FINSAUNA®

Radia IR 400U

70.9”W x 45.5”D x 74.8”H

Installation & Operation Manual

Note: Please Read This Manual Before Building

REV: 08/2026

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Specifications

Radia IR 400U

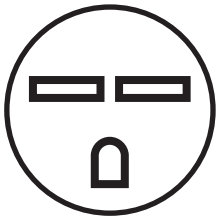
Dimensions

Exterior:	70.9”W x 45.5”D x 74.8”H
Interior:	66.5”W x 41.2”D x 70”H

Electrical

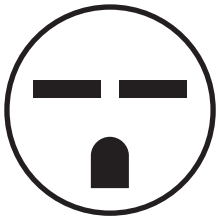
Voltage:	240VAC
Wattage:	2810
Amperage:	12.2
Receptical:	Nema 6-15R
Plug:	Nema 6-15P

Recepticle



NEMA 6-15R

Plug



NEMA 6-15P

Infrared Panels

Total:	11
Right Wall:	380W x 1
Left Wall:	380W x 1
Back Wall:	350W x 4
Bench Skirt:	350W x 1
Floor:	75W x 4

Installation

Infrared Sauna Location

When choosing a location for your FINSAUNA infrared room, keep these two things in mind:

- Your sauna should be placed on a solid level surface.
- Your sauna must be placed in a dry area.

These are the installation requirements for your FINSAUNA infrared sauna:

1. Your sauna should not be built into any structure. It is a self-contained and freestanding unit.
2. To allow easy access to the main power cord, ensure there is a minimum of 3-inches of clearance from the top wall and all sides of the unit.

Moisture may cause damages to the interior and exterior of your sauna. Your basement, attic, garage, playroom, spare bedroom, new extension, and garden chalet are a few possible locations for your sauna. FINSAUNA Radia's beautiful hemlock wooden exterior will complement your home beautifully.

If you choose to place your Radia sauna outdoors, you must use a cover to protect your sauna. Do not place the sauna on a surface that easily gets wet. Placing your sauna outside without a cover will void your warranty.

Cleaning & Maintenance

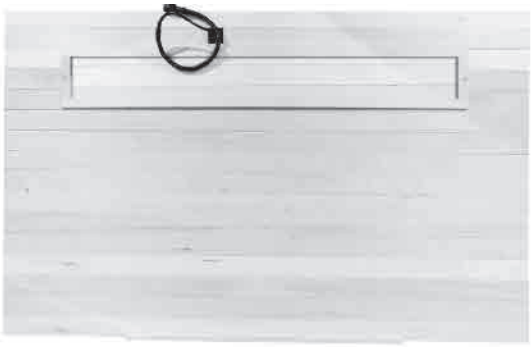
1. Before using your FINSAUNA Infrared Sauna for the first time, use a damp cloth to clean the inside of the sauna. You can use a natural furniture polish or bees wax to clean the exterior.
2. To burn off any factory dust before using your sauna for the first time, turn the sauna on for the maximum time and temperature. For maximum performance of the heaters, cycle your FINSAUNA Radia (turn on to max temperature and run for one hour) 2-3 times.
3. Remove any scratches and stains on the inside of the sauna using a fine grade sandpaper over the damaged area.
4. A customized Radia cover is available as an accessory for all models. Use of this protective storage cover will not only preserve the natural beauty of the sauna but will also help in maintaining it for years of continuous enjoyment.
5. We recommend applying a heavy furniture polish or bees wax to the outside of the sauna before putting the (optional) cover on. The polish will create a barrier for better protection.

Installation

Step 1: Bottom Panel

Take the bottom panel and place in it in the position the sauna will be assembled.

Note: Sauna can be carefully pushed into final position after being assembled.



Step 2: Front Wall / Left Wall

Place the front wall standing on the ground in front of the floor panel and flush them together.

Lift the left side wall to align the clip/keyhole mechanism and lower the wall into position.

Note: See figure 1 for clips

Front Wall Clip **Left/Right Wall Clip**

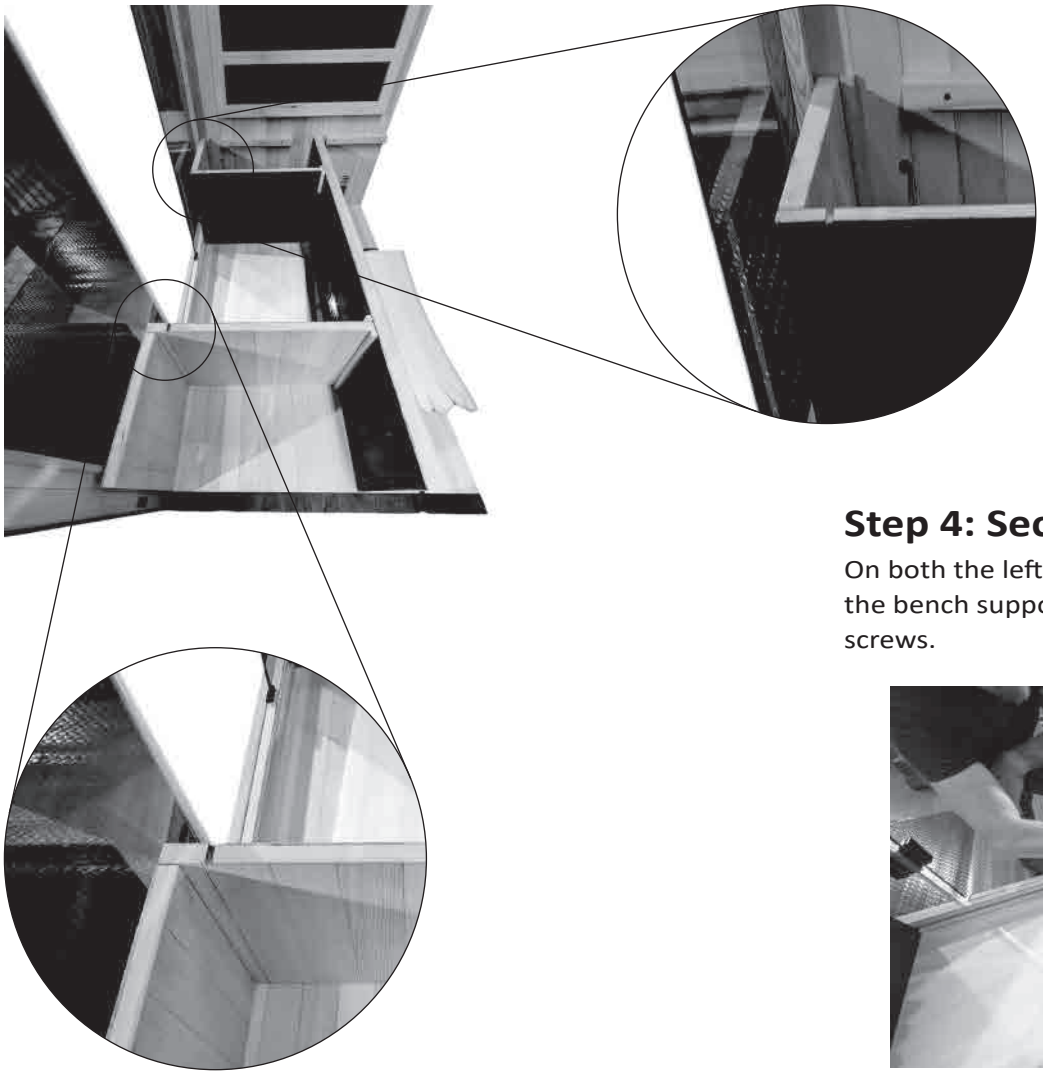
Figure 1

Installation

Step 3: Bench Supports

Locate the bench supports and the skirt panel. Place panels as shown in image below.

