



RejuvaCure™

Far Infrared Sauna

User Manual

Far Infrared Heat & Color Therapy

Transform your home into a luxury spa, complete with multiple color-therapy options.



Hello There!

Joel and I are athletes who suffered from severe ACL injuries a few months apart. We purchased multiple pieces of wellness equipment for our in-home rehab but were left disappointed and frustrated by wellness and recovery devices that made big promises but gave no support, no well-thought-out plan to follow, and no results. And that's how Lifepro came about, and why the Wellness collection was created—we've set out to change all of that. It's why every piece of equipment bearing our name not only undergoes rigorous scrutiny to make sure it delivers on power and efficacy, but also comes with built-in support from our 'guiding angels' and a built-in lifetime warranty so that you're never left hanging.

Welcome to Lifepro.

We're in this together now.

Abe & Joel

Scan Here to Join Our Community!

We want you to be a part of our Lifepro crew! Join our VIP Facebook Group and connect with people around the world who are out there killing it, just like you.

YOUR FITNESS, YOUR WAY.



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Scan Here → Activate Your Warranty

Scan the QR code to activate the product warranty for your RejuvaCure within 14 days of purchase.





QUESTIONS?
We're here to help! Email us at support@lifeprofitness.com

Parts & Pieces of the Rejuvacure



REFERENCE LETTERS

- Floor Panel (A)
- Back Panel (B)
- Left Panel (C)
- Heater Panel (D)
- Bench Panel (E)
- Right Panel (F)
- Front Panel (G)
- Roof Panel (H)
- Roof Cover (I)
- Oxygen Ionizer (J)
- Cup Holders (K)
- Towel Knob (L)
- Door Handles (M)
- Backrest (N)
- Hardware Bags *3



Oxygen Ionizer (J)



*2 Cup Holders (K)



Towel Knob (L)



Door Handles (M)



Backrest (N)

* 3 HARDWARE BAGS (INCLUDED)

50mm Long Screws (*6)

- Bench Panel (*4), Door Handles (*2)

30mm Medium Screws (*10)

- Roof Panel (*4), Cup Holder (*2)
- Towel Knob (*2), Extra (*2)

20mm Short Screws (*10)

- Roof Cover (*8), Oxygen Ionizer (*2)

REQUIRED FOR ASSEMBLY (NOT INCLUDED)

- Two adults for assembly.
- Standard #2 Phillips head screwdriver OR a drill with a Phillips head bit.
- Large level.
- Sturdy A-frame ladder or a step ladder that is at least 5 ft tall.

Assembly Guide

Scan Here → Quick Start Video

Scan the QR code to see how to assemble your RejuvaCure.



WARNING: CHOKING HAZARD

Children under 3 years old can choke or suffocate on small parts required for assembly. Adult assembly is required. Keep children away during assembly.

WARNING

- Before assembly, properly dispose of all packaging, especially plastic bags which may present a suffocation hazard to small children.
- Inspect all heaters for shipping damage before assembly.
- Plug the main power cord into a dedicated outlet. Do not plug other appliances into the same outlet. Do not plug the main power cord into an extension cord or power strip

ASSEMBLY NOTES

- Two adults are required to assemble this sauna.
- Use a large level to make sure the floor is completely level. If the floor is not level, you must remedy this through shimming or another method before installing the sauna.
- Assembly instructions and diagrams include a reference letter, for example, “Gather the back panel (B)”. The reference letters correspond to the letters identifying each part listed in the **REFERENCE LETTERS** on page 05.

CHOOSING AN INSTALL LOCATION

When choosing a location for your sauna, please keep in mind the following:

- The sauna must be installed in a dry, indoor location.
- The sauna must be installed on a completely level floor.

