

# ULTRALUX FOLDAWAY SAUNA



USER MANUAL



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# MEET THE FOLDAWAY SAUNA

**Congratulations on taking this step in your health and wellness journey by purchasing your new UltraLux Foldaway Sauna!**

Prepare to experience a rejuvenating and relaxing spa experience in the comfort of your own home.

While any traditional sauna can create heat, only the **Foldaway Sauna uses infrared heat to directly warm your body, enabling deeper tissue absorption.** This direct application relaxes your muscles and promotes genuine detoxification from the inside out.

The UltraLux Foldaway Sauna offers this unique experience, combining deep relaxation and extreme comfort, all wrapped in a convenient, portable design—***making it the most comfortable, mobile infrared sauna available.***



# WHAT SETS THE FOLDAWAY SAUNA APART?

- **Unmatched Portability and Convenience:** The UltraLux Foldaway Sauna offers the best mobility and convenience, allowing you to enjoy a spa-like experience at home, in the office, or even while traveling, without the need for permanent installation. And with an easy set-up process, the Foldaway Sauna can be up and running in under 5 minutes.
- **Efficient Infrared Heat:** Unlike traditional saunas that simply produce heat at a high temperature, the Foldaway Sauna uses optimized far-infrared heat which provides a powerful yet gentle, radiating heat—ideal for both heavy sweating and deep relaxation.
- **Powerful Detoxification:** The Foldaway Sauna is the ideal way to detox from hazardous toxins and heavy metals that inevitably invade our bodies and cause long-lasting harm.
- **Protection Against EMFs:** Lined with 20+ tourmaline gemstones, the Foldaway Sauna helps to fight against electromagnetic field (EMF) radiation and create a serene and health-focused environment for a deeper, more rejuvenating sauna experience.

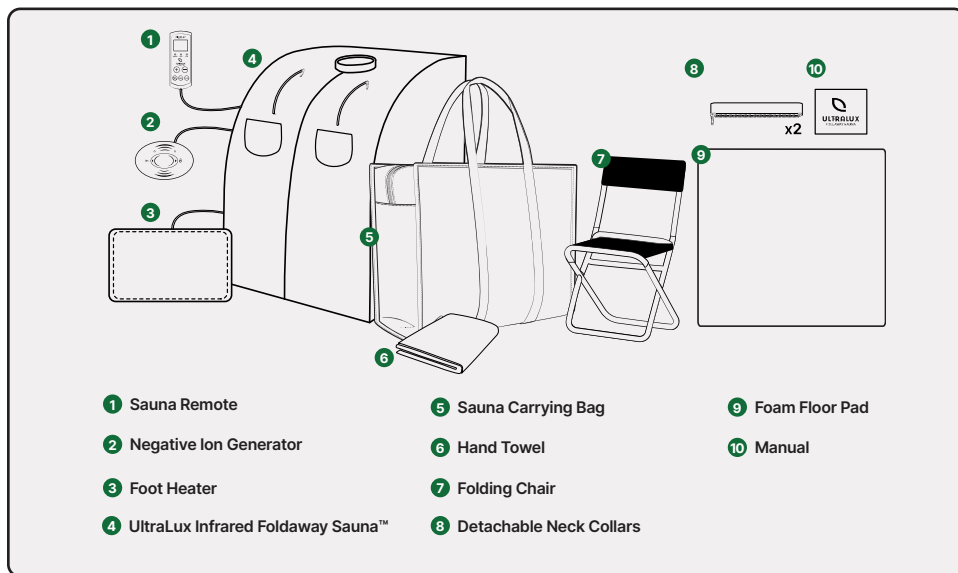
# INFRARED SAUNA HEALTH BENEFITS

Using an infrared sauna can provide a wide array of health benefits. While everyone is different, here are some common benefits that you may experience:

- **Deeper, more restful sleep**
- **Decreased stress levels**
- **Reduced feelings of depression and anxiety**
- **Relief from sore muscles, stiff joints, and some types of chronic pain**
- **Sustainable energy**
- **Improved heart, lung, and cardiovascular health**
- **Enhanced skin appearance**
- **Increased metabolism and weight management**
- **Detoxification of hazardous heavy metals**
- **Holistic mental and physical rejuvenation**
- **Strengthened immune system**