Note: Ensure notch on side supports is facing up and towards the front of the room.



Step 4: Secure Bench Supports

On both the left and right side screw together the bench supports using provided black screws.

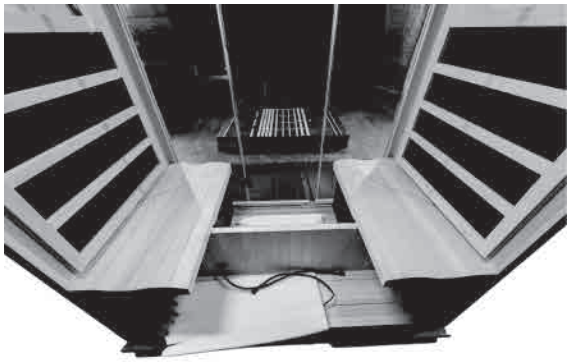
Installation

Step 5: Right Wall

Locate the right side wall. Carefully align mounting clips on right wall with front wall until right wall drops into place.

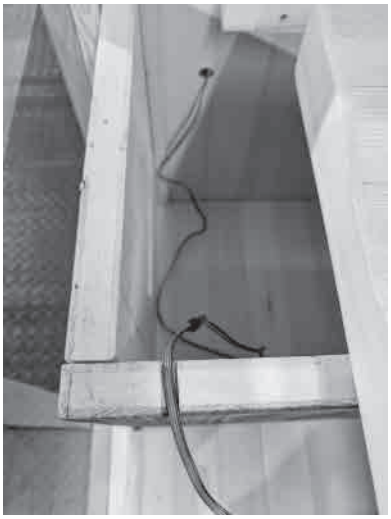
Step 6: Side Benching

Grab the left and right side bench tops. Place as shown below.



Bench Lighting:

Connect led light cable for both left and right bench. Route cable through notch from step 3.



Installation

Step 7: Back Wall

Grab back wall and position up against left and right wall. Grab back wall screws (8) .20” x 2.68” (5 x 68mm) and screw into place. After from the inside screw down back wall at base, see step 4.

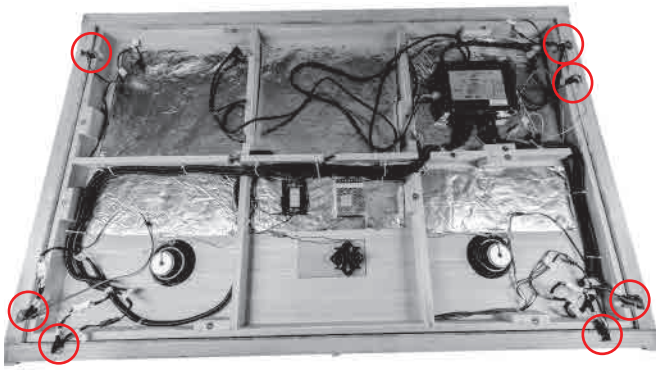
X 8

Step 8: Ceiling

With two people place the ceiling over he sauna.

Step 9: Ceiling Connections

Remove dust covers to access connections. Follow numbers on cables and match cables coming from wall to connections on ceiling.



Installation

Step 10: Bench Connections

Grab the power cable for the bench IR panel and plug into plug on back wall. There are two panel power connections that will plug into the back wall.

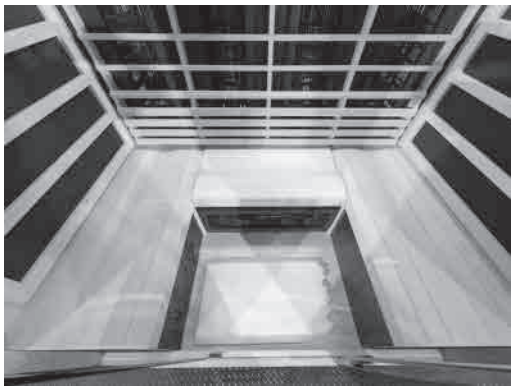
Next grab the LED bench light cable and connect to lead from back wall.

Heater Power Cable

LED Light Cable

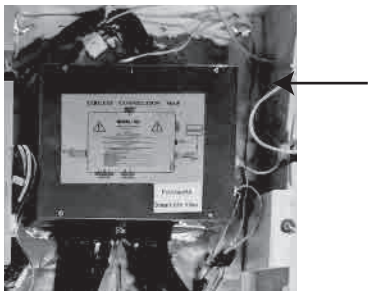
Step 10: Bench Top

Grab the middle bench top and place between the left and right side bench's.



Step 12: Power Cable

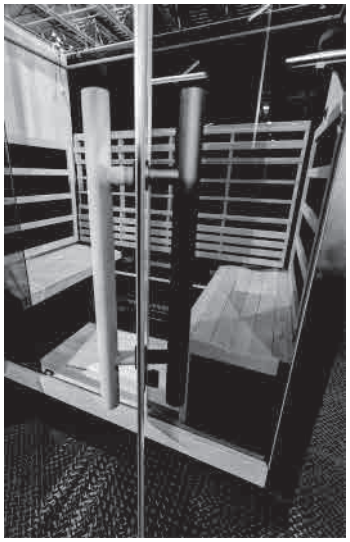
Take main power cable and plug into Red power box.



Installation

Step 13: Door Handle

Locate door handle set. Unscrew both screws, line up the handle with the two holes on the glass door with the black handle on the outside and the wood handle on the inside. Level handle and tighten screws. Once tightened install dowel caps.

