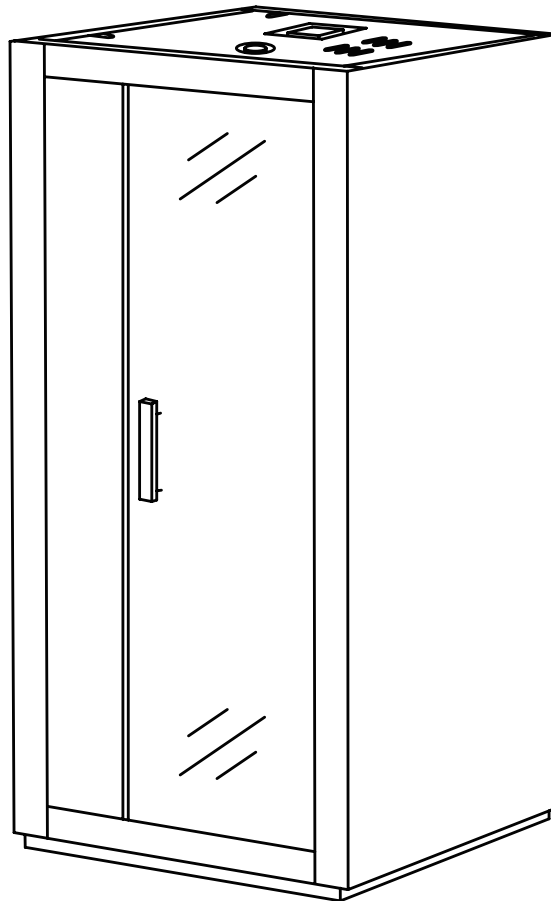




## ReGen 8 Duo - 2 Person Hemlock Infrared Sauna

### USER MANUAL



Product may vary slightly from the item pictured due to model upgrades.



**Read all instructions carefully before using this product.  
Retain this owner's manual for future reference.**

**NOTE:**

This manual should not be used to guide your purchasing decision. Your product, and the contents inside its carton, may vary from what is listed in this manual. This manual may also be subject to updates or changes. Updated manuals are available through our website at [www.lifespanfitness.com.au](http://www.lifespanfitness.com.au)



# TABLE OF CONTENTS

I. Important Safety Instructions .....	03
II. Structure of Infrared Sauna .....	04
III. Installation Process.....	05
IV. Installation Precautions .....	06
V. Control Panel Operation .....	07
VI. Maintenance .....	18
VII. Troubleshooting.....	19
VIII. Warranty .....	25

# I. IMPORTANT SAFETY INSTRUCTIONS

For your safety, it is crucial to adhere strictly to the following precautions while using this product:

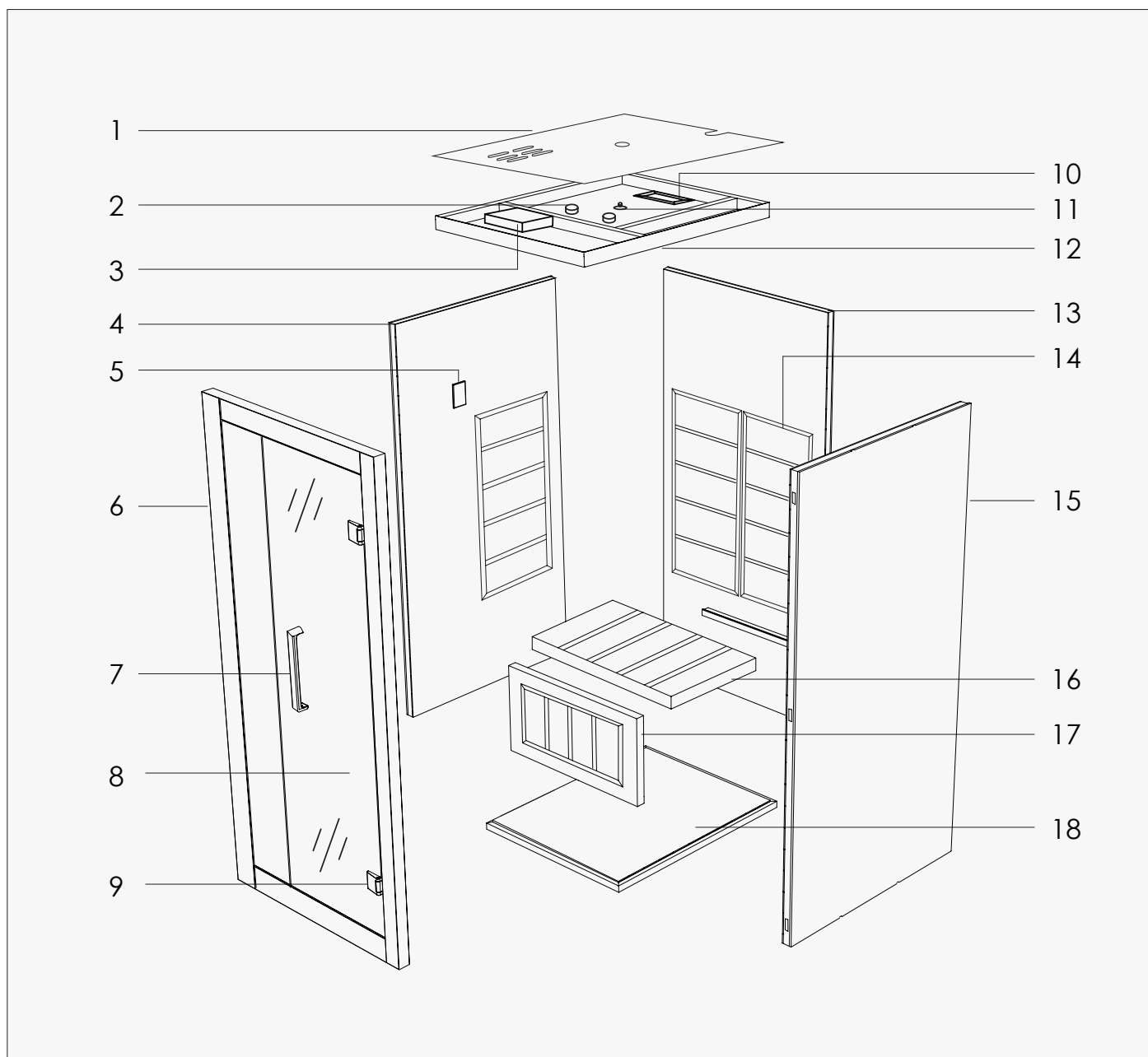
1. Ensure that children use the equipment under the supervision of an adult. Avoid playing with the equipment for safety reasons.
2. Do not insert objects such as fingers or sticks into the heating tube plate to prevent potential dangers.
3. Never pour water onto the equipment or the heating pipe (board).
4. Avoid using or storing flammable gases or liquids, such as hair spray, oil paint, gasoline, etc., in proximity to the equipment to prevent fire hazards.
5. Refrain from placing items inside or on top of the sauna.
6. Avoid touching the power control panel and any electrical components with wet hands to prevent the risk of electric shock.
7. It is strictly prohibited to use the equipment during thunderstorms to prevent electric shock.
8. Do not tilt the equipment and refrain from using sharp objects to strike it.
9. Shut down the equipment for half an hour after continuous operation for 4 hours.
10. Avoid operating the equipment in a prolonged high-temperature environment.
11. Exercise caution when using the equipment after consuming alcohol.
12. Individuals with hemophilia or a tendency to bleed should avoid using the equipment.
13. Consult your doctor before using if you are currently experiencing illness or taking medication.
14. Do not use the equipment immediately after intense exercise; wait until your body temperature returns to normal.
15. If you experience any discomfort, cease using the equipment immediately.
16. Mind your head when entering and exiting the equipment.
17. Do not sleep inside the equipment while it is in operation.
18. Refrain from using any bath products in the sauna.
19. Avoid touching the heating element to prevent burns.
20. Keep the seat timber dry to prevent damage.
21. Ensure the floor heater remains dry to prevent excessive sweat dripping.



**WARNING: Covering the heater or infrared emitter poses a fire risk!**

If you have any questions, please contact the supplier.

