

VERVE®



Vitality Infrared Sauna

USER MANUAL

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This guide includes everything you need to set up, use, and maintain your VERVE Vitality Infrared Sauna. From installation tips to Wi-Fi setup and cleaning instructions, each section is designed to help you operate your unit with ease.

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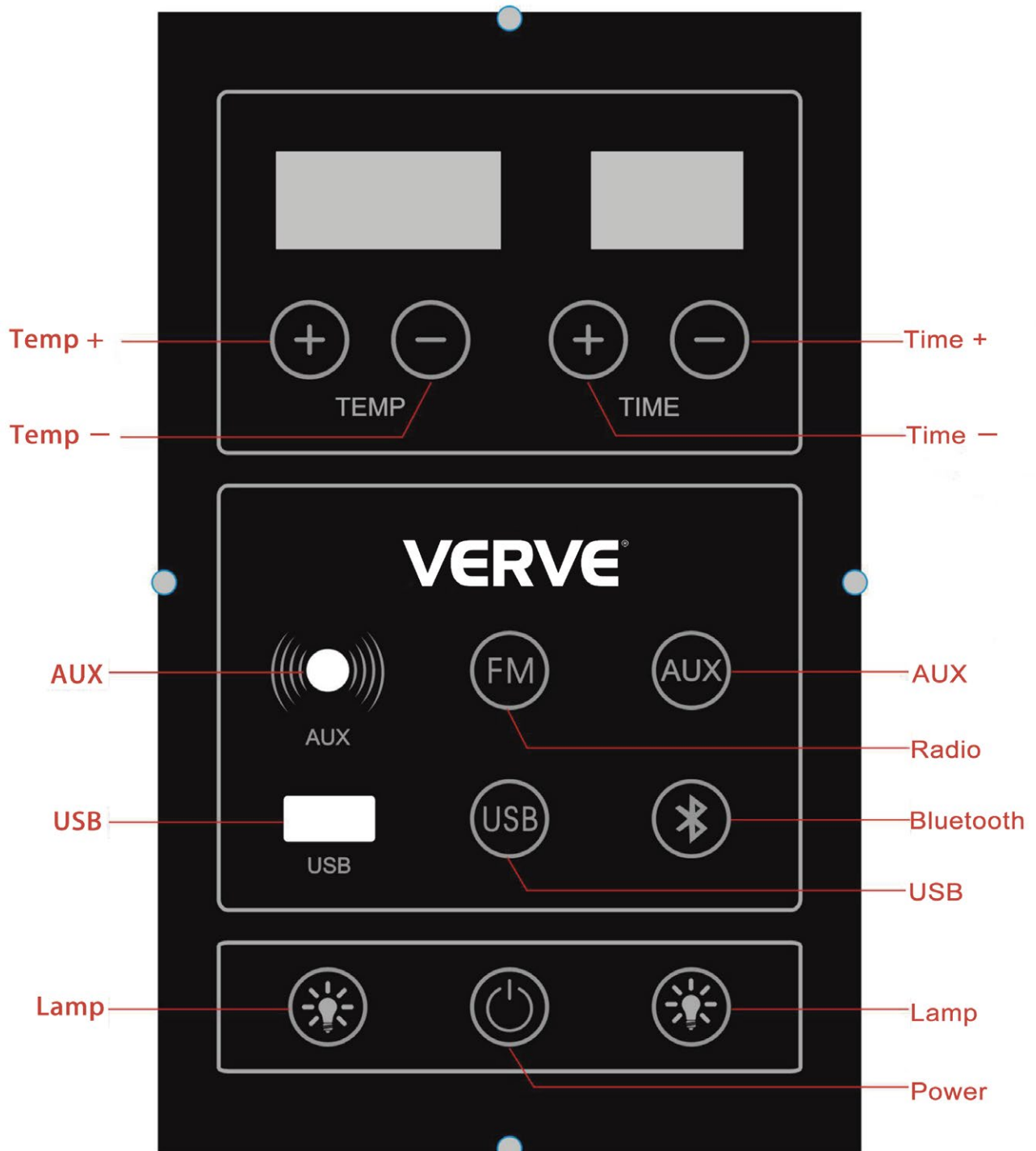
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OPERATING INSTRUCTIONS

This section outlines the operating instructions for your sauna system, detailing how to use its various features and functions effectively for a customised and safe experience.



