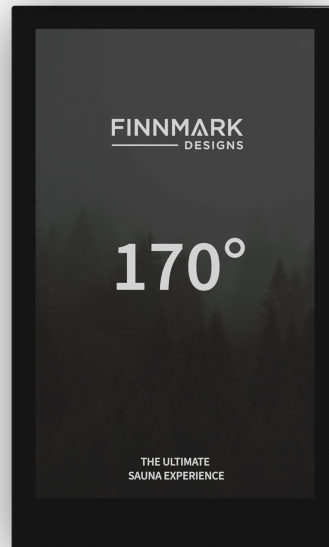




# Operation Manual

## V2 LCD Controller



## Operating instructions for your V2 Touchscreen Controller

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### Guidelines and helpful tips

Congratulations on your purchase of your Finnmark Designs LCD touchscreen controller. We are confident that you will enjoy the many benefits of infrared therapy for years to come.

Carefully read this manual before using your controller for the first time. We recommend keeping this manual for review and future reference.

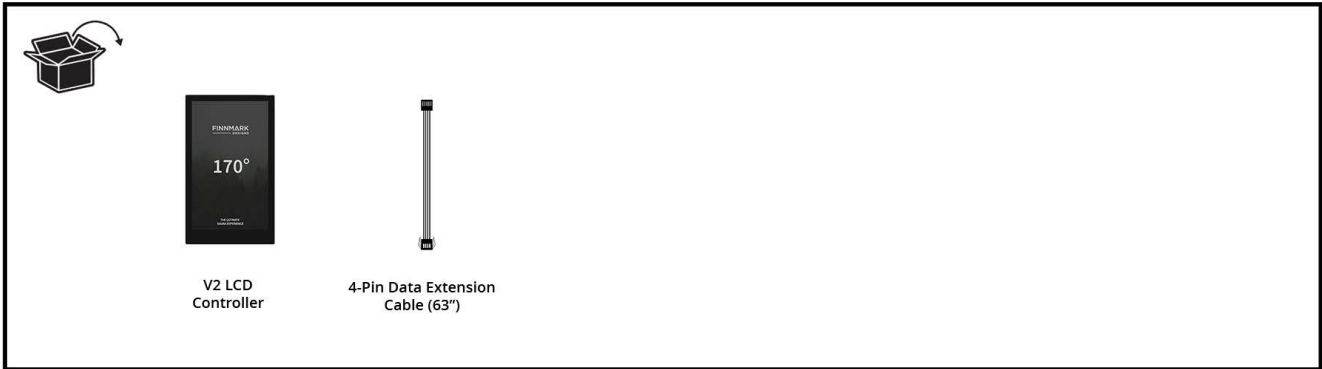
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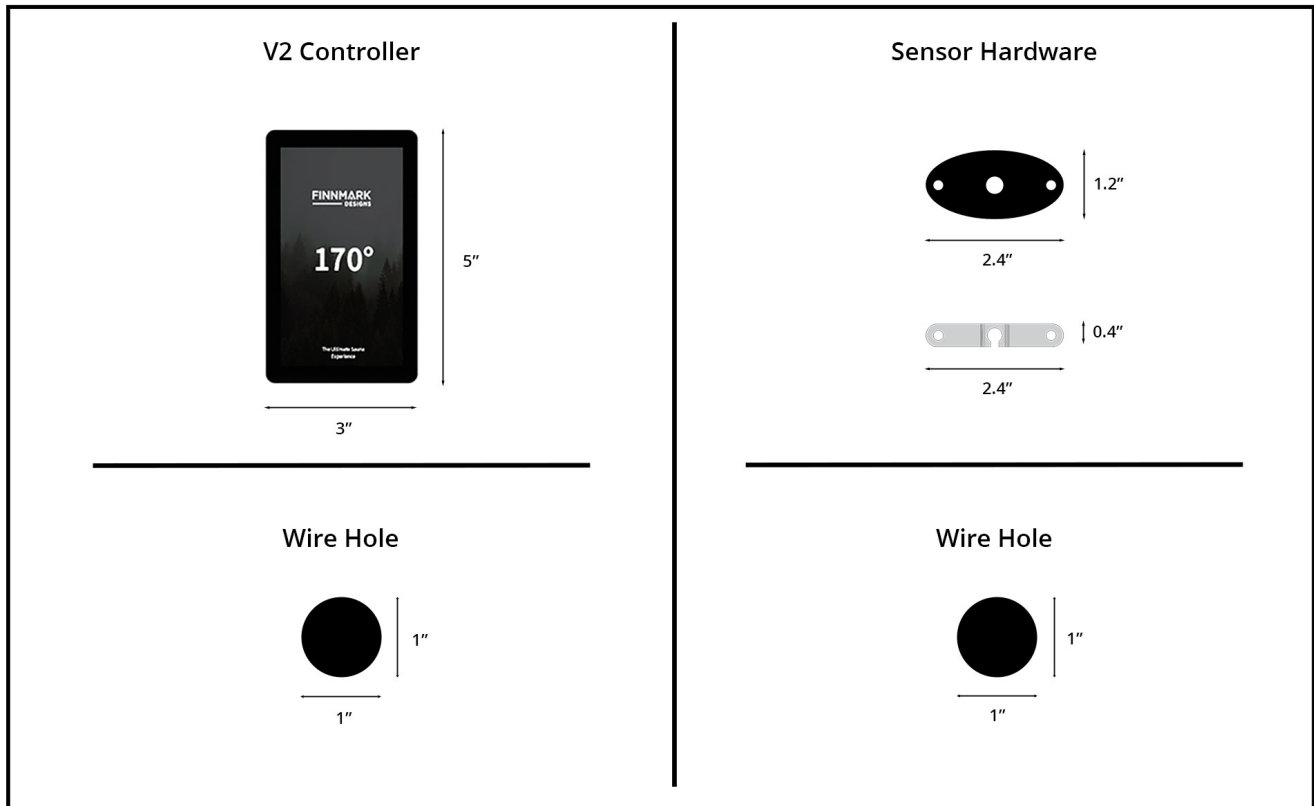
The information contained in this manual is subject to change without notice.

