



**FD-5**



# Finnmark Designs

The Ultimate Sauna Experience

Welcome to the Finnmark Designs family!

By owning an Finnmark Designs, you're taking a powerful step for your health—and you can enjoy the ultimate relaxation in your home whenever you want.

The factory of our high-quality infrared saunas has been manufacturing saunas for 45 years and continues to provide excellent craftsmanship and innovative technology.

Each sauna is made with the highest-grade materials—including 100% hand-selected Western Red Canadian Cedar—and is built to be easy to use, with low radiation for the whole sauna and the highest safety standards in the industry.

With your Finnmark Designs, you also enjoy such excellent features as our Spectrum Plus™ heaters (which are backed by a lifetime warranty), responsibly and sustainable certified wood, LED color lighting, Bluetooth® compatible audio components, as well as additional features designed to enhance your lifestyle and wellness.

We are happy to have you join us and look forward to sharing in your experience as you take control of your health and support your relaxation with your Finnmark Designs.

By making infrared sauna use a regular part of your routine, you'll enjoy anti-aging, disease-preventing, and longevity benefits—all without leaving the comfort of your home.

Enjoy!

Your Finnmark Designs Family

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

**DISCLAIMER**

Finnmark Designs, LLC and its affiliated corporations and subsidiaries (collectively "Finnmark"), intend to make this manual accurate and complete. However, Finnmark makes no claim the information contained herein covers all details, conditions, or variations, nor does it provide for every possible contingency in connection with the installation or use of this product. The information contained in this document is subject to change without notice or obligation of any kind. Finnmark makes no representation of warrant, expressed or implied, regarding the information contained herein. Finnmark assumes no responsibility for accuracy, completeness or sufficiency of the information contained in this document.

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**IMPORTANT SAFETY INSTRUCTIONS**

**WARNING:** A WARNING alerts you to the possibility of serious injury or death if you do not follow the instructions.



**CAUTION:** A CAUTION alerts you to the possibility of damage or destruction of equipment if you do not follow the corresponding instructions.



**WARNING:** Failure to read, thoroughly understand, and follow all instructions can result in serious personal injury, damage to equipment or voiding of factory warranty! It is the installer's responsibility to make sure all components are properly assembled and installed using the instructions provided.



**WARNING:** Failure to provide adequate structural strength for this accessory can result in serious personal injury or damage to equipment! It is the installer's responsibility to make sure the structure to which this accessory is attached can support the weight of all equipment.



**WARNING:** Use this sauna only for its intended use as described in these instructions. Do not use attachments not recommended by the manufacturer.



**WARNING:** Professional installation required.

**IMPORTANT!:** In the U.S. the equipment shall be installed per the applicable requirements of the National Electrical Code, ANSI/NFPA 70.

In Canada, the equipment shall be installed per the applicable requirements of the Canadian Electrical Code, CSA C22.1.



**WARNING:** All wiring should be performed by a licensed electrician following all local codes and ordinances.



**WARNING: ELECTRICAL SHOCK HAZARD! CUTTING OR DRILLING INTO ELECTRICAL WIRES OR CABLES CAN CAUSE DEATH OR SERIOUS PERSONAL INJURY! ALWAYS** make certain the area behind any mounting surface is free of electrical wires and cables before cutting, drilling or installing fasteners.



**WARNING: EXPLOSION AND FIRE HAZARD! CUTTING OR DRILLING INTO GAS PLUMBING CAN CAUSE DEATH OR SERIOUS PERSONAL INJURY. ALWAYS** make certain the area behind mounting surfaces or at ground level is free of gas, water or any other plumbing before digging, cutting, drilling or installing any fasteners.

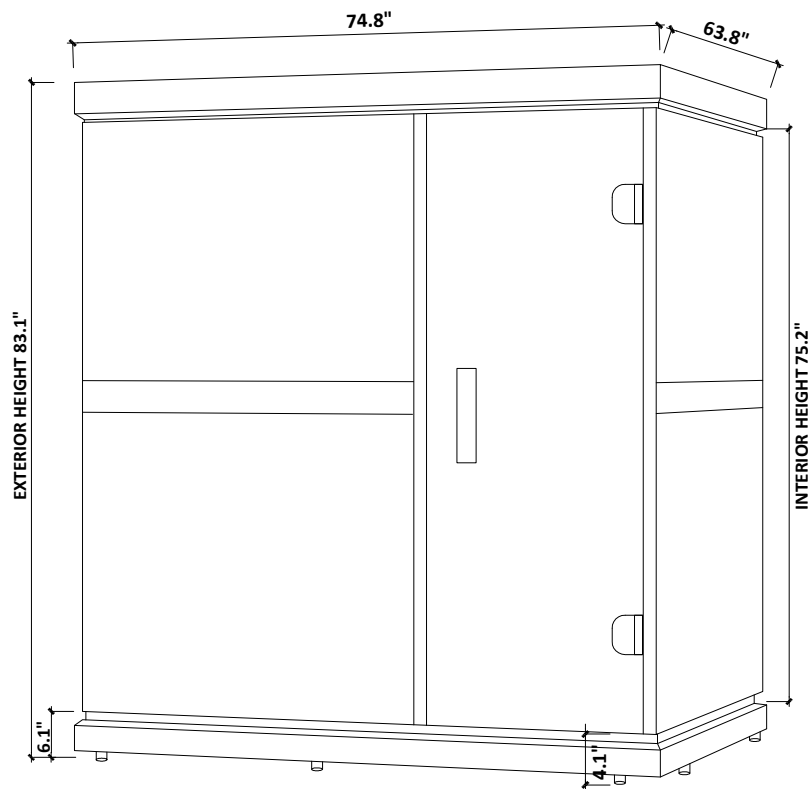


**WARNING: DO NOT ATTEMPT TO INSTALL SAUNA WITHOUT PROPER TOOLS AND SAFETY EQUIPMENT.**



**WARNING: DO NOT ATTEMPT TO INSTALL SAUNA WITHOUT PROPER PROFESSIONALS. A minimum of (2) physically able individuals are required for installation.**