OPERATING INSTRUCTIONS

Turn On/Off the Light Wave

- Press the ON/OFF button  to toggle the light wave on or off.
- When powered on: The first press turns on the light wave, and the second press turns it off.
- The last set temperature (30–65°C) is remembered by the system.
- The default operation time is 60 minutes.

Temperature Setting

- After turning on the light wave, press TEMP + or TEMP - to adjust the temperature within the range of 30–65°C.
- Each press increases or decreases the temperature by 1°C.
- If the temperature is set below 30°C, the display will show “--”.
- To switch between Fahrenheit and Celsius, press and hold the TEMP + button for 10 seconds.


Time Setting

- Press TIME + or TIME - to adjust the session duration within the range of 5–60 minutes.
- When the countdown reaches 0, the buzzer sounds three times, with an interval of 1.5 seconds.

Lamp Function

- Basic Light Operation: With the light wave turned on, press the Lamp button to switch the light on or off.
- Supported light power: AC220V 50W (DC12V lamps require an external switching power supply).

LED Colour Settings:

- Press the LED button  to activate colour selection.
- The clock area will show “2n” and the temperature display will show “Lx.”
- Spotlight Control: In the “2n” state, press TIME + or TIME - to switch LED lights and spotlights on or off independently.
- Press the LED button to cycle through colour modes. After 8 seconds without pressing, the display exits the light control menu, retaining the current settings.

Colour Modes

L1: Full bright	L4: Blue-green	L7: Red
L2: Red-blue	L5: Green	L8: Jump mode
L3: Blue	L6: Green-red	L9: Gradient mode

OPERATING INSTRUCTIONS

Audio Function



1. FM Radio

- Press the Radio button to enable FM radio.
- The temperature display shows the frequency, and the clock display shows the volume.
- Use TEMP +/- to adjust the frequency and TIME +/- to adjust the volume.
- The display returns to temperature and time after 8 seconds of inactivity.



2. AUX

- Press the AUX button to activate AUX mode.
- The temperature display shows "AUX," and the clock display shows the volume.
- Adjust the volume using TIME +/-.



3. USB

- Press the USB button to activate USB playback.
- Use TEMP +/- for track navigation and TIME +/- to adjust volume.
- USB read time: 2-3 seconds.



2. Bluetooth

- Press the Bluetooth button to enable pairing mode.
- The temperature display shows "B," and the clock display shows the volume.
- Pair your mobile device within 6-7 seconds.

Physiotherapy Function

- Press the PT button to activate the physiotherapy mode.
- The temperature is set to 45°C, and the time is set to 60 minutes.

High Temperature Protection Function

- If the sensor temperature exceeds 75°C:
- The display shows "HH," an alarm sounds, and all functions stop.
- To resume operation, power off and restart the unit after cooling.

Sensor Fault Detection

- Open Circuit: Displays "00," flashes, and triggers an alarm. Functions cannot operate until resolved.
- Short Circuit: Displays "1," flashes, and triggers an alarm. Functions cannot operate until resolved.

HOW TO USE THE SAUNA APP



1. Download the App

- Users can download the "Cloud Intelligence" app from the Android App Store or Apple App Store and install it on their mobile phone.

APP DOWNLOAD

2. User Registration

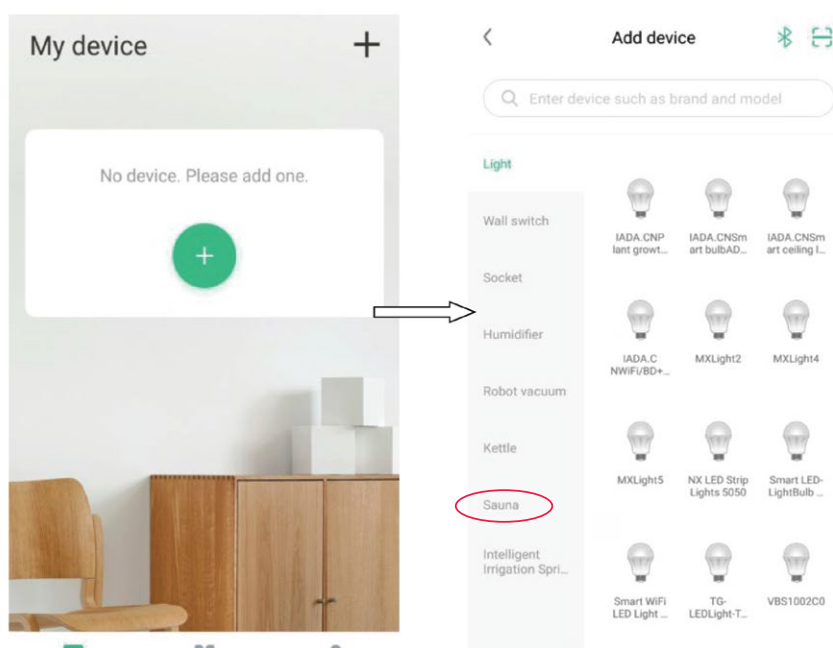
- Register using a mobile phone number.
- During registration, select the country where the device is located as the registered address.

