

Dear Customer,

we would like to thank you for choosing one of our saunas and we are sure you will be completely satisfied with your purchase. This manual is to be considered an integral part of the product and EFFEGIBI prohibits the reproduction of any part of it. Before it leaves our premises, every sauna undergoes a series of checks and tests to ensure that it is working perfectly and that its safety features are all absolutely reliable. For any further explanations or information, please contact our area dealer or contact us directly at our head office.

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## N.B.

For information about the sauna tradition and how to get the very best out of it, please look at pages 27 and 28 of this manual.

## 1. INTRODUCTION

### 1.1 PURPOSE OF THE MANUAL

This manual has been designed for your sauna with the intention of providing a guide to its proper use and maintenance.

In order to use your sauna correctly, please read this operating and maintenance manual carefully before starting it up for the first time.

Keeping your sauna in good working order depends largely on effective cleaning and maintenance and therefore it is extremely important to learn how to clean and maintain it properly.

We have only provided basic information about the functions of the sauna and how to use it because only experience can teach you how to get the best out of it and to exploit its full potential for meeting the needs of your body.

This sauna has been built in compliance with the safety standards prescribed by the following directives:

- 2006/95/EC – general electrical safety;
- EEC 89/336, 92/31, 93/68, Electromagnetic Compatibility Directives (EMC);
- 2011/65/EU Direttiva Europea Rohs

On the basis of our on-going quest for improvement, your sauna may present some variations that are not referred to in this manual, but any differences are minor and of no great importance.



The manufacturer reserves the right to take legal action against anyone who makes unauthorised modifications to the sauna.

### 1.2 SAUNA IDENTIFICATION DETAILS

All the necessary information for identifying your sauna, the type, model, electrical power, voltage, registration number, year of construction, manufacturer and CE markings, are shown on the plate attached to the heater wall inside the sauna.

### 1.3 MANUFACTURER'S IDENTIFICATION DETAILS

Your sauna has been entirely manufactured and distributed by:

**EFFEGIBI S.R.L.**

Via Gallo 769, 47522 Borello di Cesena (FC)

Tel. +39 0547/372881 - Fax +39 0547/372924

[info@effegibi.it](mailto:info@effegibi.it) - [www.effegibi.it](http://www.effegibi.it)

#### 1.4 KEY TO SYMBOLS

When consulting this manual, whenever you find these symbols, read the accompanying information very carefully because it is of vital importance for using your sauna properly. Failure to follow the instructions can cause damage to people or property.



##### HAZARD – WARNING

Indicates a major hazard which, if ignored, may put personal health and safety seriously at risk.



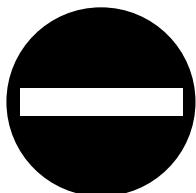
##### CAUTION-PRECAUTION

Indicates that it is necessary to behave in such a way as to avoid accidents and/or cause damage to people or property.

#### N.B.

##### N.B.

Indicates highly important technical information not to be ignored.



Prohibited action

#### 1.5 PERMITTED USAGE

Improper operations are considered those that involve making any modifications not expressly approved by the manufacturer.



The sauna must be used exclusively in the ways and for the purposes for which it was designed. Any other usage is to be considered improper and therefore hazardous.

#### N.B.

The manufacturer refuses to accept any liability for injury or damage caused by improper use of the equipment.

Since the equipment contains live electrical components and hot surfaces, all servicing and/or maintenance operations must be carried out by properly qualified personnel with knowledge of the necessary precautions.

## 2. SAFETY WARNINGS



Read this manual carefully before using the sauna.



We recommend seeking medical advice before using the sauna.



Children under three years of age must not use the sauna.



Children over three years of age may use the sauna but only when supervised by an adult and after seeking medical advice.



The sauna must not be used by anyone suffering from serious heart disorders, internal inflammation, contagious diseases, epilepsy or who wears a pacemaker.



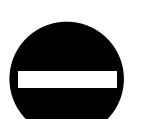
Pregnant women may use the sauna under medical supervision.



Carefully read and follow all the safety instructions and hazard warnings issued by the authorities of individual countries.



