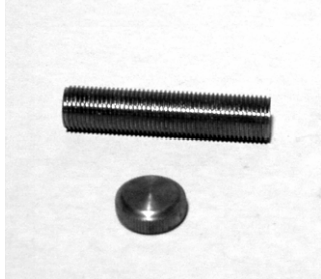
**Door Knobs**  
Part # BP1950HG10  
Quantity 2

**Figure 13**



**Light Fixture**  
Part # 67331  
Quantity 1

**Figure 14**



**Light Mounting Screw**  
Part # LMS24  
Quantity 1

**Figure 15**



**Long Bolts**  
Part # BB142061  
Quantity 12  
**Short Bolts**  
Part # BB142060  
Quantity 2

**Figure 16**



**Hex Wrench**  
Part # HK5325  
Quantity 1

## SAUNA LOCATION

The TheraSauna® should be installed only inside a home or other enclosed structure with a flat leveled floor and a 20 Amp dedicated outlet in close proximity. Saunas must be directly plugged into outlets, no extension cords should be used. Select a location that will be convenient for you and will provide you with maximum accessibility. Outside placement will void the warranty.

### WARNING!

This unit is manufactured for **indoor** use only. **No water** should come in contact with the TheraMitters™ (heaters). Failure to limit use to the indoors and/or water contact on the TheraMitters™ of the unit will **void** the warranty.

Always consult a physician before beginning a sauna program.

Drinking water while using the TheraSauna® is encouraged to help with detoxification.

**WARNING:** For your own safety ... prolonged use in temperatures that are warmer than normal body temperature can result in a dangerous condition know as HYPERTHERMIA. The causes, symptoms, and effects of hyperthermia are described as follows:

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

The effects of hyperthermia include:

- (1) Failure to perceive heat
- (2) Failure to recognize the need to exit the sauna
- (3) Unawareness of impending hazard
- (4) Fetal damage in pregnant women
- (5) Physical inability to exit the sauna
- (6) Unconsciousness

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

See the following website for some doctor's protocols: [www.lifestylelaboratory.com](http://www.lifestylelaboratory.com) and [www.sauna-protocols.html](http://www.sauna-protocols.html).



## FOR YOUR SAFETY

1. Electrical and/or Light Receptacles shall not be installed inside the TheraSauna® room.
2. Do not add any locking or latching systems to the door of your TheraSauna®. Malfunction of which could cause entrapment inside the sauna.
3. The TheraSauna® comes with a sliding roof vent to provide proper ventilation to allow in fresh air if so desired. Keep vent closed when heating sauna.

## ASSEMBLY TIPS

All assembly instructions are included with your TheraSauna®. The following are tips for safely and correctly assembling your TheraSauna®:

1. When picking up the side panels or roof, do not pick them up along the thin trim pieces as they may crack. Also, when putting the walls together, be gentle and do not push too hard on these trim pieces.
2. When assembling the walls, do not over tighten the bolts until after you put the seat panel in place. By leaving the bolts and side panels a little loose, you can put the bench support panel and seat panel in without scraping the inside walls of the side panels. Once the seat is in place, you can snugly tighten all bolts.
3. If you need to move an assembled sauna, you should only push against the bottom floor section of the TheraSauna®. Do not push against the sidewalls.
4. Install tulip light as desired, with glass shade facing up or down. When considering your choice for a light bulb for your new TheraSauna®, keep in mind that the light bulb operates on a dimmer-controlled switch. A standard 60 watt incandescent bulb is the recommended style or an incandescent bulb that is designed to be used with a dimmer switch (such as a touch lamp, 3-way style). We do not suggest using a compact fluorescent bulb as they do not operate correctly with a dimmer and may cause damage to your sauna's light control switch. See manufacturer's warning on the fluorescent bulb package, "Not intended for use with electronic timers, photo cells, or with dimmers."