## II. STRUCTURE OF INFRARED SAUNA

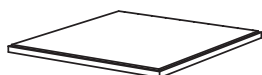


- |                  |                 |                        |                       |
|------------------|-----------------|------------------------|-----------------------|
| 1. Duster cover  | 6. Front board  | 11. Temperature sensor | 16. Bench             |
| 2. Speaker       | 7. Handle       | 12. Top board          | 17. Bench front board |
| 3. Control box   | 8. Door glass   | 13. Back board         | 18. Bottom board      |
| 4. Left board    | 9. Hinge        | 14. Heater frame       |                       |
| 5. Control panel | 10. Ventilation | 15. Right board        |                       |

\*The structure may vary from different models

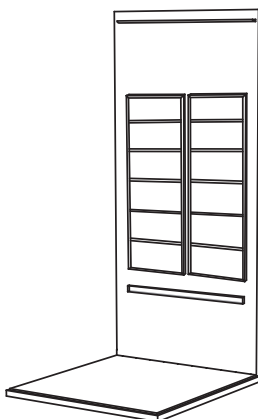
# III. INSTALLATION PROCESS

1



Bottom board

2



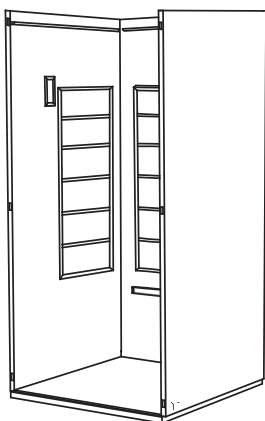
Back board

3



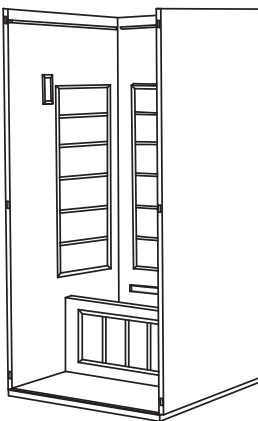
Left board

4



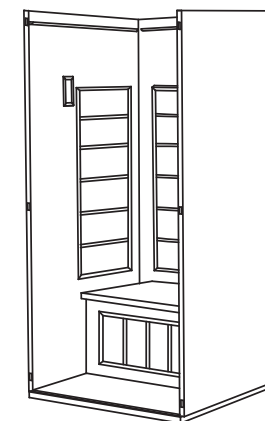
Right board

5



Bench front board

6



Bench

7



Front board

8



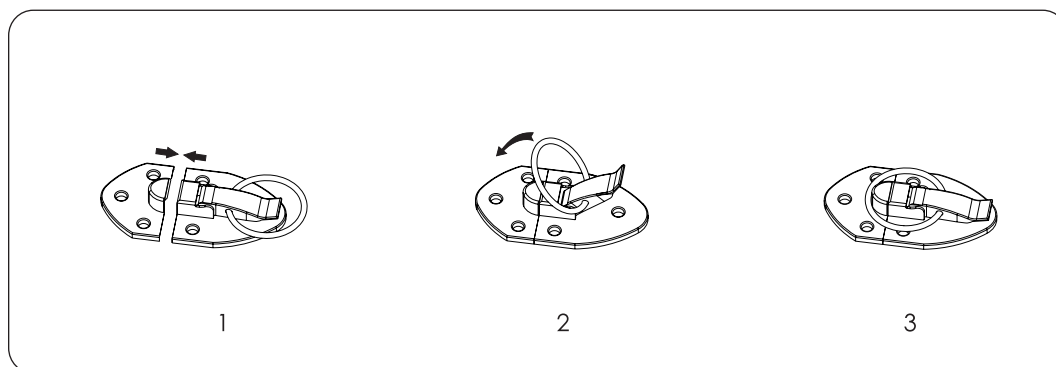
Top board

\* The structure may vary from different models. Due to our continued product improvement, product illustrated on this instruction manual may vary slightly from the actual product.