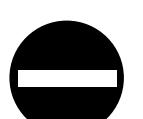
Use of the sauna by people (adults or children) with impaired physical, sensorial or mental capacities that may prevent the sauna being used in total safety must be supervised or given special instructions.



Use of the sauna for any purposes other than those for which it has been specifically designed is strictly prohibited.



Always carry out the prescribed checks, inspections and scheduled maintenance.



Do not, for any reason, remove the adhesive labels fixed to the sauna. If these deteriorate, order replacements.



Always inspect the sauna before starting it up.

### N.B.

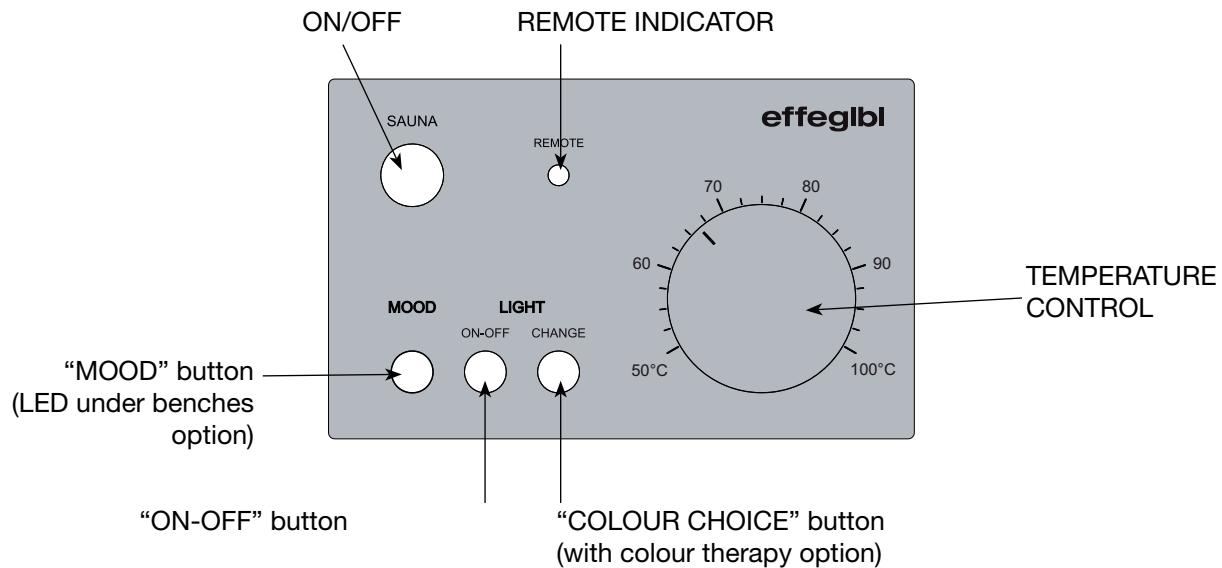
The first few times the sauna is used, you may notice some steam condensate on the inner glass of the door. This is due to the natural moisture in the wood and it will disappear with use.

### **3. YOUR SAUNA - GENERAL INFORMATION**

The sauna functions on the principle of applying dry heat to the air inside the sauna cabin by means of a stainless steel electric heater with an element, regulated by an external control panel. Since it can reach temperatures close to 100°C, the body reacts by sweating heavily, a physiological reaction intended to maintain a stable body temperature of about 37°C. While the body is sweating, it burns energy, thus helping to dissolve fat and eliminate the toxins that accumulate in the body tissues, also helping to regulate the blood pressure and prevent respiratory disorders.

### **4. CONTROL PANEL**

The control panel allows the user to drive the sauna functions.



#### **KEY TO SYMBOLS**



Press the button to switch on the function.

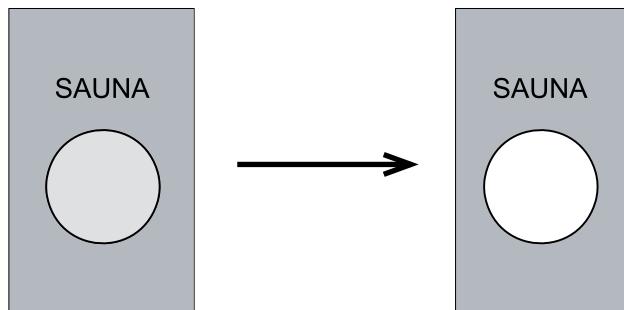
Press the button a second time to switch off the function previously activated.