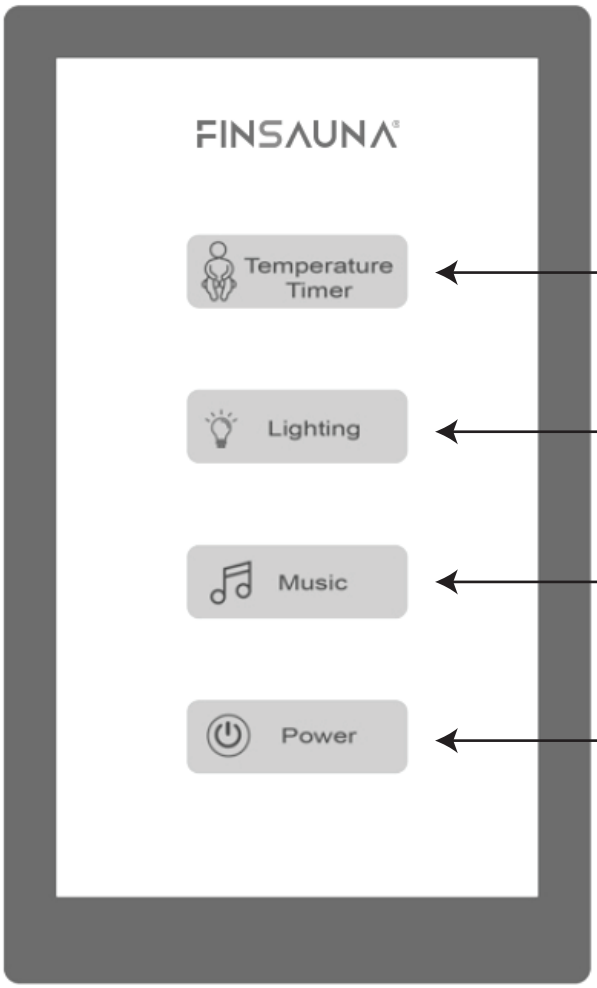


Step 14: Finish Build

You are now finished with the installation of your new sauna. Next steps will go through startup.

Startup

1: LCD Control Panel



Time / Temperature
Set time and temperature

Lighting
Adjust lighting

Music / Bluetooth
Connect sauna to Bluetooth

Power Button
Turn sauna off

Startup

2: Powering on Your Sauna

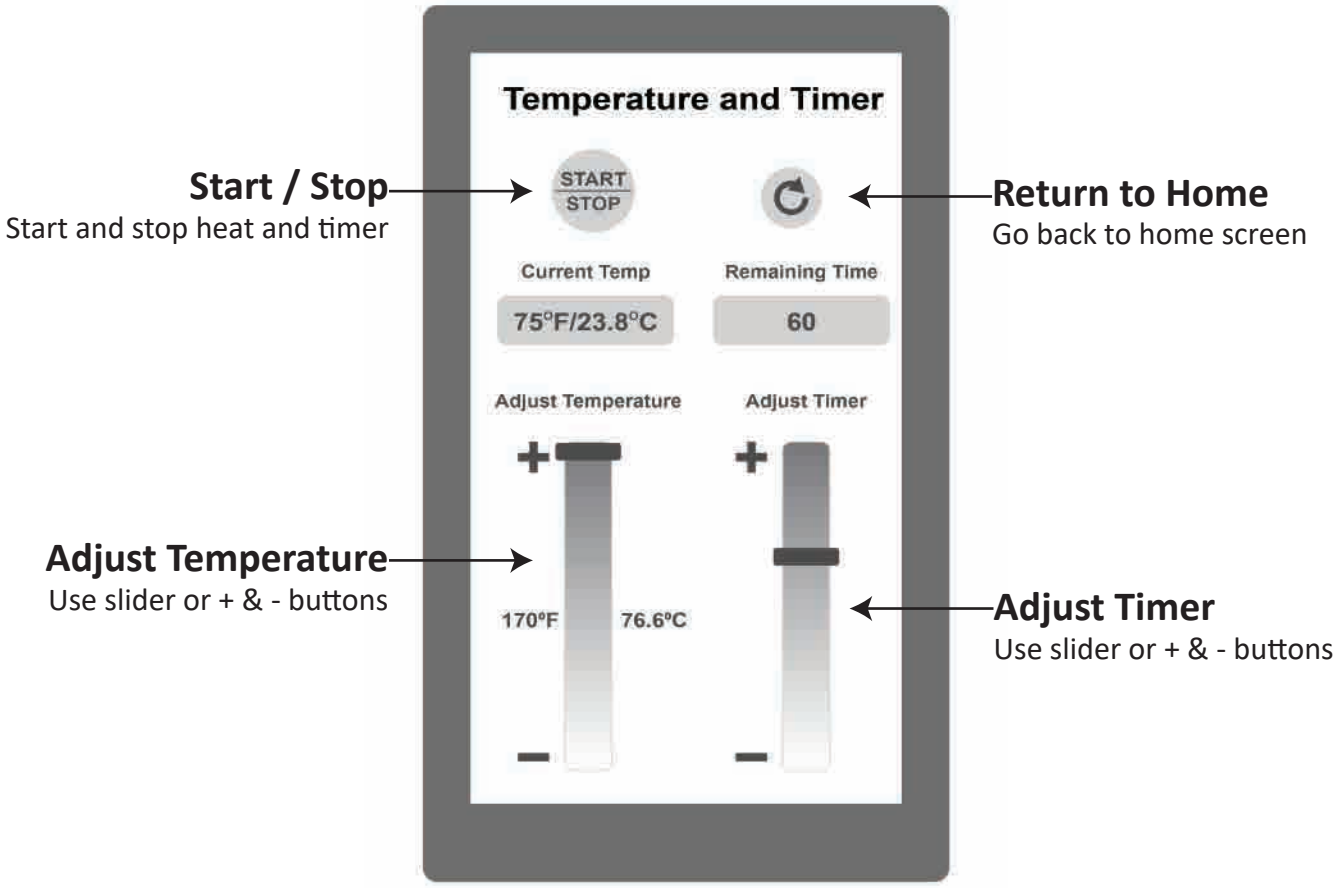
1. Plug the power cord into the electrical outlet. All lights on the LED Control Panel will flash one.
2. During Off mode nothing will display.
3. We recommend turning the sauna on for the maximum time and temperature in order to burn off any factory dust before using your sauna for the first time. For maximum performance of the heaters, cycle your sauna (turn on to max temperature and run for one hour) 2-3 times.