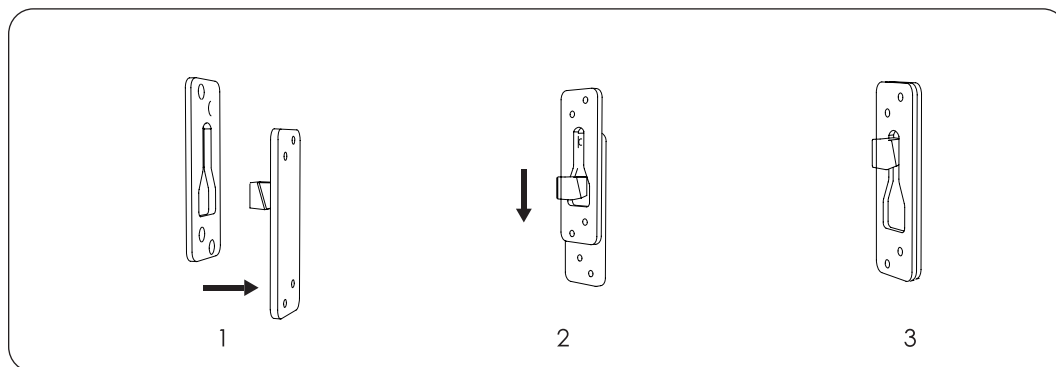
# IV. INSTALLATION PRECAUTIONS

## LARGE PLATE ASSEMBLY

Outer buckle installation method

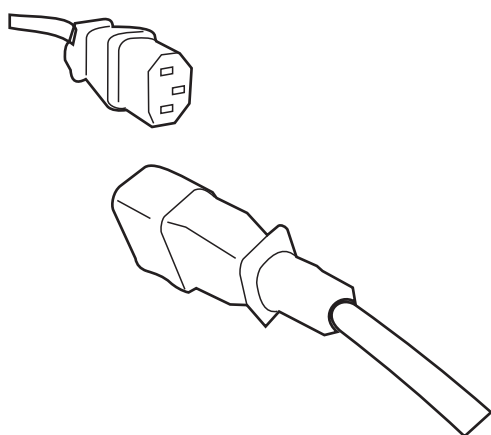


Outer buckle installation method



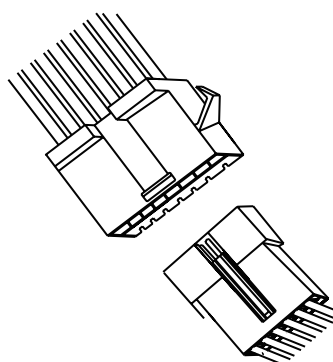
## ELECTRICAL CONNECTION

1



Connection cable

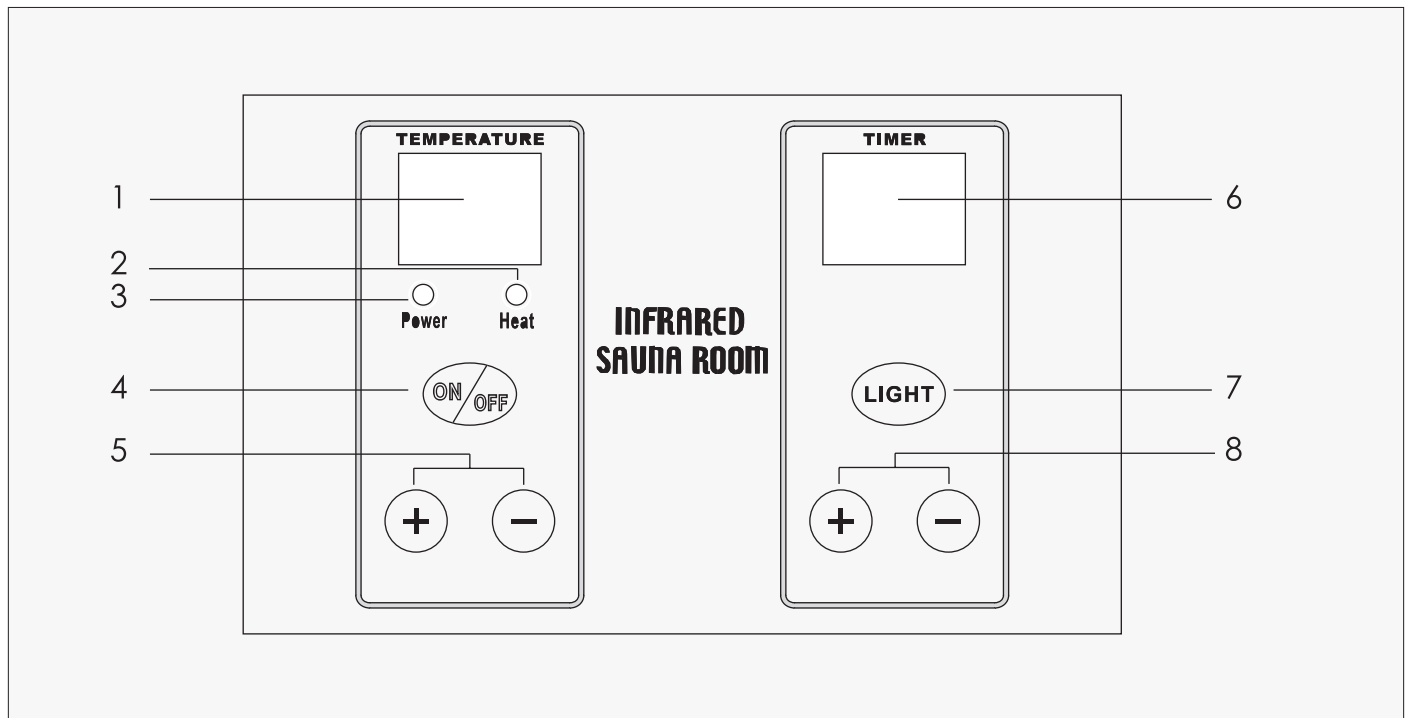
2



Connection plug

# V. CONTROL PANEL OPERATION

## Control panel operation (A)



### 1. Temperature display screen

For temperature.

### 2. Working indicator lamp

Indicate that the heater is working.

### 3. Power indicator lamp

Indicates that the power supply is on.

### 4. Power button

Touch this key to turn on or turn off it.

### 5. Temp control

Touch the '+' and '-' button to increase or decrease the temperature from 30°C to 65°C. If the 'heat' light is on, the temperature setting will increase one degree every time the '+' button is pushed. If pressed for three seconds, the setting will increase quickly. Decrease the temperature in the same manner by pressing the '-' button. After the sauna reaches the desired temperature, the 'heat' light turns off. The Fahrenheit and Centigrade display can be switched: press the temperature button "+" and "-" at the meantime, then press the button of "light" to switch.

### 6. Timer display screen

For timer.

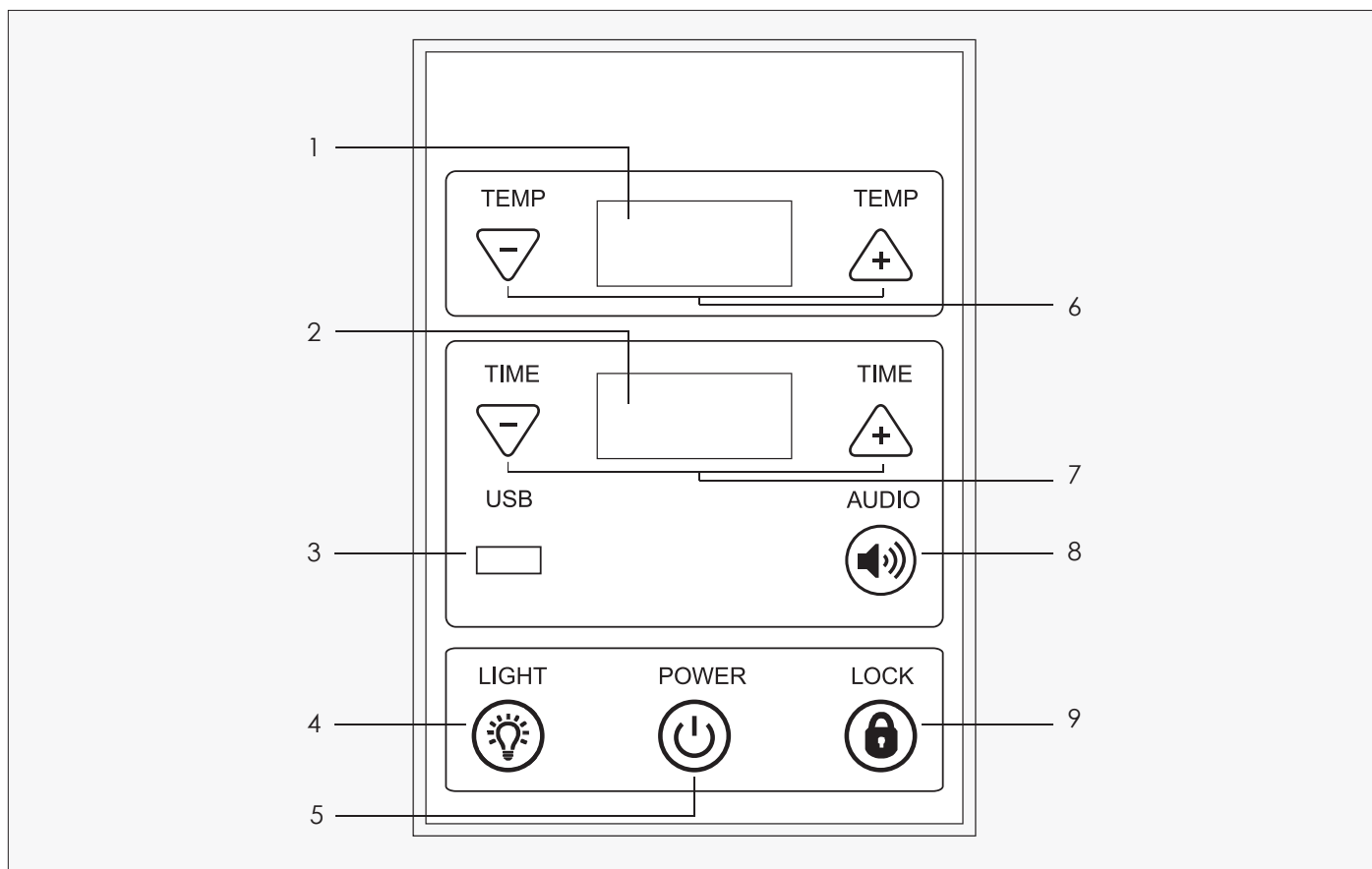
### 7. Light button

Touch the key to turn on/off the light.

### 8. Time control

Touch the '+' and '-' buttons to set the timer from 5 to 60 minutes. If pressed for three seconds, the timer will increase quickly. To extend the sauna session, reset the timer again.

## Control panel operation (B)



### 1. Temperature display screen

For temperature.

### 2. Timer display screen

For timer.

### 3. USB function

Touch this key to start USB function.

### 4. Light button

Touch the key to turn on/off the light.

See the next page for details.

### 5. Power button

Press and hold this button to switch on and off.

### 6. Temp control

After heater is turned on, press TEMP- and TEMP+ to adjust the heater temperature. See the next page for details.

### 7. Time control

Touch the '+' and '-' buttons to set the timer from 5 to 60 minutes. Stepping is 5, when the countdown is to 5 minutes, it will beep 3 times.

### 8. Audio function

See the next page for details.

### 9. Button lock function

Long press LOCK button for 5S, indicator light is on, it means the button is locked. Long press this button again for 5S to unlock the button, indicator lamp is not light.



**Light Button:**

While the system is in standby mode, press the "LIGHT" button to either turn the lamp on or off separately. If the indicator light is on, it means the lamp is on; if the indicator light is off, it means the lamp is off.

When the high voltage lamp is on, press for 5 seconds (5S), and the time display will show "2n," while the temperature display shows "Lx" (where x is between 1 and 9).

1. When it displays "2n," a short press of the "LIGHT" button changes the LED light color. Pressing it once changes one color.

2. Within 8 seconds without pressing the "LIGHT" button, the time display exits "2n," the temperature display exits "Lx," and the LED lamp retains its current color status, exiting the light control logic lock key function.

3. You can independently turn on or off the LED light and high voltage lamp. While in the "2n" status, press "TIME-" and "TIME+" separately to control the LED light or high voltage lamp.