Hold down for a few seconds.

#### 4.1 “SAUNA” BUTTON

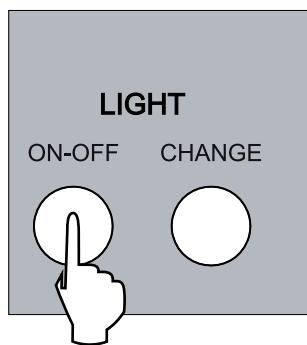
Switches the heater on and off.



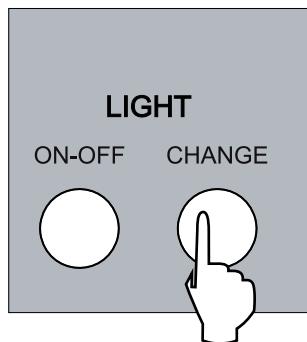
Once activated, the Sauna button will start flashing until the set temperature is reached.  
When the sauna reaches the right temperature, the Sauna button will stay on but stop flashing.

#### 4.2 “LIGHT ON-OFF” BUTTON

Either the white light or the colour last set comes on.  
It switches off when the “ON-OFF” button is pressed again.



#### 4.3 “LIGHT CHANGE” BUTTON



Colour-therapy helps restore mental and physical balance.

Each colour has an effect on your state of mind and it is a good idea to try each for a few minutes to gain the benefit.

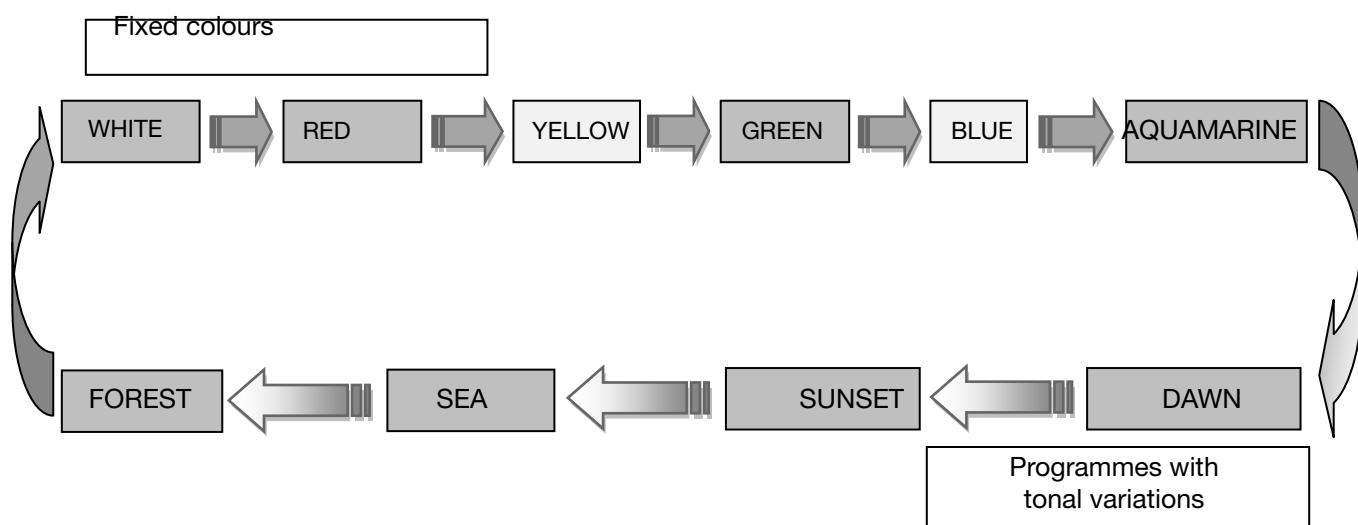
This is why EFFEGIBI uses RGB LED technology. In addition to using each colour alone, you can programme a slow, gradual tonal variation in the basic colour chosen.