# A. Included & Dimensions

## 1) What's Included

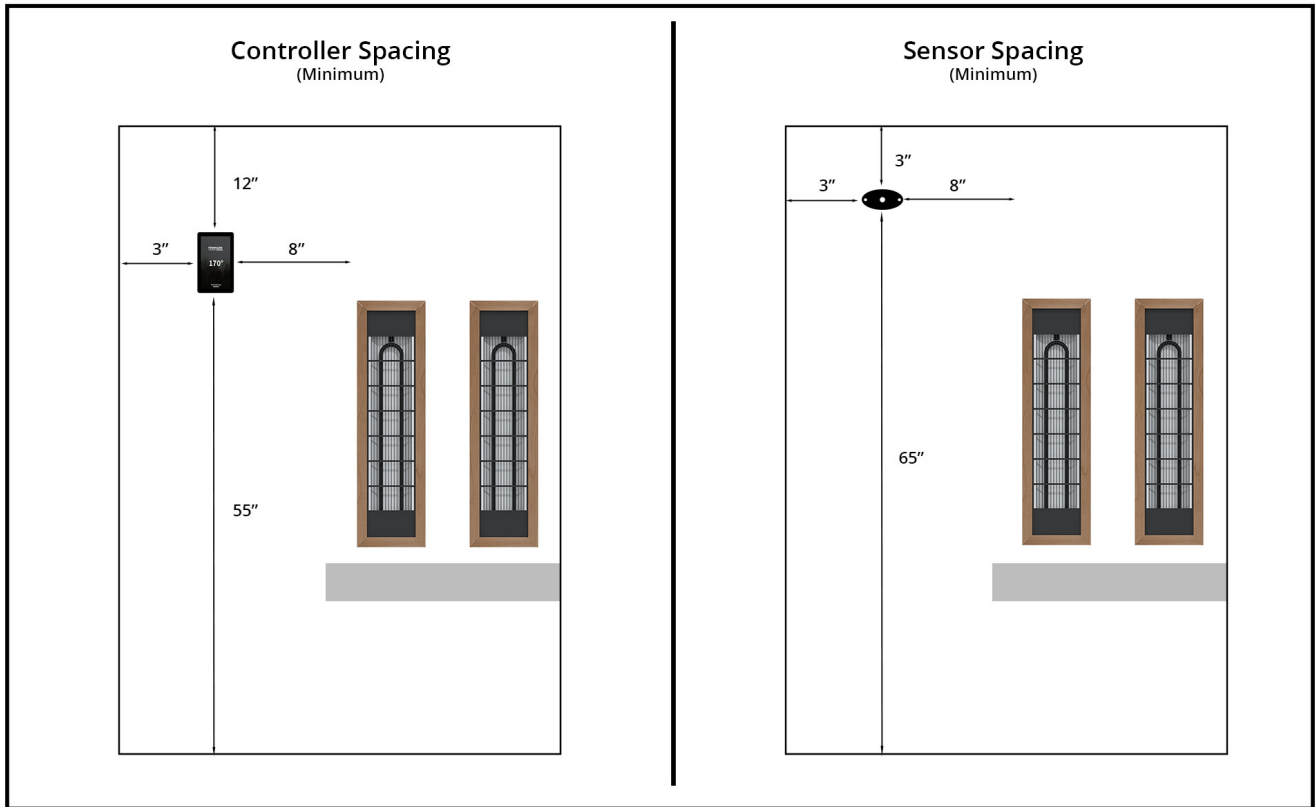


## 2) Dimensions



## B. Infrared Sauna Spacing

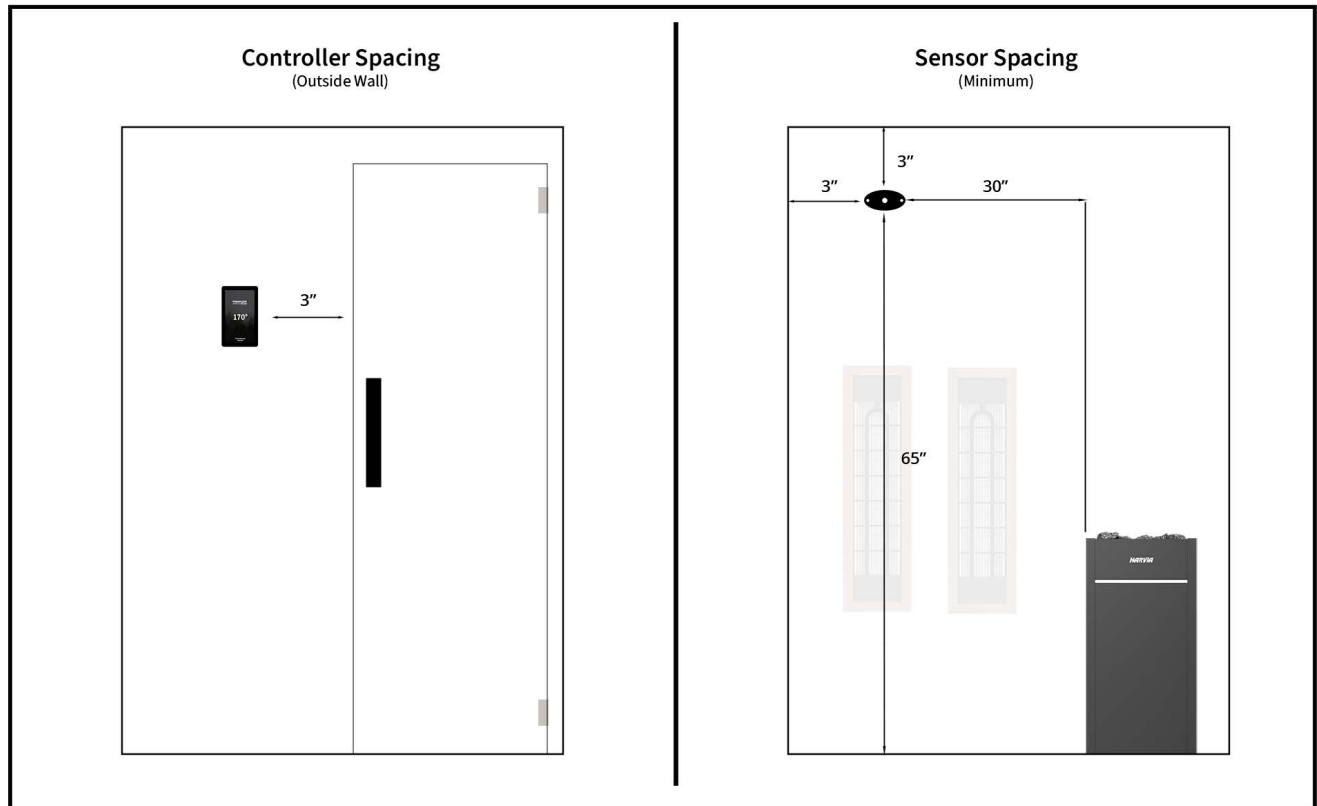
### 1) Infrared Spacing



Follow this sauna spacing guide if you are only using Spectrum Plus™ or Spectrum