**Temperature Control:**

After turning on the heater, use the "TEMP-" and "TEMP+" buttons to adjust the heater temperature. The temperature range is from 30 to 65°C (75°C), with a stepping temperature of 1°C. The Fahrenheit degree range is from 90 to 150°F (167°F), with a stepping temperature of 5°F.

If the temperature is below 30°C or 90°F, it will display "LO." To switch between Celsius and Fahrenheit, press "TEMP-" and "LOCK" simultaneously for 5 seconds.

**Audio Function:**

1. Press the AUDIO button for the first time, and the indicator light will illuminate. Activate Bluetooth on your mobile device while searching and pairing with the sauna. Once matched (within 6 or 8 seconds), music can be played. The temperature display shows "BLU," and the time display shows "--Db" or delays for 5 seconds before displaying. Use TIME+ or TIME- to adjust the volume (01-30DB). Short presses of TEMP+- adjust the previous and next music. If the sauna is active and there's no button press after 8 seconds, the display will show the temperature and time.

**Remarks:** During Bluetooth pairing, it is not possible to switch between Bluetooth, USB, and radio simultaneously. The switch time takes 6 or 7 seconds. To switch immediately, wait for 6 or 7 seconds. To stabilize and expedite Bluetooth initialization and pairing, within 8 seconds of opening Bluetooth, disable the load turning on or off function.

2. Press the AUDIO button for the second time, and the indicator light will illuminate. Activate the USB function, and the temperature display shows "USB." Press TEMP+ to adjust the previous music and TEMP- to adjust the next one. The time display shows "--Db." Press TIME+- to adjust the volume, and short presses of TEMP+- adjust the previous and next music. If there's no button press after 8 seconds, the display shows the temperature and time.

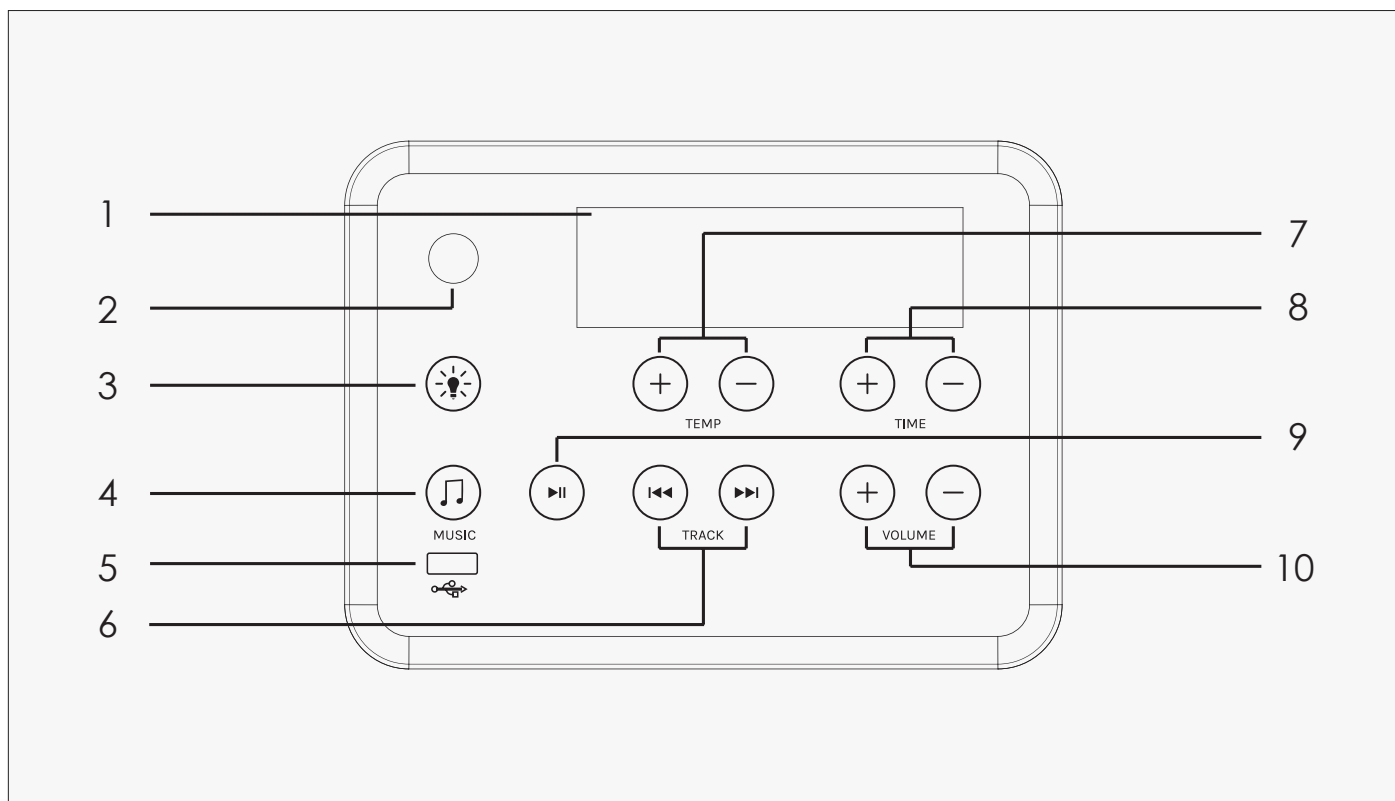
**Attention:** It takes 3 seconds to read the USB. If not connected to USB, the volume will show 00db.

3. Press the button for the third time to activate the radio. A broadcast prompt sound will occur, and the frequency will be displayed in the temperature display. The time display shows "VOL." Press TIME+- to adjust the volume, and press TEMP to adjust the frequency. If there's no button press after 8 seconds, the display shows the temperature and time.

**Attention:** When the radio is on, long-press the AUDIO button to automatically search for the frequency. The frequency range is (87.5MHZ-108MHZ). To search for the frequency automatically for the first time in a new location, open the radio and then long-press the AUDIO button.

4. Press the button for the fourth time to turn off the sound function.

## Control panel operation (C)



### 1. Display screen

For temperature, time, FM.

### 2. Power button

Touch this key to turn on or turn off it.

### 3. Light button

Touch the key to turn on/off the light inside of cabin.

### 4. Music button

Touch this key to adjust bluetooth, MP3 and FM. FM from 85.7-108.0M.

### 5. USB function

Touch this key to start USB function.

### 6. USB function

Press two key for a second will be FM mode. Press key upon the TRACK for last song and key for next one.

### 7. Temp control

Touch the '+' and '-' button to increase or decrease the temperature. If the 'heat' light is on, the temperature setting will increase one degree every time the '+' button is pushed. If pressed for three seconds, the setting will increase quickly. Decrease the temperature in the same manner by pressing the '-' button. After the sauna reaches the desired temperature, the 'heat' light turns off. The Fahrenheit and Centigrade display can be switched: press the temperature button "+" and "-" at the meantime, then press the button of "light" to switch.

### 8. Time control

Touch the '+' and '-' buttons to set the timer from 5 to 90 minutes. If pressed for three seconds, the timer will increase quickly. To extend the sauna session, reset the timer again.

