

# Control Series Operation Instructions



**Digi I**

Control Model Digi I 60 min or Digi I 24 hr  
(UL# 1601-14, and 1601-14-1).

Read all instructions carefully before operation. Please leave all instructions and warranty with the owner.

## **WARNING**

*Prolonged exposure to elevated temperatures is capable of inducing hyperthermia. Hyperthermia occurs when the internal temperature of the body reaches several degrees above the normal body temperature of 98.6°F. The symptoms of hyperthermia include an increase in the normal temperature of the body, dizziness, lethargy, drowsiness, and fainting. The effects of the hyperthermia include failure to perceive heat, failure to recognize the need to exit the room, unawareness of impending hazard, fetal damage in pregnant women, physical inability to exit the room and unconsciousness.*

## **WARNING**

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

## **SECTION 1: GENERAL INFORMATION**

These controls are UL approved for permanent installations and electrical connections. Refer to the "**Installation and Operations Instructions**" for complete information about the heater installation.

## **WARNING**

*Do not take a sauna if using alcohol, drugs or medications.*

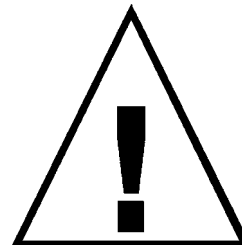
*Pregnant women or persons with poor health should consult their physician before using any sauna.*

*Caution fire hazard: Do not use the sauna room for drying clothes, bathing suits, etc. Do not hang towels above heater or place any object other than the rocks supplied on the heater. If any darkening of the wall around the heater is noticed discontinue sauna use immediately.*

*Inspect sauna regularly for required maintenance to heater, control and benches. Replace wood surfaces which show any signs of deterioration.*

*The heater gets extremely hot during operation and should not be touched or burns may result.*

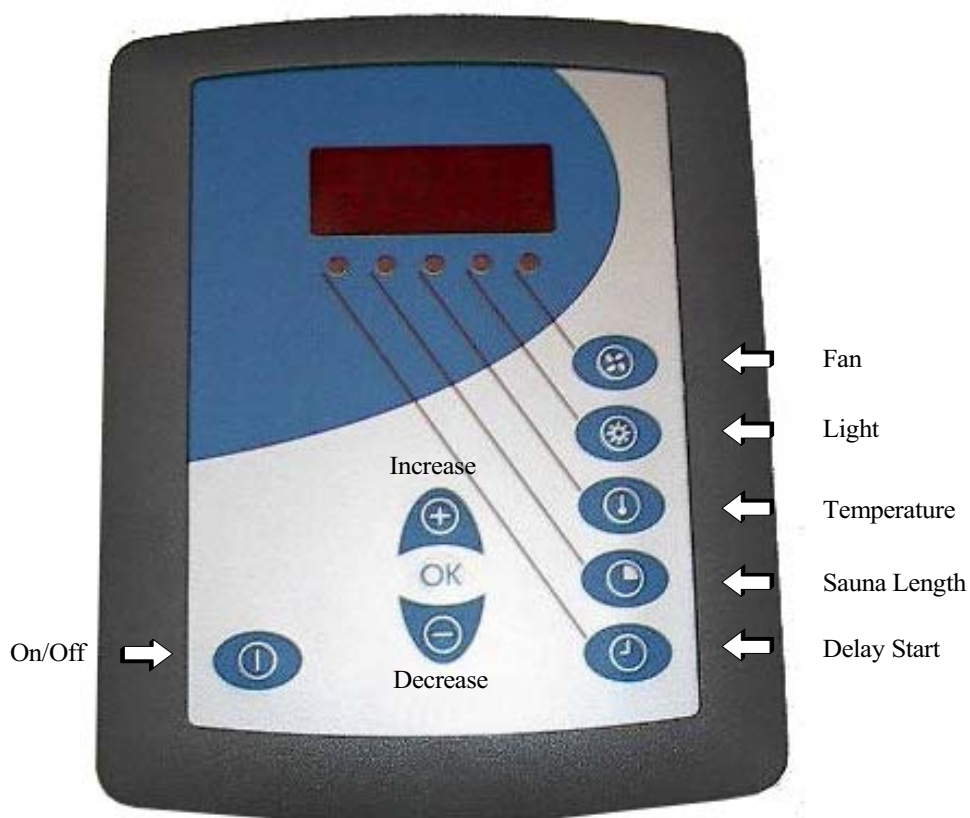
*Minors should be adequately supervised whenever near a hot or warming sauna.*



# Control Series Operation Instructions

## SECTION 2: OPERATION

Digi I 60 min Control  
UL # 1601-14



## WARNING

*Fire sprinkler systems used inside any sauna room should be properly rated for sauna room temperatures.*

*Do not pour chlorinated pool or spa water on heater. Excessive water use on heater may cause damage and void warranty.*

*Do not install a shower in the sauna room.*

*Electric Shock Hazard - High voltage exists within this equipment. There are no user serviceable parts in this equipment. All installation and service to this equipment should be performed by qualified licensed personnel in accordance with local and national codes.*

*Do not construct sauna room so as to restrict air flow through the bottom of the heater.*

*Packing the rocks too tightly may cause the heater high limit switch to trip.*


# Control Series Operation Instructions

## SECTION 2: OPERATION, CONTINUED


### *Control Setup for Control Model Digi I 60 min (UL # 1601-14):*


#### *Setting Temperature Scale:*


The control in the Off mode:

Press **ON/OFF**  FAHR will appear. Press the Up button to toggle between Fahrenheit and Celsius. Press OK when the appropriate scale is displayed.