Carbon™ Infrared sauna heaters for your custom infrared sauna.

## C. Combination Sauna Spacing

### 1) Combination Spacing



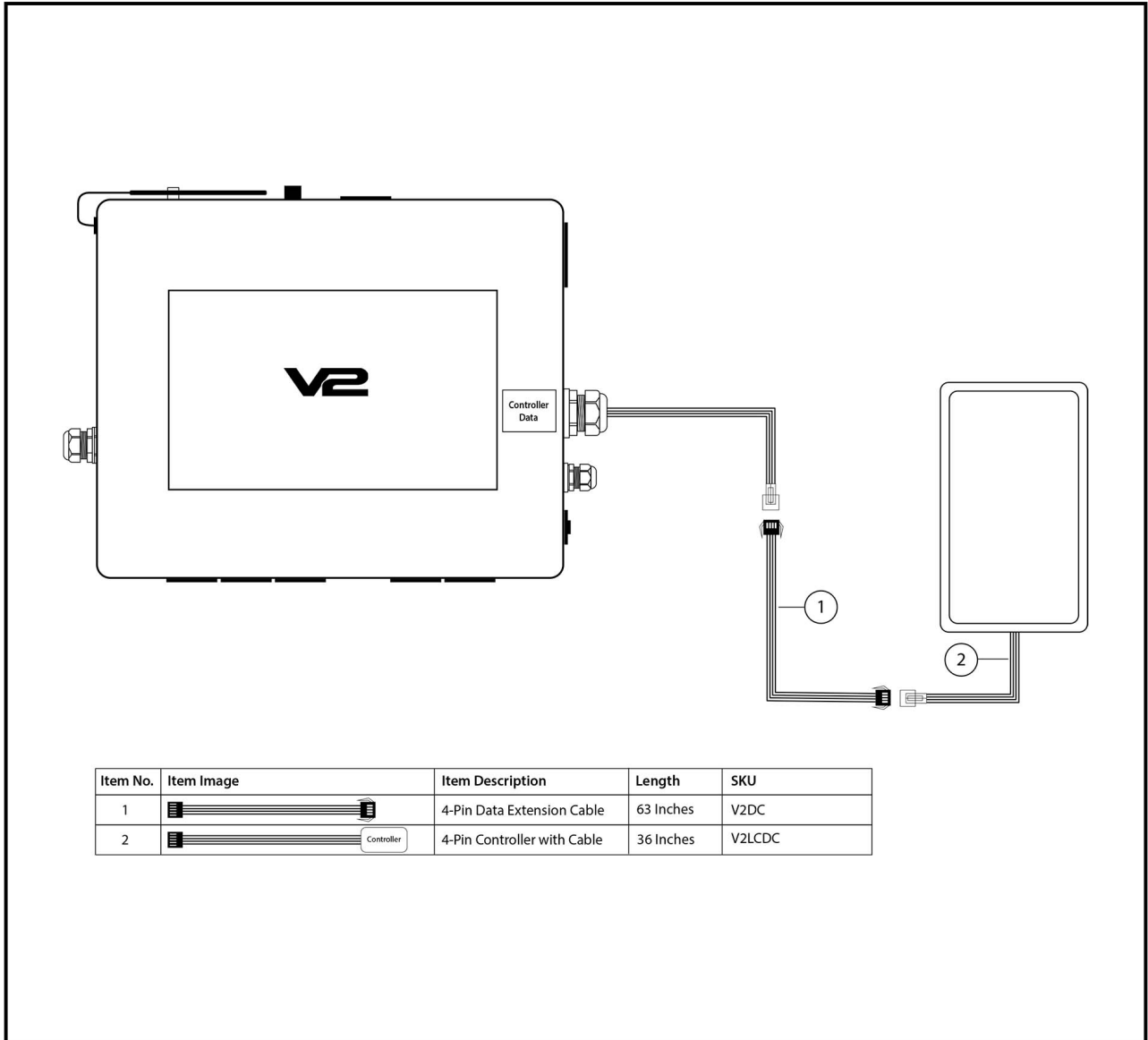
Follow this sauna spacing guide if you are using Spectrum Plus™ infrared sauna heaters combined with a traditional steam heater.

