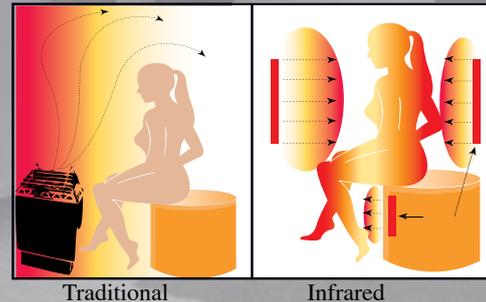
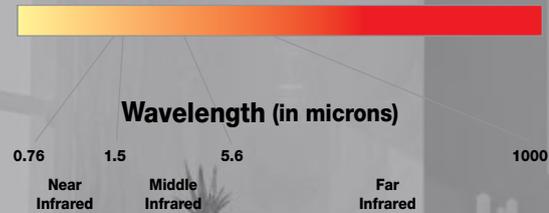




Infrared is the band of light we perceive as heat. We cannot see this band of light with the naked eye, but we can feel this type of light in the form of heat. Our sun produces most of its energy output in the infrared segment of the spectrum. Infrared rays heat your body without having to heat the air in between through a process called conversion. The infrared is divided into three segments by wavelengths, measured in microns: NEAR Infrared: 0.76-1.5 microns; MIDDLE Infrared: 1.5-5.6 microns; and FAR Infrared: 5.6-1000 microns. Among these segments, FAR Infrared penetrates organic substances such as the human body so that the warming effect is very uniform.

Infrared Saunas differ from traditional saunas as it uses infrared energy to directly penetrate into the body's tissue up to 1.5 inches to produce perspiration. Traditional saunas use steam to heat the air inside the sauna, which then heats your body until you begin to perspire. In order for this to be effective, temperatures would need to reach in the upwards of 190 degrees Fahrenheit. Infrared saunas only need a temperature of up to 120 degrees Fahrenheit to obtain the same effect. This lower temperature makes the environment more tolerable, while also allowing you to breathe easier.

## Light Spectrum





# Health Benefits



Weight Loss



Muscle Pain Relief



Blood Circulation



Immune System Enhancement



Body Detoxification



Stress & Fatigue Reduction



Helps Reduce Cellulite



Decreases Joint Stiffness



Helps Remove Scars, Rashes, & Acne



Reduces Blood Sugar



# P6-H106-01

## Specifications

### 1 Person Sauna

#### Dimensions:

41" x 36" x 77"

(additional roof overhang of 5.3")

#### Power Source:

120 Volts / 15 Amps

#### Number of Heaters:

6 Carbon Tech Low EMF Heat Emitters

#### Glass:

Bronze / Tempered Glass

#### Features:

Low EMF Heaters, Dual Interior/Exterior

LED Control Panels, Full Bronze Glass Door, Interior

Reading/Chromotherapy Lighting System, FM Radio

With Bluetooth And MP3 Auxiliary Connection, Floor

Heater

# P6-H206-01

## Specifications

### 2 Person Sauna

#### Dimensions:

47" x 43" x 77"

(additional roof overhang of 5.7")

#### Power Source:

120 Volts / 15 Amps

#### Number of Heaters:

6 Carbon Tech Low EMF Heat Emitters

#### Glass:

Bronze / Tempered Glass

#### Features:

Low EMF Heaters, Dual Interior/Exterior  
LED Control Panels, Full Bronze Glass Door, Interior  
Reading/Chromotherapy Lighting System, FM Radio  
With Bluetooth And MP3 Auxiliary Connection, Floor  
Heater





# P6-H306-01

## Specifications

### 3 Person Sauna

#### Dimensions:

63" x 44" x 77"

(additional roof overhang of 5.7")

#### Power Source:

120 Volts / 20 Amps

#### Number of Heaters:

8 Carbon Tech Low EMF Heat Emitters

#### Glass:

Bronze / Tempered Glass

#### Features:

Low EMF Heaters, Dual Interior/Exterior LED Control Panels, Full Bronze Glass Door, Interior Reading/Chromotherapy Lighting System, FM Radio With Bluetooth And MP3 Auxiliary Connection, Floor Heater

## P6 Series Sauna Features



Stylish and Easy-To-Use Dual Control Panels.



FM/CD Radio w/Bluetooth & MP3 Auxiliary Connection (radio models vary)



Carbon Tech Low EMF Heat Emitters



Oversized Interior Reading/Chromotherapy Lighting System

Pro 6 Saunas bring healthy living and longevity to the privacy of your home. Our innovative Carbon Tech Heat Emitter Panels are engineered to produce a wider, softer heat that is evenly distributed throughout the sauna. Our P6 Series Sauna models are constructed using Reforested Canadian Hemlock Wood and come in 1, 2, & 3 person capacities. These sauna models come with standard features such as Carbon Tech Low EMF Heat Emitter Panels, Dual Control Panels on most models (single Control Panel on P6-H356-01), Floor Heater, Exterior Ambient Lighting, FM/CD Player, Privacy Bronze Tempered Glass, Roof Vent, and more.