## ASSEMBLY INSTRUCTIONS FOR THERASAUNA®



1. Place base/floor (Figure 1, page 4) on a solid flat level surface with 5 supporting blocks down. Note: The three **small** blocks on the top of the base go towards the back.
2. Stand right back wall (Figure 2, page 4) on the right back top edge of base with channeled top up. Make sure to center wall along back edge of base. Note: Base should extend out from each end of wall.
3. Stand left back wall (Figure 3, page 4) on the left back top edge of base with channeled top up at a 90° angle to the right back wall. Insert three **long** furniture bolts (Figure 15, page 7) through holes in the left back wall and screw into the right back wall (do not tighten bolts.) Hex wrench (Figure 16, page 7) is provided.
4. Insert the left bench support (Figure 8, page 6) into the slot of the right back wall (Figure 2, page 4).
5. Find the 2 cords with plugs sticking out from the hole in the bottom center of the left back wall (Figure 3, page 4). Connect one of the plugs to the receptacle on the side of the heater box of the left bench support (Figure 8, page 6). Connect the other plug to one of the cords sticking out of the bottom center of the right back wall (Figure 2, page 4).
6. Insert the left bench (long bench) (Figure 10, page 6) into the slot of the left back wall and on the top of the left bench support.
7. Place the left side wall (Figure 4, page 4) on the left front side of sauna base. Line up the left side bolt holes with the bolt holes on the left end of the left back wall (Figure 3, page 4). Insert three **long** furniture bolts. (do not tighten bolts.)



8. Place the front door panel (Figure 5, page 5) on the front of sauna base. Lift front door panel 2" above the base to allow the hinge clips on the left side to lock into the hinge clips on the right side of the left side wall (Figure 4, page 4). Slide the wall down into position. Note: Make sure the panels are securely locked at top and bottom.
9. Place the right side wall (Figure 6, page 5) on the right front side of base. Lift the right side wall 2" above the floor to allow the hinge clips on the left side to lock into the hinge clips on the right side of the front door panel (Figure 5, page 5). Slide the wall down into position. Note: Make sure the panels are securely locked together at top and bottom. Line up the three bolt holes on the right side of right side wall with the bolt holes on the right end of right back wall (Figure 2, page 4). Insert three **long** furniture bolts. (do not tighten bolts.)
10. Insert the right bench support (Figure 9, page 6) into the slot of the left bench support and the slot in the right side wall. Connect the remaining cord plug into the side receptacle of the bench support heater. Slide the remaining bench (Figure 11, page 6) into the slot of the right back wall and on top of the right bench support.
11. Insert two **short** furniture bolts into the threshold on the inside bottom of door opening. Note: Some adjusting may be necessary to line up holes of threshold and threshold receivers. Tighten bolts with hex head wrench provided. Proceed to tighten all bolts securely all the way around the sauna.
12. Set roof (Figure 7, page 5) on sauna with finish side down, make sure the top trim extends down over walls all the way around.
13. Install light plug connector on light (Figure 13, page 7) into connector coming out of right back wall. Screw securely to the wall with light mounting screw (Figure 14, page 7).
14. Install doorknobs (Figure 12, page 7) by placing doorknob bolt through hole in door. At the same time place one knob onto the bolt on the outside and the other knob onto the bolt on the inside until both are tight against the door.

Fully Assembled TheraSauna.