3: Startup of Sauna

1. Press and hold your index finger on the bottom left side of the LCD screen until the controller turns itself on.

Startup

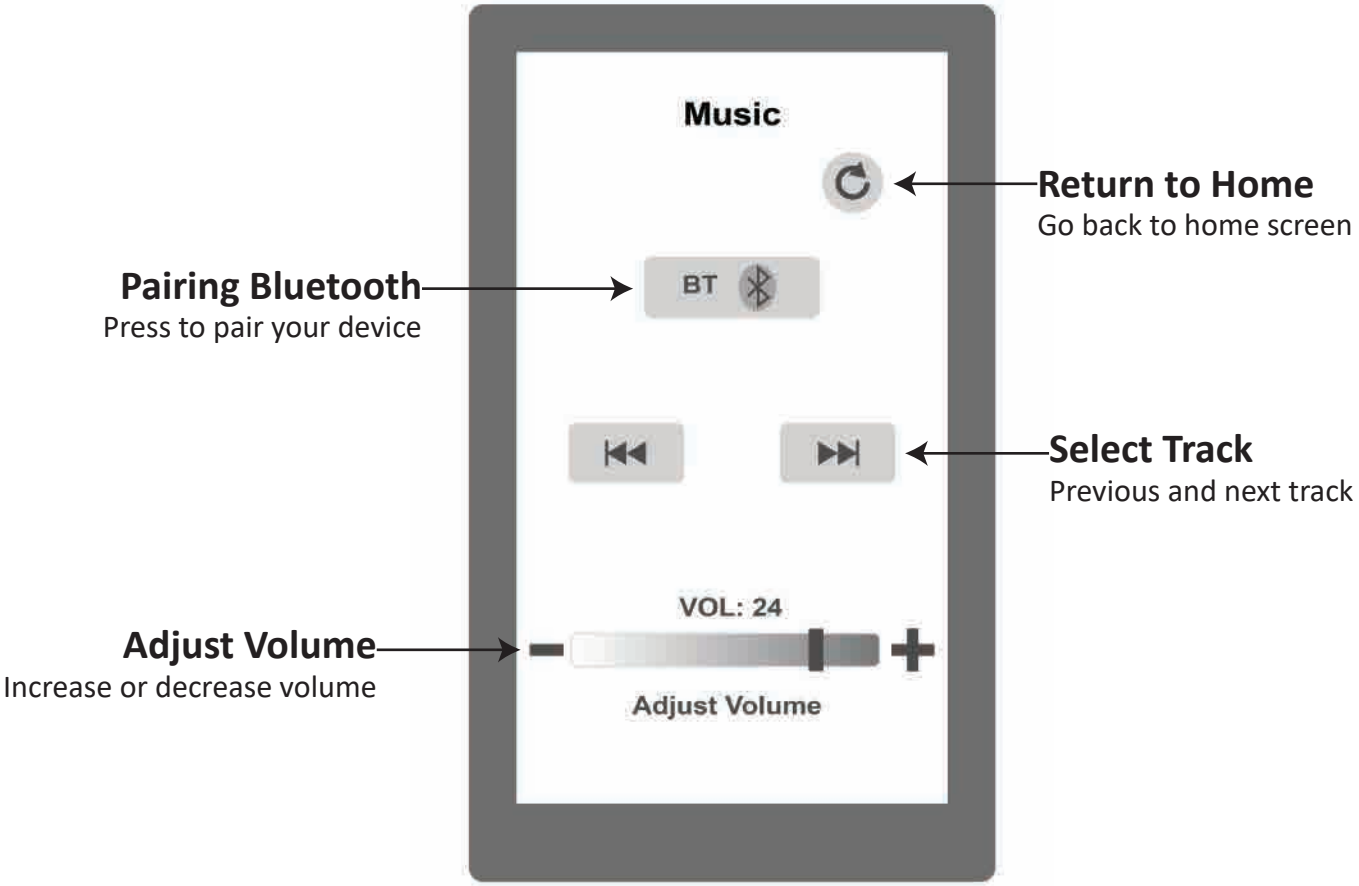
4: Setting Sauna Session Time and Temperature



Startup

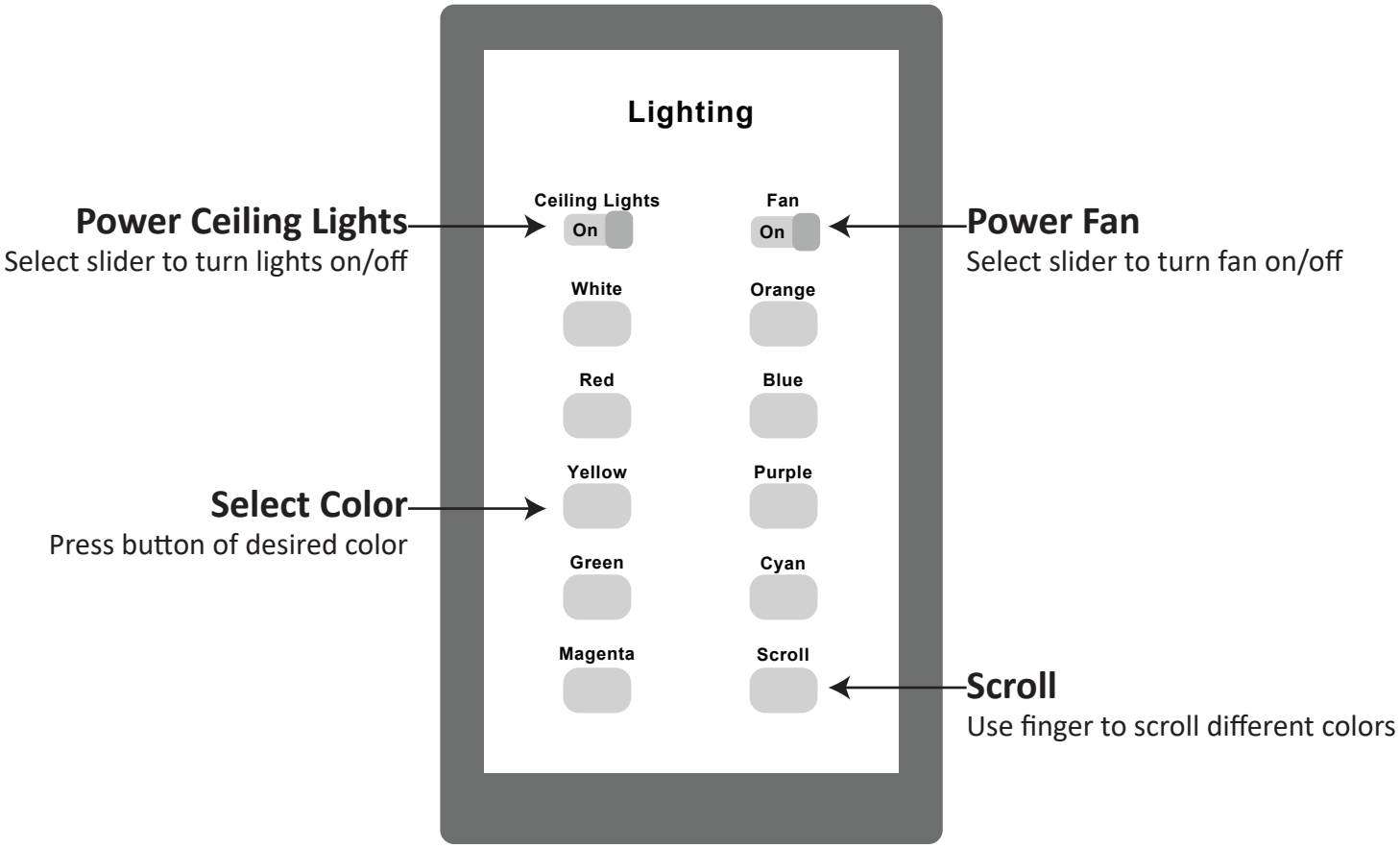
5: Using Bluetooth

Note: Ensure your device is in pairing mode. After pressing the BT button on the controller your device should see BT-Sauna.