#### *Setting Time Delay:*

Press Time Delay  button and the indicator light will flash when making changes. Press the up or down arrow to get the appropriate setting. When the desired time has been selected, press **OK**.


Press the **Sauna Heat Time**  button and the indicator light will flash when making changes. Press the up or down arrow to get the appropriate setting (60 minutes maximum). When the desired time has been selected, press **OK**.


Press the **TEMPERATURE**  button and the indicator light will flash when making changes. Press the up or down arrow to get the appropriate setting. When the desired temperature has been selected, press **OK**.


Press **OK** and hold down for **approximately 3 seconds** until time comes on and the “:” in the time starts to flash. The control is programmed to the above settings.

#### *Starting Sauna Immediately:*

The control is in the Off mode:

Press **ON/OFF**  **00:00** will appear. (Number indicates minutes)

Press the **SAUNA HEAT TIME**  button and the indicator light will flash when making changes. Press the up or down arrow to get the appropriate setting (60 minutes maximum). When the desired time has been selected, press **OK**.

Press the **TEMPERATURE**  button and the indicator light will flash when making changes. Press the up or down arrow to get the appropriate setting. When the desired temperature has been selected, press **OK**.

Press **OK** and hold down for **approximately 3 seconds** until time comes on and the “:” in the time starts to flash. The control is programmed to the above settings.

**Note:** Control holds the previous sauna length and temperature setting.

### *Control Setup for Control Model Digi I 24 hr (UL # 1601-14-1):*

Digi I 24 hr (UL # 1601-14-1) is for commercial applications with attendance on duty. This control allows the sauna to heat for a maximum of 23 hours. Refer to 1601-14 control operation for programming. Clock will mean hours and minutes.

# Control Series Operation Instructions

## SECTION 3: HOW TO TAKE A SAUNA

- When taking a sauna, allow time to relax completely.
- Remove clothing and jewelry...if required, wear a towel loosely.
- After 10 minutes or when perspiration begins, leave sauna and relax in dressing area...follow with a cool shower.
- Cooling time should equal time spent in sauna. Enter sauna room again and stay 5 or 10 minutes.
- Repeat the cycle 2 or 3 times; end with a brisk shower...rinse in cool water.
- Dress when completely dry and perspiration has stopped.
- Some sauna bathers enjoy the soothing effect of steam by splashing water on the heated sauna rocks. Use only one dipper full (approx. ½ cup) at a time and take care to keep clear of the steam as it rises off the rocks.
- Do not smoke, exercise or drink alcoholic beverages in the sauna room.
- Do not pour chlorinated pool or spa water on the heater or corrosion damage may result.

## SECTION 4: MAINTENANCE

The sauna, like a bathroom, should be kept clean and odor free.

Towels or mats should always be used on benches and floor as perspiration otherwise penetrates the soft wood.

Air out the sauna often by keeping the door and vents open when the sauna is not in use. Saunas that are in daily use should be washed down at least once a week to keep them clean and the air fresh. Duckboard should be removed from the sauna, the sauna floor mopped and dried in a conventional manner, and the duckboard thoroughly scrubbed and dried before returning to the sauna room. The sauna heater should be wiped down occasionally with a damp cloth to remove lint and dust. The rocks should be removed once a year for cleaning and small or crumbled rocks replaced.

To clean and remove perspiration stains, use soap or detergent in warm water, best applied with a scrub brush. Badly soiled surfaces may require sanding. Sand paper wrapped around a wooden block works well.

Benches and supporting structure must be inspected annually for potential deterioration due to age, dry rot or abuse. Any boards with signs of deterioration should be replaced immediately to avoid possible injury.

## SECTION 5: TROUBLESHOOTING

For troubleshooting or service questions call 1-888-780-4427 and ask to speak with Technical Support. Prior to calling please have the Model & Type # available. You may also email us at [techsupport@saunatec.com](mailto:techsupport@saunatec.com)



Shower



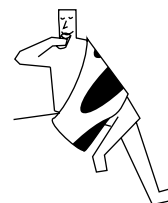
Sauna (10 - 15 min.)



Shower or swim



Rest (10 - 15 min.)



Relax with juice or water

Like it?  
Do it again and  
feel great.