**\*Disclaimer:** *Since infrared saunas support a variety of health conditions, we cannot list every condition, nor can we identify if an infrared sauna is the solution for your specific condition. If you are curious about how infrared heat might help with your particular health issue, we recommend researching or contacting your doctor. A great place to start is the National Institutes of Health website at [www.nih.gov](http://www.nih.gov).*

# PACKAGE CONTENTS



## UltraLux Infrared Foldaway Sauna™ Specifications

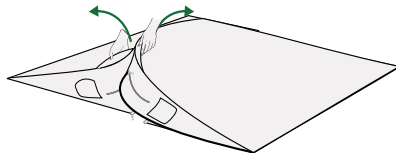
<b>Product Weight</b>	Apprx 18 lbs.	<b>Timer Range</b>	10-60min.
<b>Product Dimensions</b>	32.28 × 37.8 × 42.13 in.	<b>Foldaway Sauna Material</b>	Oxford Cloth, Steel Pipe
<b>Voltage</b>	110V or 220V (depending on your region version)	<b>Collar Material</b>	Microfiber
<b>Temperature Range</b>	100°-160°F / 37°-71° C	<b>Chair Material</b>	XPE Foam Material

**IMPORTANT:** If you live in North America, you will need to ensure you have the 110V Foldaway Sauna. If you live in Europe or the Pacific, you need the 220V Foldaway Sauna. Please contact [support@ultraluxhealth.com](mailto:support@ultraluxhealth.com) if you have any questions.

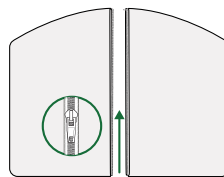
# SETTING UP THE FOLDAWAY SAUNA

**1** Carefully remove all contents from the box. Remove any wrapping around the Foldaway Sauna.

**2** Then, use the handles at the top of the Foldaway Sauna to pull apart the left and right panels, standing the Sauna upward so the two panels act as a support.

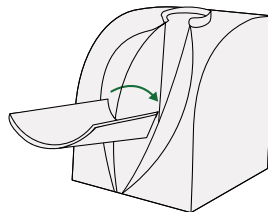


**3** Next, attach the back panel of the Sauna to the bottom panel using the zipper located at the bottom of the Foldaway Sauna.



BOTTOM VIEW

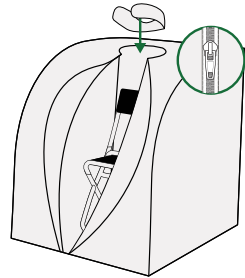
**4** Place the Foam Floor Pad on the floor inside the Foldaway Sauna with the more solid side facing up.



**5** Then, place the Foot Heater on the Foam Floor Pad inside the UltraLux Fold-away Sauna with the Foot Heater facing toward the entrance of the Sauna.

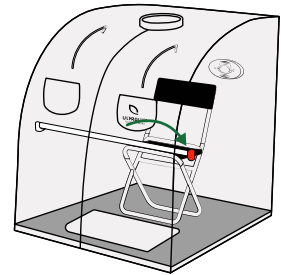
- 6 Next, place the Folding Chair behind the Foot Heater inside the sauna with the Folding Chair facing toward the entrance of the Sauna.

- 7 If there is not already a Neck Collar attached to the Sauna, connect one of the Detachable Neck Collars to the top zipper of the Sauna, located around the head opening. Zip the collar and the Sauna together.



- 8 Inside the Sauna, you'll find a small support rod. Use this support rod to add stability to the front of the Sauna by connecting the panel with the support rod to the receiver located on the opposite panel.

**NOTE:** Do not rest your arms or weight on the support rod. Before entering and exiting the UltraLux Foldaway Sauna, detach the support rod.



- 9 Zip up the entrance zipper, and place the back flap over the head hole at the top of the Sauna.

# HOW TO USE

1. Make sure you have read the *Setting Up the Foldaway Sauna* instructions and have assembled your Sauna.
2. Ensure you are wearing proper clothing without metal or plastic. Also, remove any jewelry, watches, etc. from your body.