Startup

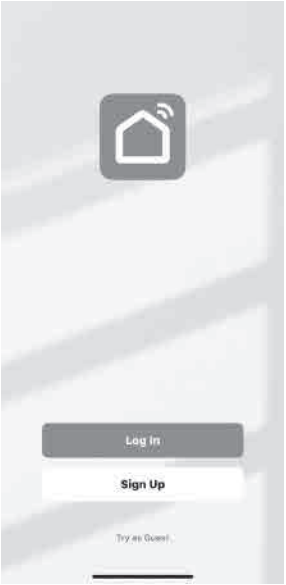
6: Controlling the Multi-Color LED Light

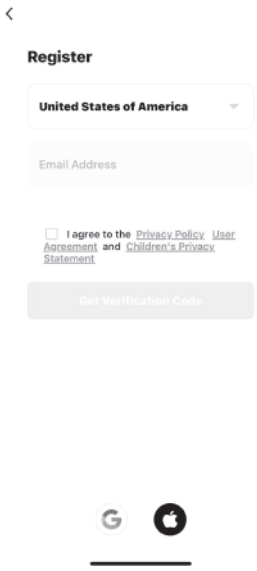


WIFI Operation

1: Download Smart Life App

2: Registration





Registration

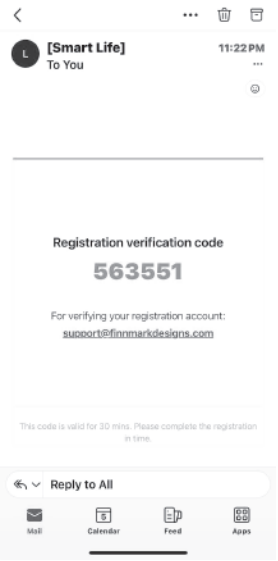
If you do not have an app account, you may choose to register, try as guest or log in by authentication code. The registration process is described on this page and the next.

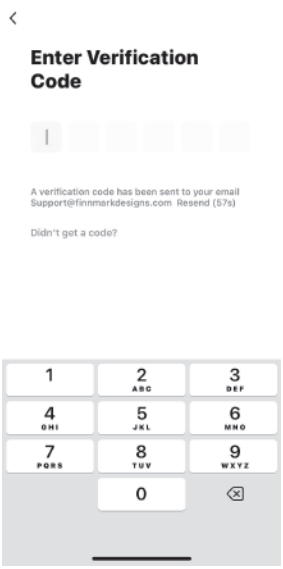
Click "Sign up" to enter the Smart life registration page. Enter email address and select "agree" to the privacy policy.

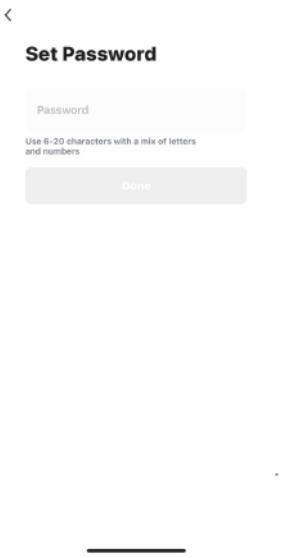
Click "Get Cerification Code".

WIFI Operation

3: Verification Code / Password







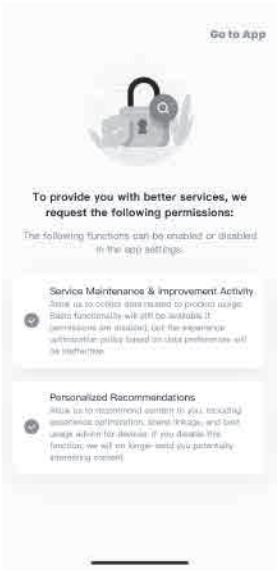
Verification Code / Password

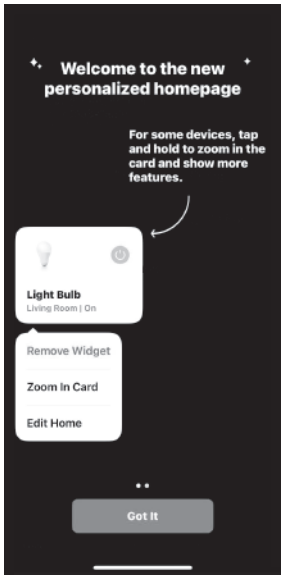
Open the email account you registered with, then open the email sent from Smart Life. Copy the verification code.

Return to the smart life app and paste your verification code.

Set your account password and select "Done".

4: Permissions / Welcome





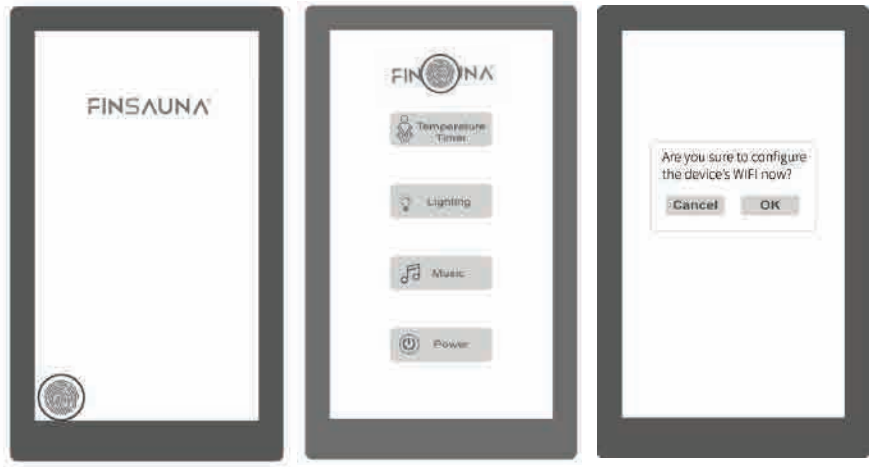
Permissions / Welcome

Select permissions and clickk "Go to App" located top right.

Select "Got Ilt" on next screen.

WIFI Operation

5: Turn on Controller / Confirm WIFI



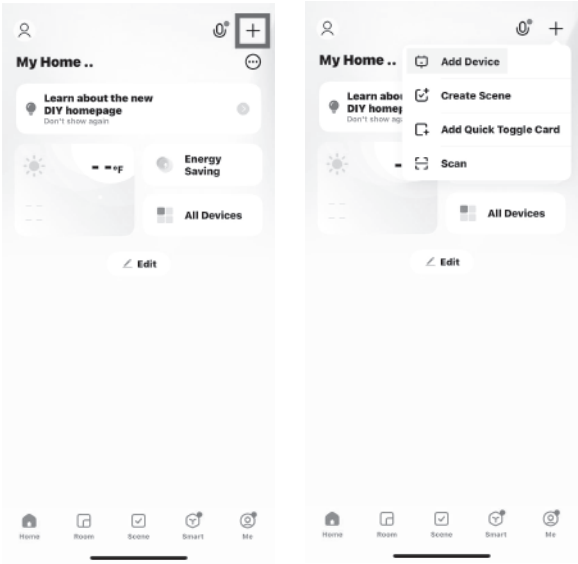
Turn On Controller / Confirm Wi-Fi

Press and hold finger on bottom left of controller to turn on.

Press and hold the **FINSAUNA** logo to activate the Wi-Fi screen.

Select "OK" to configure Wi-Fi.