Controller must be mounted on the exterior of the sauna for all saunas built inside a building.

Controller must be covered if installed outdoors.

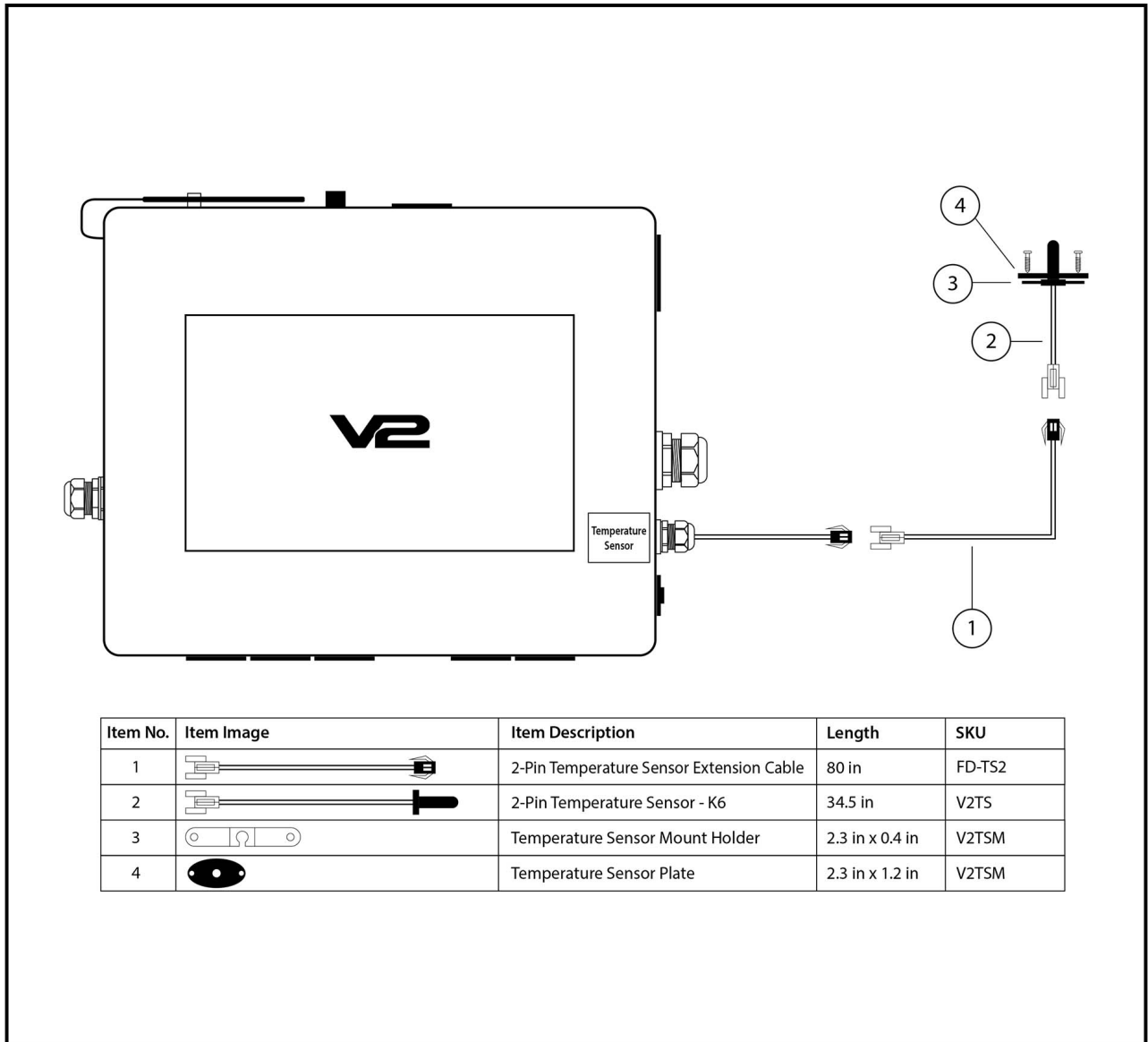
# D. Wiring Guides

## 1) Controller Wiring



# D. Wiring Guides

## 1) Temperature Sensor Wiring

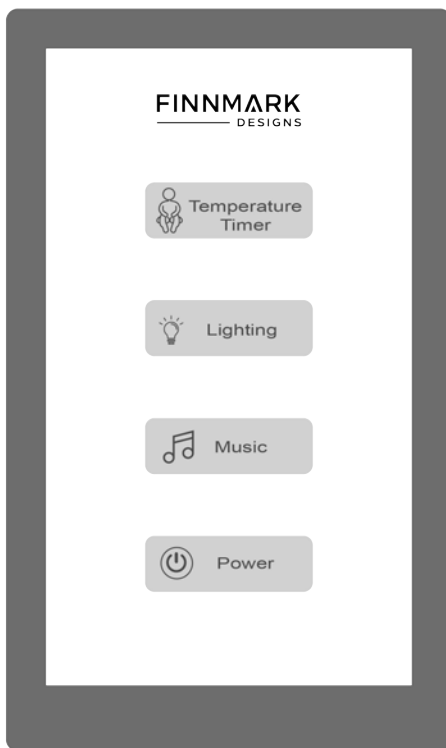


## E. Controller Operation

### 1) Preparing for your first infrared sauna home experience

1. Review all health and safety instructions. If you're in doubt about using your infrared sauna, first consult with your physician.

### 2) LCD control panel



**Temperature | Timer**  
Set time and temperature

**Lighting**  
Adjust lighting

**Music | Bluetooth**  
Connect sauna to bluetooth

**Power Button**  
Turn sauna off



## E. Controller Operation

### 3) Powering on your sauna

1. Plug in the power cord to the electrical outlet. All lights on the LED Control Panel will flash once.