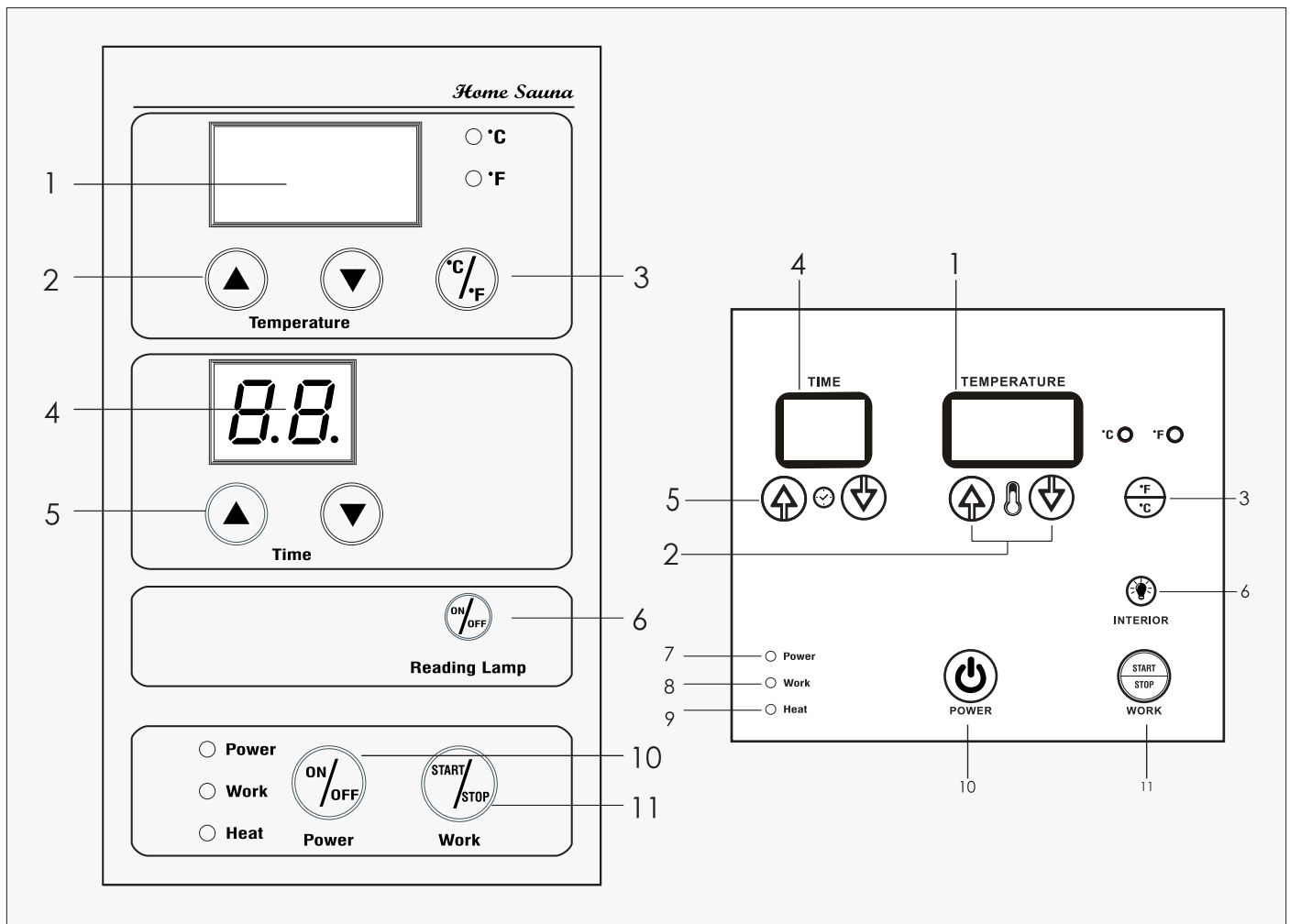
### 9. Pause/Play

When music playing in this mode, this key is for pause or play.

### 10. Volume control

Press '+' and '-' to increase or decrease volume.

## Control panel operation (D)



### 1. Temperature display screen

For temperature.

### 2. Temperature adjust button

Press "▲" and "▼" to adjust the temperature setting.

### 3. Temperature Type

Press to change the temperature display between °C/°F.

### 4. Timer display screen

For timer display.

### 5. Time adjust button

Press "▲" and "▼" to adjust the timer setting.

### 6. Light button

Press the key to turn on/off the light.

### 7. Power Indicator

Indicates the status of the sauna's main power.

### 8. Work Indicator

Indicates the working status of the sauna.

### 9. Heat Indicator

Indicates the status of heating function.

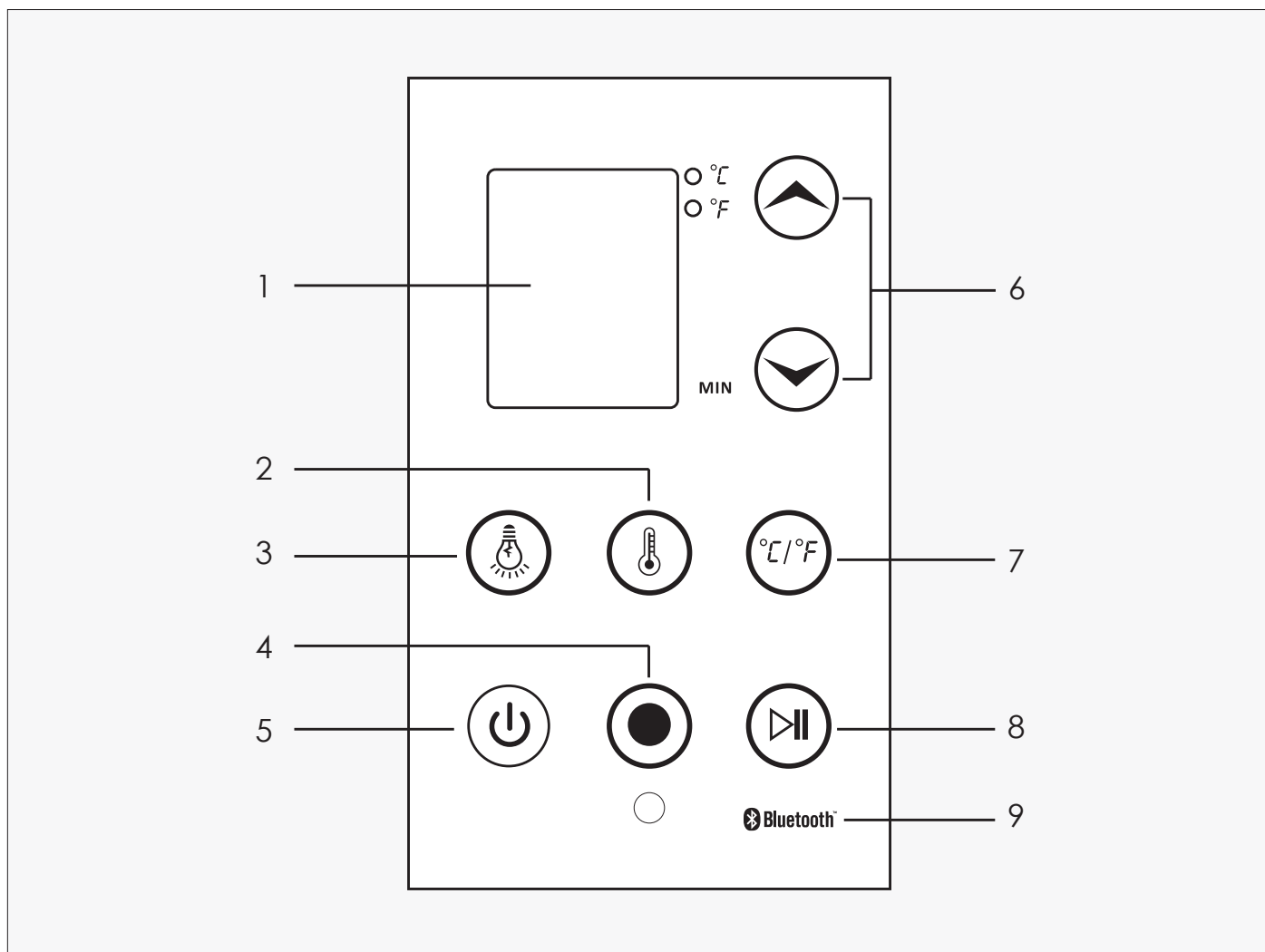
### 10. Power button

Press this key to turn on or turn off the sauna.

### 11. Work Start/Stop

Press to control the working functions of the sauna.

## Control panel operation (E)



### 1. Display screen

For temperature and timer display.

### 2. Temperature button

Press the key to temperature adjustment state.

### 3. Light button

Press the key to turn on/off the light.

### 4. Time button

Press the key to time adjustment state.

### 5. Power button

Press this key to turn on or turn off the sauna.

### 6. Adjust button

Press "Λ" and "V" to adjust the temperature setting and the timer setting.

### 7. Temperature type

Press to change the temperature display between °C/°F.

