



Two Person Traditional Sauna Manual



For any additional questions, please contact us at help@reviveplunge.com

Thank you for choosing Revive

Thank you for purchasing a Revive Sauna! Please read the following contents before assembling and using the product:

Warnings

To ensure safe and proper use of your sauna, carefully read and follow these warnings:

Health & Safety Precautions

- **Consult a physician** before using the sauna if you have any medical conditions, are pregnant, or take prescription medications that may affect circulation, blood pressure, or body temperature regulation.
- **Do not use the sauna if you feel unwell, dizzy, or overheated.** Exit immediately if you experience discomfort, nausea, or lightheadedness.
- **Stay hydrated.** Drink plenty of water before, during and after sauna use to prevent dehydration.
- **Limit sauna sessions.** Recommended use is **15-20 minutes** at a time. Prolonged exposure may lead to overheating.
- **Never use alcohol or drugs** before or during sauna use, as this can increase the risk of unconsciousness and serious injury.

Fire & Electrical Safety

- **Do not use extension cords** or power strips to operate an electric sauna heater. Always plug directly into a properly rated outlet.
- **Keep flammable materials away** from sauna heaters or heating elements.
- **Do not pour excessive water** on sauna rocks or heating elements, as this may cause electrical hazards or damage.

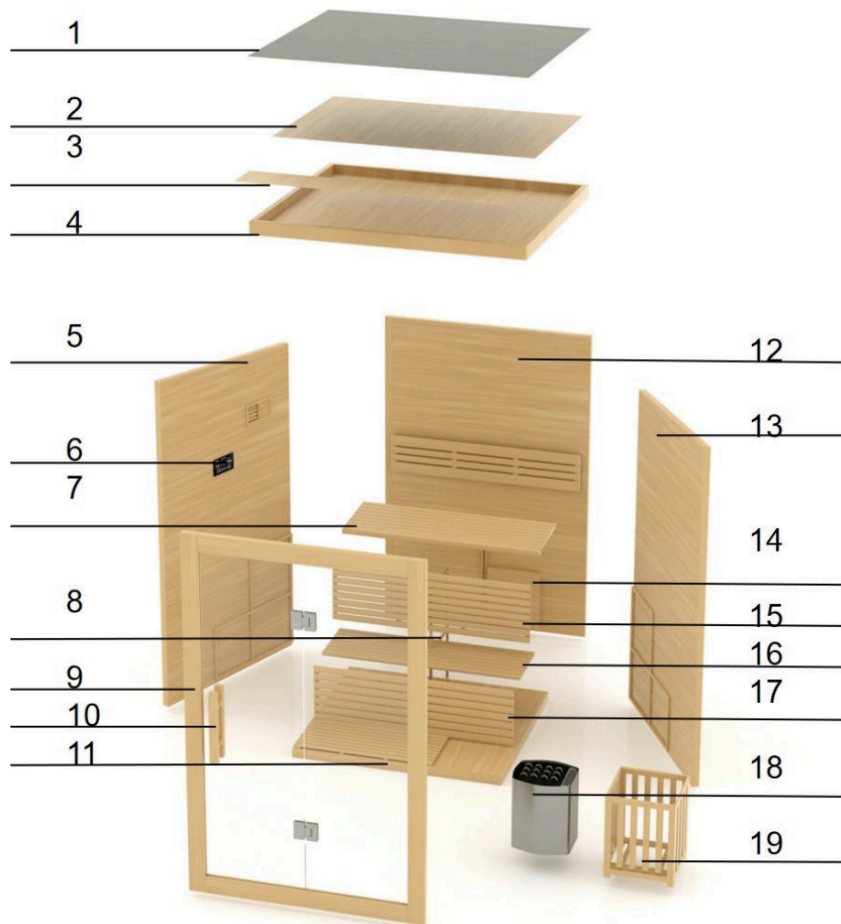
Usage & Maintenance

- **Supervise children at all times.** Saunas are not recommended for young children without medical approval and close supervision.
- **Do not sleep in the sauna.** Prolonged exposure to high temperatures can be fatal.
- **Avoid contact with hot surfaces.** Sauna heaters and metal components can cause burns if touched.
- **Inspect the sauna regularly** for signs of damage, wear, or malfunctioning components. Do not use if repairs are needed.
- **Use only manufacturer-approved accessories** and replacement parts to maintain safety and performance.

