# INFRARED SAUNA SERIES

## Installation and Operating Instructions

Tylö® Kiruna™ 1

Tylö® Kiruna™ 2

TYLÖ

This Product is covered by:

US Patents No. 8,692,168

Canadian Patents No. 2,729,500

2,794,059 & 2,813,340

and other Patents Pending.

***Sauna360 congratulates you on your decision to enjoy the finest sauna available...***

***Welcome to the growing family of Tylö® sauna owners.***

Before you begin reviewing the manual, please take a moment to register your warranty. Doing so will assist us in contacting you for any important notification.

Prior to registering, you will need the serial number(s) located on the equipment.

To register, please go to http://tylo.com/en-us/warranty

FOR YOUR RECORDS

IR Room Model/Serial Number: _____

Control Model/Serial Number: _____

Date Purchased: _____

Dealer: _____

Address: _____

Phone Number: _____

Website/Email: _____

**If questions arise regarding this product or this manual, please contact your authorized *Tylö* dealership**. They are trained professionals who are familiar with the product as well as new sauna ownership concerns. Their expertise will facilitate the enjoyment of your new ***Tylö*** sauna.

**IMPORTANT: SAUNA360** reserves the right to change specifications or design without notification and without incurring any obligation.

THIS PAGE IS INTENTIONALLY BLANK

## Table of Contents

SECTION 1. BEFORE YOU BEGIN ..... 1
SECTION 2. SAFETY INFORMATION ..... 2
2.1. CONSTRUCTION and INSTALLATION SAFETY ..... 2
2.2. USER and OPERATIONAL SAFETY ..... 3
SECTION 3. INSTALLATION REQUIREMENTS ..... 4
SECTION 4. PART LIST and TOOL REQUIREMENTS ..... 5
SECTION 5. IR ROOM ASSEMBLY ..... 6
SECTION 6. OPERATING the CONTROL ..... 15
SECTION 7. Wi-Fi OPERATION (Optional) ..... 16
SECTION 8. HOW TO TAKE A SAUNA ..... 17
SECTION 9. MAINTENANCE ..... 18
SECTION 10. TROUBLSHOOTING ..... 18

## SECTION 1. BEFORE YOU BEGIN

This manual is for installation and operation of an Tylö® Kiruna™ 1 | Tylö Kiruna™ 2 sauna room mated with an Aspire control.

**Tylö® Kiruna™ 1 or Tylö® Kiruna™ 2 Sauna Room**

(IG 810 SH / IG 820 SH)

**Aspire Control**

(1601-39)

***Figure 1.***

Use these instructions when assembling the IR sauna room. For best results and for protection of product warranty, please read, understand and follow all safety information, safety placards, and installation and operating instructions prior to starting the installation process. When completed, leave these instructions with the owner.

**If questions arise regarding this product or this manual, please contact your authorized *Tylö* dealership**. They are trained professionals who are familiar with the product as well as new sauna ownership concerns. Their expertise will facilitate the enjoyment of your new ***Tylö*** sauna.

## SECTION 2. SAFETY INFORMATION

### 2.1. CONSTRUCTION and INSTALLATION SAFETY

**WARNING - ELECTRIC SHOCK HAZARD:** High voltage exists within this equipment. There are no user-serviceable parts within this equipment. Have the equipment installed and serviced only by qualified and licensed personnel in accordance with local and national codes.

**WARNING - ELECTRIC SHOCK HAZARD: DO NOT** install electrical receptacles inside the sauna room.

**WARNING:** If installing a fire sprinkler system inside the sauna room, ensure it is properly rated for sauna room temperatures.

**CAUTION:** When assembly is completed, ensure proper ventilation is provided and airflow is not restricted.

**CAUTION:** Loose electrical connections can cause heat damage to wires, terminal blocks and other components. Improper connections may void product warranty. Ensure all electrical connections are installed and inspected by qualified and licensed personnel.

**IMPORTANT:** The door to the sauna room must open outward, to the exterior of the sauna room.

**IMPORTANT: DO NOT** install a lock or mechanical locking device onto the door of the sauna room. If needed, use only a magnetic or spring-loaded catch mechanism that allows the door to open when pressed or pulled.

**IMPORTANT:** To prevent electrical shock, provide adequate electrical grounding to the electrical receptacle.

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

**NOTE:** To protect product warranty, only qualified licensed personnel should perform installation and service to this equipment.

**NOTE:** A GFCI (Ground-Fault Circuit Interrupter) device is not required by NEC. Only install a GFCI if required by local codes, however, be aware this could cause nuisance electrical circuit trips during use of the product.

## 2.2. USER and OPERATIONAL SAFETY

**WARNING:** Prolonged exposure to elevated temperatures can induce hyperthermia. Hyperthermia occurs when internal body temperature reaches several degrees above normal (98.6°F). Symptoms of hyperthermia include an increase in body temperature, dizziness, lethargy, drowsiness, and fainting. Effects of 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: DO NOT** take a sauna if using alcohol, recreational drugs, or prescribed medication as these may greatly increase risk of hyperthermia, personal injury or death.

**WARNING - FIRE HAZARD: DO NOT** use the sauna room for drying clothes, bathing suits, towels, etc.

**WARNING - FIRE HAZARD: IMMEDIATELY DISCONTINUE** using the sauna if the walls or ceiling exhibit unusual discoloration and/or darken in color.