- The 9-foot main power cord, which exits through the roof above the front panel (G), must be easily accessible. It must also be able to reach a dedicated electrical outlet.
- Leave about 4-5 inches of clearance on all sides of the sauna to allow for proper air circulation. **STEP 1:** Install the Back Panel To the Floor Panel

 **CAUTION:** Have one adult support the back panel until the left panel is securely fastened in place.

1. Gather the floor panel (A) and the back panel (B).
2. Place the floor panel with the floor heater vent facing where you would like the sauna door to be. See *Figure 1a*.
 - a. The top of the floor panel has raised moldings near the back and side edges. The wall panels will be placed to the outside of the moldings.
3. Place the bottom edge of the back panel against the raised molding at the rear of the floor panel. See *Figure 1b*.

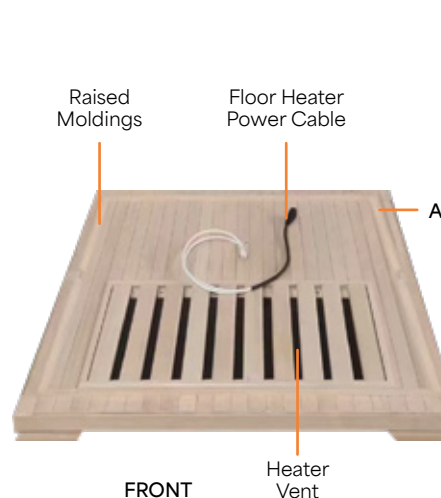


Figure 1a



Figure 1b

STEP 2: INSTALL THE LEFT PANEL TO THE FLOOR PANEL

⚠ CAUTION: Have one adult support the back panel until the left panel is securely fastened in place.

1. Gather the left panel (C) (labeled "LEFT").
2. Place the left panel on the left side of the floor panel (when facing the sauna from the front). See *Figure 2a*.
3. Fasten the three sets of latches on the outside of the two panels. See *Figure 2b*.
 - a. Lift the lever and fit the buckle over the tooth on the other half of the latch.
 - b. Press the lever down until the small safety catch clicks into place.



Figure 2a

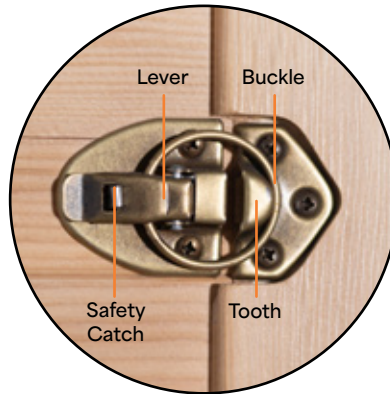


Figure 2b

STEP 3: INSTALL AND CONNECT THE HEATER PANEL

1. Gather the heater panel (D).
2. Locate the vertical guides on the left panel. See *Figure 3a*.
3. Hold the heater panel vertically and slide it through the notch in the floor molding and into the vertical guides on the left panel.
 - a. The power cable on the back of the heater panel faces the back wall.
 - b. Be careful not to scratch the floor or the left panel as you slide the heater panel in place.
4. Plug the power cables in the heater and floor panels into the corresponding cables in the back panel. See *Figure 3a* and *Figure 3b*.