3. Connecting to the Network

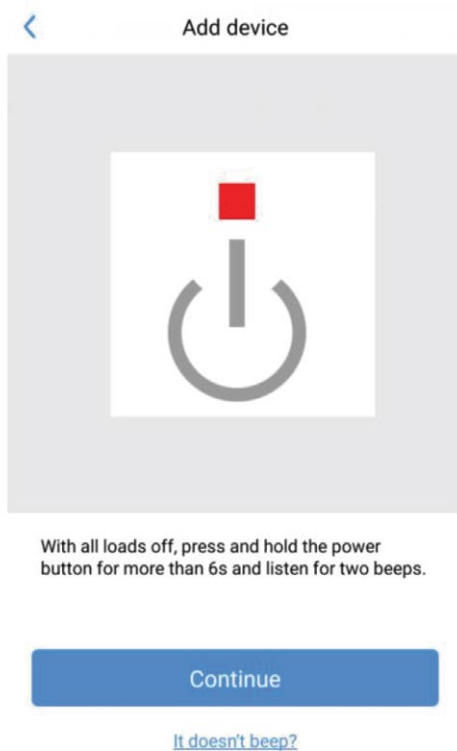
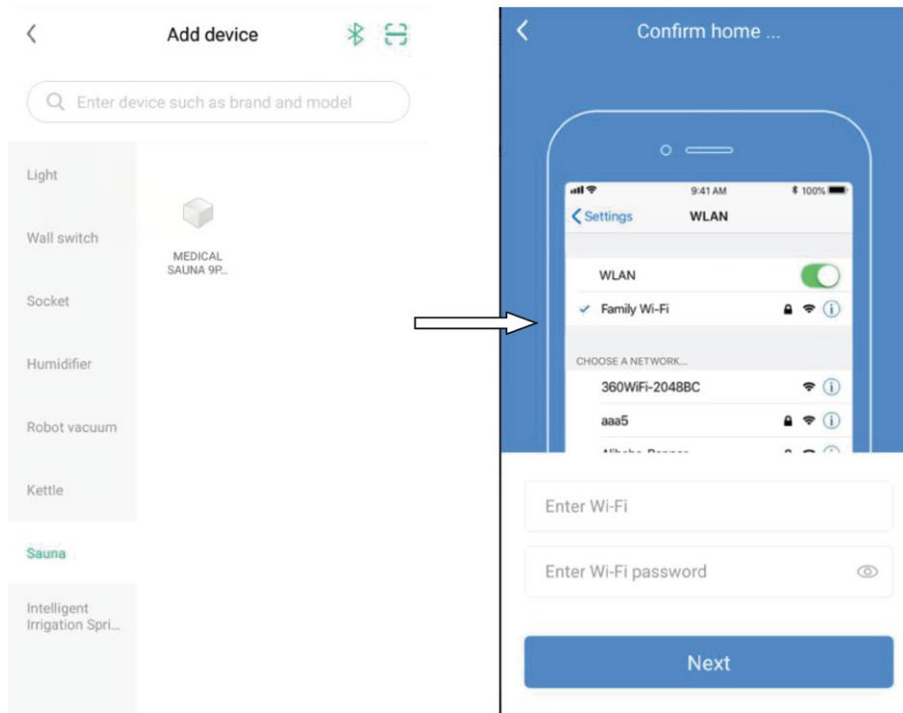
- This is the most critical step. There are two methods for network setup:

CONNECTING TO YOUR SAUNA

Ensure your mobile phone is connected to the same network as the sauna device. Open the "Cloud Intelligence" app.