**-- SAVE THESE INSTRUCTIONS --**



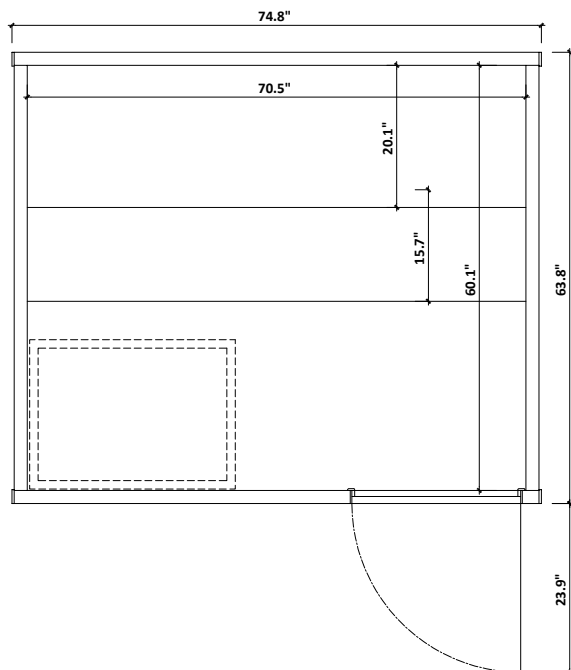
### Trinity™ XL FD-5 Combination Sauna

#### Back

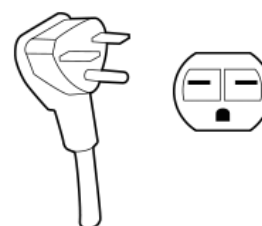
Power Supply is located on the top front of the sauna. Cord is approximately 9 feet long



#### Top View



15 AMP/240V NEMA 6-15



Height: 83.1"

### SPECIFICATIONS

#### CONSTRUCTION

Canadian Grade "A" Clear Western Thermal Plus™ European Aspen  
Tongue & Groove Construction  
Insulated Walls  
8mm Tempered Glass

#### EXTERIOR

Width: 74.8"  
Depth: 63.8"  
Height: 83.1"  
Door: 23.63"W x 68.75"H

#### INTERIOR

Width: 70.5"  
Depth: 60.1"  
Height: 75.2"  
Bench Upper: 70.5"W x 20.1"D  
Bench Lower: 70.5"W x 15.7"D

#### INFRARED HEATERS

Spectrum Plus™  
UL Listed Heater  
Low EMF/ELF  
Power: 240V / 3150w / 15A

#### WARRANTY

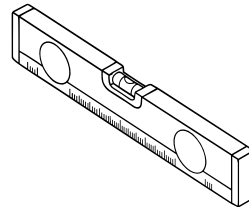
10-Years Cabin  
Lifetime Spectrum Plus™  
5-Years Outdoor  
5-Years Commercial

# ASSEMBLY TOOLS

## Power Tools

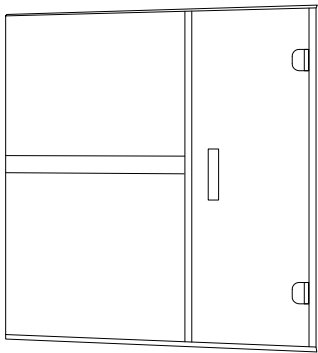
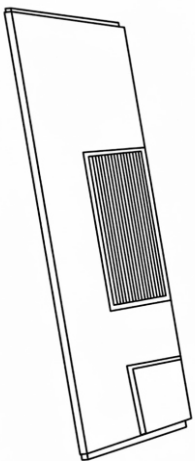
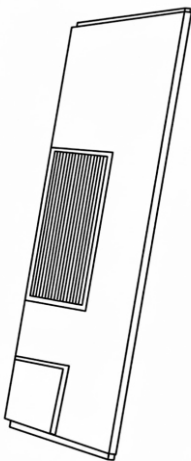
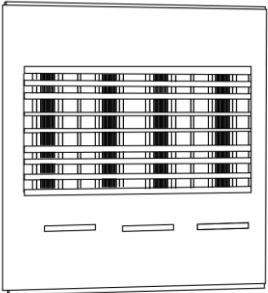
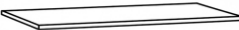
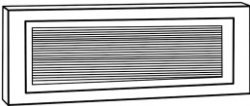
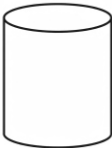
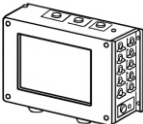
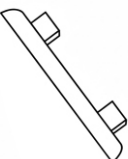
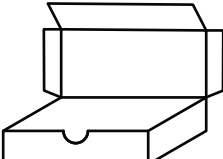


Screwdriver



Level

## COMPONENTS CONTENT

|                                                                                     |   |                                                                                     |   |                                                                                      |   |                                                                                       |   |
|-------------------------------------------------------------------------------------|---|-------------------------------------------------------------------------------------|---|--------------------------------------------------------------------------------------|---|---------------------------------------------------------------------------------------|---|
|    |   |    |   |    |   |    |   |
| Front Panel                                                                         | 1 | Right Panel                                                                         | 1 | Left Panel                                                                           | 1 | Back Panel                                                                            | 1 |
|  |   |  |   |  |   |  |   |
| Roof Panel                                                                          | 1 | Floor Panel                                                                         | 1 | Bench                                                                                | 2 | Bench Support                                                                         | 1 |
|  |   |  |   |  |   |  |   |
| Foot                                                                                | 5 | PSU                                                                                 | 1 | Door Handle                                                                          | 2 | Parts Box                                                                             | 1 |

# Installation & Maintenance

## 1) How to choose a location

When choosing a location for your Finnmark Designs, keep these two things in mind: One, your sauna should be placed on a solid surface. Two, your sauna must be placed in a dry area.

Here are the installation requirements for your Finnmark Designs Infrared Sauna:

1. Your sauna should not be built into any structure. It is a self contained and freestanding unit.
2. To allow easy access to the main power cord, ensure there's a minimum of 3-inches of clearance from the top wall and all sides of the unit.

Moisture may cause damage to the interior and exterior of your sauna. Basement, attic, garage, playroom, spare bedroom, and new extension, are a few possible locations for your sauna. Finnmark Designs Sauna's beautiful exterior should complement your house beautifully.

If you choose to place your sauna outdoors, you must use a cover (see page 37) to protect it. Do not place the sauna on a surface that easily becomes wet due to rain, snow, or other conditions. This sauna contains electronics and is intended for indoor use. While a cover can provide protection from limited weather exposure, it will not protect extreme conditions.. Placing your sauna outside without a cover will void your warranty.

## 2) Cleaning & maintenance

Before using your Finnmark Designs Infrared Sauna for the first time, use a damp cloth to clean the inside of the sauna. You can use a natural furniture polish or bees wax to clean the exterior.

To burn off any factory dust before using your sauna for the first time, turn the sauna on for the maximum time and temperature. For maximum performance of the heaters, cycle your Finnmark Designs (turn on to max temperature and run for one hour) 2-4 times.

Remove any scratches and stains on the inside of the sauna using a fine grade sandpaper over the damaged area.