**WARNING - HOT SURFACES:** The IR emitters become hot during operation. Keep hair, head, hands, body, and appendages on the safe side of guard rails. Provide close visual supervision to children, minors, and vulnerable individuals while in use.

**IMPORTANT:** If pregnant or a person in poor health, consult with a physician before using sauna.

**IMPORTANT: DO NOT** exercise, play or roughhouse while using the sauna. Be safe and respectful of everyone.

**IMPORTANT:** Keep children, minors, and vulnerable individuals safe. Be a responsible sauna user. When needed, provide operating instructions to those less experienced. Keep operation of the sauna safe for yourself and others to enjoy.

**IMPORTANT:** Do not spray water on infrared emitters. Use of water on infrared emitters may cause damage and will void the warranty.

**NOTE:** Inspect the sauna regularly. Check for maintenance of the floor, control, and benches. Replace wood surfaces should any show signs of deterioration.

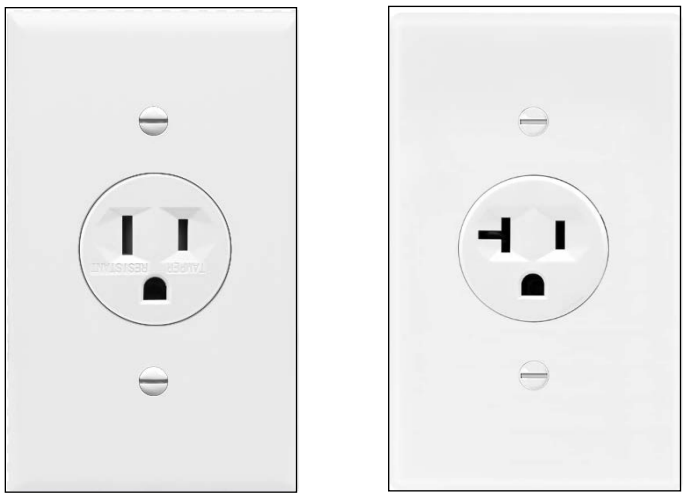
## SECTION 3. INSTALLATION REQUIREMENTS

To ensure safe use of the IR sauna room, verify the following criteria are met:

- Two (2) adults are required for the assembly and installation of the room.
- Ensure all electrical wiring is installed in accordance with NEC, state, and local codes.
- The IR sauna room is designed to operate on 120 Volts AC (standard household current).
- Depending on *Model Number*, the IR room will require either 15 or 20 amp service. Install electrical wire that is rated appropriately to meet or exceed the *Maximum Current Load* from the electrical panel to the receptacle. For safety, do not use extension cords, undersized, or inappropriately rated wiring.

| Model Number | Maximum Current Load | Wire Rating (Minimum) |
|---|---|---|
| IG 810BH | 15 Amp | #2 14AWG +Gr |
| IG 820BH | 15 Amp | #2 14AWG +Gr |
| IG 830BH | 20 Amp | #2 12AWG +Gr |

- The power cord extends ~6’ from the lower right corner of the back wall.
- A 120 VAC dedicated circuit is recommended to avoid unnecessary tripping of the assigned circuit breaker.
- Ensure the circuit breaker is rated to *ONLY* meet the design limit of the *Maximum Current Load*. Do not install an oversized/over-rated circuit breaker. Do not exceed the safety rating of the *Maximum Current Load*.
- Depending on the room model and correctly rated wiring, install either a NEMA 5-15R or 5-20R amp rated electrical receptacle. **DO NOT** install a 5-20R receptacle onto a 15 amp rated circuit.



5-15R (15 Amp) Receptacle 5-20R (20 Amp) Receptacle

***Figure 2.***

- Do not operate the IR sauna room should the power cord or connector become damaged or adversely discolored.
- Ventilation must comply with instructions provided in this manual.

## SECTION 4. PART LIST and TOOL REQUIREMENTS

### PART LIST

Inspect and verify the packaging includes the following materials.

- **Box #1**: Floor, ceiling, bench skirt, bench, and door handle.
- **Box #2**: Left and right walls.
- **Box #3**: Front and back walls.

Each box label indicates the model of the IR room and serial number. The label also provides a brief description of the box contents.

Should it be necessary to contact your dealer or technical support, record the model and serial numbers from each box.

Box Number _____

Serial Number _____

Model Number _____

Box Number _____

Serial Number _____

Model Number _____

Box Number _____

Serial Number _____

Model Number _____

### TOOL REQUIREMENTS

- #2 Phillips Head Screw Driver
- Bubble level

## SECTION 5. IR ROOM ASSEMBLY

Use these instructions for assembling a 1- and 2-person IR sauna room. For illustration purposes, the 2-person sauna room is shown.

### LAYING THE FLOOR PANEL

The floor panel was included in Box #1.

1. Place the ceiling, bench skirt and bench seat aside in a safe location away from the work area. These are installed in later steps.
2. Place the floor panel on a flat, level surface, between 3 and 6 inches away from nearby walls, and no more than 5 feet from the dedicated electrical receptacle. **DO NOT** connect the power cord into the receptacle at this time.
3. Position the floor panel so the IR floor emitters are oriented towards the front of the IR room.
4. Using a bubble level, check the floor panel for level. If necessary, use wooden shims beneath the floor panel to make level.
5. Ensure all cables and connectors attached to the floor panel are pulled in away from the edges.
6. Fish out the #6 cable from the right front corner opening.
7. Place the power cord on the outside of the floor panel.