2. During Off mode, nothing will display.
3. We recommend turning the sauna on for the maximum time and temperature in order to burn off any factory dust before using your sauna for the first time. For maximum performance of the heaters, cycle your sauna (turn on to max temperature and run for one hour) 2-3 times.

### 4) Starting up your sauna

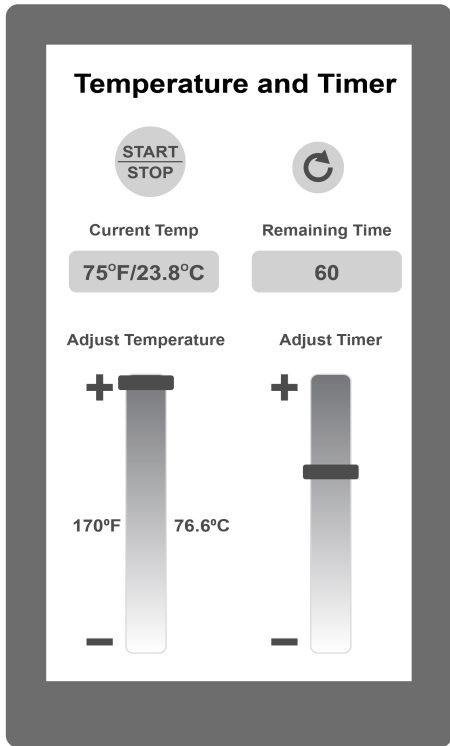
1. Hold your index finger on the bottom left side of the LCD screen until the controller turns itself on.



The controller is touch sensitive, so you must hold down the power button for 2-3 seconds.

# E. Controller Operation

## 5) Setting the sauna session time and temperature



**Start | Stop**  
Start and stop heat and timer

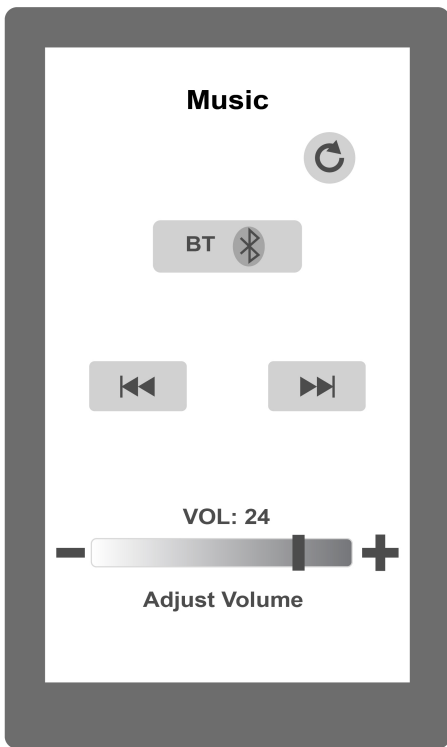
**Return to Home**  
Go back to home screen