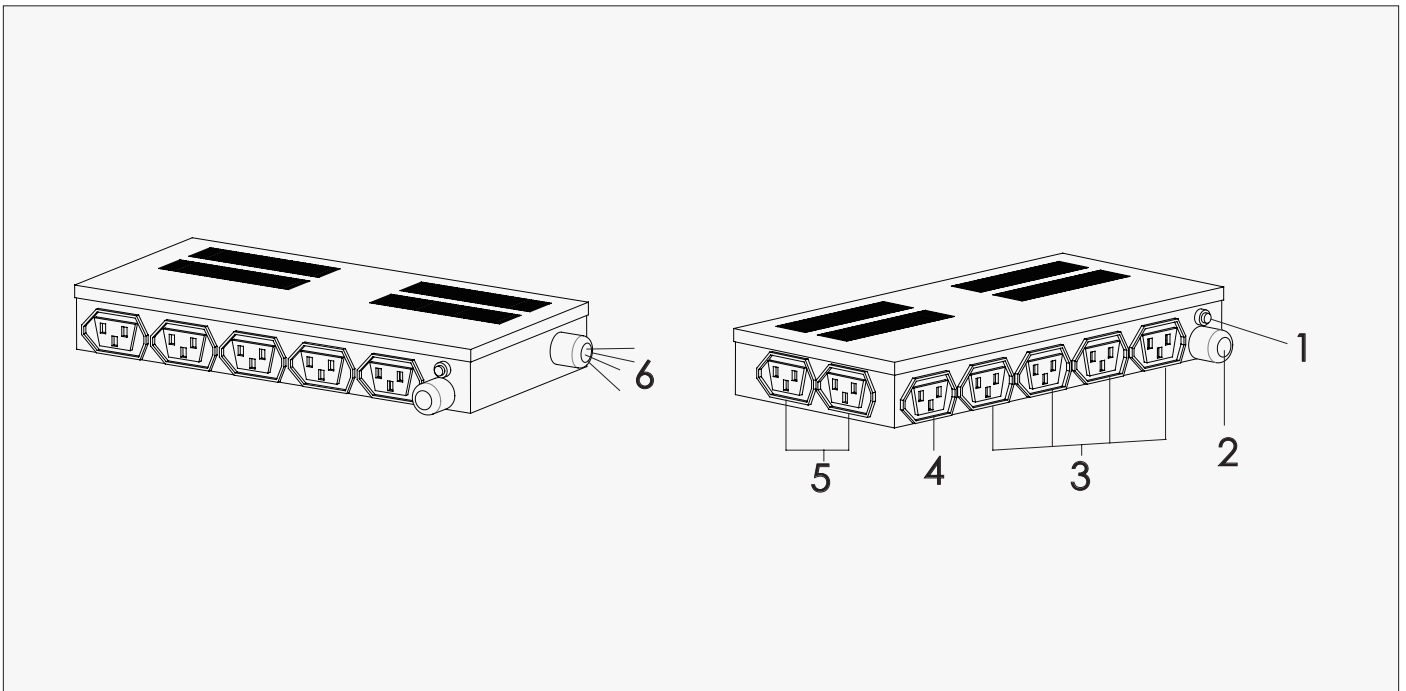
### 8. Pause/Play

Press to control the working functions of the sauna.

### 9. Bluetooth

Control panel can be connected to devices to play music.

## Control box (A)



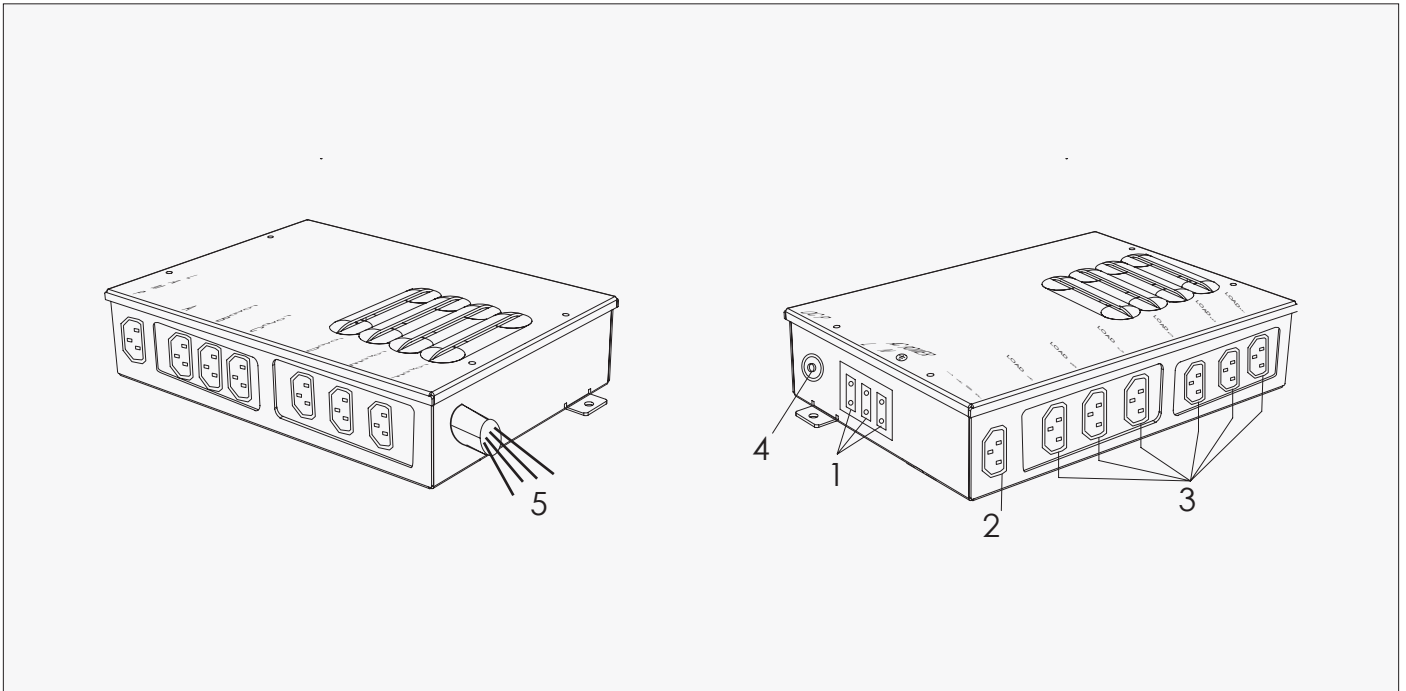
This control box is the control center of the sauna room; it is installed on the top board with input/output connections as below.

1. Fuse reset
2. Main power of sauna room
3. Heaters power output cable (LOAD A--LOAD D)
4. Lamp power output cable
5. Heaters power output cable (LOAD E--LOAD F)
6. 12V output

Temperature sensor connection port Control panel connecting

Color lamp power output

## Control box (B)



This control box is the control center of the sauna room; it is installed on the top board with input/output connections as below.

1. Main power of sauna room
2. Lamp power output cable
3. Heaters power output cable (LOAD A--LOAD D)
4. Fuse reset
5. 12V output