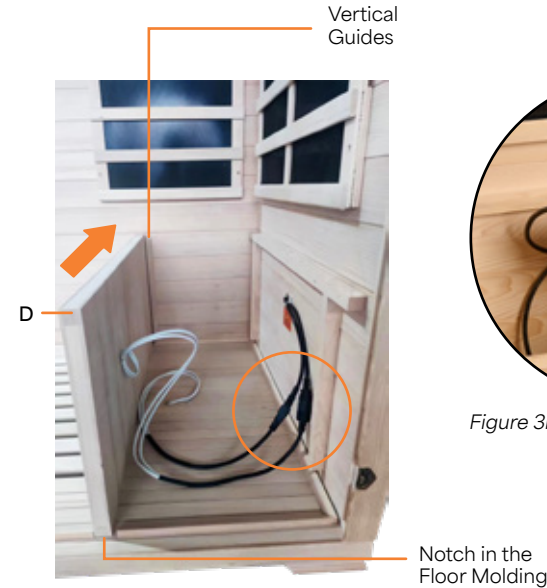


Figure 3a



Figure 3b

STEP 4: INSTALL THE BENCH PANEL

1. Gather the bench panel (E), four 50mm long screws, and a Phillips head screwdriver or drill.
2. Place the bench panel across the top of the heater panel and the support ledge on the back wall. See *Figure 4a*.
 - a. The countersunk holes in the bench should be facing up. See *Figure 4b*.
 - b. The two countersunk holes near the back edge of the bench panel are closer to the edge than the holes on the front of the panel.
 - c. Be careful not to scratch the walls as you install the bench.
3. Use the four 50mm screws to attach the bench panel. Fully tighten.

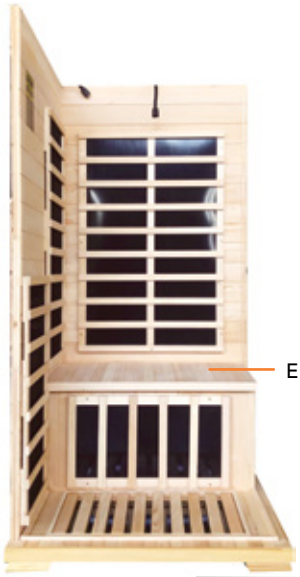


Figure 4a



Figure 4b

STEP 5: INSTALL THE RIGHT AND FRONT PANELS

1. Gather the right panel (F) (labeled "RIGHT") and the front panel (G).
2. Place the right panel on the right side of the floor panel. See *Figure 5a*.
 - a. Make sure the vertical guide on the inside of the right panel lines up with the right edge of the heater panel.
3. Fasten the three sets of latches on the outside of the two panels.
4. Place the front panel on the front edge of the floor panel. See *Figure 5b*.
 - a. Use caution to avoid damaging or breaking the glass door and window.
5. Fasten the six sets of latches, three on each side of the front panel.



Figure 5a



Figure 5b

STEP 6: CONNECT THE HEATER POWER CABLES

NOTE: Have one adult stand on a ladder and hold the weight of the roof panel in position above the walls while the second adult connects the heater cables in this step and the control panel cables in the next step.

1. Gather the roof panel (**H**) and a ladder.
2. **Adult 1:** Stand inside the sauna. **Adult 2:** Stand on the ladder outside of the sauna, and hand the roof panel to **Adult 1**.
 - a. The power supply should face up and the air vent will be at the back. See *Figure 6a*.
3. **Adult 1:** Align the corners of the roof panel with the walls and hold the roof in position just above the top edge of the walls.
4. Locate the heater power cables exiting the top edge of the back, left, and right panels (one cable for each panel). See *Figure 6b*.
5. Push each cable up through the hole in the roof directly above it and plug it into the corresponding power cable on the roof. See *Figures 6b* and *6c*.

