How to Use the Sauna

1. Turn on the power switch on the big box.
2. Press the button on the left to the time you want it on. (keep in mind it takes about 10 minutes to heat up)
3. Press the button on the right to set the temperature
4. Press the power button on the handheld
   a. Press up to set the temperature on the bottom setting; then press the top setting to set the time
5. Let sit for 10 minutes then hop in!