A customized Finnmark Designs cover is available as an accessory for all models (see page 37). Use of this protective storage cover will not only preserve the natural beauty of the sauna but will also help in maintaining it for years of continuous enjoyment.

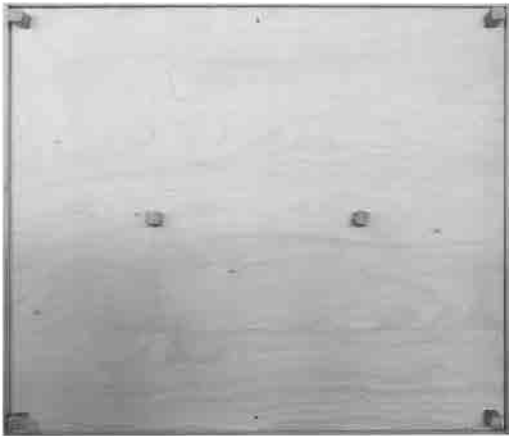
We recommend applying a heavy furniture polish or bees wax to the outside of the sauna even when using the cover. The polish will create a barrier for better protection.



# Installation & Maintenance

## Step 1: Bottom and back panels

1. Locate the bottom panel and turn it upside down. Install the provided feet onto the bottom panel.



2. Once the feet are installed, carefully turn the panel upright and place it in its final installation location. Verify that the bottom panel is level before proceeding.



3. Position the back panel onto the bottom panel. Have a second person hold the back panel upright to prevent it from tipping over.

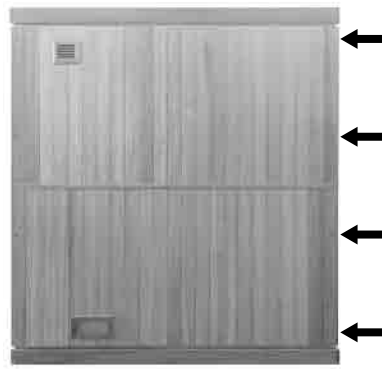


4. Next, place the right side panel onto the bottom panel, aligning it with the back panel in preparation for securing the panels together.



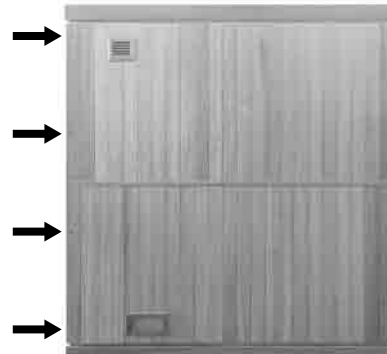
## Installation & Maintenance

5. Using the four (4) provided screws, .20" x 2.68" (5 x 68mm) secure the back panel to the left side panel. Ensure the panels are properly aligned before fully tightening the screws.



### Step 2: Bench support and right panel

1. Position the left side panel and secure it to the back panel using the four (4) remaining .20" x 2.68" (5 x 68mm) screws.  
Note: The interior and exterior receptacles located on the right panel are not used during assembly. For power cord installation, refer to page 8.
2. Place the bench support into position and connect the heater cable from the bench support to the connector on the back wall panel.
3. Finally, slide the lower and upper bench onto the bench support until they are fully seated and secure.



# Installation & Maintenance

## Step 3: Front Panel and Top Panel

1. Lift the front wall panel into position, placing the right side of the panel onto the sauna frame first.

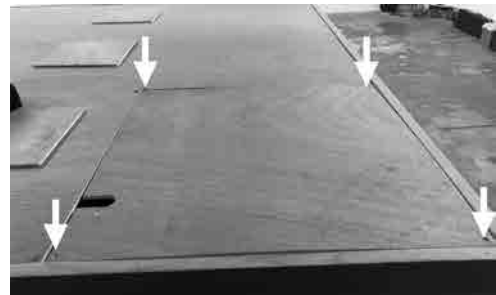
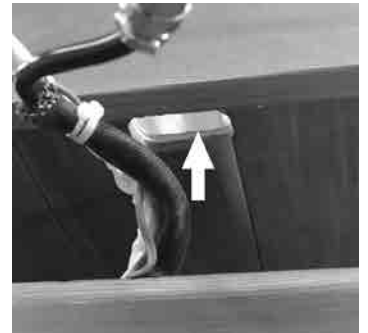
Important: Do not lift or carry the front wall panel by the top left bar of the sauna.



2. Using the six (6) provided front panel screws, .16" x 1.97" (4 x 50 mm), secure the front wall panel to the sauna. Three screws on the front right and three screws on the left side panel.



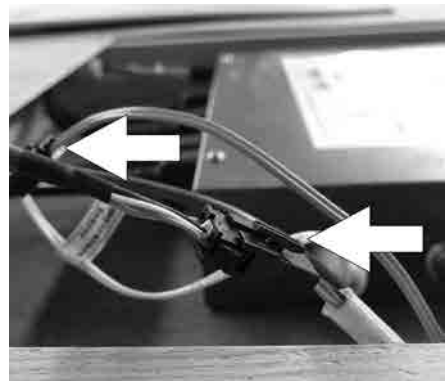
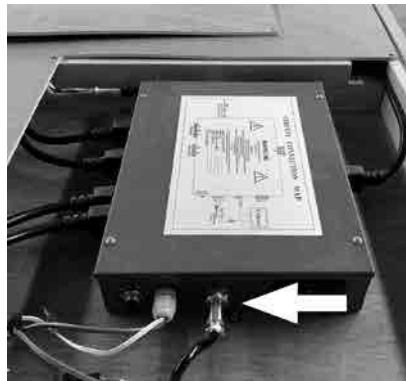
3. With two people, carefully lift the top panel and place it onto the sauna. As the panel is lowered into position, feed the wires through the provided wire access holes, ensuring they are not pinched or damaged. Once aligned, fully seat the top panel on the sauna frame.



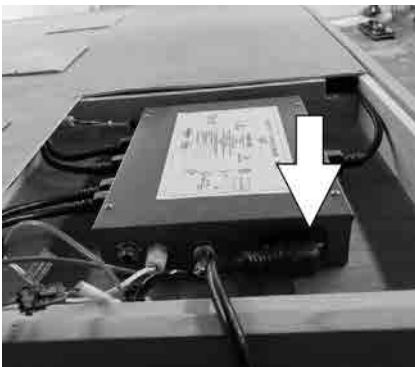
# Installation & Maintenance

## Step 4: Power supply connections

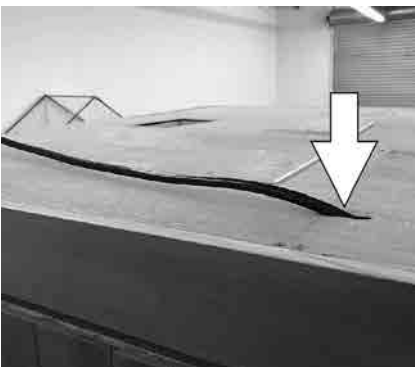
1. Plug in the front panel heater into the power supply.
2. Plug the data cable to the power supply.
3. Connect the temperature sensor cable to the power supply.