By following these warnings, you can enjoy your sauna safely and maximize its benefits. If you have any doubts about usage, consult a professional or contact customer support.

Product Data

■ Product Name: Sauna Room	■ Sauna Dimensions: 86.2x86.2x83.6(in)
■ Power of use: 220-240V/50-60HZ	■ Weight: 150lbs
■ Heater Power: 3500W	■ Operation temperature/hour: 64-220F/0~90 minutes
■ Wood Material: Hemlock	■ CE Certificate No: CTB210421037SX
■ Heater: Harvia Stove	■ EMC Test No: CTB210423030EX



1. Waterproofing + Shingles	2. Roof Rear Cover	3. Roof Front Cover	4. Top Board
5. Left Board	6. Control Panel	7. Up Bench	8. Bench Frame
9. Front Board	10. Handle	11. Bottom Board	12. Back Board
13. Right Board	14. Power Box Cover	15. Up Bench Front Frame	16. Low Bench Frame
17. Lower Bench Front Frame	18. Stove	19. Stove Frame	

Step-by-Step Assembly



Bottom Board



Back Board



Left Board



Right Board



**Bench Frame +
Power Cover**



**Low Bench
Front Board**



Low Bench



Up Bench Front Board



Up Bench



Front Board

Handle

Stove+ Stove Frame



Top Board

Roof Rear Cover

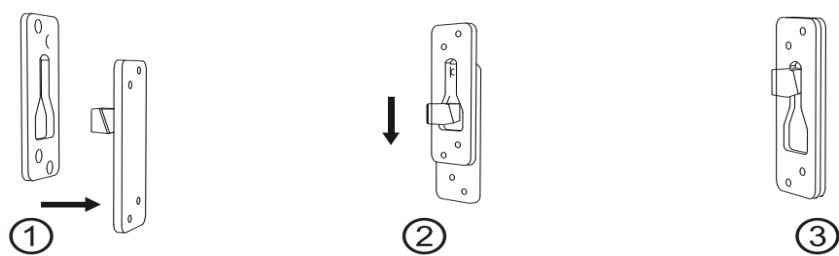
Roof Front Cover



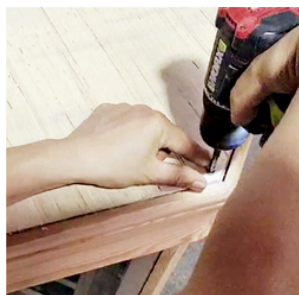
**Waterproofing +
Shingles**

Finish

Hanging buckle installation method

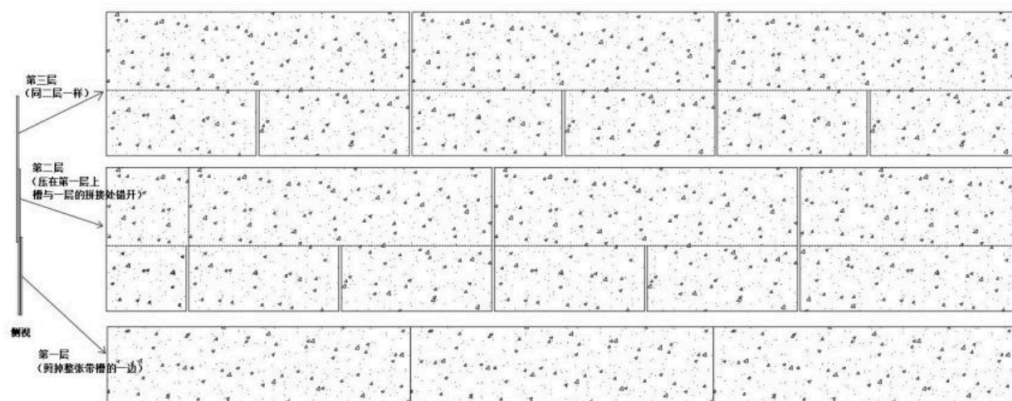


Door Handle Installation

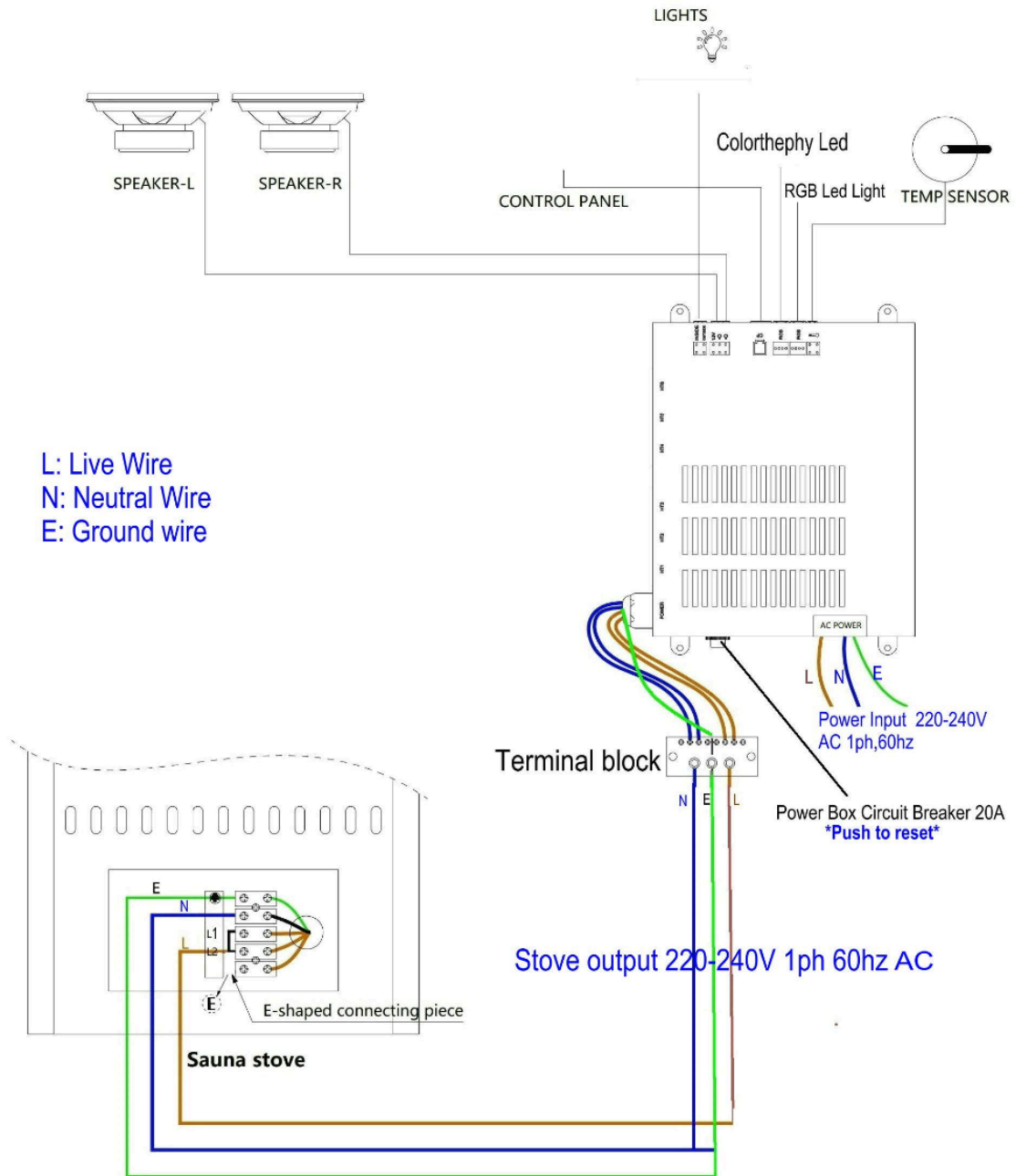


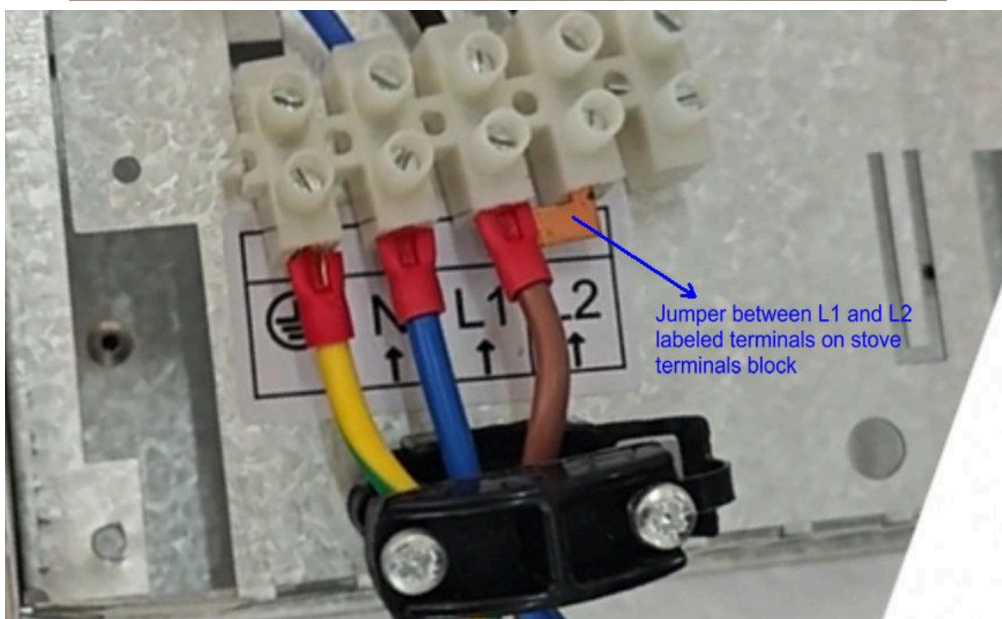
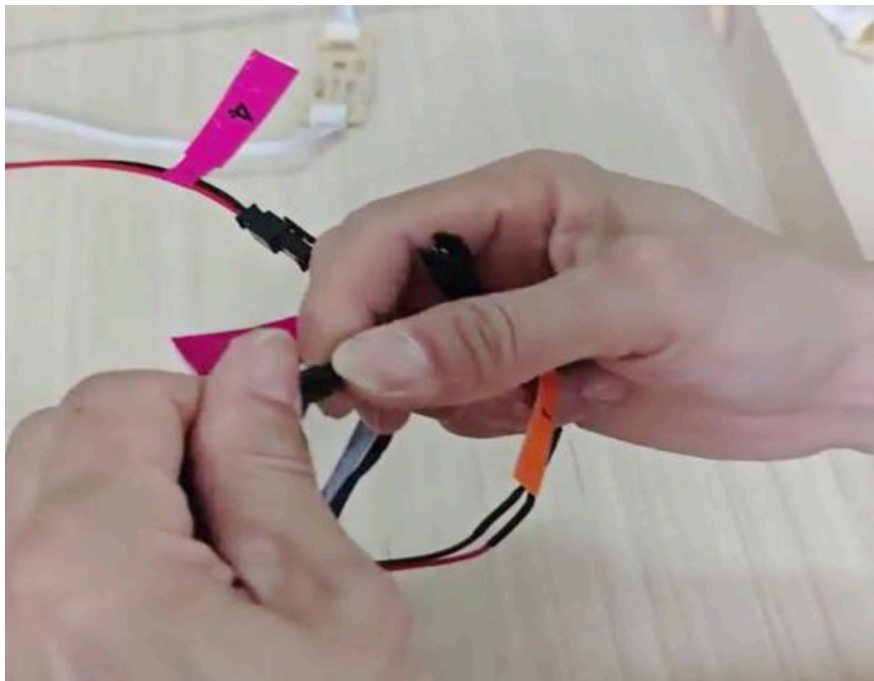
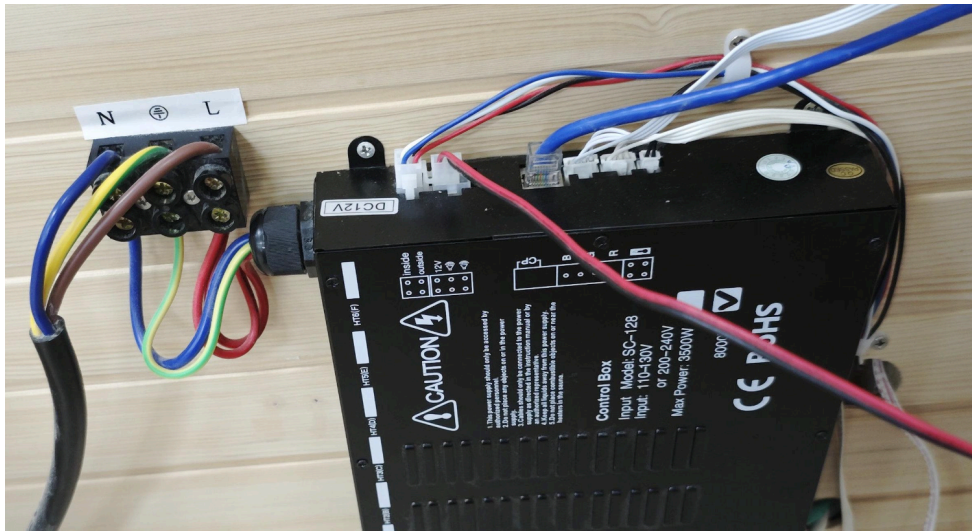
Duster Cover Installation