HOW TO USE THE SAUNA APP



- When the interface appears, ensure the sauna is in standby mode (power is not turned on).
- Long press the ON/OFF button on the sauna system until the buzzer sounds twice.
- On the app interface, click 'Continue' to initiate the automatic network setup.
- Once the setup is complete, you can control the sauna remotely using your mobile phone.

HYBRID SAUNA FUNCTIONS



No.	Control/Feature	No.	Control/Feature
1	Temperature Control (Reduce) / Next Song	8	Timer Control (Reduce) / Volume Control (Reduce)
2	Temperature Control (Increase) / Previous Song	9	Timer Control (Increase) / Volume Control (Increase)
3	AUX Connection Interface	10	AUX Mode
4	FM Mode	11	Bluetooth Mode
5	USB Connection Interface	12	Infrared/Steam Mode Switch
6	USB Input	13	Power Button
7	Light Control		

HYBRID SAUNA FUNCTIONS

Power Button (On/Off)

This button turns the sauna on or off.

Timer Control

Use the (+) or (-) buttons to increase or decrease the sauna timer. The timer will count down to 00 and automatically turn off the heater. The system retains the FM and MP3 status during this time. These buttons can also be used to adjust the volume when using the audio features.

By default, the system memorizes the last used temperature and time settings, with a standard session time of 60 minutes.

Temperature Control

Use the (+) or (-) buttons to increase or decrease the sauna temperature. The heater will turn off once the sauna reaches the set temperature. The system retains the FM and MP3 status during this time. These buttons can also be used to change radio channels or songs.

Temperature adjustment range:

- Celsius: 30–65°C (step: 1°C).
- Fahrenheit: 90–150°F (step: 5°F).

When the temperature is below 30°C/90°F, the display will show "LO."

Fahrenheit and Celsius Toggle

To switch between Fahrenheit and Celsius, press and hold both temperature control buttons at the same time. The display will update to reflect the selected measurement unit.

AUDIO FEATURES



Bluetooth Mode

Press the "Audio" button once to turn on the Bluetooth function. The backlight will activate, and the display will show "bLU." Turn on Bluetooth on your mobile device and search to pair with the sauna system. Pairing takes approximately 6-7 seconds. Once connected, you can play music, and the volume can be adjusted using the Time (+/-) buttons.

If there is no button response for 8 seconds, the display will switch back to showing the temperature and time.

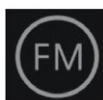
Note: During Bluetooth pairing, you cannot immediately switch to USB or radio modes. You need to wait 6-7 seconds before switching.



USB Mode

Press the "Audio" button a second time to activate USB functionality. The display will show "USB." Use the Temp (+/-) buttons to select the previous or next song, and use the Time (+/-) buttons to adjust the volume.

Note: The USB reading time is 2-3 seconds. If no buttons are pressed for 8 seconds, the display will return to showing the temperature and time.



FM Radio Mode

Press the "Audio" button a third time to activate FM radio. The display will show the frequency in the temperature area. Use the Temp (+/-) buttons to adjust the frequency, and use the Time (+/-) buttons to adjust the volume.

If no buttons are pressed for 8 seconds, the display will revert to showing the temperature and time.

Turn Off Audio

Press the "Audio" button a fourth time to turn off all audio functions.

Audio Switching

Switching between Bluetooth, USB, and FM radio modes requires a delay of 6-7 seconds. Attempting to switch too quickly may require waiting for 6-7 seconds before the system allows another switch.

USAGE GUIDE

Allow your sauna to warm up for 15–20 minutes or until it reaches 110°F (43°C). To speed up the pre-heating process, you may close the ceiling vent. Ensure you drink plenty of water before and after each session to avoid dehydration. It is recommended to limit sauna use to no more than 40 minutes per session.

If the sauna becomes stuffy during use, open the ceiling vent to allow fresh air into the sauna.

Tips for Optimal Use:

- Begin your sauna session when the temperature is within 10°F of the set temperature for maximum benefits from the infrared heaters. For example, if the set temperature is 125°F (52°C), start using the sauna at around 115°F (46°C).
- Most customers report an average use temperature of 125°F (52°C).

Precautions

- If the temperature becomes unbearable, lower the temperature or turn off the sauna immediately.
- Do not use the sauna if you are pregnant, have serious inflammation, a fever, a communicable disease, acute bleeding, or are intoxicated.
- Avoid consuming alcohol or drugs while using the sauna.
- Do not splash water on the heaters or any electrical components inside the sauna.
- Avoid bringing wet towels or substances that could damage the sauna's interior.
- Do not install a lock on the sauna door.
- Repairs must be authorized by the supplier's representative; unauthorized repairs may void the product warranty.

