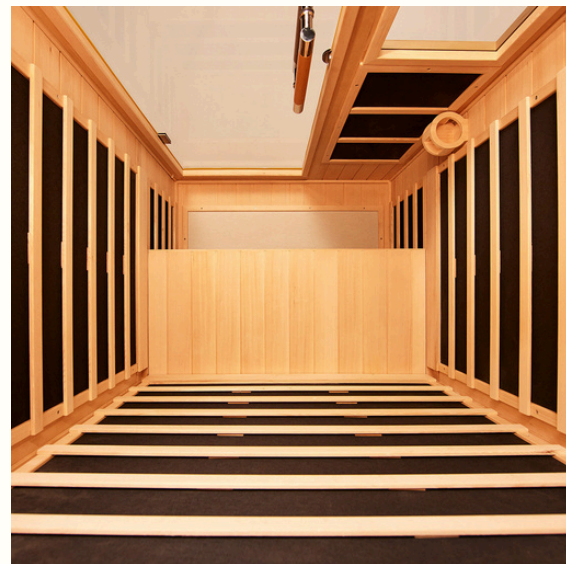


Pause 2-Person Infrared Sauna

P-2H-CA



Welcome to Radiant Health's Pause Saunas
Sauna Culture. Elevated Wellness. Uncompromising Safety.

FEATURES

- Optimal far-infrared wavelengths used for maximum therapeutic benefits
- Ultra-low EMF and EF levels verified by third-party testing
- Verified zero VOCs by third-party testing even at high temperatures
- Even heat distribution from carbon infrared heaters that eliminate cold and hot spots
- Individual heat control zones for the bench top, calf area, and floor
- 100% Canadian hemlock wood with no plywood or pressed wood in the sauna environment
- Red light and near-infrared compatible with the purchase of our Shine 2 Sauna panel
- Optional mobile app to control the sauna, including pre-heating from anywhere
- Integrated Bluetooth speakers, which can be turned on/off

ENSURING YOUR SAUNA FITS IN YOUR HOME

DELIVERY SPECIFICATIONS

Product Net Weight: 299.8 lbs (136 kg)

Ships in 3 boxes

- **Box 1** (Top & bottom panel): 123.5 lbs (56 kg) – L 50.8 in (1.29 m) × W 46.1 in (1.17 m) × H 9.6 in (0.245 m)
- **Box 2** (Side panels): 88.2 lbs (40 kg) – L 74.4 in (1.89 m) × W 39 in (0.99 m) × H 6.9 in (0.175 m)
- **Box 3** (Front & back panels): 131.2 lbs (59.5 kg) – L 74.4 in (1.89 m) × W 50 in (1.27 m) × H 7.7 in (0.195 m)

DIMENSIONS & SPACE PLANNING

External Dimensions

- All sides: 39-13/16" D × 47-3/4" W × 76-5/16" H (101.1 cm D × 121.3 cm W × 193.8 cm H)
- Depth with overhang: 43-3/8" (110.2 cm)

Bench

- Bench depth: 19" (48.3 cm)
- Bench height: 18-3/4" (47.6 cm)
- Bench width: 41-7/8" (106.4 cm)
- Under-bench clearance: 14" (35.6 cm)
- Heater height above bench: 3.5" (8.9 cm)

Floor

- Floor width: 18-5/8" (47.3 cm)
- Floor length: 42-1/4" (107.3 cm)

DOOR SIZE, SWING & CLEARANCES

Door Dimensions

- Left side of door to edge: 19-1/8" (48.6 cm)
- Right side of door to edge: 3-11/16" (9.4 cm)
- Door swing out: 24" (61.0 cm)
- Door handle depth: 2-3/4" (7.0 cm)
- Door handle height: 12" (30.5 cm)
- Handle height above ground: 32" (81.3 cm)

Clearance Requirements

- Sides: 1/2" (1.3 cm)
- Back: 1-1/2" (3.8 cm)
- Front: 2–3 ft (61–91 cm)

Assembly Clearance: Allow 4" (10.2 cm) above the roof during assembly.

Post-Assembly: Once assembled, clearance above the roof only needs to be enough to allow airflow.

Surface Requirement: A level surface is required for installation.



ELECTRICAL REQUIREMENTS

Power Requirements: 120 VAC, 15 Amps

Power Consumption: 1580 W (Certification: 1690 W)

Circuit Requirements (per installation section):

- Sauna requires 15 Amp service
- Must use #2 14 AWG + ground wire minimum
- Dedicated circuit recommended
- Extension cords not recommended
- Radiant Health saunas do NOT work on GFCI outlets*

Cord:

- **Accessory Port**
 - Accessory port horizontal: 5" (12.7 cm)
 - Accessory port vertical: 8.25" (21.0 cm)
- **Cord Exit**
 - Cord exit horizontal: 3.5" (8.9 cm)
 - Cord exit vertical: 1.5" (3.8 cm)
- **Cord Length**
 - Cord length: 6' 2" (188.0 cm)

Cord Location: Located at the right, rear, bottom corner (if facing the front of the sauna)

*Our infrared saunas trip GFI breakers, but this doesn't mean there's a safety problem. We design our saunas to have ultra-low electric fields. To do this, the system absorbs electric fields and safely sends them to ground. GFI breakers mistake this intentional, harmless leakage for a fault, even though the sauna is working as designed.



INSTALLATION & PLACEMENT

Quick Install Guidance

- Indoor Use Only: Dry, finished rooms only. No outdoors or steam environments.
- Flooring: Tile, vinyl, wood, concrete, or carpet; no drain required.
- Recommended ceiling height: 8 ft (243.8 cm)
- Assembly clearance required above sauna: 4" (10.2 cm)

Common Setup FAQs

- Must be in a room with a minimum ambient temperature of $\geq 68^{\circ}\text{F}$ (20°C).
- In colder rooms, warm-up time increases and peak temperature decreases
- No water is needed; water on heaters is dangerous
- Not for outdoor or wet environments

Optional Add-Ons

Add the Shine 2 Sauna Red Light Panel

- Size: 12" W \times 36" H \times 2" D (30.5 cm W \times 91.4 cm H \times 5.1 cm D)
- Power: 120V, ~200W
- Plug into a separate outlet
- Includes a standalone power button