**Adjust Temperature**  
Use slider or + & - buttons

**Adjust Timer**  
Use slider or + & - buttons

# E. Controller Operation

## 6) Using Bluetooth



**Return to home**  
Return to home screen

**Pair your bluetooth device**  
Press to pair your device

**Select track**  
Previous and next track

**Adjust volume**  
Increase or decrease volume

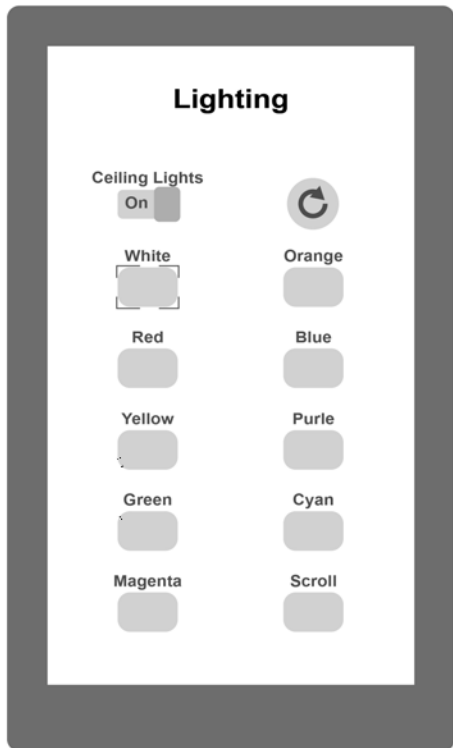
Your Bluetooth device should see BT-SAUNA after you select the BT button on the controller.

**NOTE:** Due to safety regulations, only one Bluetooth device can be connected to your saunas controller.

You must disconnect one device to use the other.

# E. Controller Operation

## 7) Controlling the multi-color LED light



**Power ceiling lights**  
Select slider to turn lights on / off

**Return to home**  
Return to home screen

**Select color**  
Select desired color

**Scroll**  
Use finger to scroll different colors

## E. Controller Operation

### 11) Error codes

**EO** EO: Temperature Sensor Disconnected. Reset sauna. Unplug and plug back in. Call customer support if needed.

**E1** E1: Short circuit. Check all connections.

**HH** HH: Inside Sauna Temperature is over the limit (170°F/76°C).

**HH error will be resolved automatically. During HH error, your sauna will automatically shut down and go into a cool-down period.**

### 12) Customer service

**Contact Information for Customer Service:**


• Telephone No. : \_\_\_\_\_ **(800) 983-0067**  
• Email : \_\_\_\_\_ **support@finnmarkdesigns.com**

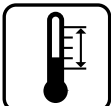
## F. Helpful tips for enjoying your sauna sessions

### 2) Setting session time and temperature

Your body will probably need a few weeks to fully adapt to regular use of infrared sauna bathing.

Here are some average guidelines to set the time and temperature once you are used to the sessions:

1.  **Time:**  
Noticeable results are usually obtained with sessions of at least 30 minutes. For therapeutic use, sessions of 45 minutes are advised.

2.  **Temperature:**  
Many beginners need to start with a lower temperature and work their way up to a higher temperature. Some studies show therapeutic benefits at 163°. Finnmark Designs Saunas get to 170°. If perspiration does not start after 10 to 15 minutes, this usually indicates that the temperature is set too low to obtain good results.

#### When using infrared for the first time:

- **Do not do more than three sessions a week during the first four weeks.** You can do daily sessions after six weeks, if desired.
- **If you do not feel comfortable or relaxed during a session, lower the temperature** and/or open the door of the cabin.

#### Using the traditional heater:

- **Do not** pour water on rocks until the heater has reached set temperature.
- **Start with a small amount of water** and slowly pour to create steam. Do not over pour water. If water is accumulating on the floor, you are using too much water.
- Read the traditional heater's operating instructions for proper usage.

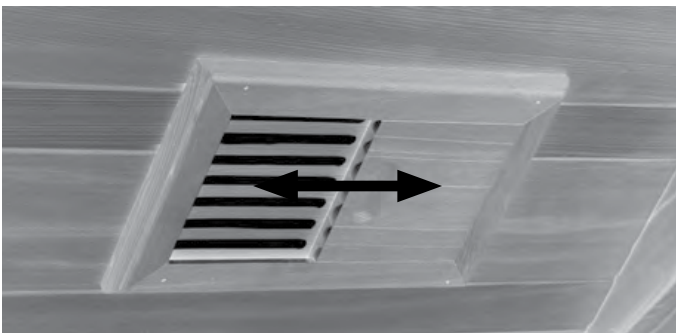
## F. Helpful tips for enjoying your sauna sessions

### 3) Useful information and tips for during your sauna session

1. **Make sure you have a towel on the floor and on the bench of the sauna to absorb perspiration.**

In order to maintain a clean and pleasant atmosphere inside your sauna, do not leave damp towels on the bench or floor. Remove them immediately after the session is over.

2. Be sure to **towel off excess** sweat during your session to help the body perspire more freely.
3. When the temperature reaches the level set on the control panel, the heaters will turn off and on periodically in order to maintain the desired temperature level inside of the sauna.
4. The **ceiling vent on the top panel can be opened** at any time **to introduce fresh air** into the sauna.



5. **If you feel the need for more cooling, simply leave the door open** until the air around you feels comfortable enough.

6. **Do not put any lotions or oils on the body or face** prior to using the sauna. This may block the pores and hinder perspiration.