Shingles Installation

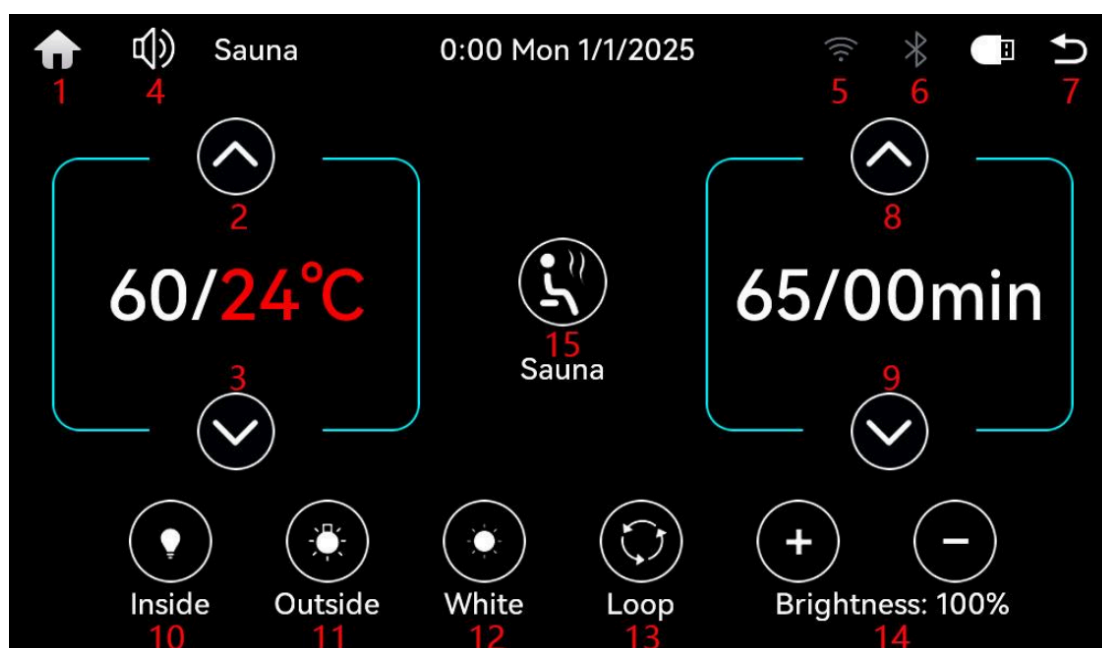


Electrical Diagram





Control Panel Functions



1. Main Menu	2. Temperature +	3. Temperature -	4. Volume
5. WIFI Function	6. Bluetooth Function	7. Return Function	8. Time +
9. Time -	10. Interior Light	11. Exterior Lights	12. LED Lights
13. Lantern cycle	14. LED Brightness Adjustment	15. Sauna function	16. Sauna Power Button

Warm tip: all connecting wires of the controller must be connected before use, and then powered on!