## USE

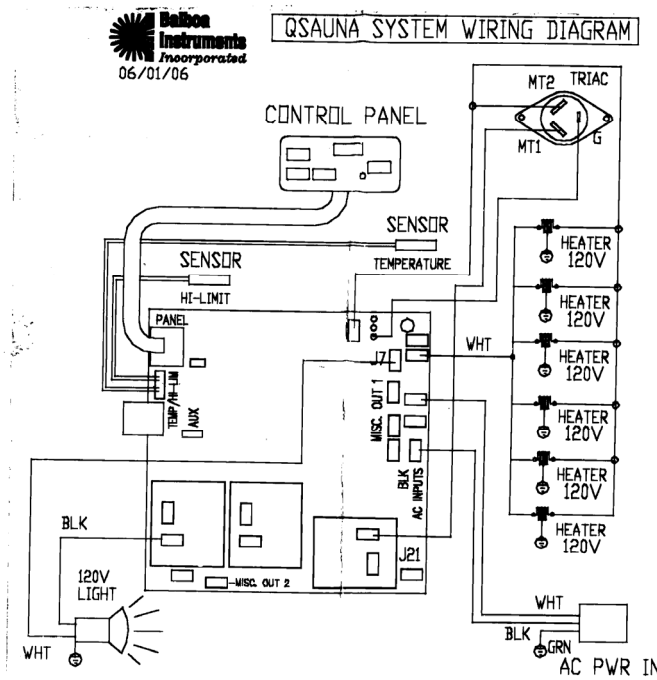
Always consult a physician before beginning a sauna program. You may wish to begin with shorter sessions, 10 – 20 minutes, in the TheraSauna® and work up to 30 – 60 minutes per session, as you feel more comfortable and familiar with the effects. Begin at a lower temperature setting and work up to one that is comfortable for you.

## ELECTRICAL POWER REQUIREMENTS

TS6238 – 115V-120V – 20 Amp 60 Hz dedicated wall receptacle.

Overseas Units – 240V 7.5 Amps 50 Hz dedicated wall receptacle.

**Power Cord Plug Configuration** 20 amp  
TS6238



## START UP/PANEL ADJUSTMENTS



Note: If you experience power failure, sauna will return to factory default settings, which are 135°F and 60 minutes, you will have to reset your settings. On powering up the sauna the panel will display sauna internal temperature.

Once the TheraSauna® reaches the set temperature, the heat indicator light will turn off letting you know the sauna has reached your desired temperature. This does not mean that the sauna is no longer emitting infrared. At this time, our patented, StableHeat system will work its magic. The onboard computer will reduce the voltage going to the TheraMitters™ to keep them on and emitting infrared, while at the same time, keeping the pre-set temperature from extreme fluctuations.

### Session Timer Adjustment

1. With sauna in the off mode (orange heater light off) repeatedly press time button until desired session time is reached.

### Setting Temperature

1. With sauna in the off mode (orange heater light off) repeatedly press temperature up/down button until desired temperature is reached.
  - a. When heater/light on/off button is pressed sauna light will turn on. Sauna light may be turned on or off at any time in any mode by pressing light on/off button.
  - b. Normal operating temperature is 110°F - 125°F (43°C – 52°C).

### Diagnostic Codes

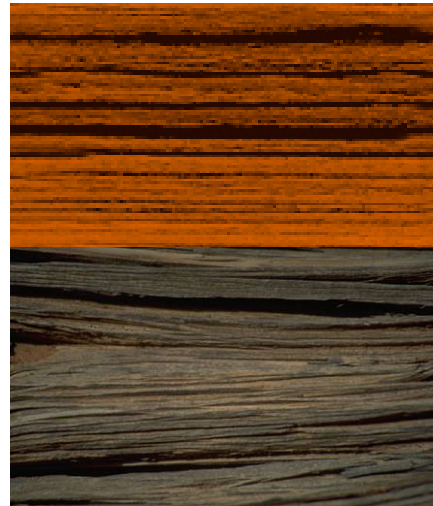
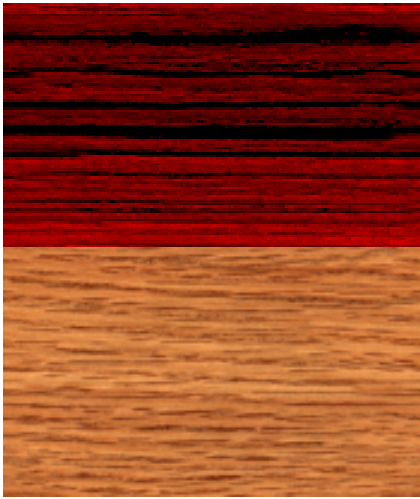
**SN:** Bad temperature sensor, replace temperature sensors.