7. **Essential oils** can help you to find more tranquility during your session.

8. **To make the most out of your sauna session, work your muscles while in the sauna.** Stretch your arms, legs etc. to help relieve sore and tense muscles and massage the affected areas while in the sauna. If you wish to achieve a deep heating effect to a specific area, move it closer to a heater.

9. **To relieve your ankles and feet more effectively, you must elevate them while inside the sauna.**

10. **Shaving your face or legs** with a razor while profusely sweating in a sauna yields an incredibly smooth result without the use of gels or foams.

11. Do not forget to **drink plenty of water** before, during and after sessions to replenish lost fluids through perspiration.

12. 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 let your body cool off.** Once you feel comfortable enough, take a warm (or cool) shower to rinse the perspiration off your body.

## G. Safety precautions

### 1) General safety precautions

#### 1. Read Instructions

- Carefully read all safety and operating instructions before operating your sauna.
- Retain these safety and operating instructions for future reference.
- Do not smoke or light any fire inside your sauna.
- To reduce the risk of injury, do not allow small children to use the sauna unless they are closely supervised at all times.
- Do not use the sauna immediately after hard exercise. Wait at least 30 minutes to allow your body to cool down completely.
- Exercise care when entering or leaving the sauna.
- Never sleep inside the sauna while the unit is in full operation.

- Unplug the sauna from the wall outlet before cleaning. Use a damp cloth for cleaning. Do not use liquid cleaners or aerosol cleansers inside the sauna.
- Do not use this product near water. For example, near a bathtub, in a wet basement, or near a swimming pool.
- Do not use attachments that are not recommended by the manufacturer, as they may cause a hazard.
- The sauna must be placed under an awning or overhang to prevent heavy rain falling directly onto the roof or outdoor cover.
- Do not stack or store any objects on top of or inside the sauna.
- Use precaution when using electronic devices.
- Do not install aftermarket devices.

### 2) Medical and health related precautions

- If you intend to use far infrared therapy for medical reasons, please consult your physician prior to using the sauna.
- 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.
- The use of alcohol, drugs, or medications prior to or during the sauna session may lead to unconsciousness.
- 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.
- 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.

- At the first sign of a cold or flu, increasing your sauna sessions may be beneficial in boosting your immune system and decreasing the reproductive rate of the viruses. Consult your physician for the proper treatment and care for this, before you start using your sauna.

#### 7. Hypothermia Danger

Prolonged exposure to hot air will induce hypothermia. Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 98.6°F/37°C. While hypothermia has many health benefits, it is important not to allow your body's core temperature to rise above 103°F/39.4°C. Symptoms of excessive hypothermia 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.

\*These statements have not been evaluated by the Food and Drug Administration. These statements are for informational purposes only and are not intended as a substitute 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 to any person or entity with respect to any loss, damage, or injury caused directly or indirectly by the information contained herein.

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## G. Safety Precautions

### 3) Power supply related precautions

**1. Dry your hands before handling electrical controls.**

Never unplug the power cord or adjust the controls with wet hands or when you have wet bare feet. A danger of electrical shock exists.

**2. Your sauna is intended for use with a 3-wire properly grounded power socket.** Do not defeat the safety purpose of the supplied line cord and plug.

**3. This product should be operated only from the type of power source indicated on the marking label.** If you are not sure of the type of power supplied to your home, consult your local power company or electrician.

**4. Power supply cords should be routed so they are not likely to be walked on or pinched by items placed upon or against them.**

**5. For added protection during a thunderstorm,** or when it is left unattended and unused for long periods of time, unplug it from the wall outlet.

**6. Do not overload wall outlets and extension cords** as this can result in a risk of fire or electrical shock.

**7. Always unplug this product from the wall outlet before servicing the product.**

**8. Do not remove power supply covers.** No user-serviceable parts are located inside the power supply.

**9. We strongly recommend the use of a GROUND FAULT CIRCUIT INTERRUPTER (GFCI)** device in any potentially wet locations.

### 2) Warranty precautions

**1. When replacement parts are required, be sure to use replacement parts specified by the manufacturer** or have the same characteristics as the original parts.

Unauthorized substitutes may result in fire, electrical shock or other hazards and will void the manufacturer's warranty.

**2. If the power supply cord becomes damaged,** it must immediately be replaced by the manufacturer or its agent or a similarly qualified person to avoid hazard.

**3. Altering or tampering any electrical connections** on the power supply will void the manufacturer's warranty.

**4. Do not attempt any repair without consulting the manufacturer first.** Unauthorized repair attempts will void the manufacturer's warranty.

5. Your Finnmark Designs is made of the finest Canadian Cedar. **All natural wood products have variations in the color, the grain, and irregularities, such as knots and fine cracks.**

**These characteristics are part of the natural beauty of the wood and in no way should be considered defective.**

6. Upon completion of any service or repairs to this product by a service technician, ask the service technician to perform safety checks to determine that the product is in proper operating condition.