*Optional: inside the Sauna, you can place a large bath towel or sheet (not included) under the Folding Chair, covering the floor of the UltraLux Foldaway Sauna. This will help to absorb sweat and reduce clean up afterwards.*

3. Next, plug the power cord into a wall power outlet. This will illuminate the **'Power'** light on your Sauna Remote.
4. Then, turn on the Sauna by pressing the **'ON/OFF'** button on the Sauna Remote.
5. Set your desired temperature and timer using the Sauna Remote, then place it in the exterior pocket of the front panel.  
*See Remote Functions for instructions on how to adjust your settings.*
6. If desired, turn on the pre-installed Negative Ion Generator inside the Sauna by pressing the button toward **"Ion."**  
*See Negative Ion Generator for more information.*
7. **We suggest waiting 5-10 minutes for the Sauna to warm up before entering.** If you do so, make sure to reset the countdown timer to match your desired session length.

- 8.** When ready, sit on the Folding Chair inside the Foldaway Sauna. Place your neck in the opening at the top of the Sauna with your head sticking out of the Sauna.
- 9.** Once inside the Sauna, you'll find a small support rod. Use this support rod to add stability to the front of the Sauna by connecting the panel with the support rod to the orange receiver located on the opposite panel.
- 10.** Next, ensure the Detachable Neck Collar is properly around your neck, adjusting as needed.
- 11.** Zip up the entrance of the Foldaway Sauna and enjoy a relaxing infrared sauna experience.
- 12.** If you would like to use your hands to watch TV, read, etc. during your sauna session, unzip the two small zippers on the sides of the front panel and move your hands through the openings.

# REMOTE FUNCTIONS

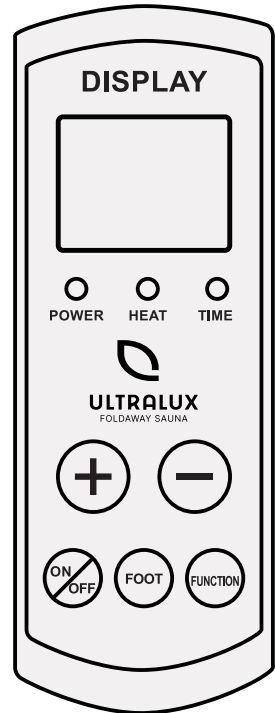
The core settings of the Foldaway Sauna can be adjusted using the Sauna Remote.

**To turn on the Foldaway Sauna:** Press the **ON/OFF** Button to turn “ON” the Foldaway Sauna (which starts the heating panels) and to begin adjusting settings on the Sauna Remote.

***Note:** When the power cord of the Foldaway Sauna has been connected to a wall power outlet, the ‘Power’ light will illuminate, but the Foldaway Sauna will not be on.*

**To turn on the Foot Heater:** For enhanced circulation, turn on the Foot Heater by pressing the **FOOT** button, and the Foot Heater will begin to heat. Pressing the **FOOT** button, the screen will shortly display “ON” or “OFF” to signify its status

**To navigate between buttons:** Press the **Function** button to switch between adjusting the **TIME** and the **HEAT** (temperature). The current setting being adjusted will light up when you use the Function button to switch between them.



### To adjust the Timer

- Press the **Function** button until the the light above **TIME** is illuminated.
- Once illuminated, adjust the timer of the Sauna session by using the **+** and **-** buttons, and your desired time will appear on the digital display.
- Press the **+** button to increase the timer.
- Press the **-** button to decrease the timer.

*When the timer is complete, the digital display of the Sauna Remote will default to the temperature.*

### To adjust the Temperature

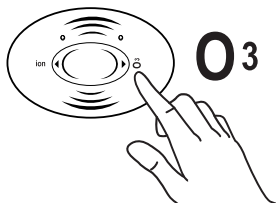
- Press the Function button until the the light above **HEAT** is illuminated.
- Once illuminated, adjust the temperature of the Sauna session by using the **+** and **-** buttons.  
Press the **+** button to increase the desired temperature.
- Press the **-** button to decrease the desired temperature.

*Note: The actual temperature of the Sauna may vary due to the surrounding environment and climate.*

# NEGATIVE ION GENERATOR

For added benefits, a Negative Ion Generator is pre-installed inside the Fold-away Sauna. The Negative Ion Generator allows for a cleaner, fresher environment during sauna sessions with two settings: Ozone and Ion.