4. Plug the power cable into the power supply.



5. Reinstall the top panel screws and route the power cable through the hole.



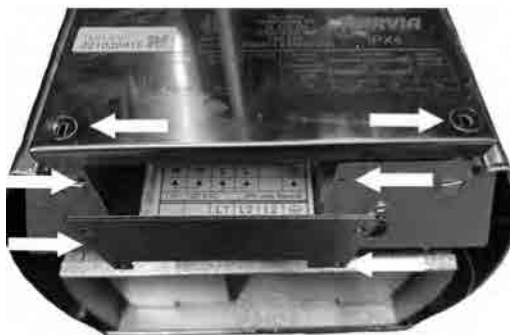
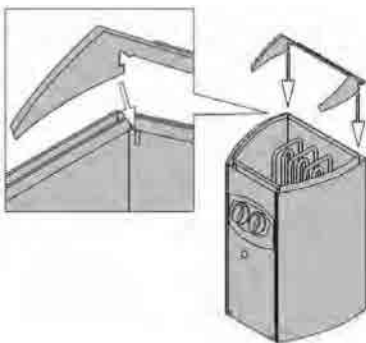
# Installation & Maintenance

## Step 6: Harvia Heater Installation

1. Find the Harvia mounting plate in the Harvia heater box.
2. Place the back plate on mounting block, use provided level and mark each hole.
3. Use provided (6) screws and mount the back plate using a drill.



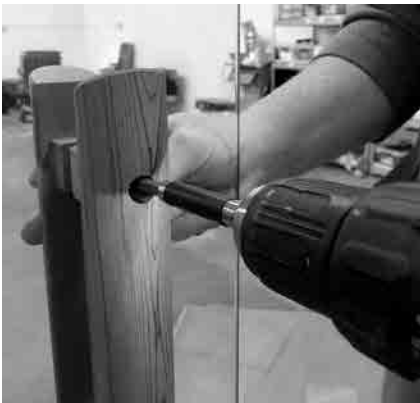
4. Place the heater reflector on the Harvia heater using the side notches.
5. Place heater on floor and remove (2) front screws and (4) bottom panel screws.
6. **Provide Harvia heater installation manual to licensed electrician.**



## Installation & Maintenance

### Step 6: Door Handle

1. Remove the two (2) screws from the door handle. Position the handle on the door and reinstall the screws to secure it in place. Ensure the finished side of the handle faces the outside of the sauna.



### Step 7: Plug in the Power Cable

1. Take power cable and plug into electrical outlet.

### Your installation is complete!

The installation of your new Finnmark Designs sauna is now complete! Use a damp cloth to wipe out the sauna to remove any excess sawdust that may have settled on the wall, heaters, or floor.

# Getting Started

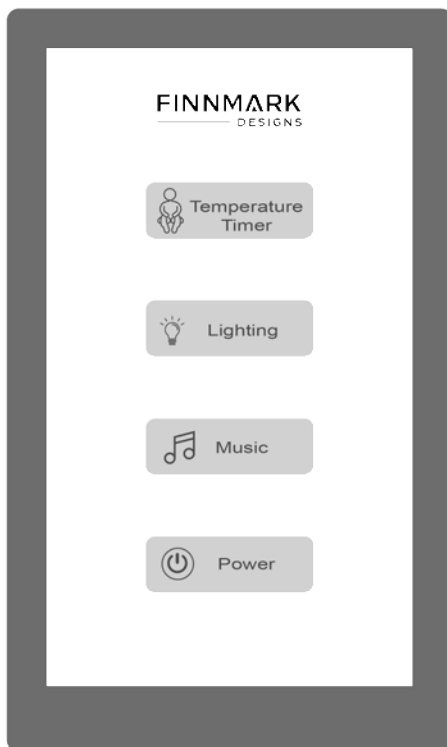
## 1) Preparing for your first infrared sauna home experience -----

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

2. The interior and exterior of the Finnmark Designs Infrared Sauna is made of the finest Western Canadian Red Cedar.

The cedar 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, first wipe the wood with a damp cloth to minimize the aroma.

## 2) LCD control panel



**Temperature | Timer**  
Set time and temperature

**Lighting**  
Adjust lighting

**Music | Bluetooth**  
Connect sauna to bluetooth

**Power Button**  
Turn sauna off

## Getting Started

### 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.

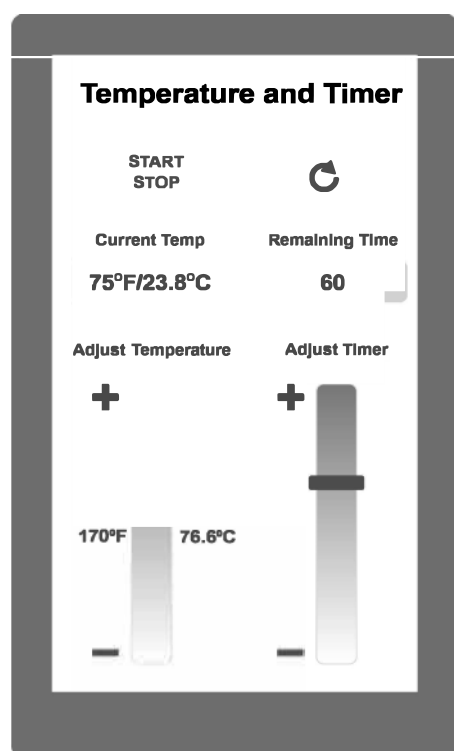


The controller is touch sensitive, so you must hold down the power button for 2-3 seconds.