Cleaning and Maintenance

- Use a clean, damp towel to wipe down the bench, floor, and back panel. Ensure the towel is not overly wet to prevent water from dripping inside the sauna.
- Avoid using cleaning agents inside the sauna.
- After each session, keep the sauna clean and dry by removing any towels, water glasses, or bottles left inside.
- Wipe the exterior surfaces of the sauna regularly, and clean the glass at least once a month.

WOOD CARE



Interior Maintenance:

- For scratches or scuffs, you may choose to leave them as is, sand them, or use a combination of gluing and sanding.
- Avoid using treatments containing benzene or high concentrations of alcohol on the sauna's interior.

Exterior Maintenance:

- Minor scratches or scuffs can be concealed with furniture polish, oil, or other furniture treatments.
- For outdoor models, maintain the exterior body regularly (every 6–12 months) by polishing or resealing the wood as needed.
- If the varnish cracks or wears off, sand the surface and reapply varnish to the affected areas. Consult a local handyman or furniture repair professional for advice on maintaining wood in outdoor environments.

HEALTH AND SAFETY

Saunas and Medications

Individuals taking prescription drugs should consult their physician or pharmacist about potential effects when the body is exposed to far infrared waves or elevated temperatures.

Some medications, including diuretics, barbiturates, and beta-blockers, may impair the body's natural ability to lose heat. Additionally, over-the-counter drugs such as antihistamines may increase susceptibility to heat stroke.

Saunas and Children

Children's core body temperature rises faster than adults due to their higher metabolic rate, limited circulatory adaptation, and reduced ability to regulate temperature through sweating. Always consult a pediatrician before allowing a child to use a sauna.

Saunas and the Elderly

Older individuals may struggle to maintain core body temperature due to circulatory conditions and reduced sweat gland function. Consult a physician to ensure the body can activate natural cooling mechanisms effectively.

Saunas and Cardiovascular Conditions

Individuals with cardiovascular conditions (e.g., hypertension, hypotension, heart failure, or impaired coronary circulation) or

those taking medications affecting blood pressure should exercise caution with sauna use.

Heat stress can increase heart rate by 30 beats per minute for every degree of core body temperature increase. Consult your physician before use.

Saunas and Alcohol

Avoid using a sauna to "sweat out" a hangover. Alcohol impairs judgment and increases heart rate, which can be exacerbated by heat stress.

Saunas and Chronic Conditions

Conditions that impair the ability to sweat or perspire, such as Parkinson's, Multiple Sclerosis, Central Nervous System Tumors, or Diabetes with Neuropathy, may be negatively impacted by sauna use. Consult your doctor before proceeding.

Saunas and Hemophiliacs / Bleeding Disorders

Infrared saunas should not be used by individuals predisposed to bleeding or by hemophiliacs.

TROUBLESHOOTING GUIDE

The Sauna Doesn't Power On

- Ensure the power cord is securely connected to both the power socket and the control box (located on top of the sauna).
- Check that the breaker has not been tripped.
- Verify the control panel white ribbon wire is securely connected.
- Test the power socket by plugging in another device to confirm it is functioning properly.

Light Is Not Working

- Replace the light bulb.

Color Therapy Light Doesn't Work

- Confirm the battery is inserted correctly in the remote.
- Point the remote directly at the receiver (small rounded tip near the colour lights).
- Try replacing the battery with a new one.

All Heaters Are Not Working

- Ensure all heater plugs are securely connected to the control box (located on top of the sauna).
- Verify the sauna is connected to the recommended power supply.
- Check that the heat sensor is securely connected.

One or a Few Heaters Are Not Working

- Confirm that all heater plugs are securely connected to the control box.
- Check that the under-bench heater plugs are securely connected.
- Note: Floor heaters and under-bench heaters are intentionally less hot than other heaters (by design).
- If necessary, check the plug behind the heater. (You may need to unscrew the heater to access it.)

Control Panel Display Is Unusual

- If the temperature display shows 150°C or 230°F, check that the heat sensor is securely connected.
- If the time display shows two dashes ("--"), the sauna is in continuous working mode. Press the timer button to switch to timed working mode.