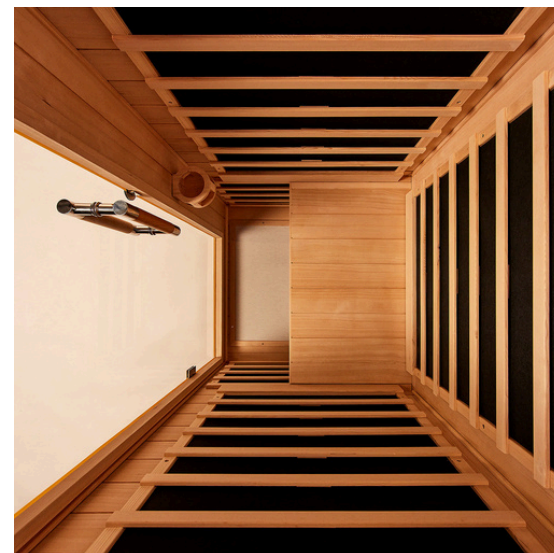


Pause 1-Person Infrared Sauna

P-1H-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: 242.5 lbs (110 kg)

Ships in 3 boxes

Box 1 (Top & bottom panel): 91.5 lbs (34 kg) – L 41.7 in (1.06 m) × W 39 in (0.99 m) × H 10.4 in (0.265 m)

Box 2 (Side panels): 84.9 lbs (33 kg) – L 74.4 in (1.89 m) × W 34.8 in (0.885 m) × H 6.9 in (0.175 m)

Box 3 (Front & back panels): 108 lbs (43.5 kg) – L 74.4 in (1.89 m) × W 38.2 in (0.97 m) × H 7.7 in (0.195 m)

DIMENSIONS & SPACE PLANNING

External Dimensions

All sides: 36" D × 36" W × 76-5/16" H (91.4 cm D × 91.4 cm W × 193.8 cm H)

Depth with Overhang: 39-7/16" (100.2 cm)

Bench

Bench depth: 17" (43.2 cm)

Bench height: 18-3/4" (47.6 cm)

Bench width: 30" (76.2 cm)

Under-bench clearance: 14" (35.6 cm)

Heater height above bench: 3.5" (8.9 cm)

Floor

Floor width: 14-5/8" (37.1 cm)

Floor length: 30-5/8" (77.8 cm)

DOOR SIZE, SWING & CLEARANCES

Door Dimensions

Left side of door to edge: 8-1/4" (21.0 cm)

Right side of door to edge: 3" (7.6 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: 1350 W (Certification: 1410 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: 5-3/4" (14.6 cm)
 - Accessory port vertical: 7-1/8" (18.1 cm)
- Cord Exit
 - Cord exit horizontal: 3.5" (8.9 cm)
 - Cord exit vertical: 1.5" (3.8 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