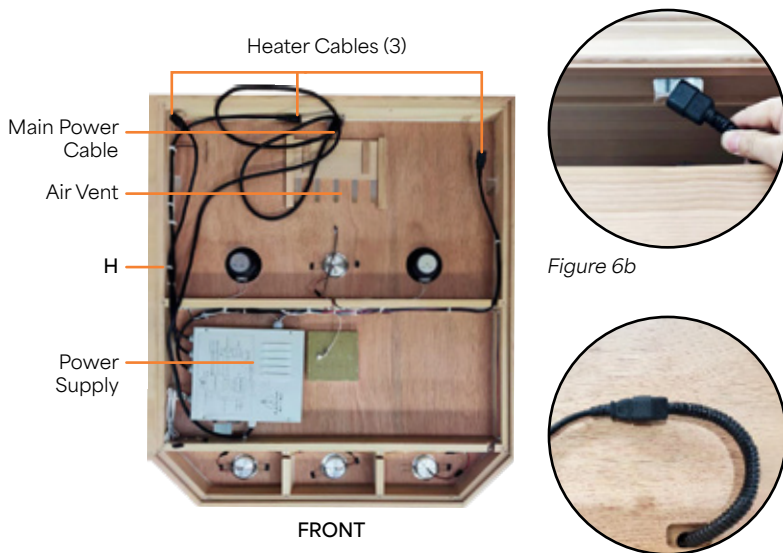


Figure 6a



Figure 6b



Figure 6c

STEP 7: CONNECT THE CONTROL CABLES & ATTACH THE ROOF

1. **Adult 1:** Continue holding the roof in position above the walls.
2. **Adult 2:** Gather four 30mm medium screws and a Phillips head screwdriver or drill.
3. **Adult 2:** Locate the two control cables exiting the top edge of the front panel. See *Figure 7a*. Push the cables up through the hole in the roof and plug them into the corresponding cables near the power supply. See *Figures 7b, 7c, and 7d*.
 - a. Cable connectors are polarized and will only connect one way. Do NOT force a connection.
4. **Adult 2:** Align the corners of the roof panel with the walls and gently push the roof down into place so that it fits snugly over the walls. **Be careful not to pinch any cables between the roof and walls.**
5. **Adult 2:** Locate the four pre-drilled holes in the top edge of the roof. Use the four 30mm screws to secure the roof panel to the walls. Fully tighten. See *Figure 7e*.



Figure 7a

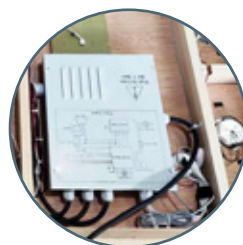


Figure 7b

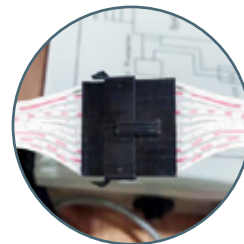


Figure 7c

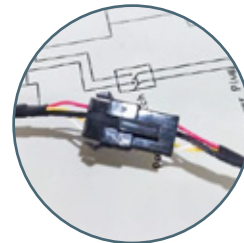


Figure 7d

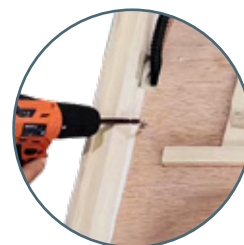


Figure 7e

STEP 8: INSTALL THE ROOF COVER

1. Gather the roof cover (I), eight 20mm short screws, and a Phillips head screwdriver or drill.
2. Locate the long 3-prong power cable on the roof; this is the main power cable. Insert the cable through the large hole in the roof cover. See *Figure 8a*. Place the roof cover in position on top of the roof panel.
3. Use the screwdriver or drill to insert the eight 20mm screws to secure the roof cover. Fully tighten. See *Figure 8b*.

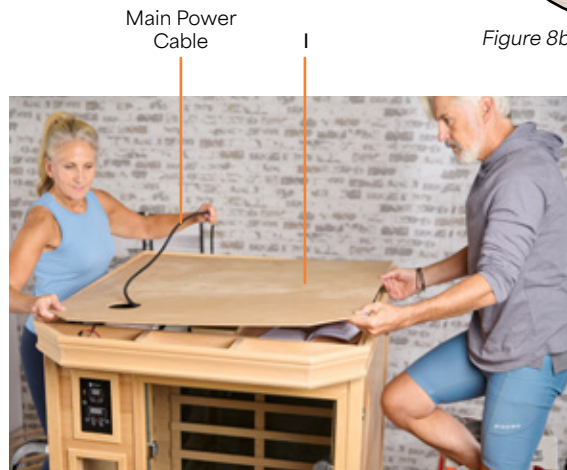


Figure 8a



Figure 8b

STEP 9: INSTALL AND CONNECT THE OXYGEN IONIZER

1. Gather the oxygen ionizer (J), two 20mm short screws, and a Phillips head screwdriver or drill.
2. Locate the oxygen ionizer label in the back-left corner and the DC power cable entering the sauna through a hole in the ceiling.
3. Place the oxygen ionizer in position over the label.
 - a. The small DC power port on the side of the ionizer will face up.
4. Plug the power cable into the DC port. See *Figure 9*.
5. Use two 20mm screws to secure the oxygen ionizer in place. Be careful not to pinch the power cable when inserting the screws.