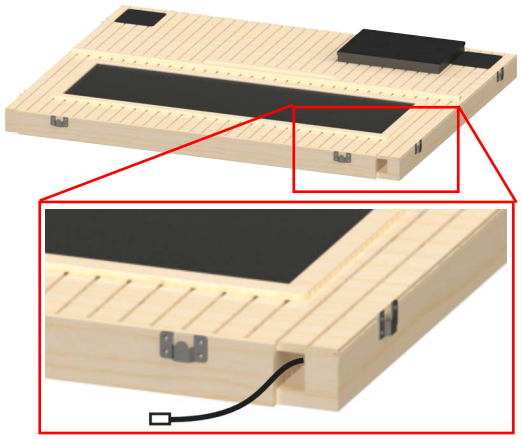


***Figure 3. Laying the Floor Panel***

### INSTALLING BACK WALL SECTION

The back wall was included in Box #3.

8. Place the front wall aside in a safe location away from the work area. This is installed in a later step.
9. Place the hangers of the back wall section into the mating hangers located on the back side of the floor panel.
10. Hold the back wall in place until left wall section is installed.

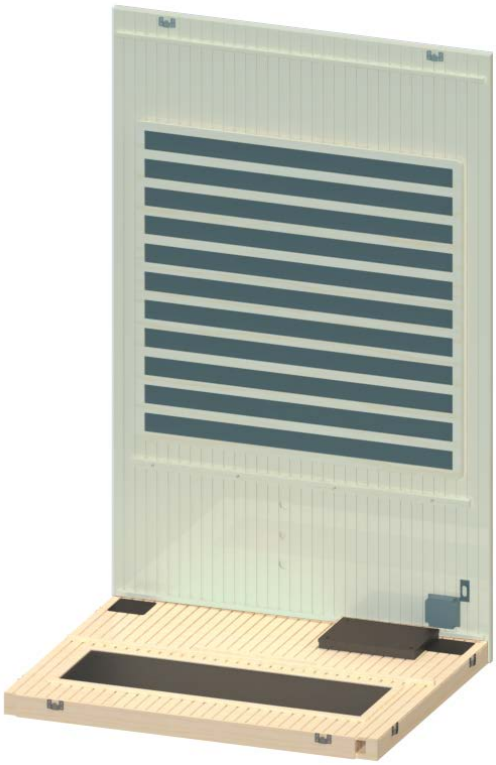


***Figure 4. Installing Back Wall Section***

**INSTALLING LEFT WALL SECTION**

The left wall was included in Box #2.

11. Place the hangers of the left wall section into the mating hangers located on the left side of the floor panel.

12. Lift up the left wall and slide the edge brackets into the mating brackets located on the back wall.

***Figure 5. Installing Left Wall Section***

**INSTALLING RIGHT WALL SECTION**

The right wall was included in Box #2.

13. Place the hangers of the right wall section into the mating hangers located on the right side of the floor panel.

14. Lift up the right wall and slide the edge brackets into the mating brackets located on the back wall.

15. When the wall panels are mated correctly, verify the top edges where the corners meet are flat and flush.

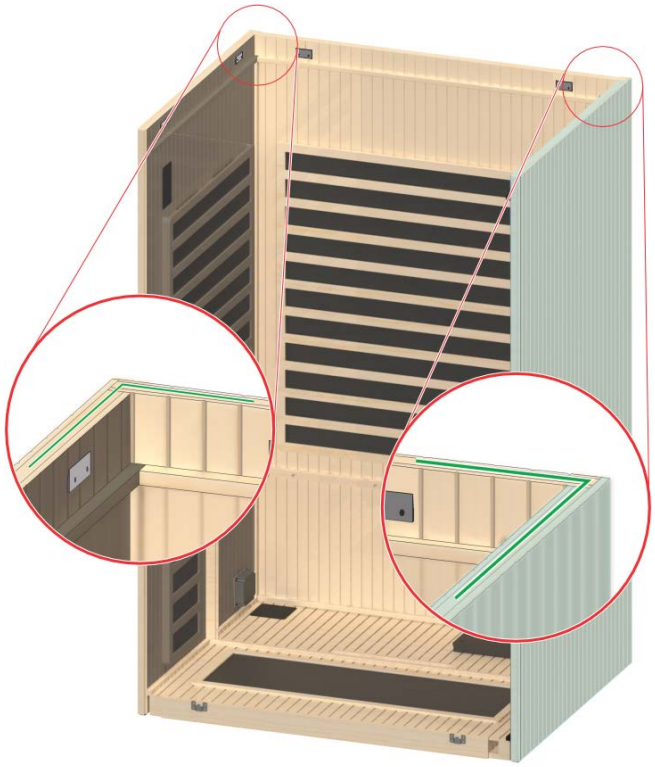


***Figure 6. Installing Right Wall Section***

**INSTALLING BENCH SKIRT**

The bench skirt was included in Box #1.

16. Insert the bench skirt between the left and right wall sections.
17. Pull loose cables towards the back wall, away from the bench skirt.
18. Slide the bench skirt all the way to the floor.

    **NOTE:** At this time, you may alternatively latch the bench skirt to the left and right walls. See Step 31 on page 10.

***Figure 7. Installing Bench Skirt***

**INSTALLING BENCH SEAT**

The bench seat was included in Box #1.

19. With the power junction box facing towards you, slide the bench seat down against the back wall.
20. Tilt the bench seat up against the back wall.