## H. Troubleshooting Guide

Question	Answer
<p><b>The controller screen is blank after I plugged in the power supply.</b></p>	<ul style="list-style-type: none"> <li>Your new controller requires you to touch and hold the bottom left of the LCD screen to activate.</li> </ul>
<p><b>After pressing and holding the screen, the controller still doesn't turn on.</b></p>	<ul style="list-style-type: none"> <li>Check the data cable connections. Ensure the connections are firmly together and there are no broken pins.</li> <li>Check the power supply internal breaker. Loose = not tripped. Push in and reset if not loose.</li> <li>Check power outlet to ensure your power supply is receiving power.</li> <li>Remove the data cable from the controller for 5 minutes to manually reset.</li> </ul>
<p><b>My Bluetooth device is not connecting.</b></p>	<ul style="list-style-type: none"> <li>Remove sauna from all Bluetooth devices and try to connect again.</li> <li>Make sure your phone's operating system is up to date.</li> </ul>
<p><b>The scroll feature on the lighting screen doesn't work.</b></p>	<ul style="list-style-type: none"> <li>The scroll feature on the V2 LCD controller requires the Spectrum LED Plus lighting system.</li> </ul>
<p><b>My LCD screen shut off during an infrared session.</b></p>	<ul style="list-style-type: none"> <li>The LCD screen has an internal protection switch that automatically shuts off the controller if heat reaches higher than 198 degrees fahrenheit. Please follow installation guidelines and safe distances between your controller and any heating source.</li> </ul>



# I. Limited Warranty

Finnmark Designs warrants the Controller to be free of defects in material and workmanship.

.....	.....
<b>Residential</b>	<b>10 Years</b>
.....	.....
<b>Commercial</b>	<b>5 Years</b>
.....	.....

Company warrants to the user during the warranty period that the Controller will maintain its structural integrity. The factory-installed electrical components will be free from defects in material or workmanship. This limited warranty shall not apply to any display model unless expressly agreed by Finnmark Designs in writing at the time of purchase or to any controller installed more than six months after the delivery date.

This warranty extends only to the original retail purchaser of the controller and terminates upon transfer of ownership. It does not extend to commercial or institutional use or installation.

Freight charges to and from the customer are the responsibility of the customer (flat fee). This includes freight charges for parts shipped to enable the services of your controller.

This warranty is void if the controller has been subjected to alteration, misuse, abuse, accident, natural disaster or non-factory authorized modification or repair. This warranty is also void if the controller has been operated or maintained in deviation to the published instructions. The warranty extends only to the manufacturing defects and does not cover any damages resulting from mishandling of the product by the owner. This warranty does not cover any normal wear and tear due to usage. This warranty also does not cover any damages caused by natural weather conditions even when the controller is fully covered outdoors.

Finnmark Designs shall not be liable for the loss of use of the controller or other incidental or consequential damages. Under no circumstances shall Finnmark Designs or any of its representatives be held liable for injury to any person or damages to and properties. Some states allow limitations on how long specified warranty lasts. Some states do not allow exclusion or limitation of incidental or consequential damages, so the above limitations or exclusions may not apply to you. This warranty gives you specific legal rights, and you may also have other rights that vary from state to state. Specifications are subject to change without notice.



## I. Limited Warranty

The warranty period begins on the date the unit is purchased by the user. This warranty may not be transferred, sold, donated, gifted or assigned to a third party except with the prior written consent of Finnmark Designs, in its sole and absolute discretion. Absent written consent, only the original purchaser can make claims hereunder. All warranty labor must be performed by Finnmark Designs or its designated representative using authorized Finnmark Designs parts. No agent, dealer, distributor, service company or other party is authorized to change, modify, or extend the terms of this limited warranty in any manner whatsoever. Any warranty so provided shall be solely their separate obligation. As used in this warranty, "commercial use" shall mean any use that involves a fee, rate, charge, or other consideration, any use directly or indirectly in connection with a business, going concern, or undertaking intended for profit or pecuniary gain, and any non-residential use, "residential use" shall mean when purchased for use by a single-family for internal household purposes, and "user" shall mean the original purchaser.

The limited warranty does not cover defects, damage, or failure ("Damage") caused by the delivery service providers or common carrier, the installer, user, or other persons and animals, including without limitation, termites and other electronic-destroying insects or rodents. The limited warranty excludes Damage resulting from transportation, careless handling, improper location, storage, or relocation, as well as from cleaning, painting, staining or other use of abrasive or improper chemicals. The limited warranty also excludes Damage arising from user's or a third party's negligence; modification of any type for any reason (including modification to meet local codes); improper installation (including installation not in accordance with instructions and specifications provided with the unit); connections supplied by the installer of the equipment, an electrician or a third party; improper voltage supply; unauthorized electrical modification; misuse; improper use; abuse; incorrect operation, lack of proper routine or preventive maintenance; unauthorized repair by a third-party; normal wear and tear; fire, and acts of God such as lightning, floods, earthquakes, etc.

The limited warranty covers shipping fees for replacement components within 30 days of receiving the sauna. Shipping fees for replacement components after 30-days of sauna receipt are the responsibility of the customer.



# I. Limited Warranty

For your record, please complete the following information.  
You will need to refer to this information when calling customer service:

Date of Purchase: \_\_\_\_\_ Date of Delivery: \_\_\_\_\_

Model Number: \_\_\_\_\_ Serial Number: \_\_\_\_\_

Dealer Information (Name & Telephone): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone #: (800) 983-0067

Email:

support@FinnmarkDesigns.com

FinnmarkDesigns.com



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