## Getting Started

### 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

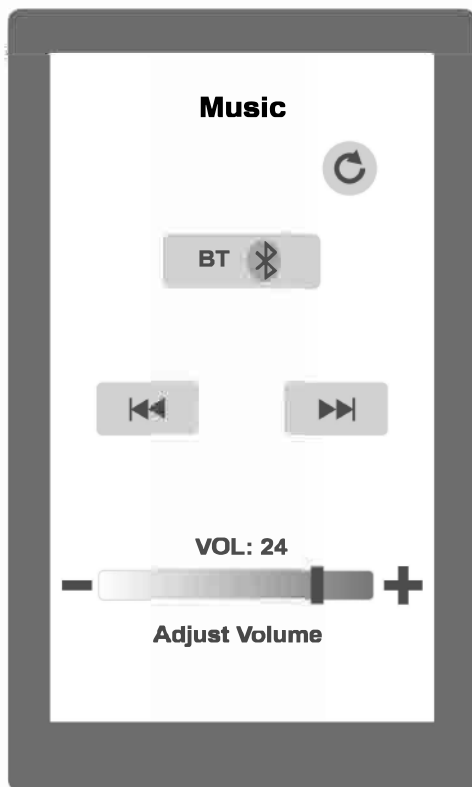
Use slider or + & - buttons

Adjust Timer

Use slider or + & - buttons

# Getting Started

## 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

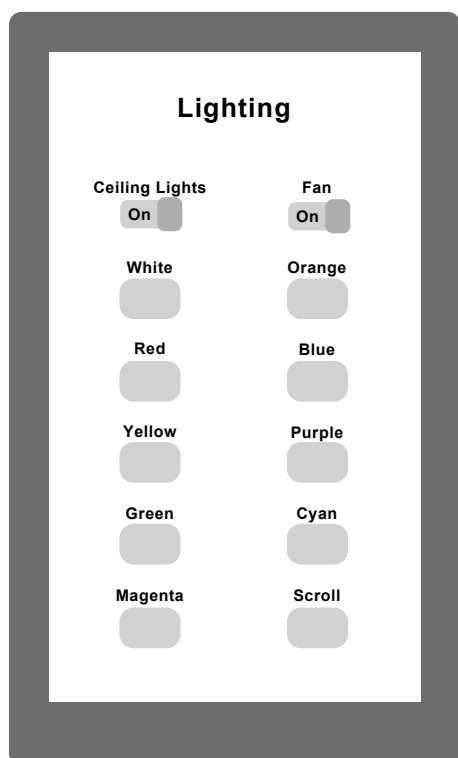
**Adjust volume**  
Increase or decrease volume

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

Please note that most device operating systems are constantly being updated while the controller's operating system stays the same. This very well may be the cause of bluetooth signal disruptions (sound cutting in and out).

# Getting Started

## 7) Controlling the multi-color LED light



### Power ceiling lights

Select slider to turn lights on / off

### Power Fan

Select slider to turn fan on / off

### Return to home

Return to home screen

### Select color

Select desired color

### Scroll

Use finger to scroll different colors

Red light therapy can be used during your sauna session by selecting the "red" button.

# Getting Started

## 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:

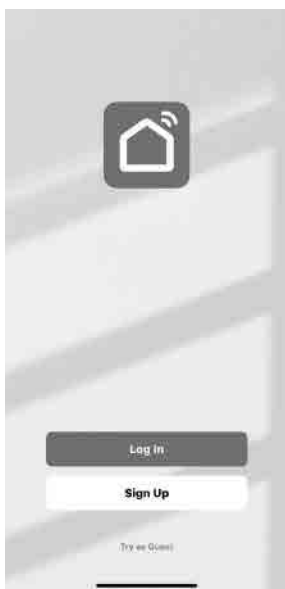
- Telephone No. : \_\_\_\_\_ (224) 253-5909
- Email : \_\_\_\_\_ techsupport@bathingbrands.com

# Getting Started

## 10) Download Smart Life App



## 11) Registration



This image shows the registration form in the Smart Life app. It has a back arrow at the top left. The title is 'Register'. Below it is a dropdown menu for 'United States of America'. Below that is an 'Email Address' input field. At the bottom, there is a checkbox for 'I agree to the Privacy Policy, User Agreement and Children's Privacy Statement'. Below the checkbox is a button that says 'Get Certification Code'. At the bottom of the form are the Google and Apple logos.

### Registration

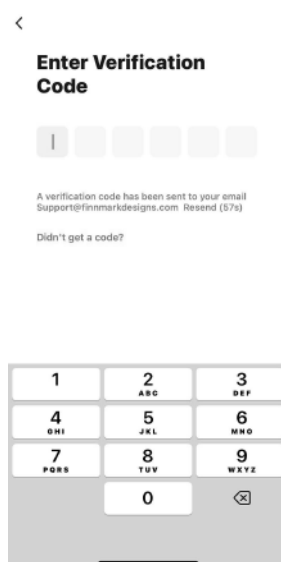
If you do not have an app account, you may choose to register, try as guest or log in by authentication code. The registration process is described on this page and the next.

Click "Sign up" to enter the Smart life registration page. Enter email address and select "agree" to the privacy policy.

Click "Get Certification Code".

# Getting Started

## 12) Verification Code / Password



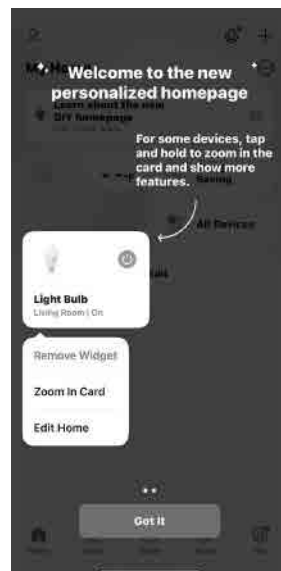
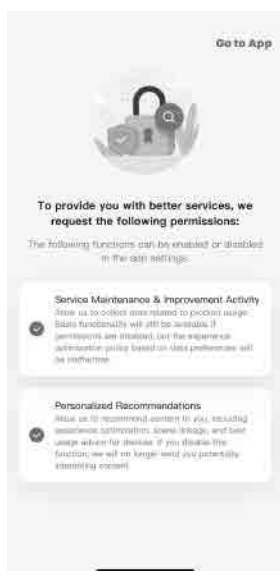
### Verification Code / Password

Open the email account you registered with, then open the email sent from Smart Life. Copy the verification code.

Return to the smart life app and paste your verification code.

Set your account password and select "Done".

## 13) Permissions / Welcome



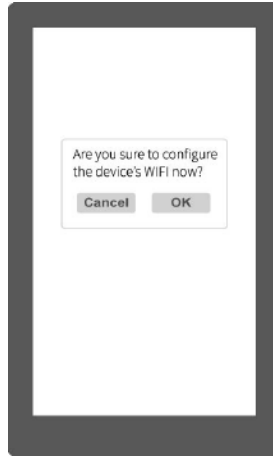
### Permissions / Welcome

Select permissions and click "Go to App" located top right.