***Figure 8. Installing Bench Seat***

**ELECTRICAL CONNECTIONS - Beneath Bench, Right Corner**

21. Connect the #4 cable from the distribution plate to the back wall #4 cable.
22. Connect the #5 cable from the distribution plate to the back wall #5 cable.
23. Connect the R1 cable from the distribution plate to the right wall junction box R1 cable.

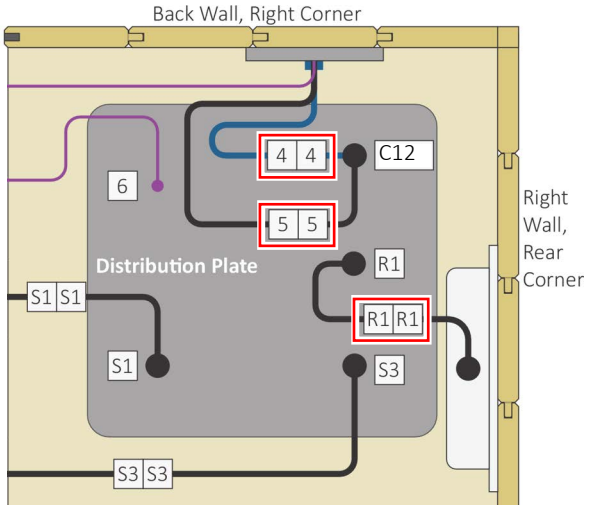



***Figure 9. Beneath Bench, Right Corner***

24. Connect the #6 cable from the back wall to the #6 cable splitter from the distribution plate.
25. Connect the bench seat #6 cable to the #6 cable splitter from the distribution plate.
26. Connect the #S1 cable from the distribution plate to the bench seat #S1 cable.
27. Connect the #S3 cable from the distribution plate to the bench skirt #S3 cable.

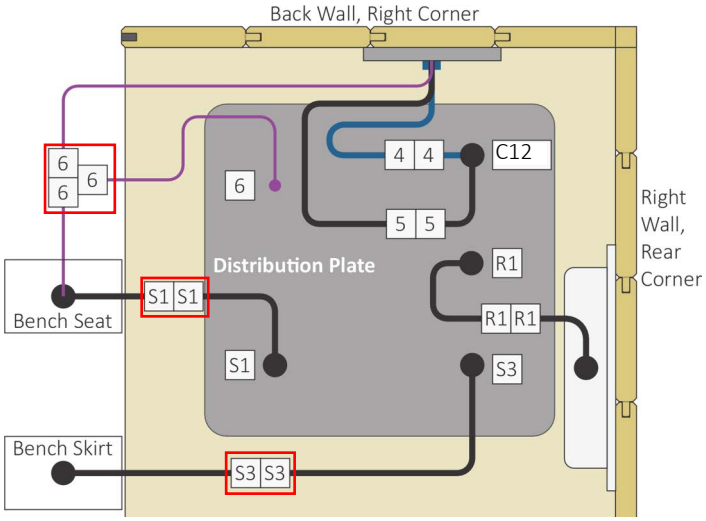



***Figure 10. Connecting Bench Seat and Skirt***

**ELECTRICAL CONNECTIONS - Beneath Bench, Left Corner**

28. Connect the #L1 cable from the distribution plate to the left wall #L1 cable.
29. Connect the #B1 cable from the distribution plate to the back wall #B1 cable.

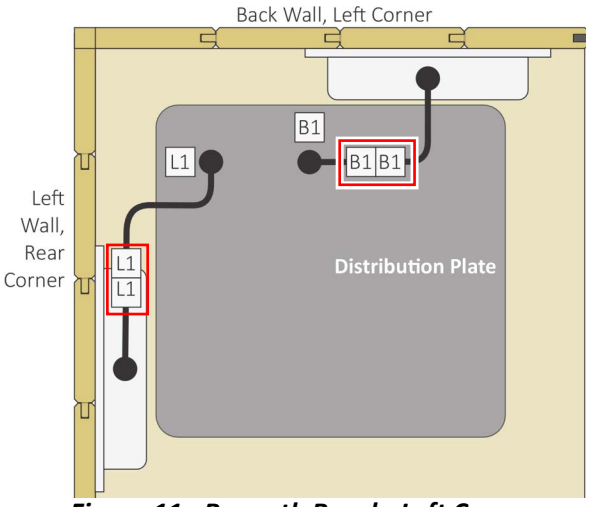



***Figure 11. Beneath Bench, Left Corner***

30. From the master control box, turn **ON** the power switch.

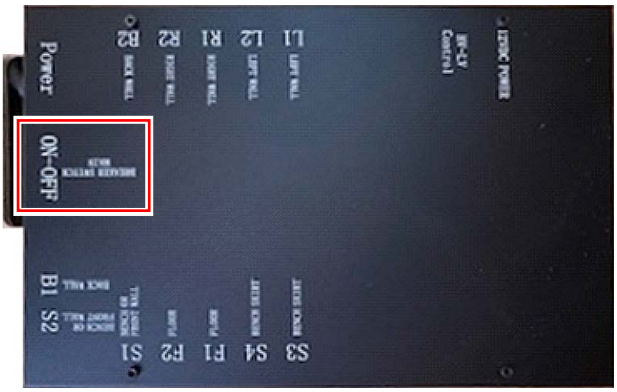
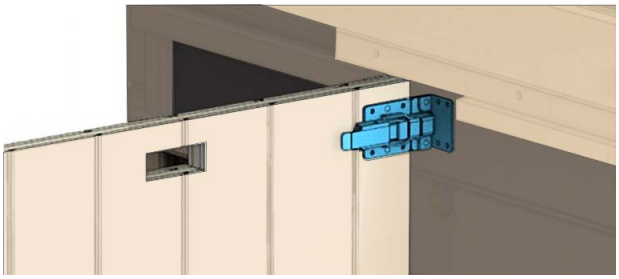