The user has direct control over colour and programme changes. Continual abrupt tonal changes are not recommended for getting the very best out of your relaxing time spent in the sauna, enjoying your colour-therapy.

Press the "LIGHT CHANGE" button to change the colour of the light. You can choose from:

- 6 fixed colours: WHITE, RED, YELLOW, GREEN, BLUE, AQUAMARINE, and after that,
- 4 programmes providing tonal variations within one colour: DAWN, SUNSET, SEA, FOREST.

An example:



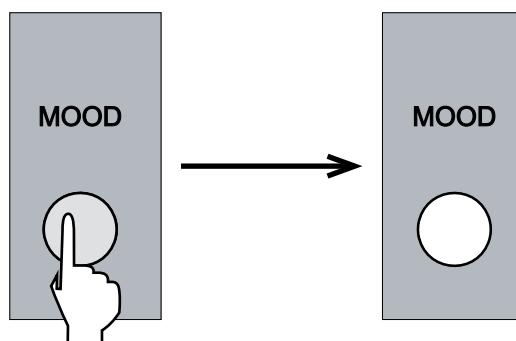
If, when you last switched off, the fixed colour AQUAMARINE was in use, when you switch the colour-therapy function on again, the first colour will be AQUAMARINE.

Press the "COLOUR CHANGE" button to move to the programme DAWN.

#### 4.4 "MOOD" BUTTON

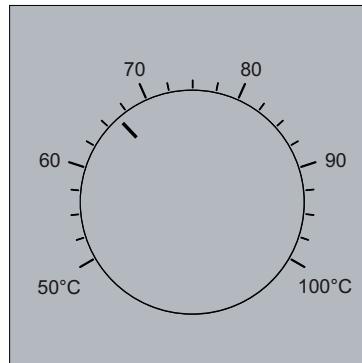
This switches on the bright white light under the bench.

Press it again to switch it off.



#### 4.5 TEMPERATURE CONTROL

You can set the temperature you would like inside the sauna by turning the dial. The temperature can be set at from about 50°C to about 100°C.



When you raise the temperature, the "SAUNA" button flashes slowly, indicating that the heater has started working.

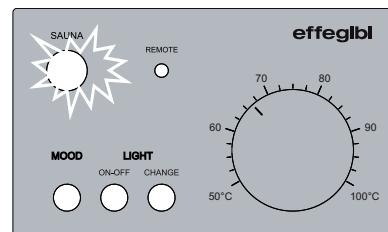
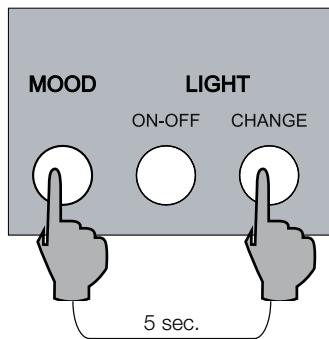
Once the set temperature has been reached, the LED stops flashing and stays on.

**Please note:** when the sauna is in regular use, just opening the door creates a sudden change in temperature which is detected by the operating probe.

The sauna is perfectly safe to use also when the "SAUNA" button is flashing.

#### 5. LOCK CONTROL PANEL

If you press buttons "MOOD" + "COLOUR CHANGE" together for 5 seconds, the panel is locked in its current settings.



Shown by three flashes  
of the "SAUNA" button

To unlock the control panel, repeat the above sequence.

#### N.B.

Prolonged pressing of the "SAUNA" button, even when the control panel is locked, turns everything off.

## **6. ECC - EFFEGIBI COMFORT CONTROL (OPTIONAL)**

With this system the sauna can be remotely controlled. To enable it, just download the app Effegibi Experience to your Tablet or Smartphone. This makes it possible to personalise your own experience conveniently from other places in your home and pre-set such functions as switch-on time, temperature and your preferred light selection. What's more, the Wi-Fi cover in the sauna area enables you to program it remotely from almost any other location, such as your office or car. Last but not least, the Effegibi Experience app provides you with useful information about the product, such as how to get the best out of your sauna and its health benefits, as well as historical notes on this centuries-old tradition.

