



Family Owned Since 1971



**The Greatest Invention  
Since the Internet  
Give Us a Call**

**1.800.426.3929**

## Cedarbrook Showroom

Phone:	800.426.3929 or 425.481.3333
Fax:	425.487.1695

## Our Business Hours

M-F	8-5 PST
Sat	10-3 PST
Sun	Closed

## Cedarbrook Sauna + Steam – Family owned and operated since 1971

We build cedar saunas, kits, sauna doors, accessories for commercial saunas & residential sauna rooms — AND we have the expertise to fit you with the right sauna heaters, steam room doors and steam room equipment.

If you are ever in the Seattle area, we have a showroom just northeast of the city where you'll find sauna and steam rooms plus accessories on display.

Our friendly staff is ready to answer your questions on what we do best: building and designing sauna rooms and doors, selecting the sauna heater that best fits your needs and answering any other questions regarding sauna and steam rooms.

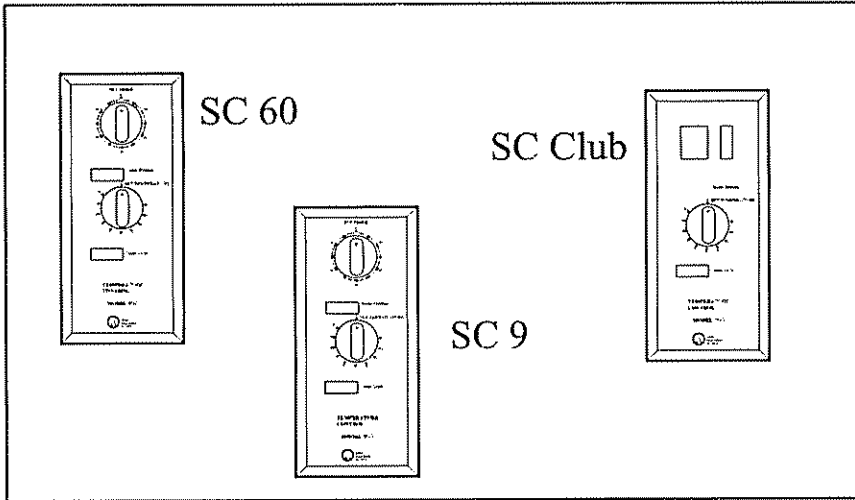
If you have any questions regarding saunas and steam rooms, we're your resource!

Sweating the details since 1971

**Brekke Lysaker  
Management**

Cedarbrook Sauna + Steam  
1.800.426.3929

<http://cedarbrooksauna.com>  
[info@cedarbrooksauna.com](mailto:info@cedarbrooksauna.com)



Sauna Control Models SC-9, SC-60, & SC Club  
 (UL # 19-8-1517, 19-8-1817, & 19-8-17)  
 (Controls hereafter referred to **SC-Series**)  
 Read all instructions carefully before use.

**WARNING**

*Prolonged exposure to elevated temperatures is capable of inducing hyperthermia. Hyperthermia occurs when the internal temperature of the body reaches several degrees above the normal body temperature of 98.6°F. The symptoms of hyperthermia include an increase in the normal temperature of the body, dizziness, lethargy, drowsiness, and fainting. The effects of the hyperthermia include failure to perceive heat, failure to recognize the need to exit the room, unawareness of impending hazard, fetal damage in pregnant women, physical inability to exit the room and unconsciousness.*

**WARNING**

*The use of alcohol, drugs, or medication is capable of greatly increasing the risk of fatal hyperthermia.*

**SECTION 1: GENERAL INFORMATION**

These controls are UL approved for permanent installations and electrical connections. Refer to the heater "**Installation and Operating Instructions**" for complete information about the electrical wiring and heater installation.

**WARNING**

*Do not take a sauna if using alcohol, drugs or medications.*

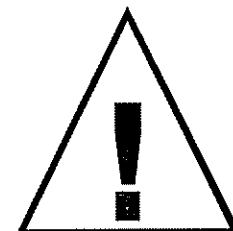
*Pregnant women or persons with poor health should consult their physician before using any sauna.*

*Caution fire hazard: Do not use the sauna room for drying clothes, bathing suits, etc. Do not hang towels above heater or place any object other than the rocks supplied on the heater. If any darkening of the wall around the heater is noticed discontinue sauna use immediately.*

*Inspect sauna regularly for required maintenance to heater, control and benches. Replace wood surfaces which show any signs of deterioration.*

*The heater gets extremely hot during operation and should not be touched or burns may result.*

*Minors should be adequately supervised whenever near a hot or warming sauna.*



## SECTION 2: OPERATION

The heater is intended for use with a SC-9, SC-60 or SC-Club Control Panel only. For health and fire safety, never attempt to alter or bypass the timer or thermostat. If the sauna is to be used without an automatic timer provided, (Model SC-Club Control Panel) an attendant must be present at all times.

**MODEL SC-9 CONTROL PANEL**, UL Number 19-8-1517 ( 9 Hour Delay /1 Hour Operation) This control panel is equipped with a 60 minute timer with a 9 hour delay, an electronic thermostat, a light switch, and a pilot lamp that indicates when the heater is on. A pilot lamp in the sauna light switch indicates when the sauna light is on.

**SETTING THE TEMPERATURE:** The temperature can be adjusted by turning the thermostat knob. To raise the temperature, turn the knob clockwise; to lower the temperature, turn the knob counter-clockwise.

**SETTING THE TIME:** If you want the heater to begin heating immediately, turn the dial clockwise past the first marked section labeled "off to 1" (See Diagram 1), then turn the dial back (counter-clockwise) until you feel it "click", near the on position, into the one hour operating zone.