Temperature sensor connection port

Control panel connecting

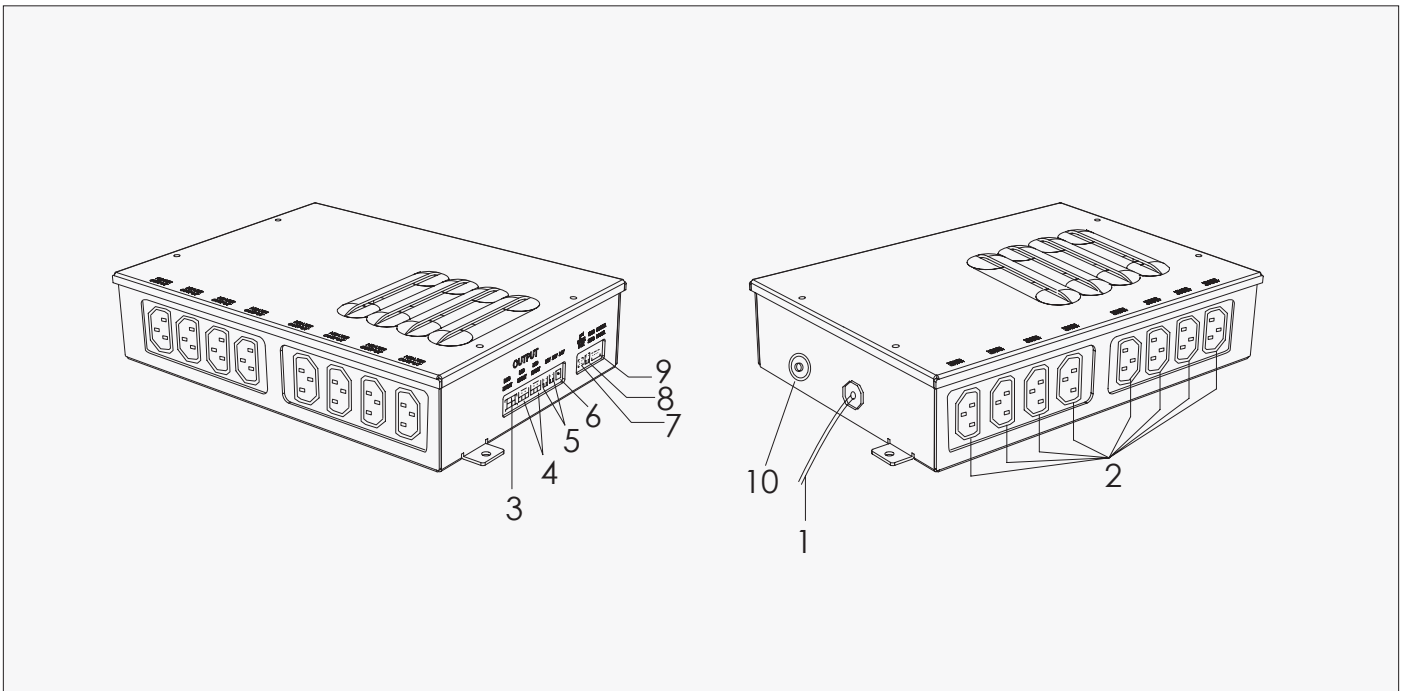
Antenna

USB output

Color lamp power output

Audio output

## Control box (C)

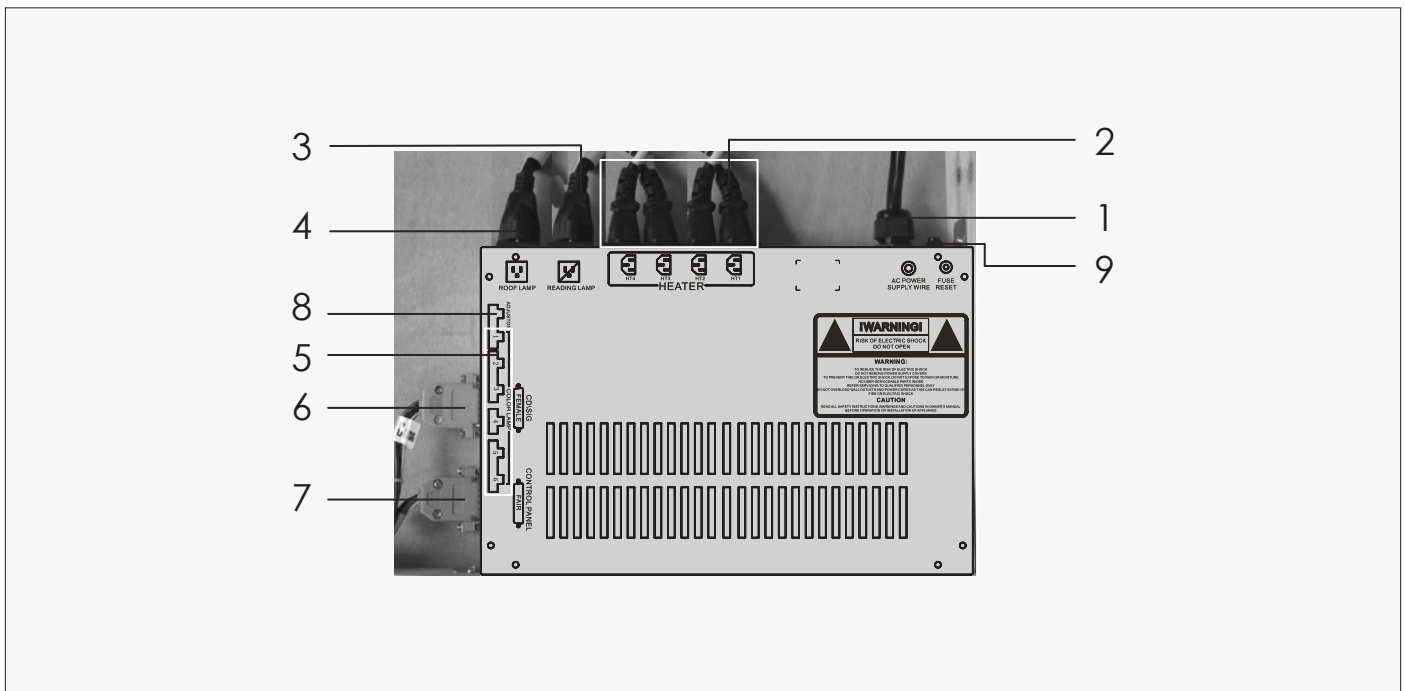


This control box is the control center of the sauna room; it is installed on the top board with input/output connections as below.

1. Main power of sauna room
2. Heaters power output cable HT1--HT8)
3. Reading lamp power output cable
4. Color lamp power output cable(optional)
5. 12V output
6. 24V output
7. If necessary can connect another power box
8. Temperature sensor connection port
9. Control panel connecting
10. Fuse reset



## Control box (D)



This control box is the control center of the sauna room; it is installed on the top board with input/output connections as below.

1. Main Power	Main Power of the sauna room
2. Heater	Heaters Power output cable( HT1, HT2, HT3, Ht4)
3. Reading Lamp	Reading Lamp power output cable
4. Roof Lamp	Roof Lamp power output cable (in some models)
5. Color Lamp	Color lamp power output cable(optional)
6. Ctrl	Control panel connecting
7. CD/Sig	Signal cable group
8. Adjust	Color adjust
9. Fuse	Fuse Reset

The functions of COLOR LAMP and ADJUST are useful only when color lights are set up in the sauna.

# VI. MAINTANCE

## **Before Using:**

1. Please be sure to follow the instruction manual before operations.
2. Prepare a towel on the seat bench to prevent sweat from dripping onto it, to avoid affecting the quality and beauty of the wood.

## **After Using:**

1. Please unplug the power plug promptly.
2. Open the door to let the heat and humid water vapor dissipate, keeping the sauna cabin dry.

## **Stain on Wood:**

1. Wipe the outer cabin with a wrung wet towel.
2. Use a small vacuum cleaner to wipe the inner cabin.
3. Do not use organic solvents such as gasoline, alcohol, etc., to wipe the sauna surface.
4. Avoid using sharp objects in the sauna cabin to prevent scratching the wood.

## **Stain on Glass:**

1. Wipe the glass with soft paper.
2. Stubborn stains can be wiped with a damp cloth, then dried with a dry cloth.
3. Do not scratch the surface with a sharp object to prevent scratching the glass.

## **Transportation and Storage:**

1. Avoid water, snow, and intense impact during transportation.
2. Do not store it in a humid environment.
3. In the northern climate, which is relatively dry, frequently wipe the product with a wrung wet towel.
4. In the southern climate, which is relatively humid, ventilate and dry the product frequently.