**OH:** Overheat, Allow sauna to cool down. No service is needed.

## WOOD CHARACTERISTICS

Each tree has its own characteristics that are unique to it alone. These features include differences in color and grain directions that are produced by nature in every tree. These variations create the beauty and style found in fine wood.

Since these differences in texture and grain affect the final finish, it is impossible to guarantee an exact match in finish between any two pieces, even though identical finishing processes are applied.



We have used a uniform finish on the natural woods in this TheraSauna® and we hope that you will appreciate and enjoy its beauty.

**Thank you for purchasing a TheraSauna®.**

## HELPFUL HINTS

Drink liquids prior to, during and after your sauna session. Water works just fine. Use the best quality water available to you. Eating a piece of fruit is helpful to replace potassium. The typical American diet can replace phosphorous which is lost through perspiration. Magnesium is replaceable through green leafy vegetables or supplementation. (Some facts about Gatorade: the “energy” Gatorade supplies to muscles is SUGAR. The “fluids” are water. And the “minerals” are salt (110mg of sodium and 97 mg of chlorine), 25 mg of potassium and 24 mg of phosphorous. Americans eating an average diet of commercial food already consume too much salt and phosphorous. While many people could use a little more potassium, there is more than 25 mg in a TABLESPOON of orange juice. If you shower or bathe before your Infrared Sauna session, you may sweat more: try it with and without first bathing or showering to see which you prefer. Have 2-3 towels available during your session. Sit on one towel folded over several times for added cushioning. Use another towel on the floor to absorb extra sweat. A third towel can be draped over the knees may provide comfort and is useful to towel off sweat during your sauna session.

As you become more heat conditioned you may wish to increase the length of your sessions to 40 minutes or longer. This is especially useful if desiring to heat soft tissues to their optimal temperature prior to stretching to attain a non-elastic, lasting elongation. Obviously, you will need to rehydrate very thoroughly and be sure to properly support your mineral balance. Certainly, consult your doctor about your individual usage. Many users report that they feel increasingly comfortable with longer sessions, some as long as 1 ½ hours. On other days these same people “feel finished” with their session after 30-40 minutes of usage. Any area that you wish to achieve a specific deep heating effect in should be moved as close to one of the heaters as feels comfortable

## HELPFUL TROUBLESHOOTING HINTS

**\*CAUTION DISCONNECT POWER SUPPLY BEFORE SERVICING\***

<b>PROBLEM</b>	<b>CAUSE</b>	<b>TIPS</b>
Sauna light not working	Light not plugged in	Remove light mounting screw and light will come off the wall. Check light plug to be sure it is plugged in securely.
Sauna light not working	Bad light bulb	Check light bulb in separate light socket.
OH message displayed on control panel	System has overheated	No service needed. Allow sauna to cool down and resume use as normal.
Assembly bolts will not line up	Floor not level	Walls may have to be raised, lowered or tilted to align bolt holes.
Bolts line up but will not screw all the way into receiver	Bolts holes have saw dust or a burr in them	Clean bolt holes with Q-tip. Screw a bolt into all 14 assembly holes to assure there is no burr in them. Lubricate bolts with small amount of petroleum jelly.
Heaters not working	Heaters not plugged into control box.	Unplug sauna from outlet. Locate sauna control box. Remove the 2 top and 2 bottom wood screws from the control box housing. Check all plugs to assure they are fully plugged into control box. Plug sauna back into outlet. On the control panel touch on - off button. The heat indicator light should come on. Wait a few minutes. Then place hand in front of heater to check for warmth.
No display on control panels	Panels not plugged into control box	Unplug sauna from outlet. Locate sauna control box. Remove the 2 top and 2 bottom wood screws from the control box housing. Check all plugs to assure they are fully plugged into control box. Plug sauna back into outlet.
No display on one control panel	Panel not plugged in	Pry Panel off wall with butter knife or flat screwdriver. Check to see if panel is plugged into wiring harness.
One of the sauna heaters not working	Heater not plugged in	Unplug sauna from outlet. Remove screws holding wood trim around heater. Remove screws holding heater box into the wall. Pull heater out of wall and check to be sure heater is plugged in. Plug sauna back into outlet.
Sauna only reaches 125°F (52°C)	Line Voltage Variance	This is not a defective sauna. If all heater elements produce heat then local power variance and/or ambient temperature may prevent sauna from getting any hotter, close vent. Do not use extension cord.
SN message displayed on control panel	Temperature sensor has failed	Locate sauna control box and remove crews holding the sauna control box lid. Unplug round gray temperature sensor wire and replace with new sensor assembly.