NOTE: See **USING THE OXYGEN IONIZER** on pages 27-28 for instructions on using the oxygen ionizer to sterilize the sauna and purify the air.



Figure 9

STEP 10: INSTALL THE CUP HOLDER AND TOWEL KNOB

1. Gather the cup holder (K), the towel knob (L), four 20mm short screws, and a Phillips head screwdriver or drill.
2. Position the cup holder in the desired location.
3. Use two 20mm screws to secure the cup holder. See *Figure 10a*.
4. Position the towel knob in the desired location.
⚠ WARNING: Do not install the towel knob where towels or other combustible items could touch any of the heaters.
5. Use two 20mm screws to secure the towel knob. See *Figure 10b*.



Figure 10a



Figure 10b

STEP 11: INSTALL THE DOOR HANDLES

1. Gather the door handles (M), two 50mm long screws, and a Phillips head screwdriver or drill.

NOTE: The outer door handle has no screw holes on its face.

2. From inside the sauna, align the inner door handle with the screw holes in the door.
3. Insert two 50mm screws into the inner handle. See *Figure 11*.
4. When the screws begin to protrude to the outside of the door, align the outer door handle with the screws from the outside.
5. Hold the door handles in place as you finish inserting the screws. Fully tighten. See *Figure 11*.



Figure 11

STEP 12: PLACE THE BACKREST AND WIPE DOWN THE SAUNA

1. Wipe down the wooden parts of the bench, walls, and floor with a soft, damp cloth. **⚠ WARNING:** Do not allow water or other liquids to come into contact with the heaters, control panel, power supply, or power cables; only wipe down these electrical components with a dry cloth.
2. Place the backrest on the bench seat. The backrest gives you a comfortable surface to lean against and protects your back from directly contacting the heaters on the back wall.

Congratulations! Your Rejuvacure sauna is now assembled and ready to use!



Figure 12

Cleaning and Maintenance

⚠ WARNING:

Do not allow water or other liquids to come into contact with the heaters, control panel, power supply, or power cables.

⚠ WARNING:

Turn off the sauna, unplug it from the electrical outlet, and allow it to cool for at least 30 minutes before cleaning or replacing the light bulb. Burnt-out light bulbs should be replaced with 12V 1.2W bulbs.

- Wipe the wood areas of the bench, walls, and floor with a soft, damp cloth after each use and dry thoroughly with a soft, cotton towel.
- Regularly inspect the wooden interior for areas of moisture buildup. Use a soft, cotton towel to soak up any excess moisture.
- Wipe the control panel with a soft, dry cloth, as needed.
- Do not use cleansers as they can be absorbed by the wood and then released into the air during use.
- Do not attempt to disassemble or repair the product; contains no user-serviceable parts.
- If the sauna will not be used for a long time, unplug it from the electrical outlet.
- You may clean the wood exterior of the sauna with furniture polish.
- Scratches and stains on the wood can be removed by sanding the damaged area with a piece of fine-grade sandpaper.

NOTICE

- Keep electronic products such as hearing aids, cell phones, tablets, and earbuds away from the sauna, as they can be damaged by heat and sweat.
- Keep away sharp objects from the power supply, power cables, and other electrical components.
- Unplug the product immediately in the event of a power failure.
- Do not install the sauna on a floor that is not level.
- Only use the provided accessories with the product, other accessories may damage the product or interfere with the system functionality.
- This product is intended for in-home use only. Do not use in any commercial, rental, institutional, or therapeutic setting.
- For best results, do not use continuously for more than 1 hour. Wait at least 4 hours between sauna sessions.