The heater has a "9 plus 1" timer, which means you can set the heater to begin heating after a delay of up to 9 hours. If you set the timer dial in the "1 to 9" zone, the heater will automatically turn on after the selected delay time has elapsed.

**Light Switch:** Use the light switch to turn the sauna room light on and off.

**MODEL SC-60 CONTROL PANEL**, UL Number 19 - 8 - 1817 ( 60 minute timer ) This control panel is equipped with a 60 minute timer, an electronic thermostat, a light switch, and a pilot lamp that indicates when the heater is on. A pilot lamp in the sauna light switch indicates when the sauna light is on.

**SETTING THE TEMPERATURE:** The temperature can be adjusted by turning the thermostat knob. To raise the temperature, turn the knob clockwise; to lower the temperature, turn the knob counter-clockwise.

**SETTING THE TIME:** Use the timer to turn the heater on. To start the heater, turn the timer knob clockwise to the desired time setting. Maximum operating time is one hour.

## WARNING

*Fire sprinkler systems used inside any sauna room should be properly rated for sauna room temperatures.*

*Do not pour chlorinated pool or spa water on heater. Excessive water use on heater may cause damage and void warranty.*

*Do not install a shower in sauna room.*

*Electric Shock Hazard - High voltage exists within this equipment. There are no user serviceable parts in this equipment. All installation and service to this equipment should be performed by qualified licensed personnel in accordance with local and national codes.*

*Do not construct sauna room so as to restrict air flow through the bottom of the heater.*

*Packing the rocks too tightly may cause the heater high limit switch to trip.*

## SECTION 3: OPERATION, Continued

**MODEL SC-Club CONTROL PANEL**, UL Number 19 - 8 - 17 (Attendant Present Control, Thermostat Only) This control panel is equipped with a main on/off switch, an electronic thermostat, and a sauna light switch. A pilot lamp in the main on/off switch indicates when the sauna heater is on. A pilot lamp in the sauna light switch indicates when the sauna light is on.

**SETTING THE TEMPERATURE:** The temperature can be adjusted by turning the thermostat knob. To raise the temperature, turn the knob clockwise; to lower the temperature, turn the knob counter-clockwise.

**TO START:** To start the heater, turn on the main switch. To stop the heater, turn the main switch off. This control panel is intended for commercial use and an attendant must be present to monitor the sauna bather's safety.

**Light Switch:** Use the light switch to turn the sauna room light on and off.

## SECTION 4: HOW TO TAKE A SAUNA

- When taking a sauna, allow time to relax completely.
- Remove clothing and jewelry...if required, wear a towel loosely.
- After 10 minutes or when perspiration begins, leave sauna and relax in dressing area...follow with a cool shower.
- Cooling time should equal time spent in sauna. Enter sauna room again and stay 5 or 10 minutes.
- Repeat the cycle 2 or 3 times; end with a brisk shower...rinse in cool water.
- Dress when completely dry and perspiration has stopped.
- Some sauna bathers enjoy the soothing effect of steam by splashing water on the heated sauna rocks. Use only one dipper full (approx. ½ cup) at a time and take care to keep clear of the steam as it rises off the rocks.
- Do not smoke, exercise or drink alcoholic beverages in the sauna room.
- Do not pour chlorinated pool or spa water on the heater or corrosion damage may result.



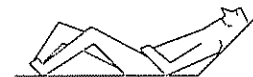
Shower



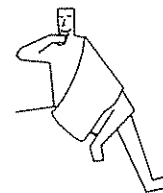
Sauna (10 - 15 min.)



Shower or swim



Rest (10 - 15 min.)



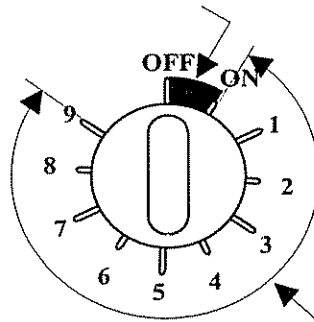
Relax with juice or water

You liked it?  
Do it once again and  
you will feel great

## DIAGRAM 1

### Timer for SC-9 Control

ONE HOUR OPERATING ZONE FOR 9 HOUR DELAY TIMER  
This area from "OFF" to "ON" is the operating zone. This is the only time the heater is on.



### DELAY ZONE

This area from "9" to "ON" is the delay zone, meaning the heater can be programmed to come on up to nine hours later. The heater will not operate in this area.

## SECTION 5: MAINTENANCE

The sauna, like a bathroom, should be kept clean and odor free.

Towels or mats should always be used on benches and floor as perspiration otherwise penetrates the soft wood.

Air out the sauna often by keeping the door and vents open when the sauna is not in use. Saunas that are in daily use should be washed down at least once a week to keep them clean and the air fresh. Duckboard should be removed from the sauna, the sauna floor mopped and dried in a conventional manner, and the duckboard thoroughly scrubbed and dried before returning to the sauna room. The sauna heater should be wiped down occasionally with a damp cloth to remove lint and dust. The rocks should be removed once a year for cleaning and small or crumbled rocks replaced.

To clean and remove perspiration stains, use soap or detergent in warm water, best applied with a scrub brush. Badly soiled surfaces may require sanding. Sand paper wrapped around a wooden block works well.

Benches and supporting structure must be inspected annually for potential deterioration due to age, dry rot or abuse. Any boards with signs of deterioration should be replaced immediately to avoid possible injury.

## SECTION 6: TROUBLESHOOTING

For troubleshooting or service questions call 1-888-780-4427 and ask to speak with service. Prior to calling please have the Model & UL (Type) Number available.