**Note:** *The Sauna must be plugged into the wall for the Negative Ion Generator to work.*



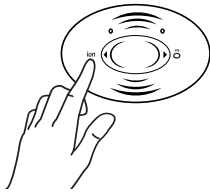
## Ozone

The Ozone setting of the Negative Ion Generator is useful in disinfecting the air, reducing odors, and killing airborne pathogens after each session.

### To use the Ozone setting:

- Once you have completed your sauna session, press the arrow pointing to "O3," located on the right side of the oval, on the front of the Negative Ion Generator. It will make a clicking sound and activate the setting.
- Step out of the Sauna and ensure your Foldaway Sauna is completely enclosed with each zipper fully zipped, including the cover of the head opening, located on the top of the Foldaway Sauna.
- Press the middle button, located in the center of the oval, to turn off the Negative Ion Generator.

**Note:** *We do not recommend or suggest using the Ozone setting while in the Sauna. It is meant to help clean the Sauna after a session and is completely optional.*



## Ion

The Ion setting of the Negative Ion Generator improves air quality and can enhance your mood, improving relaxation during the sauna session.

### To use the Ion setting:

- Initiate your infrared sauna session.
- Next, press the arrow pointing to “Ion,” located on the left side of the oval, on the front of the Negative Ion Generator. It will click and activate the setting.
- Press the middle button, located in the center of the oval to turn off the Negative Ion Generator.

**Note:** *The use of the Negative Ion Generator is completely optional and will only further benefit your infrared sauna sessions.*



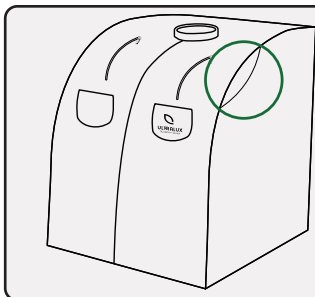
  
**ULTRALUX**  
FOLDAWAY SAUNA

# POST-SESSION GUIDELINES

Properly caring for your UltraLux Foldaway Sauna after each sauna session is valuable for maintaining its longevity. **Frequent cleaning helps prevent the buildup of bacteria, mold, and unpleasant odors**, ensuring a hygienic and enjoyable experience each time you use the Sauna.

## Follow these guidelines for properly maintaining your Foldaway Sauna.

- Once you have finished your sauna session, turn the Negative Ion Generator to the “Ozone” setting and allow it to run for an additional 5-10 minutes to help prevent bacteria and mold growth. *This is completely optional.*
- If you wish to store your Foldaway Sauna, pack it up only after the heat has dissipated and the Sauna is completely dry and cool. Ensure all items have been removed from inside the Sauna before storing.



**NOTE:** Only move, lift, and adjust the Foldaway Sauna using the handles located on the top of the sides of the Sauna.

## To clean the UltraLux Sauna:

- Clean the interior of the Foldaway Sauna with a lightly damp cloth, wiping all sides.
- Wetting the cloth with water should be enough; however, you may use soap if needed. ***Do not use any harsh, abrasive, or chemical cleaners to clean the Foldaway Sauna.***
- Remove the Detachable Neck Collar, the included Hand Towel, and any optional towels you may have placed at the bottom from the Foldaway Sauna, and wash them in a washing machine. ***The included towel can go in a dryer machine, but please lay the Detachable Neck Collar out to air dry.***
- If you wish to store your Foldaway Sauna, pack it up only after the heat has dissipated and the Sauna is completely dry and cool.
- Ensure all items have been removed from inside the Sauna before storing.



## **SAFETY PRECAUTIONS**

1. Do not use the Foldaway Sauna in the bathroom or in a room with high humidity.
2. Do not use the Foldaway Sauna near flammable materials.
3. Do not put animals or plants in the Foldaway Sauna.
4. Avoid using the Foldaway Sauna if you are dehydrated, overheated, sunburned, or injured.
5. Stop using the UltraLux Foldaway Sauna immediately if you feel lightheaded, dizzy, or sleepy.
6. Wait at least 30 minutes after eating to use the UltraLux Foldaway Sauna.
7. Do not use the Foldaway Sauna if you are very hungry.
8. Do not use the Foldaway Sauna while under the influence of alcohol, drugs, or sleep medication.
9. Keep the Foldaway Sauna away from sharp objects that may damage the outside fabric, wiring, hand-held control, or power cord.
10. The elderly, children, and those with mobility issues should only use the Foldaway Sauna with adult supervision.