Select "Got It" on next screen.

# Getting Started

## 14) Turn On Controller / Confirm WiFi



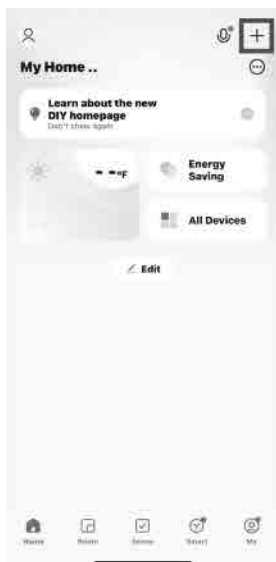
### Turn On Controller / Confirm WiFi

Press and hold finger on bottom left of controller to turn on.

Press and hold the Finnmark Design's logo to activate the WiFi screen.

Select "OK" to configure WiFi.

## 15) Add Device



### Add Device

Select the "+" symbol on the top right of the screen.

Select "Add Device" on the call out window.

# Getting Started

## 16) Add Device / Bluetooth

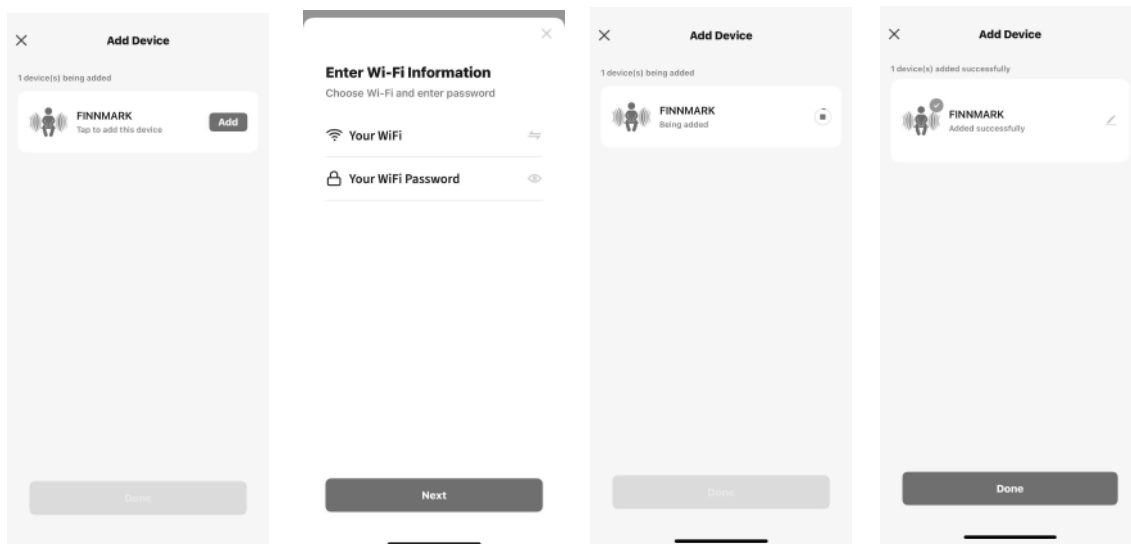


### Add Device / Bluetooth

You must have BLUETOOTH turned ON with your device.



## 17) Add Device



### Add Device

Select "Add".

Enter your WiFi name and WiFi password.

Select "Next" button.

The Finnmark App will begin to download.

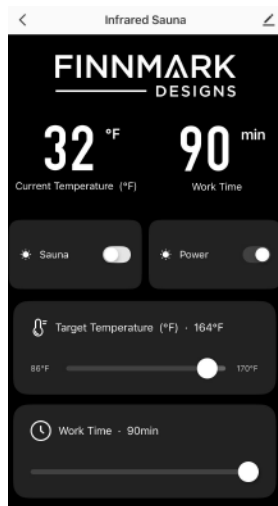
Download time depends on current internet speed.

Select "Done" when App is finished downloading.



# Getting Started

## 18) Turn On Controller

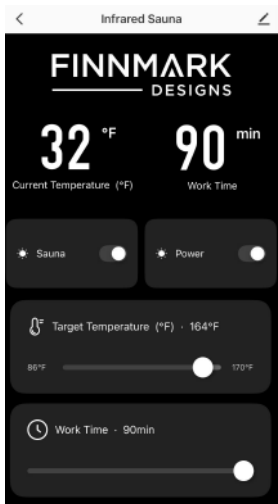
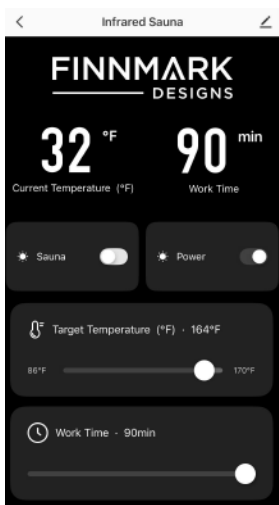


### Turn On Controller

Select "Power" to turn on the controller within the sauna.

**NOTE:** This only turns on the controller, not sauna's heaters.

## 19) Turn On Sauna Heaters

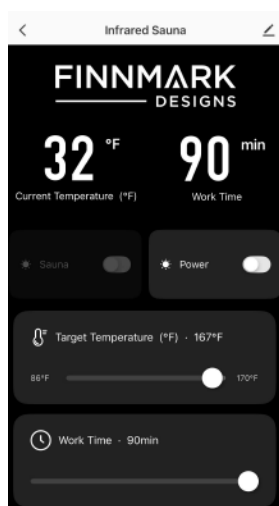


### Turn On Sauna Heaters

Select "Sauna" to turn on the sauna's Heaters

# Getting Started

## 20) Set Target Temperature



### Set Target Temperature

Use slider to set max temperature

## 21) Set Work Time



### Set Work Time

Use slider to set max time for sauna session.

# Getting Started

## 22) Lighting



### Lighting Control

Select the color by pressing the desired button.

Select "Off" to turn sauna lighting off.

