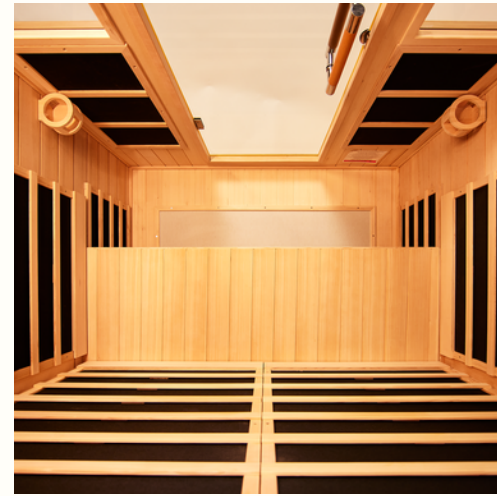


Pause 3 -Person Infrared Sauna

P-3H-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: 418.88 lbs (190 kg)

Ships in 3 boxes

- Box 1 (Top & bottom panel): 180.8 lbs (82 kg) – L 74.4 in (1.89 m) × W 50.4 in (1.28 m) × H 10.4 in (0.265 m)
- Box 2 (Front & side panels): 151 lbs (68.5 kg) – L 74.4 in (1.89 m) × W 45.3 in (1.15 m) × H 9.4 in (0.24 m)
- Box 3 (Front & back panels): 136.7 lbs (62 kg) – L 74.4 in (1.89 m) × W 38.6 in (0.98 m) × H 9.8 in (0.25 m)

DIMENSIONS & SPACE PLANNING

External Dimensions

- All sides: 43-3/4" D × 71-3/8" W × 76-5/16" H (111.1 cm D × 181.3 cm W × 193.8 cm H)
- Depth with overhang: 47-5/8" (121.0 cm)

Bench

- Bench depth: 20" (50.8 cm)
- Bench height: 18-3/4" (47.6 cm)
- Bench width: 65.5" (166.4 cm)
- Heater height above bench: 3" (7.6 cm)

Floor

- Floor width: 22-1/4" (56.5 cm)
- Floor length: 67" (170.2 cm)

DOOR SIZE, SWING & CLEARANCES

Door Dimensions

- Left side of door to edge 19 3/4"
- Right side of door to edge 19 7/8"
- Door swing out 24"
- Door handle depth 2 3/4"
- Door handle height 12"
- Handle height above the ground 32"

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, 20 Amps

Power Consumption: 2200 Watts (Certification 2260 W)

Circuit Requirements:

- Sauna requires 20 Amp service
- Must use #2 12 AWG + ground minimum
- Use a NEMA 5-20R amp rated electrical receptacle
- Dedicated circuit recommended
- Extension cords not recommended
- Radiant Health saunas do NOT work on GFCI outlets

Cord:

- Accessory Port
 - Accessory port horizontal: 10.5" (26.7 cm)
 - Accessory port vertical: 7" (17.8 cm)
- Cord Exit
 - Cord exit horizontal: 3" (7.6 cm)
 - Cord exit vertical: 1" (2.5 cm)
- Cord length: 6 ft (182.9 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

