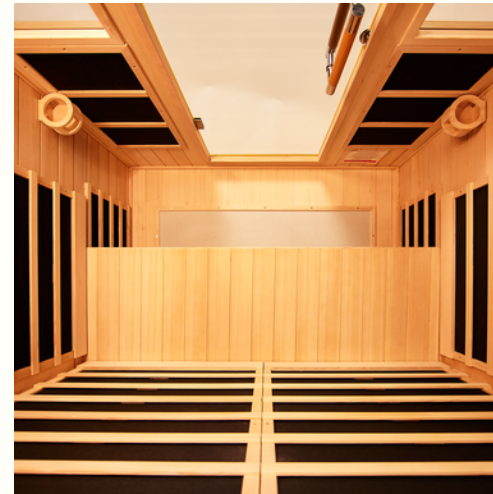


# Pause3 -Person Infrared Sauna

## P-3H



**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: 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 cm)

- **Bench**

- Bench depth 20"
- bench height 18 3/4"
- Bench width 65.5"
- Heater height above bench 3"

- **Floor**

- Floor width 22 1/4"
- Floor length 67"

### Door Size, Swing & Clearances

- 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"

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

## **Cord Length:**

- Accessory Port horizontal 10.5"
- Accessory Port vertical 7 1/16"
- Cord Exit Horizontal 3 1/16"
- Cord Exit Vertical 1"
- 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 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

