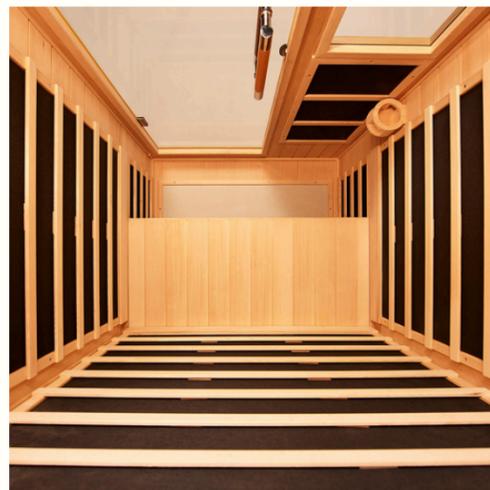
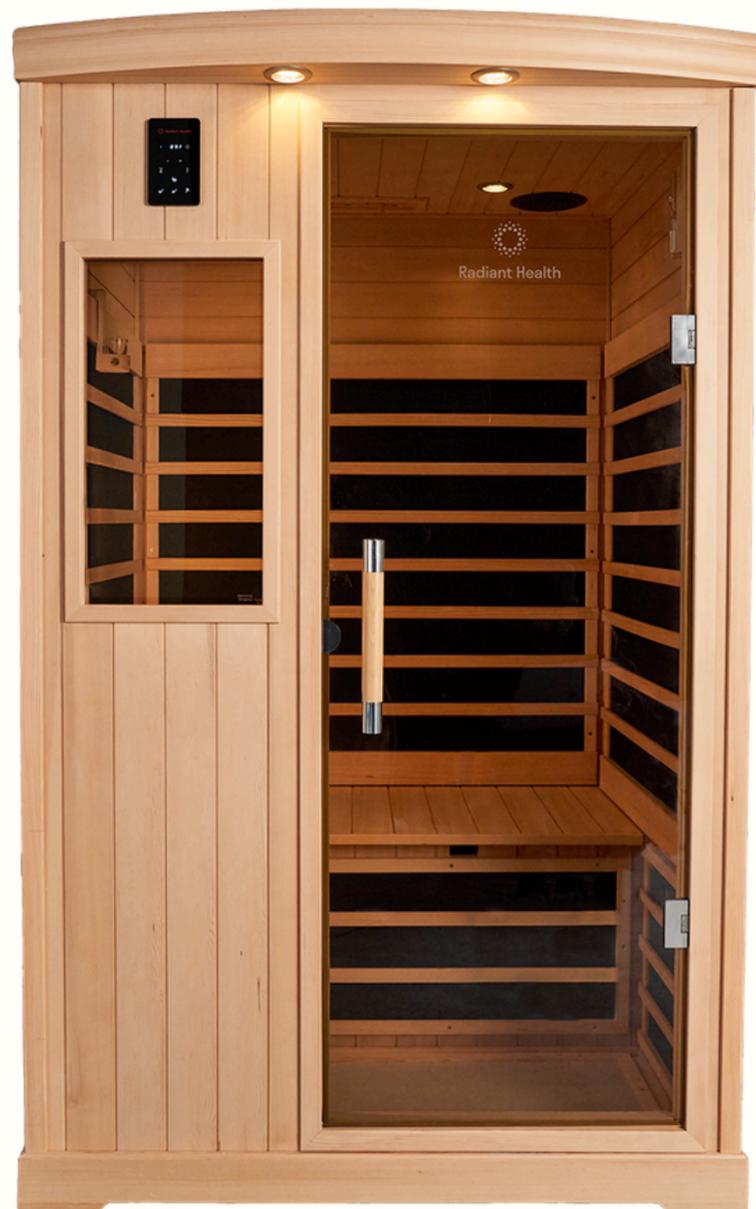


# Pause 2-Person Infrared Sauna

P-2H



**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  
(101.3 cm D × 121.3 cm W × 193.8 cm H)
- Depth with overhang: 43-3/8" (110.2 cm)

### Bench

- Bench depth 19"
- Bench height 18 3/4"
- Bench width 41 7/8"
- Under bench shot 14"
- Heater height above bench 3.5"

### Floor

- Floor width 18 5/8"
- Floor length 42 1/4"

### Door Size, Swing & Clearances

- Left side of door to edge 19 1/8"
- Right side of door to edge 3 11/16"
- Door swing out 24"
- Door handle depth 2 3/4"
- Door handle height 12"
- Handle height above the ground 32"

### Standard Clearances

- Clearance Requirements:
  - 1/2" on the sides, 1.5" at the back, 2' to 3' front clearance
  - Allow 4" above roof during assembly
  - Once assembled, clearance above roof can be just enough to allow air flow
- Level surface required



# 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 horizontal 5"
- Accessory Port vertical 8.25"
- Cord Exit Horizontal 3.5"
- CordExit Vertical 1.5"
- Cord Length 6' 2"

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

## Common Setup FAQs

- Must be in a room with a minimum ambient temperature of 68°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 × 36" H × 2" D
- Power: 120V, ~200W
- Plug into a separate outlet
- Includes a standalone power button

