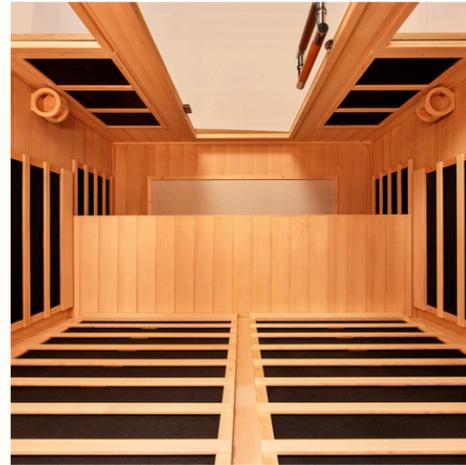
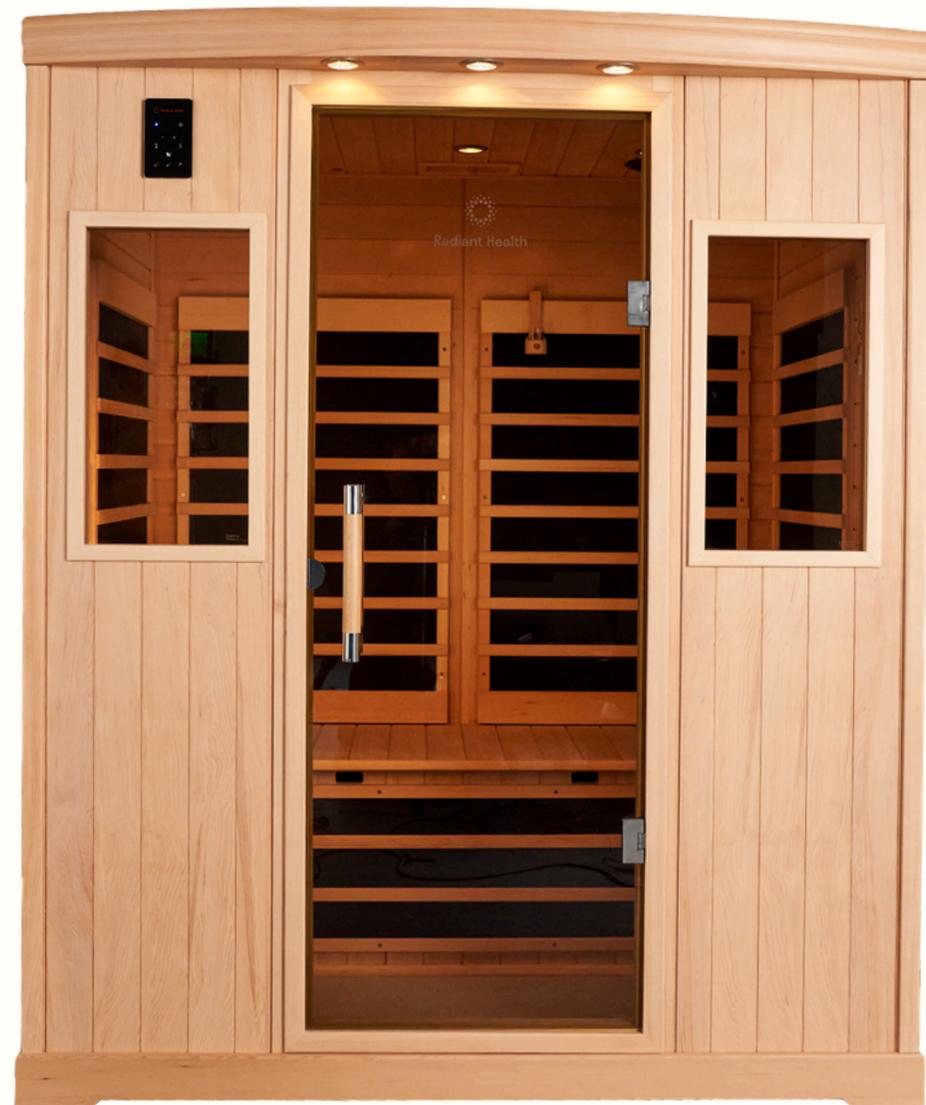


# Pause 2 to 3 -Person Infrared Sauna P-2.5H



**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: 394.6 lbs (179 kg)

Ships in 3 boxes

- Box 1 (Top & bottom panel): 163.8 lbs (74.5 kg) – L 67.3 in (1.71 m) × W 50.4 in (1.28 m) × H 10.4 in (0.265 m)
- Box 2 (Front & side panels): 143.3 lbs (65 kg) – L 74.4 in (1.89 m) × W 43.1 in (1.095 m) × H 9.4 in (0.24 m)
- Box 3 (Front & back panels): 126.8 lbs (57.5 kg) – L 74.4 in (1.89 m) × W 35.4 in (0.9 m) × H 9.8 in (0.25 m)

## DIMENSIONS & SPACE PLANNING

### External Dimensions

- All sides: 43-3/4" D × 64-5/16" W × 76-5/16" H (111.1 cm D × 163.3 cm W × 193.8 cm H)
- Depth with overhang: 47-5/8" (121 cm)

### Bench

- Bench depth 19 7/8"
- bench height 18 3/4"
- Bench width 58"

### Floor

- Floor width 23 1/8"
- Floor length 59"

### Door Size & Swing

- Left side of door to edge 23 3/8"
- Right side of door to edge 23 3/8"
- 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, 20 Amps

**Power Consumption:** 2200 Watts (Certification 2260 W)

## **Circuit Requirements (per installation section):**

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

## **Cord:**

- Accessory Port horizontal 9 3/16"
- Accessory Port vertical 8 5/8"
- Cord Exit Horizontal 3.5"
- Cord Exit Vertical 2"
- Cord Length 6'

**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