## 23) Set Sauna to Celsius or Fahrenheit

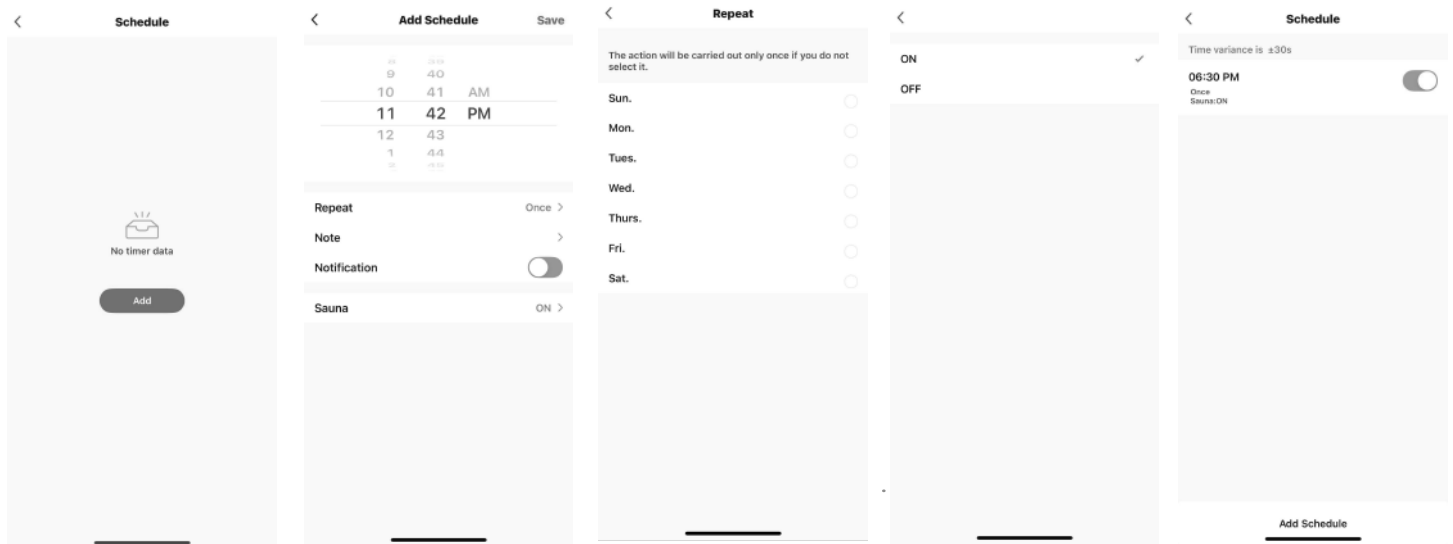


### Set Sauna to Celsius or Fahrenheit

Toggle button to select desired temperature classification.

# Getting Started

## 24) Scheduling Sauna Sessions



### Schedule

Select "Add" to schedule sauna session.

### Add Schedule

Select time you would like the sauna to turn on or off.

Current timezone is automatically applied. If timezone is not correct, create an account with Smart Life to add current sauna location.

### Repeat Schedule

Select days you would like to repeat the schedule made.

For single use, do not select repeat from the scheduling menu.

### On / Off

Select if you want the sauna to turn on or off for desired schedule.

The sauna has a built in timer of 90 minutes. Set the schedule to off if your session will be less than 90 minutes.

### Schedule Variants

You can set multiple schedules and toggle them to be on or off.

## Helpful Tips

Your Finnmark Designs is equipped with special infrared heaters. Infrared heat waves reach the body directly without having to heat the air inside the sauna.

With this system, breathing is more comfortable and the atmosphere inside the sauna is more enjoyable than in conventional saunas. Because the infrared heat energy is warming the body directly (and not the air, walls, and fixtures within the sauna), lower temperature settings can be used to achieve results in short sessions starting from 20 to 30 minutes.

### 1) Preparing for your infrared session -----

1. **Review all health and safety instructions.** If in doubt as to the advisability of using your infrared sauna, consult with your physician.
2. The interior of the Finnmark Designs Infrared Sauna is made of the finest Western Canadian Red Cedar. 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.
3. Always **drink plenty of water** before, during and after a session. Doing so will replenish fluids lost during perspiration.
4. 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.
5. **Choosing to take a hot shower or bath prior to the sauna session will further promote perspiration.** However, dry off thoroughly before going into the sauna because excessive water will leave stains and might warp the wood.

6. **Provide at least 2-3 towels.** One towel folded over several times for added cushioning on the bench. Another towel on the floor to absorb extra sweat. And a third towel to wipe off sweat.

7. **Start up your sauna and select the desired session temperature and time** using the control panel (see page 6 and next page).

8. **Allow approximately 15 to 20 minutes for the sauna to warm up** to a comfortable temperature before beginning a session (warm up time is subject to the air temperature and is different for each model).

| Max Temperature (170°F) | Time      |
|-------------------------|-----------|
| Finnmark Designs FD-5   | 55-60 Min |

**Please Note:** Your sauna's maximum temperature setting may not be achieved based on variations in ambient room temperature, air flow, placement of sauna, etc.

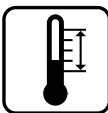
## Helpful Tips

### 2) Setting session time and temperature

Your body will probably need a few weeks to fully adapt to regular use of your Finnmark Designs.

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

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

- **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 your Finnmark Designs 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.

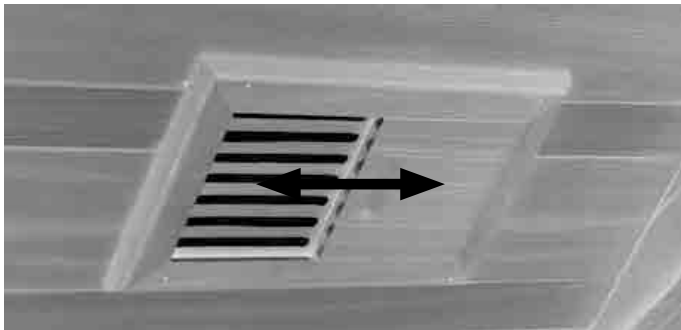
## Helpful Tips

### 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.

# Safety Precautions

## 1) General safety precautions

### 1. Read Instructions

Carefully read all safety and operating instructions before operating your sauna.

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

8. 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.

9. Do not use this product near water. For example, near a bathtub, in a wet basement, or near a swimming pool.
10. Do not use attachments that are not recommended by the manufacturer, as they may cause a hazard.
11. The sauna must be placed under an awning or overhang to prevent heavy rain falling directly onto the roof or outdoor cover.
12. Do not stack or store any objects on top of or inside the sauna.
13. Use precaution when using electronic devices.
14. Do not install aftermarket devices.

## 2) Medical and health related precautions

1. If you intend to use far infrared therapy for medical reasons, please consult your physician prior to using the sauna.
2. 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.
3. The use of alcohol, drugs, or medications prior to or during the sauna session may lead to unconsciousness.
4. 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.
5. 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.

6. 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. Hyperthermia Danger

Prolonged exposure to hot air will induce hyperthermia.

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 hyperthermia 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 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.

\*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.