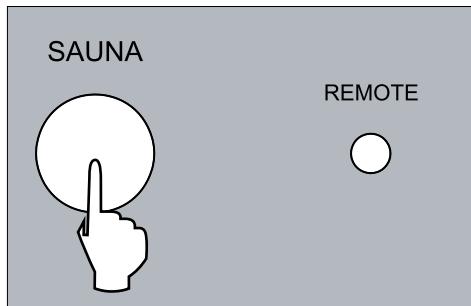
For more information, just visit our website: [www.effegibi.it](http://www.effegibi.it).



### **6.1 ECC FUNCTIONS**

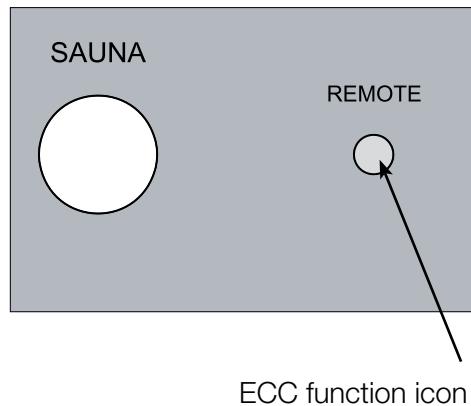
To activate the ECC - Effegibi Comfort Control function, it is necessary to switch the control panel on and hold down the "SAUNA" button for about 3 seconds (*fig. A*).

*fig. A*



The REMOTE LED will stay on, without flashing, indicating activation of the ECC – Effegibi Comfort Control function (*fig. B*).

*fig. B*



Once the ECC - Effegibi Comfort Control function has been activated, the Hammam can be programmed remotely using the Effegibi Experience app.

This app makes it possible to pre-programme the Hammam to switch on and off remotely.

To deactivate the ECC - Effegibi Comfort Control function, hold down the SAUNA button for about 3 seconds. When the Remote LED goes off it indicates that the ECC - Effegibi Comfort Control function has been deactivated.

N.B.: the ECC - Effegibi Comfort Control function cannot be activated if remote activation is operated by cable.

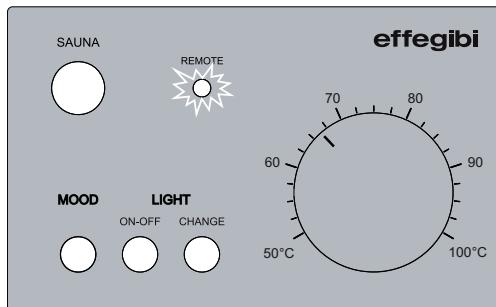
If the Hammam is in a public place or if the remote activation has to be operated by cable, contact an approved service centre or the company direct.

## 6.2 PROGRAMMING

The Effegibi Experience app makes it possible to programme the Hammam to switch on at a precise time on a particular day of the week.

At 3.00am on the programmed day, the Remote LED will start to flash (see Fig. C).

*fig. C*



The daily program can be deactivated manually just by pressing the Sauna button.

If one daily program is deactivated, all the settings for that day will be cancelled.

If a new program has been set for the following day, the panel will switch on at 3.00am on that day.

N.B.: programs are controlled by the ECC - Effegibi Comfort Control function, which, if disabled, will cancel them.

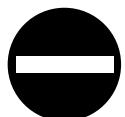
## 7. CLEANING AND MAINTENANCE



Before doing any cleaning or maintenance operations, isolate from the mains power at the sauna connection switch.



Do not use products containing chemicals to clean the wooden parts inside the sauna.



Do not paint the interior walls of the sauna with paint or varnish of any kind.

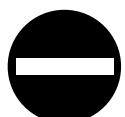


For any other maintenance operations, contact an approved service centre or the manufacturer.