6: Add Device



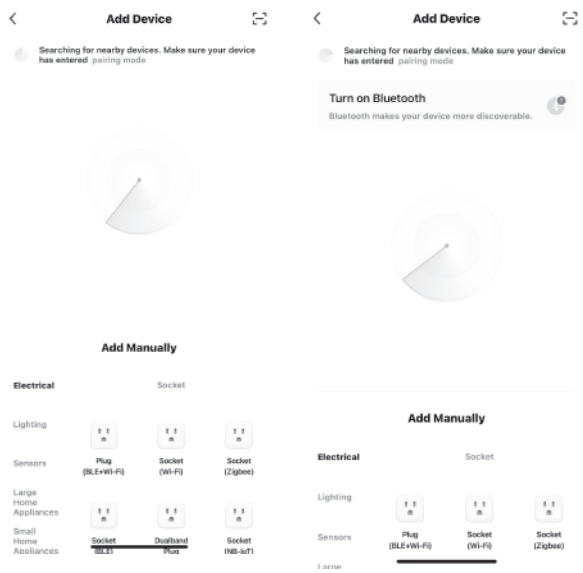
Add Device

Select the "+" symbol on the top right of the screen.

Select "Add Device" on the call out window.

WIFI Operation

7: Add Device / Bluetooth

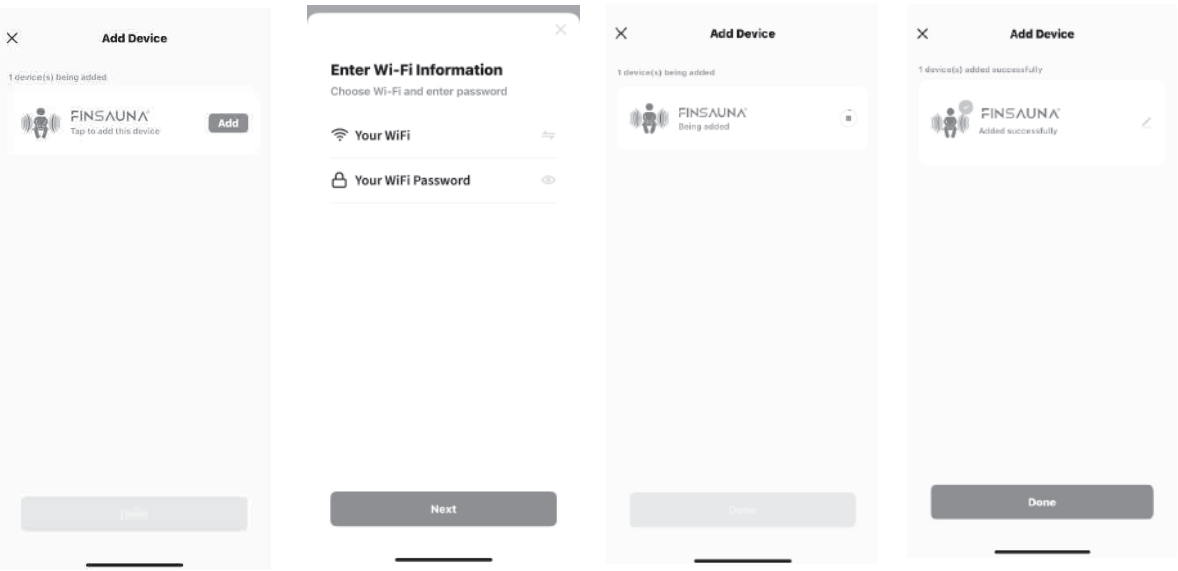


Add Device / Bluetooth

You must have BLUETOOTH turned ON withyour device.

Bluetooth®

8: Add Device



Add Device

Select "Add".

Enter your Wi-Fi name and Wi-Fi password.

Select "Next" button.

The **FINSAUNA** App wii begin to download.

Download time depends on current internet speed.

Select "Done" when App is finished downloading.

WIFI Operation

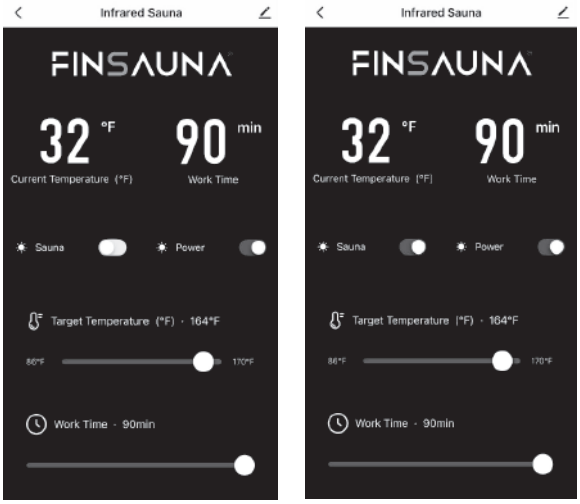
9: Turn On Controller

Turn On Controller

Select "Power" to turn on the controller within the sauna.

NOTE: This only turns on the controller, not sauna's heaters.

10: Turn On Sauna Heaters



Turn On Sauna Heaters

Select "Sauna" to turn on the sauna's Heaters

WIFI Operation

11: Set Target Temperature

Set Target Temperature

Use slider to set max temperature

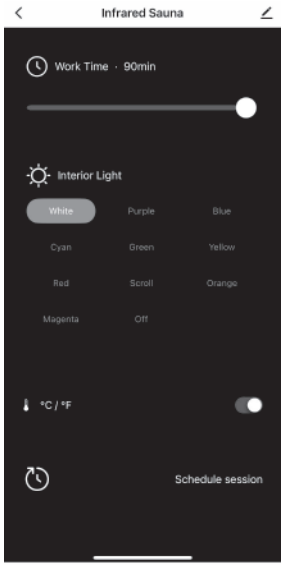
12: Set Work Time

Set Work Time

Use slider to set max time for sauna session.

WIFI Operation

13: Lighting

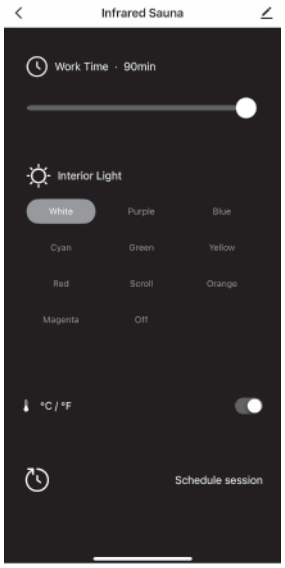


Lighting Control

Select the color by pressing the desired button.

Select "Off" to turn sauna lighting off.

14: Set Sauna to Celsius or Fahrenheit

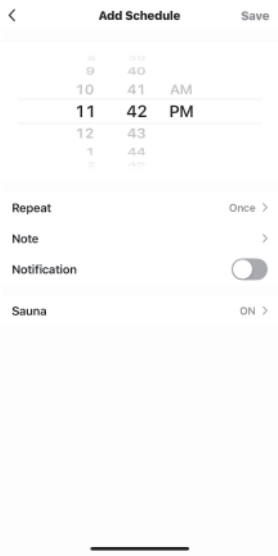


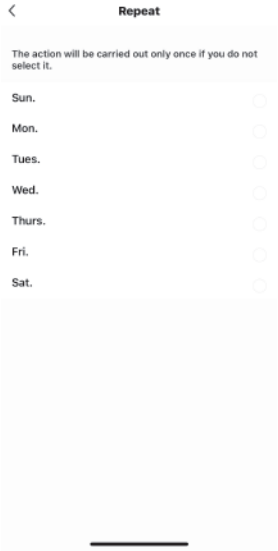
Set Sauna to Celsius or Fahrenheit

Toggle button to select desired temperature classification.