## 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.

## Troubleshooting Guide

| Issue                                                      | Answer                                                                                                                                                                                                                                                                                                                                  |
|------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Control Panel Displays an Error and Beeps</b>           | <ul style="list-style-type: none"> <li>• Verify that the temperature sensor is properly connected at the sensor and at the power box.</li> </ul>                                                                                                                                                                                        |
| <b>Control Display is Faint or Not Displaying Properly</b> | <ul style="list-style-type: none"> <li>• Check that the control connection is properly connected at the power box.</li> <li>• Disconnect power to the sauna for approximately 5 minutes.</li> </ul>                                                                                                                                     |
| <b>One or More of The Heaters is Not Producing Heat</b>    | <ul style="list-style-type: none"> <li>• Verify power to the sauna.</li> <li>• Check all heater cable connections at the power supply and they are fully seated.</li> </ul>                                                                                                                                                             |
| <b>Sound System Issues</b>                                 | <ul style="list-style-type: none"> <li>• Disconnect power to the sauna for approximately 5 minutes.</li> <li>• Remove device pairing and repair connection</li> </ul>                                                                                                                                                                   |
| <b>Sauna Will Not Power On</b>                             | <ul style="list-style-type: none"> <li>• Verify the power cord is connected to both the sauna power supply and the wall outlet.</li> <li>• Press the reset/breaker button on the power supply.</li> <li>• Ensure the wall outlet has power.</li> <li>• If the outlet has no power, inspect the home's circuit breaker panel.</li> </ul> |
| <b>Incorrect A.C. Power Cord or Outlet</b>                 | <ul style="list-style-type: none"> <li>• Verify voltage and amperage of sauna.</li> <li>• Confirm correct electrical outlet specified for the sauna.</li> </ul>                                                                                                                                                                         |

## Troubleshooting Guide

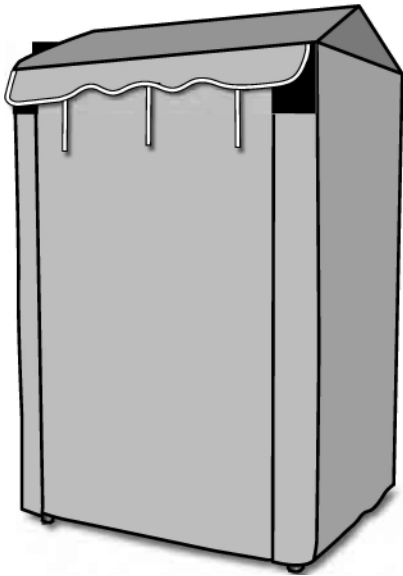
| Issue                                         | Answer                                                                                                                                                                                                                                        |
|-----------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Electrical Requirements</b>                | <ul style="list-style-type: none"><li>• Model: Finnmark Designs FD-5</li><li>• Voltage: 240 VAC</li><li>• Circuit Requirements: Dedicated 15A Circuit</li><li>• Receptacle Type: NEMA 6-15</li></ul>                                          |
| <b>Circuit Breaker Trips During Operation</b> | <ul style="list-style-type: none"><li>• Verify that the circuit breaker amperage matches the sauna's electrical requirements.</li><li>• Ensure no other devices are on the same circuit.</li><li>• Contact a qualified electrician.</li></ul> |
| <b>Locating the Sauna Serial Number</b>       | <ul style="list-style-type: none"><li>• The serial number data plate is located underneath the sauna bench.</li></ul>                                                                                                                         |

For additional troubleshooting or service assistance, contact:

Bathing Brands Technical Support  
Phone: (224) 253-5909  
Email: [techsupport@bathingbrands.com](mailto:techsupport@bathingbrands.com)

## Outdoor Cover

### A) Outdoor cover -----



**Important:**

- 1. The sauna must be placed under an awning or overhang** to prevent rain falling directly onto the roof.
- 2. Sauna should be placed** on sturdy, dry level ground when outdoors (not grass, gravel, dirt, etc.)
- 3. The snap buttons** must be clipped on at all times.
- 4. The zippers must be closed** when the sauna is not in use.
- 6. Warm up times may vary** based on outdoor temperature.



Please follow these instructions step by step to install your outdoor cover.

## Replacement Parts

See the parts list below. For assistance with any structural components—including walls, floor, ceiling, benches, door, or IR panels, please contact Technical Support.

| Part Description                   | Part Number  | Image                                                                                 |
|------------------------------------|--------------|---------------------------------------------------------------------------------------|
| V2 Power Unit - With WiFi          | 615-V2PS-WF  |    |
| V2 Control - With WiFi             | 615-V2LCDC-W |   |
| Temperature Sensor                 | 615-V2PS     |  |
| AC Power Cable<br>(120V/Nema 5-15) | 615-15PC     |  |
| Fan                                | 615-TRCF     |  |
| Color Light                        | 615-T192-C   |  |
| Speaker Pair                       | 615-SPKR6M   |  |

## Replacement Parts

See the parts list below. For assistance with any structural components—including walls, floor, ceiling, benches, door, or IR panels, please contact Technical Support.

| Part Description                                                             | Part Number |
|------------------------------------------------------------------------------|-------------|
| Front Panel (with glass door)                                                | 615-FD-5FP  |
| Right Side Panel                                                             | 615-FD-5RP  |
| Left Side Panel                                                              | 615-FD-5LP  |
| Back Panel                                                                   | 615-FD-5BP  |
| Top Panel (ceiling with dust covers)                                         | 615-FD-5C   |
| Lower Bench Top                                                              | 615-FD-5LB  |
| Upper Bench Top                                                              | 615-FD-5UB  |
| Upper Bench Support (with IR panel)                                          | 615-FD-5UBS |
| Backrest                                                                     | 615-130147  |
| Dust Cover                                                                   | 615-FD-5DC  |
| Bottom Panel (floor)                                                         | 615-FD-5F   |
| Glass Door                                                                   | 615-FDGD2   |
| Door Handle                                                                  | 615-TSDH    |
| Spectrum Plus Infrared Heater - Incoloy 240V/350W<br>(back wall, front wall) | 614-SP350V  |
| Spectrum Plus Infrared Heater Right Side- Incoloy 240V/350W                  | 614-SP350V  |
| Spectrum Plus Infrared Heater Right Side- Incoloy 240V/350W                  | 614-SP350V  |
| Assembly Screws - Back Wall (M5) .20" x 2.68" (5 x 68mm)                     | 615-AS-L    |
| Assembly Screws - Front Wall (M4) .16" x 1.97" (4 x 50 mm)                   | 615-AS-S    |



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(224) 253-5909 | [FinnmarkDesigns.com](http://FinnmarkDesigns.com)