## 8. TRANSPORT AND HANDLING



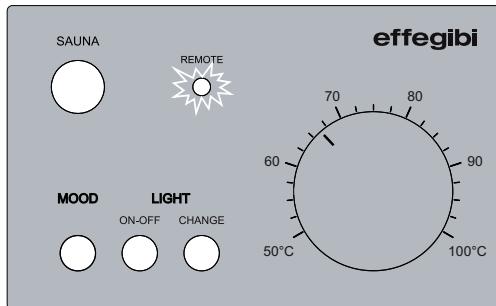
If it is necessary to move the sauna, follow the procedure described in the installation manual.



Never, under any circumstances, attempt to move the sauna when it is fully assembled, either manually or using any other means.

## 9. TROUBLE-SHOOTING

If the heater is not working, the Remote LED will start flashing rapidly.

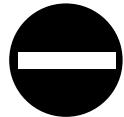


See the table below for a list of other possible errors.

PROBLEM	CAUSE	SOLUTION
The sauna does not respond to any commands.	- No electric current - Power supply	- Check the general electrical distribution board and switch.
Internal light/ colour-therapy doesn't work.	Connector plug not connected	Check the cable connection to the ceiling light fitting, located above the sauna.
Heater doesn't heat up.	1) The safety thermostat has intervened 2) Stones incorrectly positioned	1) Call the technical help line. 2) Check that the stones are not positioned in a way that obstructs the air circulation inside the heater.



Contact an approved service centre for anything not covered by the above table.



Never, under any circumstances, attempt any repair work that is not included in the 'SOLUTIONS' column of the above table.

## **10. USING YOUR SAUNA**

The origins of the sauna are lost in the mists of time.

It began as one of the purification rituals common to many ancient religions. Its therapeutic and aesthetic benefits were known to the Ancient Greeks, but it was primarily the Baltic people, particularly the Finns, who developed it as a supreme source of wellbeing that has spread all over the world.

The sauna is quite simply a bath of very warm, dry air taken in a closed environment in which a special appliance heats and dehumidifies the air.

### **THE BENEFITS**

The sauna has extraordinary relaxing and detoxing properties, with positive influences on both body and mind. There is no more effective way of banishing nervous tension and soothing anxiety because the sauna stimulates the natural process of restoring physical and mental balance.

The skin is purified as sweating eliminates acids and toxins. The autonomic nervous system is stimulated, improving overall metabolism.

On the beauty front, if you team the sauna with a healthy diet you will get even better cellulite reduction and skin toning results.

The beauty dividend is made equally obvious by the deep-cleansing action that leaves your skin looking clear and glowing.

### **THE PROCESS**

Get ready for your sauna with a warm shower and dry yourself thoroughly.

Step into the sauna.

Make yourself comfortable. Remember that the temperature is higher on the upper benches.

Relax, let your mind go blank and just listen to your body.

Your own body will tell you how long to stay in the sauna, normally anything from 5 to 15 minutes.

Remember that if you pour a ladle of water laced with essential oils onto the heater stones you will get a temporary increase in humidity and the perception of heat will increase noticeably for a few seconds.

When you come out of the sauna, freshen up with a cool or cold shower, then stretch out and relax for a few minutes.

We suggest you replace the liquids you have lost with water or a hot herbal tea.

After a few minutes take a second turn in the sauna.

## THE TEMPERATURE INSIDE THE SAUNA

The way the interior of every Effegibi sauna works follows the traditional pattern.

Fresh air enters the lower part of each model and an exit point higher up the sauna enables natural convection to provide an exchange of air.

This convection also affects the temperatures recorded inside the cubicle which vary in different positions, even though these may be measured at the same height.

The diagram shows merely an indication of the temperatures recorded at different heights, with significant variations according to the internal movement of the air.

The hottest temperature is monitored at the high point of the ceiling, while at floor level the temperature is close to that of the exterior environment.

In all properly constructed saunas, the temperatures vary according to the height/natural air convection ratio.

This means that the temperature set on the exterior control panel is to be considered merely indicative.

The perception on the skin is not conditioned by these variations, which can only be measured during testing, and therefore the overall warmth of the environment interacts with the body, conveying all the benefits traditionally associated with the sauna.

Your own body is the best thermometer for enjoying your sauna to the full.

Have a wonderful relaxing time in your Effegibi sauna!