## **THERASAUNA® DISCLAIMER**

### **Disclaimer**

QCA Spas, Inc. (manufacturer of TheraSauna®) and its affiliates do not provide medical advice, education or treatment. The information contained in this manual is for general information purposes and is not intended to address individual medical conditions. Infrared heat may not be right for you and the information herein should not be relied upon in making decisions about your health. Always consult your physician for medical advice.

### **Warning**

Elderly persons, infants, and anyone subject to heart disease, diabetes, high or low blood pressure, strokes, epilepsy or similar afflictions should not use the infrared sauna before consulting a physician. Unsupervised use by children should be prohibited. Never use the infrared sauna while under the influence of alcohol, anti-coagulants, antihistamines, vasoconstrictors, vasodilators, stimulants, hypnotics, narcotics, or tranquilizers. If you are taking medication of any kind or being treated by a physician for any reason, consult your physician prior to use of the infrared sauna.

QCA Spas, Inc. does not warrant results and cannot be liable for personal injury or health conditions resulting from use. The TheraSauna® is not intended for commercial use. We reserve the right to make changes to the sauna at any time, without notice, in cabinetry, materials, color, finish, design, specifications, and equipment.

## **TheraSauna® Warranty**

Labor: One-year warranty on labor

Controls: Three-year warranty on the controls.

TheraMitters™: Lifetime warranty with a 50 dollar handling fee per incident.

**THIS UNIT IS MEANT FOR INDOOR USE ONLY. WARRANTY IS VOIDED IF THERASAUNA® IS PLACED IN AN OUTDOOR ENVIRONMENT.**

***Limited warranty on TheraSauna® replacement parts.*** TheraSauna® warrants its products to be free from defects in material and workmanship for a period of one year from the date of purchase, except as noted above. Products, which become defective within the warranty period will be repaired or replaced (at TheraSaunas® option) except for damage due to negligence, abuse, misuse, misapplication, unauthorized modifications, improper installation, or normal wear and tear.

TheraSauna® will be responsible for labor incurred by its authorized service agents per pre-established rates in removing, inspecting and reinstalling the warranty products only during the one year of the warranty period; however, TheraSauna® will not cover any labor costs attributable to disassembly and reassemble of the unit. TheraSauna® will not be responsible for labor costs of anyone that is not an authorized service agent or for routine maintenance, adjustments or alterations to the calibration of the electrical devices. Any products which are claimed to be defective and which are not repaired or replaced by an authorized service agent must be shipped freight prepaid to TheraSauna® and the repaired or replaced product will be returned to the sender freight collect. When sent to TheraSauna®, the product must be accompanied by the sales receipt or other proof of purchase date, as well as the sender's name, mailing address, daytime telephone number and any other information relating to the sender's claim. This warranty gives you specific legal rights and you may also have other rights, which vary, from state to state. This warranty applies to products produced by TheraSauna® after **January 1, 2004**.