***WARNING: Do not attempt to repair or modify the Foldaway Sauna. Unauthorized repairs will void your warranty. For any repair needs, please contact Customer Service.***

# FREQUENTLY ASKED QUESTIONS

**Why does the Foldaway Sauna use far-infrared heat rather than near-infrared or mid-infrared heat?**

Although the Foldaway Sauna is a far-infrared sauna, it still emits levels of mid-infrared and near-infrared light. This is because the infrared spectrum naturally includes a range of wavelengths, and the heating technology used in the Sauna produces a broad spectrum of infrared light. Therefore, while the primary focus is far-infrared wavelengths for the deeper skin penetration and therapeutic benefits, the presence of mid-infrared and near-infrared wavelengths still enhances the overall effectiveness of the Foldaway Sauna.

**Should I drink water before my sauna session?**

Yes! Drinking 10-20oz. of water before and after enjoying a Foldaway Sauna session will support quality results. It is also recommended to drink water during your session to help prevent dehydration. Do not use the Sauna if you are dehydrated.

**How long should I wait before I enter the Sauna?**

Let the Foldaway Sauna warm up for 5-10 minutes before entering.

**Whats the best amount of time and temperature to use the Sauna at?**

You can set the temperature and timer of the Sauna to whatever you prefer and is most comfortable to you. For targeting specific goals, see the Foldaway Sauna Health Guide. When you start using the Foldaway Sauna regularly, begin with a lower temperature and shorter session time. Gradually increase the temperature and session duration as you become more accustomed to it.

**Should I be sweating when using the Sauna?**

Yes, you should be sweating when using the Sauna. Sweating is a natural response to the heat and is one of the primary benefits of using an infrared sauna. It helps to detoxify the

body by eliminating toxins through the skin, improves circulation, and promotes overall relaxation and well-being. If you do not sweat while using the sauna, don't worry! Some people are less prone to sweating, but we recommend making sure you are well hydrated, and also consulting your doctor to ensure the use of an infrared sauna is safe for you. If you are not sweating during your sauna session, you may need to adjust the temperature or duration to ensure you are getting the full benefits.

### **How often should I do a sauna session?**

The frequency of sauna sessions can vary depending on your health goals, personal preferences, and overall health. See the *Foldaway Sauna Health Guide* for optimizing the frequency of your sessions.

***For general benefits, use the infrared Sauna about 2 times per week.***

### **What does the Negative Ion Generator do?**

A Negative Ion Generator in an infrared sauna is designed to enhance the overall experience by improving air quality and providing benefits such as sterilization, odor reduction, and enhanced detoxification.

### **What does the Ozone setting of the Negative Ion Generator do?**

The Ozone setting of the Negative Ion Generator enhances air quality and sanitation in the Sauna by producing ozone (O<sub>3</sub>): a powerful oxidizing agent. This setting helps to sterilize the air and surfaces within the Sauna by effectively killing bacteria, viruses, and other pathogens, therefore reducing the risk of health issues.

### **When do I use the Ozone setting versus using the Ion setting?**

When conducting a Foldaway Sauna session, turn on the Ion setting of the Negative Ion Generator for a deeper, relaxing experience. Once your session is complete, exit the Sauna and turn on the Ozone setting of the Generator. Close all openings of the Sauna to ensure the oxidizing agent sterilizes the Foldaway Sauna completely.

# WARRANTY

All new UltraLux Health products come with a **1-year manufacturer defects warranty** that is only valid for the original buyer. In order for the warranty to apply to a defective item, the item must be in good condition, excluding the claimed defect.

Whether or not the item is covered under warranty is under full discretion of UltraLux Health. If the item is covered, a replacement unit will be shipped to the customer at no extra cost. Warranties cover labor, defective parts, and the shipping of the replacement product to the customer. Contact [support@ultraluxhealth.com](mailto:support@ultraluxhealth.com) with photo or video evidence of the defective unit.

To help speed up the troubleshooting process, please scan this QR code to send us a video of the issue.