***Figure 12.***

31. Latch the bench skirt to the left and right walls.



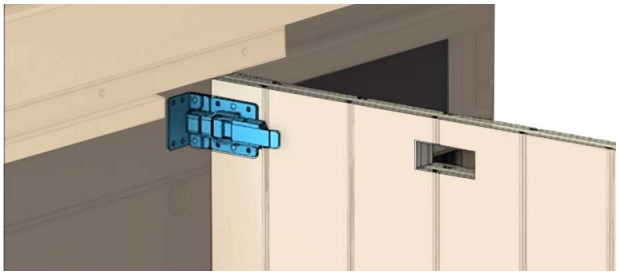


***Figure 13.***

32. Tuck the back edge of the bench seat beneath the back wall heater guard, then push the bench all the way to the back wall.

33. Drop the bench seat into place on the bench skirt. If necessary, use the openings located on the bench skirt to reach in and wedge the bench seat into place.

***Figure 14.***

## INSTALLING FRONT WALL

The front wall was included in Box #3.

34. Connect the threshold lighting strip cable #6 to the #6 cable located at the front right corner opening on the floor panel. See Figure 3.

35. Fish the cable slack back into the opening, being careful not to pinch the wires with the front wall.

36. Place the hangers of the front wall into the mating hangers located on the front of the floor panel.

37. Lift the front wall and slide the left and right brackets onto the edge brackets of the left and right walls. Press the front wall down into place.

    All wall sections should now be attached and secure.

38. Verify the front wall is held securely in place by the corner interlock brackets.

39. Verify the top edge of all wall sections are level and flush.

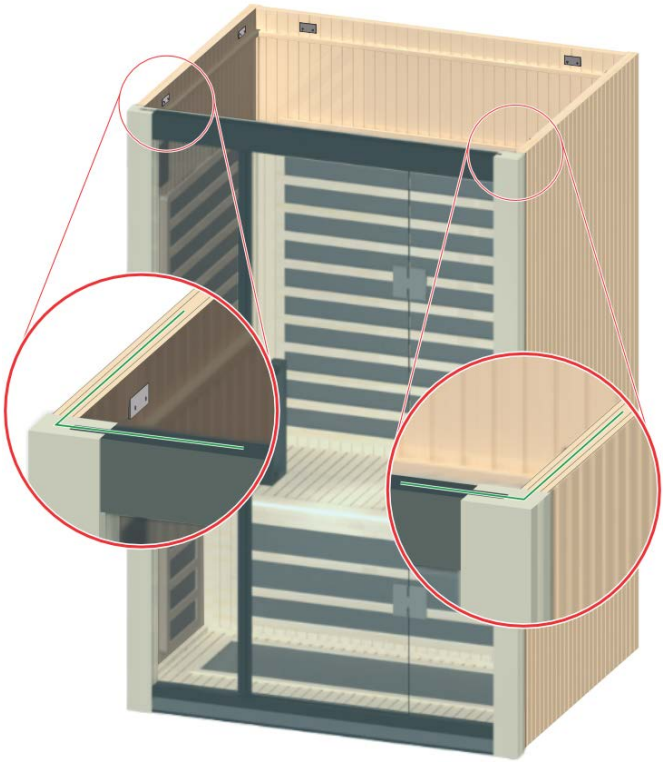


***Figure 15. Installing Front Wall***

## INSTALLING DOOR HANDLE

40. Arrange the door handles and hardware as shown in Figure 16. Screws and cap are installed from inside the door.

41. Place the door handles on either side of the glass door, aligning with the holes in the glass.

42. Install the spacers into the holes in the glass.

43. Using the two (2) M4 x 100mm Phillips head screws included in the kit, attach the door handles to the glass door.

    **NOTE:** Install screws by hand with a screw driver DO NOT USE a power tool.

44. Install the caps into the ends of the handle screw holes.

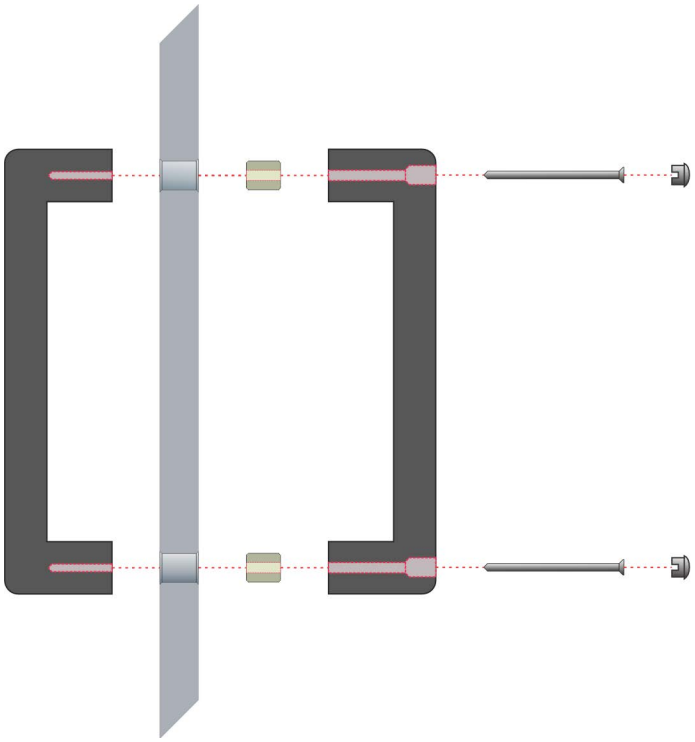


***Figure 16. Installing Door Handle***

**INSTALLING CEILING**

The ceiling was included in Box #1.