# VII. TROUBLESHOOTING

Number	Problems	Possible reasons	Countermeasure
1	Indicator light for powersupply not working	The connector is not connected properly	Check the connector or replace a new one
		No power supply input	Check the circuit (especially whether there is power supply input)
		Indicator light is broken	Replace the circuitry panel
2	Indicator light for function is not working	The heating indicator light is broken	Replace the relevant control panel
		The circuit board or components are broken	Replace the circuit board
		The temperature sensor is broken	Check if the connection is loose and replace it
3	Infrared Heater not heating up	The heater is broken	Replace with a new one of the same specifications
		The wire junction or the heater's wire is loosen	Check and plug them in securely
		The temperature sensor is broken	Check if junction of the temperature sensor is loosen and replace it
		The circuit board of the relay is not work	Replace the circuit board
4	Odor from the sauna	The circuit's problems	There is eyewinker around, remove it
			Heater's temperature over high, cut off the power supply and replace it.
			Parts on the circuit is broken

## Troubleshooting (A)

Applicable to Section A Controller

Number	Problems	Possible reasons	Countermeasure
1	Indicator light for power supply not working	The connector is not connected properly	Check the connector or replace a new one
		No power supply input	Check the circuit (especially whether there is power supply input)
		Indicator light is broken	Replace the circuitry panel
2	Indicator light for function is not working	The heating indicator light is broken	Replace the relevant control panel
		The circuit board or components are broken	Replace the circuit board
		The temperature sensor is broken	Check if the connection is loose and replace it
3	Light is not working	The cable is not well connected	Reconnect
		The light source is broken	Replace a new light source
		Poor electronic transformer	Replace the electronic transformer
4	The temperature display show "EP"	Temperature sensor problem	Check temperature sensor interface and replace with new temperature probe
5	The temperature display show "H"	The temperature in the sauna room is too high	Turn off the power and wait until the temperature in the sauna room drops below 60°C
6	Speaker does not work	The power cable on the top is not connected	Connect the top power cable
		Signal cable is not connected or loose	Check and reconnect
		Audio device damage	Replace with a new audio device

## Troubleshooting (B)

Applicable to Section B Controller

Number	Problems	Possible reasons	Countermeasure
1	Poor display	Digital tube quality problem	Replace the display panel
		Digital tube driver IC is damaged	
2	Controller can't boot	CPU burned out	Replace a new CPU
		No power input	Check for power
		The controller's connection is loose	Reconnect the control computer cable
3	Temperature display is not normal	Temperature sensor damaged	Replace temperature sensor
4	Bluetooth is not paired properly	Check if other devices were paired	Disconnect the original paired device
		Check if the Bluetooth version is compatible. The system supports version 2.0 or 4.0.	Replace the matching version
		Bluetooth driver module is broken	Replace the four-in-one module
5	Radio without sound	Radio module is broken	Replace the four-in-one audio module
		Speaker cable is broken or the speaker is broken	Replace the wire or replace the speaker
		Motherboard amplifier is broken	Replace the motherboard
6	System Alarm	The screen displays E0 and alarms	Sensor disconnection
		The screen displays HH and alarms	Sensor disconnection
		The screen displays E1 and alarms	Sensor short circuit
7	Stop heating after heating for awhile	The system has overload, over-current protector action	First check if there is an open circuit, if no open circuit, restart current limit protector
		Temperature sensor partial overheating	Check why the partial area is overheated

## Troubleshooting (C)

Applicable to Section C Controller

Number	Problems	Possible reasons	Countermeasure
1	Light bulb is not working	Light bulb is burned out	Replace the light bulb
		Light bulb wiring is loosen	Replace the lamp holder
		Problems with electrical control panel	Repair or replace it
2	Repair or replace it	Power cord is unplug	Plug back power cord to outlet
		Outlet has no power	Check outlet or circuit breaker
		Power supply or circuit panel is broken	Replace the power supply or related circuitry board
3	Music Player doesn't work	Power connector is loose or damage	Check connector or replace it
		DC power supply is no power to the music player	Check DC power supply wiring or replace the power supply
		Music player is defective	Replace the music player
4	Replace the music player	The speaker is broken	Replace with a new one of the same specifications
		The speaker wire is loosen	Reconnect the speaker wire
		The power indicator light for music player is off	Turn on the switch to start work
5	The temperature display show "Er1"	NTC open circuit, wire is not well connected	Check and well connect
6	The temperature display show "Er2"	NTC open circuit	Change Thermostat
7	The temperature display show "Er3"	Under -15°	Can't be functional under too low ambient temperature
8	The temperature display show "Er4"	The temperature display show "Er4"	Change Thermostat

## Troubleshooting (D)

### 1. No Heat Coming From Some Of The Heat Emitters:

Solution 1: Check to make sure all the heat emitter cords are properly connected, including the cord to the heat emitter underneath the bench (if applicable). Go to the roof, and also check that the heat emitter cords are properly connected to the cords on the roof and that those cords are properly plugged into the power supply.

Solution 2: If some of the heat emitters are working, and others are not, the non-functioning ones may be damaged. Do not continue to operate. Contact the manufacturer for replacement parts.

Solution 3: If the heat emitters are not working, but the control panel displays the time and temperature, then the temperature sensor may not be plugged in properly or may be damaged. Turn the control panel off, go to the roof of the sauna, and locate the red and black wires near the air vent towards the rear of the sauna. After locating the wires labeled "TEMP SENSOR" disconnect them. Connect the spare temperature sensor. For testing purposes, insert the "TEMP SENSOR" (just connected) down the vent on the roof so that it is inside the sauna. Then go to the control panel and press the power button. If the heat emitters now generate heat, the "TEMP SENSOR" was the cause of the problem.

You may have to wait about five minutes to confirm if the heat emitters are generating heat. Remove the original temperature sensor from its hole and replace it with the spare one.

### 2. Control Panel Malfunctioning

Solution 1: If the control panel turns on but not off, and the displayed numbers flash, the issue may be a connection problem. Go up to the roof and locate the "CTRL" wire harness you connected when the roof was installed onto the sauna room. Disconnect the "CTRL" wire harness, check the pins to make sure they are straight and not bent, and firmly reconnect the "CTRL" wire harness. Attempt to turn the sauna on at the control panel and check to see if the buttons are now responding. Contact the manufacturer for any additional troubleshooting.

Solution 2: If the control panel will not turn off, the power/work/heat lights do not come on, or the temperature and timer buttons do not work, it means the control panel may have been damaged and will need to be replaced. Contact the manufacturer for additional troubleshooting.

### **3. Sauna Shows Signs of No Power:**

Solution 1: There could be one of a few problems causing this. First, check to see if the cord from the power supply is plugged into the wall outlet. Also, check your main circuit breaker to confirm that it has not tripped. Check the power supply on the roof of the sauna to make sure there are no signs of malfunctioning, such as a high temperature, burning odor, or strange sounds.

Also, check to make sure none of the power cords are damaged. If the power supply is malfunctioning or power cords are damaged, unplug the sauna immediately and contact the manufacturer.

Solution 2: If your sauna is plugged in and you have no power at the control panel, then the power supply may need to be reset. Go to the roof of the sauna and locate the power supply. Press the RESET button to reset the power supply. The RESET button is on the same side of the power supply as all the heater cord connections. Attempt to turn the sauna on at the control panel. Contact the manufacturer for any additional troubleshooting.

Solution 3: There could be damage to the temperature sensor. If your sauna arrived with a spare temperature sensor, turn the control panel off and go to the roof of the sauna and locate the red and black wire near the air vent towards the rear of the sauna. After you have located the red and black wires labeled "TEMP SENSOR," disconnect them. Connect the spare temperature sensor. For testing purposes, insert the "TEMP SENSOR" (you just connected) down the vent on the roof so that it is now inside the sauna. Then go to the control panel and press the power button.

If the heat emitters now heat, then the temperature sensor was the cause of the problem. You may have to wait about five minutes to confirm if the heat emitters are generating heat. Remove the original temperature sensor from its hole and replace it with the spare one.

Solution 4: Check the wiring harnesses coming from the power supply located on the roof of the sauna. Make sure the wiring harness labeled "CTRL" is connected to the power supply at one end and connected to another wiring harness labeled "CTRL" at the other end. If this wiring harness is not properly connected, then the sauna will show signs of having no power.



# VIII. WARRANTY

## AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at [www.consumerlaw.gov.au](http://www.consumerlaw.gov.au).

Please visit our website to view our full warranty terms and conditions:  
<http://www.lifespanfitness.com.au/warranty-repairs>

## WARRANTY AND SUPPORT

Any claim against this warranty must be made through your original place of purchase. Proof of purchase is required before a warranty claim may be processed.

If you have purchased this product from the Official Lifespan Fitness website, please visit <https://lifespanfitness.com.au/warranty-form>

For support outside of warranty, if you wish to purchase replacement parts or request a repair or service, please visit <https://lifespanfitness.com.au/warranty-form> and fill in our Repair/Service Request Form or Parts Purchase Form.

Scan this QR code with your device to go to [lifespanfitness.com.au/warranty-form](https://lifespanfitness.com.au/warranty-form)









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