WIFI Operation

15: Scheduling Sauna Sessions





Schedule

Select "Add" to schedule sauna session.

Add Schedule

Select time you would like the sauna to turn on or off.

Current timezone is automatically applied. If timezone is not correct, create an account with Smart Life to add current sauna location.

Repeat Schedule

Select days you would like to repeat the schedule made.

For single use, do not select repeat form the scheduling menu.

On / Off

Select if you want the sauna to turn on or off for desired schedule.

The sauna has a built in timer of 90 minutes. Set the schedule to off if your session will be less than 90 minutes.

Schedule Variants

You can set multiple schedules and toggle them to be on or off.

Helpful Tips

Your FINSAUNA Radia is equipped with advanced infrared heaters. Infrared heat waves reach the body directly without having to heat the air inside the sauna.

With this system, breathing is more comfortable and the atmosphere inside the sauna is more enjoyable than in conventional saunas. Because the infrared heat energy is warming the body directly (and not the air, walls, and fixtures within the sauna), lower temperature settings can be used to achieve results in short sessions starting from 20 to 30 minutes.

1: Preparing for Your Infrared Session

1. **Review all health and safety instructions.** If in doubt as to the advisability of using your infrared sauna, consult with your physician.
2. The interior of the FINSAUNA Infrared Sauna is made of the finest Canadian Hemlock. It is aromatic and enhances the enjoyment of your sauna session. If the fragrance of the fresh wood is too strong during the first few months of use, first wipe the wood with a damp cloth to minimize the aroma.
3. Always **drink plenty of water** before, during and after a session. Doing so will replenish fluids lost during perspiration.
4. Do not eat anything at least an hour before your sauna session. It is better to **go in the sauna on an empty stomach.** You are more likely to feel uncomfortable sitting in a sauna with a full stomach.
5. **Choosing to take a hot shower or bath prior to the sauna session will further promote perspiration.** However, dry off thoroughly before going into the sauna because excessive water will leave stains and might warp the wood.

1. **Provide at least 2-3 towels.** One towel folded over several times for added cushioning on the bench. Another towel on the floor to absorb extra sweat. And a third towel to wipe off sweat.
2. Start up your sauna and select the desired session temperature and time using the control panel (see page 12).
3. **Allow approximately 15 to 20 minutes for the sauna to warm up** to a comfortable temperature before beginning a session (warm up time is subject to the air temperature and is different for each model).

Helpful Tips

2: Setting Session Time and Temperature

Your body will probably need a few weeks to fully adapt to regular use of your FINSAUNA Radia IR Sauna.

Here are some average guidelines to set the time and temperature once you are used to the sessions:

Time:

Noticeable results are usually obtained with sessions of at least 30 minutes. For therapeutic use, sessions of 45 minutes are advised.

Temperature:

Many beginners need to start with a lower temperature and work their way up to a higher temperature. Some studies show therapeutic benefits at 163°. FINSAUNA IR Saunas get to 170°. If perspiration does not start after 10 to 15 minutes, this usually indicates that the temperature is set too low to obtain good results.

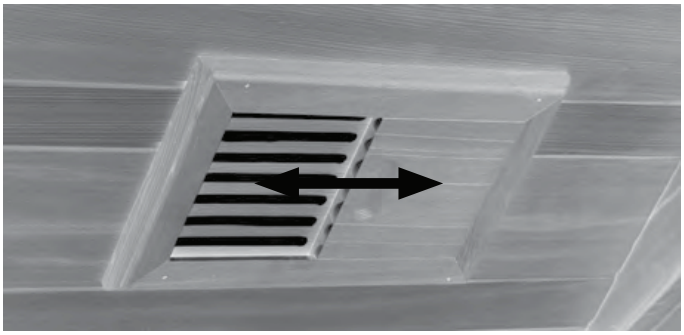
When using your FINSAUNA Radia for the first time:

- Do not do more than three sessions a week during the first four weeks. You can do daily sessions after six weeks, if desired.
- If you do not feel comfortable or relaxed during a session, lower the temperature and/or open the door of the cabin.

Helpful Tips

3: Useful Information and Tips During Your Sauna Session

- Make sure you have a towel on the floor and on the bench of the sauna to absorb perspiration. In order to maintain a clean and pleasant atmosphere inside your sauna, do not leave damp towels on the bench or floor. Remove them immediately after the session is over.
- Be sure to towel off excess sweat during your session to help the body perspire more freely.
- When the temperature reaches the level set on the control panel, the heaters will turn off and on periodically in order to maintain the desired temperature level inside of the sauna.
- The ceiling vent on the top panel can be opened at any time to introduce fresh air into the sauna.



- If you feel the need for more cooling, simply leave the door open until the air around you feels comfortable enough.
- Do not put any lotions or oils on the body or face prior to using the sauna. This may block the pores and hinder perspiration.
- Essential aromatic oils help create a more tranquil sauna experience.
- To make the most out of your sauna session, work your muscles while in the sauna. Stretch your arms, legs etc. To help relieve sore and tense muscles and massage the affected areas while in the sauna. If you wish to achieve a deep heating effect to a specific area, move it closer to a heater.
- To relieve your ankles and feet more effectively, you must elevate them while inside the sauna.
- Shaving your face or legs with a razor while profusely sweating in a sauna yields an incredibly smooth result without the use of gels or foams.
- Do not forget to drink plenty of water before, during and after sessions to replenish lost fluids through perspiration.
- After the session is over, do not immediately jump into the shower. Since your body was heated up during the session, it will continue to sweat even after the heaters are off. Sit in the sauna with the door open and let your body cool off. Once you feel comfortable enough, take a warm (or cool) shower to rinse the perspiration off your body.

Safety Precautions

1: General Safety Precautions

- Carefully read all safety and operating instructions before operating your sauna.
- Retain these safety and operating instructions for future reference.
- Do not smoke or light any fire inside your sauna.
- To reduce the risk of injury, do not allow small children to use the sauna unless they are closely supervised at all times.
- Do not use the sauna immediately after hard exercise. Wait at least 30 minutes to allow your body to cool down completely.
- Exercise care when entering or leaving the sauna.
- Never sleep inside the sauna while the unit is in full operation.
- Unplug the sauna from the wall outlet before cleaning. Use a damp cloth for cleaning. Do not use liquid cleaners or aerosol cleansers inside the sauna.
- Do not use this product near water. For example, near a bathtub, in a wet basement, or near a swimming pool.
- Do not use attachments that are not recommended by the manufacturer, as they may cause a hazard.
- The sauna must be placed under an awning or overhang to prevent heavy rain falling directly onto the roof or outdoor cover.
- Do not stack or store any objects on top of or inside the sauna.
- Use precaution when using electronic devices.
- Do not install aftermarket devices.