Ceiling Vent



Exterior Ambient Lighting (# of lights vary)



Towel Bar



Magazine Rack



Optional Backrests (sold in pairs)



Easily Assembled By Two Adults



# P6-H356-01

## Specifications

### 3 Person Sauna

**Dimensions:**

57" x 57" x 77"

(additional roof overhang of 5.7")

**Power Source:**

120 Volts / 20 Amps

**Number of Heaters:**

9 Carbon Tech Low EMF Heat Emitters

**Glass:**

Bronze / Tempered Glass

**Features:**

Low EMF Heaters, Single Interior LED Control Panel, Full Bronze Glass Door, Interior Reading/Chromotherapy Lighting System, FM/CD Radio With Bluetooth And MP3 Auxiliary Connection, Floor Heater

# P6-5210-01

## Specifications

### 1-2 Person Sauna

#### Dimensions:

40" x 36" x 75"

(additional roof overhang of 3.5")

#### Power Source:

Dual Dedicated 120 Volts / 15 Amps

#### Number of Heaters:

7 Carbon Low EMF FAR Infrared Heating Elements

#### Glass:

Clear / Tempered Glass

#### Features:

Interior LED Control Panels, Full Clear Glass Door, Interior Reading/Chromotherapy Lighting System, Bluetooth And MP3 Aux Connection, Roof Vent





# P6-5220-01

**Specifications:**  
2 Person Compact Sauna

**Dimensions:**  
48" x 42" x 75"  
(additional roof overhang of 3.6")

**Power Source:**  
Dual Dedicated 120 Volts / 15 Amps

**Number of Heaters:**  
6 Carbon Low EMF FAR Infrared  
Heating Elements

**Glass:**  
Clear / Tempered Glass

**Features:**  
Interior LED Control Panels, Full Clear  
Glass Door, Interior Reading/  
Chromotherapy Lighting System,  
Bluetooth And MP3 Aux Connection  
with Built in Speakers/Roof Vent

## HOW TO USE A SAUNA

Using an infrared sauna is easier than you think. There are simple guidelines you can follow to increase overall beneficial results from your sauna sessions. As you become more familiar and comfortable with your infrared sauna, you can adjust these guidelines to fit your personal needs. Always remember to drink plenty of fluids prior to, during, and after your sauna session. Begin by preheating your infrared sauna to a desired temperature. This can take anywhere from 20 to 30 minutes depending on the size of your sauna and the ambient temperature. The most common temperatures for beginners will be in the range of 110° F to 118° F. Experiment within this range to find what is comfortable for you.

While you are waiting for your sauna to preheat, there are a few ways you can prepare for your sauna session. Taking a warm bath/shower or doing some light physical exercises will prepare your body for the sauna session. These activities will shorten the amount of time it will take for your body to begin perspiring once you enter the sauna.

Now you are ready to begin your session. Start with one or two sauna session(s) per week. When entering the sauna, wear as little clothing as possible. Infrared rays have difficulty penetrating clothing. Take at least two towels inside the sauna with you, one to sit on and the other to wipe away perspiration. Adjust the timer to reflect a 15 to 20 minute session. Gradually, you can increase this time with future sessions.

Use your session to relax, meditate, and escape from your everyday stress. Enjoy the benefits of your infrared sauna as you detox your body through perspiration. Massage areas of the body that ache to relieve sore and tense muscles. From time to time, wipe off the excess perspiration to allow for more intense sweating. If at any time you feel dizzy, sleepy, or any discomfort, exit the sauna immediately.

After your sauna session is over, turn the power off and sit in the sauna with the door opened slightly for about 10 minutes and let your body cool down. Although the sauna heat emitters are turned off, your body will still continue to perspire. Once your body has cooled down, you can exit the sauna. Wait at least 20 minutes before taking a warm shower to rinse the perspiration from your body.

## Warranty

Limited Lifetime Warranty of Sauna Products is 5 years on heating elements and electronics from the date of purchase. The radio and wood structure have a 1 year limited warranty.

This warranty does not apply if the unit has been subject to full commercial use, negligence, alteration, modification, misuse, abuse, repairs by non-Golden Designs, Inc. authorized personnel, inappropriate installations, or any case beyond the control of Golden Designs, Inc. invalidating this warranty including but are not limited to:

- Use of lacquer or paints
- Sauna and other Golden Designs, Inc. products accessories placed on non-approved surfaces
- Outdoor applications
- Normal wear and tear or weathering
- Use of product not in accordance with instructions
- Worn out receptacle