45. From the top of the left, right, and back wall sections, Pull the ends of the cables out and over the outside edges.

46. Lift the ceiling section and gently place it between the wall sections and lock into place on the brackets.

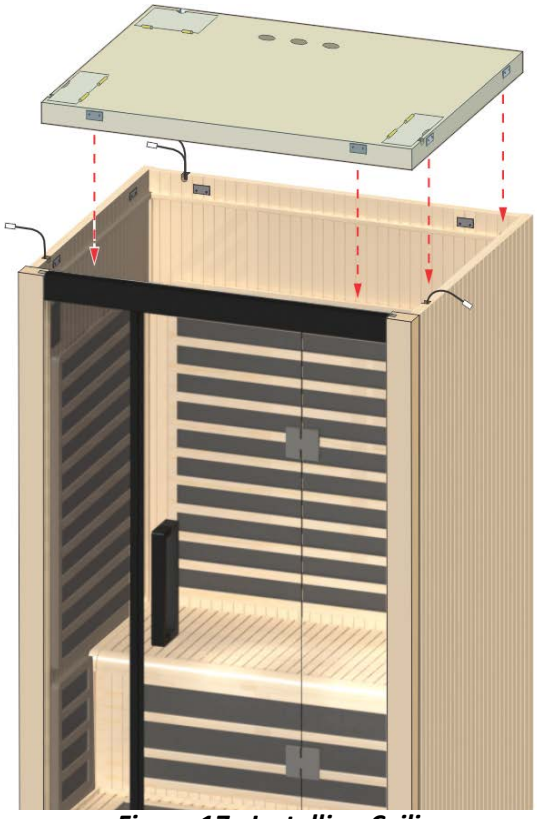


***Figure 17. Installing Ceiling***

47. From the top of the ceiling, open the three (3) hatches located on the left, right, and back.

**ELECTRICAL CONNECTIONS - Ceiling, Back Left Corner**

48. Fish out the four (4) cables from the hatch.
49. Connect the back wall #4 cable to the #4 ceiling cable.
50. Connect the back wall #5 cable to the #5 ceiling cable.
51. Connect the back wall #6 cable to the #6 ceiling cable.
52. Connect the back wall #7 cable to the #7 ceiling cable.
53. Dress the wall cables into the trench.
54. Close the hatch.

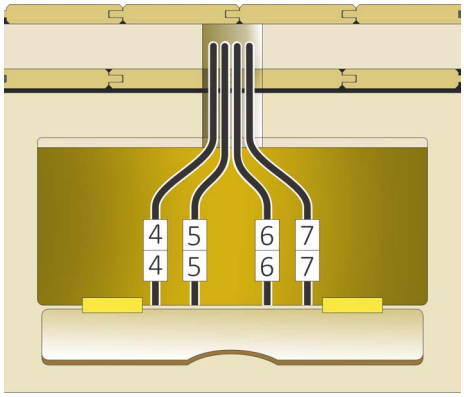



***Figure 18. Ceiling, Back Left Corner***

**ELECTRICAL CONNECTIONS - Ceiling, Front Left Corner**

55. Fish out the two (2) cables from the hatch.
56. Connect left wall #7 cable to #7 ceiling cable.
57. Connect left wall RJ11 (M) cable to RJ11 (F) ceiling cable.
58. Dress the wall cables into the trench.
59. Close the hatch.

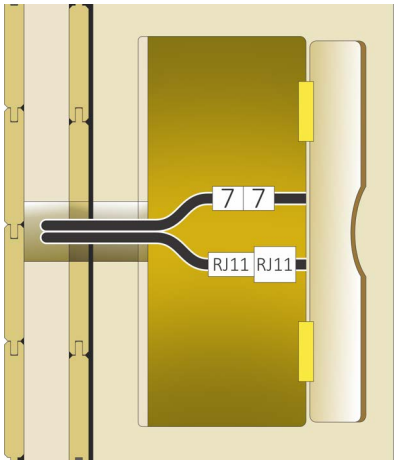



***Figure 19. Ceiling, Front Left Corner***

**ELECTRICAL CONNECTIONS - Ceiling, Front Right Corner**

60. Fish out the one (1) cable from the hatch.
61. Connect left wall #7 cable to #7 ceiling cable.
62. Dress the wall cable into the trench.
63. Close the hatch.