*These statements have not been evaluated by the Food and Drug Administration. These statements are for informational purposes only and are not intended as a substitute for medical counseling. This information is not intended to diagnose, treat, cure, or prevent any disease. The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any loss, damage, or injury caused directly or indirectly by the information contained herein.

2: Medical and Health Precautions

- If you intend to use far infrared therapy for medical reasons, please consult your physician prior to using the sauna.
- Excessive temperatures have a high potential for causing fetal damage during the early months of pregnancy. Pregnant or possibly pregnant women should consult their physician prior to using the sauna.
- The use of alcohol, drugs, or medications prior to or during the sauna session may lead to unconsciousness.
- Persons suffering from obesity or with a medical history of heart disease, low or high blood pressure, circulatory system problems, or diabetes should consult a physician prior to using the sauna.
- Persons using medications should consult a physician before using the sauna since some medications may induce drowsiness while others may affect heart rate, blood pressure, and circulation.
- At the first sign of a cold or flu, increasing your sauna sessions may be beneficial in boosting your immune system and decreasing the reproductive rate of the viruses. Consult your physician for the proper treatment and care for this, before you start using your sauna.
- Hyperthermia Danger: Prolonged exposure to hot air may induce hyperthermia. Hyperthermia occurs when the internal temperature of the body reaches a level several degrees above the normal body temperature of 98.6°F. While hyperthermia has many health benefits, it is important not to allow your body's core temperature to rise above 103°F/39.4°C. Symptoms of excessive hyperthermia include dizziness, lethargy, drowsiness, and fainting. The effects of excessive hyperthermia may include failure to perceive heat, failure to recognize the need to exit, unawareness of impending hazard, fetal damage in pregnant women, physical inability to exit the sauna, and unconsciousness.

Safety Precautions

3: Power Safety Precautions

- Dry your hands before handling electrical controls. Never unplug the power cord or adjust the controls with wet hands or when you have wet bare feet. A danger of electrical shock exists.
- Your sauna is intended for use with a 3-wire properly grounded power socket. Do not defeat the safety purpose of the supplied line cord and plug.
- This product should be operated only from the type of power source indicated on the marking label. If you are not sure of the type of power supplied to your home, consult your local power company or electrician.
- Power supply cords should be routed so they are not likely to be walked on or pinched by items placed upon or against them.
- For added protection during a thunderstorm, or when it is left unattended and unused for long periods of time, unplug it from the wall outlet.
- Do not overload wall outlets and extension cords as this can result in a risk of fire or electrical shock.
- Always unplug this product from the wall outlet before servicing the product.
- Do not remove power supply covers. No user-serviceable parts are located inside the power supply.
- We strongly recommend the use of a GROUND FAULT CIRCUIT INTERRUPTER (GFCI) device in any potentially wet locations.

4: Warranty Precautions

- When replacement parts are required, be sure to use replacement parts specified by the manufacturer or have the same characteristics as the original parts. Unauthorized substitutes may result in fire, electrical shock or other hazards and will void the manufacturer's warranty.
- If the power supply cord becomes damaged, it must immediately be replaced by the manufacturer or its agent or a similarly qualified person to avoid hazard.
- Altering or tampering any electrical connections on the power supply will void the manufacturer's warranty.
- Do not attempt any repair without consulting the manufacturer first. Unauthorized repair attempts will void the manufacturer's warranty.
- Your FINSAUNA Radia is made of the finest Canadian Hemlock. All natural wood products have variations in the color, the grain, and irregularities, such as knots and fine cracks. These characteristics are part of the natural beauty of the wood and in no way should be considered defective.
- Upon completion of any service or repairs to this product by a service technician, ask the service technician to perform safety checks to determine that the product is in proper operating condition.

Troubleshooting Guide

Issue	Answer
Control Panel Displays an Error and Beeps	• Verify that the temperature sensor is properly connected at the sensor and at the power box.
Control Display is Faint or Not Displaying Properly	• Check that the control connection is properly connected at the power box. • Disconnect power to the sauna for approximately 5 minutes.
One or More of The Heaters is Not Producing Heat	• Verify power to the sauna. • Check all heater cable connections at the power supply and they are fully seated.
Sound System Issues	• Disconnect power to the sauna for approximately 5 minutes. • Remove device pairing and repair connection
Sauna Will Not Power On	• Verify the power cord is connected to both the sauna power supply and the wall outlet. • Press the reset/breaker button on the power supply. • Ensure the wall outlet has power. • If the outlet has no power, inspect the home's circuit breaker panel.
Incorrect A.C. Power Cord or Outlet	• Verify voltage and amperage of sauna. • Confirm correct electrical outlet specifiedfor the sauna.

Troubleshooting Guide

Issue	Answer
Electrical Requirements	• Model: FINSAUNA Radia IR400U • Voltage: 240 VAC • Circuit Requirements: Dedicated 15A Circuit • Receptacle Type: NEMA 6-15
Circuit Breaker Trips During Operation	• Verify that the circuit breaker amperage matches the sauna's electrical requirements. • Ensure no other devices are on the same circuit. • Contact a qualified electrician.
Locating the Sauna Serial Number	• The serial number data plate is located underneath the sauna bench.

Error Codes:

EO: Temperature Sensor Disconnected. Reset sauna. Unplug and plug back in. Call customer support if needed.

E1: Short circuit. Check all connections.

HH: Inside Sauna Temperature is over the limit (170°F/76°C).

HH error will be resolved automatically. During HH error, your sauna will automatically shut down and begin a cool-down period.

Replacement Parts

Part Description	Part Number	Image
Power Unit - With WiFi	615-V2PS-WF	
Control - With WiFi	845-V2LCDC-WF	
Temperature Sensor	615-V2PS	
AC Power Cable (240V/Nema 6-15)	615-240PC	
Color Light	845-130129	
Speaker Pair	615-SPKR6M	

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Replacement Parts

Part Description	Part Number
Front Panel (with glass door)	845-130095
Right Side Panel	845-130096
Left Side Panel	845-130097
Back Panel	845-130098
Top Panel (ceiling with dust covers)	845-130099
Back Bench Top	845-130518
Back Bench Skirt (with IR panel)	845-130519
Right Bench Top	845-130520
Right Bench Skirt	845-130521
Left Bench Top	845-130522
Left Bench Skirt	845-130523
Backrest	845-130102
Dust Cover	845-130103
Bottom Panel (floor)	845-130104
Glass Door	845-130138
Side Glass - Right Side	845-130139
Side Glass - Left Side	845-130140
Door Handle	615-ISDH-W
Infrared Heater - Incoloy 240V/350W (back wall)	614-SP350V
Infrared Heater - Incoloy 240V/350W (front corner)	614-SP350V
Infrared Heater Right Side - Carbon 240V/300W	614-FD-C4
Infrared Heater Left Side - Carbon 240V/300W	614-FD-C4
Assembly Screws - Back Wall (M5) .20” x 2.68” (5 x 68mm)	615-AS-L

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Feel free to contact us at
techsupport@worldsaunagroup.com
with any questions and we will provide
further assistance

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