# CONTACT ASSISTANCE

If you have questions or need additional help please contact us at [support@ultraluxhealth.com](mailto:support@ultraluxhealth.com), or call us during normal business hours.

📞 **US Number: (385) 360-9755**

🌐 **International Toll Free Number: (855) 479-4149**

*(Mon-Fri 9am-5pm MST)*

# ULTRALUX

FOLDAWAY SAUNA

USER HEALTH GUIDE



# USER HEALTH GUIDE

From setting the ideal temperature to understanding the benefits of infrared technology, you can fully customize your sauna experience to target your specific goals.

The UltraLux Foldaway Sauna is packed with restorative benefits. From muscle relief to mood enhancement, the Foldaway Sauna supports your wellness journey. This Health Guide will provide you with valuable insights on how to make the most of your infrared sauna sessions, ensuring you achieve the best possible results.



## Infrared Heat

Infrared saunas use infrared light, a form of radiant heat, to generate heat that directly warms the body, unlike traditional saunas that only heat the surrounding air. This direct method of heating offers several benefits compared to conventional heat, such as more effective detoxification.

This powerful infrared heat allows the Foldaway Sauna to operate at lower temperatures than traditional saunas, making the experience more comfortable, more effective, and more accessible for those sensitive to high heat.

# OPTIMIZING YOUR **FOLDAWAY** SAUNA BENEFITS

With the Foldaway Sauna, you can customize your sauna experience to achieve desired results! Choosing the temperature, duration, and frequency of your infrared sauna sessions based on your targeted goals is important for obtaining high quality results.

**Some examples for optimizing your sessions may include:**



## **Muscle Pain Relief**

For alleviating muscle pain, conduct a Foldaway Sauna session with a comfortable temperature between 130°-150°F, for 20-30 minutes, 2-4 times a week.



## **Weight Management**

If you are looking to lose weight or manage your weight, conduct a Foldaway Sauna session with a comfortable temperature between 130°-150°F, for 30-40 minutes, 3-4 times a week.



## **Stress Relief and Relaxation**

For relieving stress, conduct a Foldaway Sauna session with a comfortable temperature between 110°-130°F, for 20-30 minutes, as needed.



## **Skin Health Enhancement**

If you would like to improve your overall skin health, conduct a Foldaway Sauna session with a comfortable temperature between 115°-130°F, for 20-30 minutes, 2-3 times a week.

# RECOMMENDATIONS

**To enhance your overall sauna experience, we recommend the following:**

- For a deeper, more intense sweat, drink 10-20 fluid ounces of water before getting into the Sauna. Remember to continue drinking water during and right after your sauna session to avoid dehydration.
- It can be beneficial to drink an electrolyte-rich drink after a sauna session.
- If you are new to using an infrared sauna, start with shorter sessions and lower temperatures, gradually increasing as your body acclimates.
- Take a warm shower before your session to open pores and a cool shower afterward to close them.
- Conduct a 20-minute red light session before using the Sauna to enhance cellular health and longevity.

# WHAT TO AVOID

**Maintaining your health and safety should be a top priority when conducting a Fold-away Sauna session.** To ensure your safety, we recommend avoiding the following

- **Alcohol Consumption Before Session:** Avoid consuming alcohol before or during your sauna session. Alcohol can impair your ability to regulate body temperature and increase the risk of dehydration and overheating.
- **Applying Skin Products:** Avoid applying lotions, oils, or heavy skincare products before your sauna session. These can block pores and reduce the effectiveness of sweating and detoxification.
- **Ignoring Health Conditions:** If you have any underlying health conditions, such as cardiovascular issues, respiratory problems, or if you are pregnant, consult with a healthcare professional before using an infrared sauna. Avoid using the Sauna if you feel unwell or have a fever.
- **Overheating:** Avoid staying in the Sauna for too long or setting the temperature too high. Begin with shorter sessions and gradually increase the duration as your body adjusts.

***\*Disclaimer:** Since infrared saunas support a variety of health conditions, we cannot list every condition, nor can we identify if an infrared sauna is the solution for your specific condition. If you are curious about how infrared heat might help with your particular health issue, we recommend researching or contacting your doctor. A great place to start is the National Institutes of Health website at [www.nih.gov](http://www.nih.gov).*