This warranty is extended only to the original purchaser. This warranty shall not apply to any product or component used for industrial, rental, club or commercial purpose. This warranty shall not apply to any claims arising from the misuse, neglect, accident, abuse, improper installation, or improper operation on the part of the purchaser, including but not limited to exposure to fire or excessive heat, and other hazards of nature. Under no circumstances will the manufacturer be liable for any special or consequential damages arising from the use of the product or components or the parts attached or installed with it. Nor for injury to any person or any claims for damages arising from the use, installation or servicing of the product. The purchaser is responsible for providing adequate access to the equipment so that any necessary service may be performed. The purchaser must establish, by dated sales slip, invoice or delivery receipt, the date of purchase. All costs for removing and reinstalling the sauna as well as freight charges to and from our factory shall be at the purchaser's expense.

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

Attached hereto is the warranty card, which must be completed and returned to TheraSauna®/QCA within thirty (30) days from the date of purchase of the THERASAUNA®. Failure to return the warranty card within thirty days of purchase will void this warranty without any further notice.

**REGARDLESS OF WHETHER THE WARRANTY CARD IS RETURNED WITHIN THE SPECIFIED TIME PERIOD, THERE SHALL BE NO WARRANTIES OR OBLIGATIONS, EXPRESS OR IMPLIED HEREUNDER, SPECIFICALLY EXCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, OTHER THAN SPECIFICALLY DESCRIBED HEREIN. NO LIABILITY SHALL ACCRUE TO THERASAUNA®/QCA EXCEPT AS SET FORTH HEREIN.**

To receive your **FREE** gift for your sauna and to **VALIDATE** your sauna warranty, return the **PREPAID** registration card within **THIRTY** days of delivery.

You will find your serial # located underneath the TheraSauna® bench. You must include your serial # on your warranty registration card in order to receive your free gift.

**You may also validate your warranty online at [www.therasauna.com](http://www.therasauna.com)**

## **TheraSauna®**

Date Purchased:

Date Installed:

Dealer:

Address:

Telephone:

Sauna Model Serial Number:

**Warning:** Elderly persons, infants and anyone subject to heart disease, diabetes, high or low blood pressure, stroke, epilepsy or similar afflictions should not enter a sauna without consulting a physician. Unsupervised use by children should be prohibited. Never use a sauna while under the influence of alcohol, anticoagulants, antihistamines, vasoconstrictors, vasodiators, stimulants, hypnotics, narcotics, or tranquilizers. If you are taking medications of any kind, or being treated for any illness, consult your physician prior to the use of the sauna.

To validate this warranty, the Purchaser must complete the enclosed registration card within 30 days of delivery. Return of the owner registration card is a condition of warranty coverage. This warranty is exclusive and supersedes all other representations or obligations of TheraSauna®, whether express or implied and whether oral, written or printed.

 **WARNING**

**REDUCE THE RISK OF FIRES**

Do Not Install Closer Than 102mm or 4 inches  
To A Vertical Surface

 **WARNING**

**REDUCE THE RISK OF ELECTROCUTION**

Disconnect All Supply Connections Before Servicing  
This Appliance Has 1 Supply Connection

 **WARNING**

**REDUCE THE RISK OF ELECTRIC SHOCK**

Do Not Operate Unless Guard Is In Place

# **CAUTION**

## **REDUCE THE RISK OF FIRE**

Do Not Place Combustible Material On Heater At Any Time

# **WARNING**

## **REDUCE THE RISK OF OVERHEATING**

1. Exit immediately if uncomfortable, dizzy, or sleepy. Staying too long in a heated area is capable of causing overheating.
2. Supervise children at all times.
3. Check with a doctor before use if pregnant, in poor health, or under medical care.



These symbols designate that this sauna is listed by the Canadian Standards Association for use in the United States and Canada.