1. Main menu function: Clicking on the main menu icon can switch to the main menu from other functional interfaces.

2. Temperature+: Click to increase the temperature, and click on the current temperature to convert between Fahrenheit and Celsius.

3. Temperature -: Click to decrease the temperature, click on the current temperature to convert between Fahrenheit and Celsius.

4. Volume: Click on the volume icon, drag the volume progress bar, and adjust the volume level.

5. WIFI function: For WIFI remote APP control function, download the “Smart Life” APP from the mobile application market. After downloading, confirm to turn on the mobile

Bluetooth, mobile location information, and turn on WIFI Home Sauna Manual 9 before connecting the APP . The control panel remains powered on. Open the mobile smart life app, click on "Add Device" (when the network is good, the device will automatically pop up after opening the app), and the device name is "Smart Controller" . After searching, click on "Connect" and enter your 2.4G WiFi account and password to connect (WiFi signal only supports 2.4G network). The connection is successful, the WIFI icon on the control panel will light up, and the mobile app will automatically jump to the control interface, allowing remote control of machine on/off, temperature, colorful light settings, and timed on/off. (If the device cannot be found, click on the WIFI icon on the control panel and select Reset WIFI).

6. **Bluetooth function:** Turn on your phone's Bluetooth, search for the Bluetooth signal SAUNA BT digital code, and click connect (the Bluetooth name of the controller is SAUNA BT digital code, and each controller has a different Bluetooth digital code for customers to distinguish, such as SAUNA BT-4735, etc.). After successful connection, the Bluetooth icon on the panel will light up.

7. 8. 9. **Return function:** Switch from other function interfaces to the main menu

Time+: Click to increase the time

Time - Click to reduce time

10. **Interior light (reading light):** Short press to turn on, then press to turn off the light.

11. **External light (eaves light):** Short press to turn on, then press to turn off the light.

12. **RGB Colorful Lamp:** The lighting sequence is white- red- green -yellow- blue- purple -cyan- turn off the lights.

13. **Lantern cycle:** Short-press to turn on the lantern cycle, then press to turn off the lantern cycle.

14. **Color light brightness adjustment:** It can adjust the brightness of rainbow lights (with an adjustment range of 10% -100%).

15. **Sauna function:** Click on the sauna icon, and when the icon lights up, you can adjust the time and temperature.



Sauna Care & Maintenance Guide

Proper care and maintenance of your sauna will help ensure its longevity, performance, and hygiene. Follow these guidelines to keep your sauna in excellent condition.

Daily Care

- **Wipe Down Surfaces** – After each use, use a dry or slightly damp cloth to wipe down benches, backrests, and walls to remove sweat and moisture. Avoid excessive water.
 - **Air Out the Sauna** – Leave the door open for at least 15-30 minutes after each session to promote airflow and prevent mold and mildew.
 - **Sweep or Vacuum** – Remove dust, hair, and debris from the floor to maintain cleanliness.
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Weekly Maintenance

- **Clean the Interior** – Use a mild, non-abrasive soap solution or a diluted vinegar and water mix to wipe down wooden surfaces. Avoid harsh chemicals that can damage wood.
 - **Disinfect High-Use Areas** – Lightly sanitize benches, backrests, and handrails with a sauna-safe cleaner.
 - **Check the Heater & Stones** – Ensure sauna stones are properly arranged and free of cracks. Wipe down the heater to remove dust buildup.
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Monthly Deep Cleaning

- **Inspect for Mold & Mildew** – Look for signs of excessive moisture buildup and clean any problem areas with a sauna-safe disinfectant.
 - **Check Electrical Components** – Inspect controls, wiring, and heating elements for proper function. Contact a professional if repairs are needed.
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Seasonal & Annual Maintenance

- **Replace Sauna Stones (if needed)** – Due to normal wear and tear over time, sauna stones may crack or degrade. Replace damaged stones to maintain optimal heat distribution.
- **Tighten Hardware** – Ensure all screws, hinges, and door handles are secure.
- **Check Ventilation** – Make sure air vents are clear of dust and debris to ensure proper airflow.

By following these care and maintenance steps, your sauna will remain a clean, comfortable, and enjoyable space for years to come. If you have any questions or require assistance, please contact our customer support team.