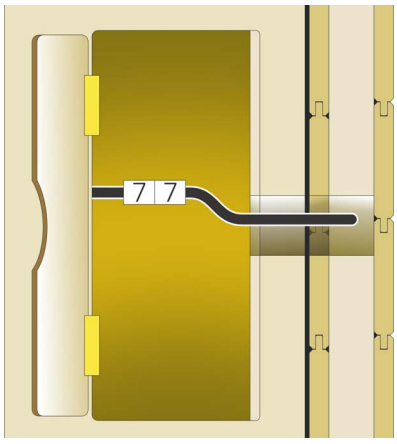



***Figure 20. Ceiling, Front Right Corner***

## CONNECTING POWER

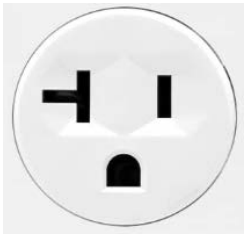
Depending on the corresponding sauna room model, connect the sauna room power cord into either a 15 amp / 5-15R or 20 amp /5-20R receptacle.

**NOTE:** Ensure the IR sauna room is connected to a dedicated circuit that is configured for the correct electrical rating.

**WARNING:** Incorrectly connecting the IR sauna room into a shared circuit will cause poor performance, circuit breaker tripping, and overheating of electrical wiring.

5-15R Receptacle

15 Amp Plug



5-20R Receptacle

20 Amp Plug

***Figure 21. Connecting Power***

## SECTION 6. OPERATING the CONTROL

The instructions provided here are for operating an Aspire control.

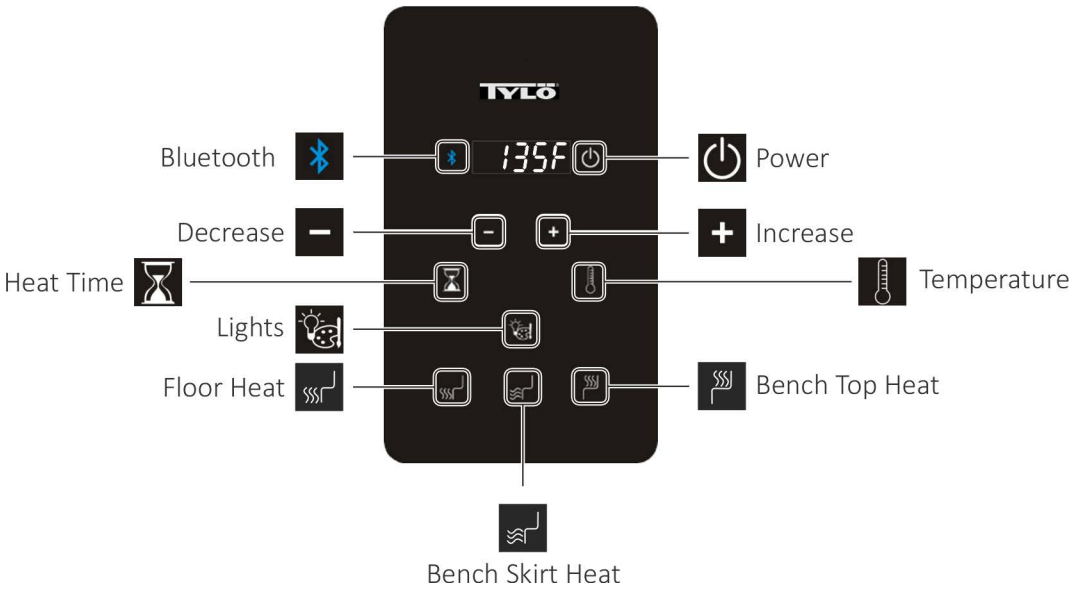



***Figure 22. Control Icons***

**APPLYING POWER**

Press the **Power** icon once. The default settings for the temperature is 149°F, the bath time is 60 minutes. These settings are adjustable (as described below) from 119° to 149°. Length of the sauna can be set from 0 to 60 minutes. Any changes are remembered by the control for your next bath. Should power to the sauna room be lost then restored, the settings will return to their default values.

Press the **Bench Top Heat** icon to turn on/off the bench heat.

Press the **Bench Skirt Heat** icon to turn on/off the skirt heat.

Press the **Floor Heat** icon to turn on/off the floor heat.

**SETTING DURATION and TEMPERATURE**

Press the **Heat Time** icon for time, then press the **Increase** or **Decrease** icon to increase or decrease the amount of minutes (in 15 minute increments) to the desired setting. The maximum setting is 60 minutes.

Press the **Temperature** icon to toggle the display temperature between **C** or **F** and then press/hold the **Increase** or **Decrease** icon to increase or decrease the amount of heat to the desired setting. The maximum setting is 149°F (65°C).

**LIGHTING OPERATION**

Press the **Lights** icon to cycle through lighting options.

Sequence of colors are- White- Red- Green- Blue- Yellow- Aqua- Purple- Rotation of colors- Off.

Make a color choice, then set brightness. The brightness adjustment is available on the display for three (3) seconds. Press either the **Increase** or **Decrease** icon to increase or decrease the brightness. Brightness settings available are 25, 50, 75, and 100%.

Press and hold the **Lights** icon for three (3) seconds to turn off the light. Alternatively, cycle through the colors to turn off.

**BLUETOOTH® AUDIO (Optional)**

The Aspire control is capable of operating **ONLY** a Bluetooth package purchased with the system. Press the **Bluetooth** icon to turn on or off the system.

**IMPORTANT:** Most Apple® products are rated to operate within a temperature range of 32°F to 95°F. The warranty for the Apple product may become null and void if operated inside a sauna room where the temperature exceeds the manufacturers maximum recommended temperature rating.

## SECTION 7. Wi-Fi OPERATION (Optional)

The Aspire control is Wi-Fi (2.4GHz only) compatible. Download the *Tylö App* and install onto your smart phone.

