

Pause 1-Person Infrared Sauna

P-1H



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 cabin
- 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 (91.3 cm D × 91.3 cm W × 193.8 cm H)
- Depth with Overhang: 39-7/16" (100.2 cm)

Bench

- Bench depth 17"
- Bench height 18 3/4"
- Bench width 30"
- Under bench shot 14"
- Heater height above bench 3.5"

Floor

- Floor width 14 5/8"
- Floor length 30 5/8"

Door Size, Swing & Clearances

- Left side of door to edge 8 1/4"
- Right side of door to edge 3"
- Door swing out 24"
- Door handle depth 2 3/4"
- Door handle height 12"
- Handle height above the ground 32"

Standard Clearances

- Wall Clearance: Recommend 4–6 inches
- Front Clearance: Recommend 2–3 feet
- Ceiling Clearance: Allow 6 inches during assembly



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
- Do not use extension cords
- Radiant Health saunas do NOT work on GFCI outlets

Cord Length:

- Accessory Port horizontal 5 3/4"
- Accessory Port vertical 7 1/8"
- Cord Exit Horizontal 3.5"
- Cord Exit Vertical 1.5"
- Cord Length 6'

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



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.
- Ceiling Height: 8 ft recommended; allow 6" clearance during assembly.

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: $\sim 12'' \text{ W} \times 36'' \text{ H} \times 2'' \text{ D}$
- Power: 120V, $\sim 200\text{W}$
- Plug into a separate outlet
- Includes standalone power button