***Figure 23.***

**REGISTER A NEW ACCOUNT**

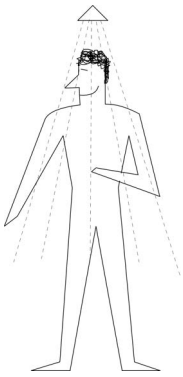
1. When the *Tylö App* opens for the first time, it first provides the option to *Register* or *Login with an Existing Account*.
2. Select the *Register* option and follow the prompts to complete the registration process.
3. A valid email address or a mobile phone number is required to complete registration.

**PAIRING INFORMATION**

1. Follow the App instructions for pairing to a device.
2. Press and hold the **Bluetooth** icon until an audible “beep” is heard.

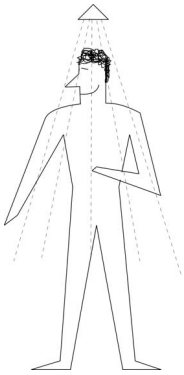
## SECTION 8. HOW TO TAKE A SAUNA

- Devote adequate time to completely relax while taking a sauna bath.
- Before using the sauna, avoid eating a large meal and intake of alcoholic beverages.
- If taking prescribed medications and/or under the care of a physician, consult with them prior to using the sauna.
- Remove clothing and jewelry. If preferred, wear loose-fitting clothes.
- For best results, take a warm shower before the sauna, then apply a towel loosely about the body. Enter the sauna wet without padding down to dry.
- Enjoy listening to audio books or music while relaxing in the sauna. Depending on preference, sit or lay down on the bench, adjust the ceiling vent to provide adequate air circulation.
- If desired, add colored light therapy to the experience.
- **DO NOT** smoke, exercise or drink alcoholic beverages while in the sauna room.
- An IR sauna produces infrared wavelengths that are absorbed by skin tissue in a span of 10-15 minutes. It is not necessary to wait until the sauna has reached maximum temperature. The absorption rate is the same whether the room is warming up or at its maximum temperature.
- After ten (10) minutes or when perspiration begins, exit from the sauna, relax in the dressing area, followed by a cool shower.
- Stay hydrated, drinking water is best.
- The allotted cool down time should equal the amount of time occupying the sauna. The amount of time varies by the individual.
- Step back into the sauna room and remain for five (5) or ten (10) minutes.
- Repeat the cycle two (2) or three (3) more times. End with a brisk shower, rinsing in cool water.
- When you have completed the final sauna session, turn off power to the sauna.
- Open the door and use a clean damp cloth to wipe down the walls, bench and floor areas.
- Enjoy a final shower or bath to cool down. Bask in the special sauna “after glow”. Partake in a healthy snack and/or a cool, refreshing drink.
- Put on clothing only after perspiration has stopped and the body is completely dry.

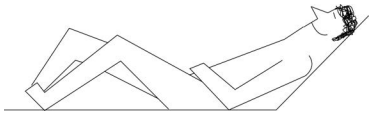


Shower

Sauna Bathe



Shower



Rest/Relax

Hydrate

## SECTION 9. MAINTENANCE

Inspect the sauna room at the end of each day of use to ensure the control and system are turned OFF.

Keep the sauna room clean and odor free. Use towels or mats on benches and floor as perspiration otherwise penetrates the soft wood. 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.

Air out the sauna often by keeping the door and vent open when the sauna is not in use. Saunas that are used daily should be wiped down at least once a week to keep them clean and air fresh.

Inspect benches and supporting structure annually for potential deterioration due to age, dry rot, and neglect. Avoid hazards and personal injury by immediately replacing boards that show signs of deterioration.

## SECTION 10. TROUBLSHOOTING

**Control Touch Pad Indicators Not Illuminated**

Access the three (3) hatches on top of the ceiling. Verify all of the cable connectors are locked and engaged between the associated cable harnesses.

Ensure the power cord is connected to the correct dedicated electrical receptacle.

Ensure there is no damage to the electrical receptacle and power cord.

Ensure the dedicated circuit breaker for the sauna is not tripped (electrical power is available at the receptacle).

Raise the bench seat and examine the condition of the circuit breaker on the main controller. Ensure the circuit breaker on the controller has not tripped. Ensure the power switch on the main controller is turned ON.

**Room Not Heating**

Ensure the power cord is connected to the correct dedicated electrical receptacle.

Ensure there is no damage to the electrical receptacle and power cord.

Ensure the dedicated circuit breaker for the sauna is not tripped (electrical power is available at the receptacle).

Raise the bench seat and examine the condition of the circuit breaker on the main controller. Ensure the circuit breaker on the controller has not tripped. Ensure the power switch on the main controller is turned ON.

Ensure the IR temperature set point is greater than the ambient sauna room temperature (controller demands heat).

**Door Rubbing or Binding**

Ensure the walls, ceiling, and floor of the sauna room are assembled properly.

Using a bubble level, ensure the floor of the sauna room is laying flat and level. If necessary insert (a) small wooden shim(s) beneath the floor of the sauna room to adjust for level.

If necessary, please contact your local dealer or outlet you purchased your product for questions and support. Prior to calling, please have the Model and Type number available.

©2024 Sauna360 Inc.

The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Sauna360 is under license.

Apple® is a registered trademark of Apple Inc.

Tylö® is a registered trademark of Sauna360.

SAUNA360
HELP PEOPLE LIVE BETTER