Intended Uses

This product is intended to be used:

- In a dry, indoor location.
- When you are well hydrated.
- By adults in good health.

Tips for Using the RejuvaCure

- Drink at least 16 ounces of water before your sauna session and drink plenty of fluids during and after your session to avoid dehydration. When you are dehydrated, your body cannot properly regulate its temperature, which might result in heat exhaustion. Heat exhaustion can lead to heatstroke if left untreated, which can be fatal.
- Always listen to your body and do not use the sauna for longer than recommended or at temperatures in which you feel uncomfortable.
- Keep towels and other combustible materials (such as books, magazines, clothing, etc.) away from the heaters in the walls and floor, as such materials can create a fire hazard. Do not obstruct the heater vents in the floor.
- Do not leave towels, books, or other accessories in the sauna after your session, as they can present a fire hazard.
- To avoid burning your skin, do not touch the heaters.
- Do not wear metal or magnetic accessories, such as snaps, buttons, zippers, belts, or jewelry as the metal may heat and cause skin irritation or burns.
- Do not use creams, ointments, oils, salves, liniments, balms, or other products that contain ingredients that produce heat (such as pain-relievers containing capsaicin) before using the product, as this may result in skin irritation or burns.
- Do not look directly into the chromotherapy lights.
- Taking a hot shower or bath before the sauna session will raise your body temperature, promoting perspiration. Dry off thoroughly before entering the sauna as water can stain or warp the wood.
- You may wish to sit on a folded towel or two for comfort.
- Use a towel to frequently wipe away perspiration. This will help your body perspire more freely and minimize sweat stains on the wood.

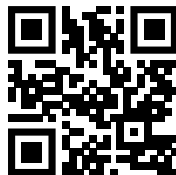
- It's best not to wear clothing during your sauna session. However, if you wish, you may wear a robe or minimal, loose-fitting, breathable clothing (cotton is recommended) that you don't mind getting sweaty.
- Always remove shoes, heavy clothing, and any accessories, including metal or magnetic accessories, hearing aids, watches, and jewelry. Do not bring electronics, such as hearing aids, smartphones, tablets, smartwatches, and earbuds, into the sauna, as they can be damaged by heat and sweat.
- You can wrap yourself in a disposable thermal detox wrap (optional/not included) before entering the sauna to increase sweating, furthering detoxification and fat loss. You can wear a sauna hat (optional/not included) to prevent heat loss through your head. Visit the Lifepro website, lifeprofitness.com, to purchase.
- Allow about 8-15 minutes for the sauna to warm up before beginning a session. If the room is very cold, it will take longer for the sauna to warm up.
- We recommend first-time users begin with 10-15-minute sessions, 1-2 times per week. Once your body becomes accustomed to using the sauna, you can gradually increase to 30-45 minute sessions, 3-5 times per week.
- It's best to take at least one day off between sauna sessions to allow your body to completely rest and rehydrate.
- People with sensitive skin or skin conditions that can be exacerbated by heat, such as eczema and rosacea, may want to use the sauna at the lowest heat setting for short durations.



Operating Instructions

Scan Here  How to Video

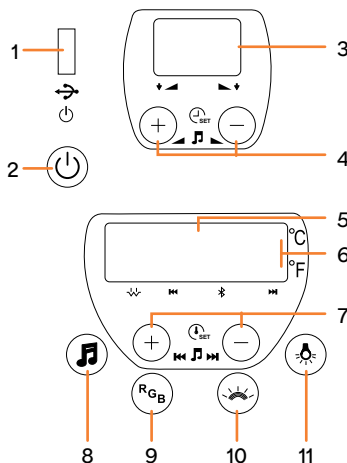
Scan the QR code for helpful videos about how to use your RejuvaCure.



Please read the operating instructions before using the RejuvaCure Far Infrared Sauna. Keep this manual for reference.

USING THE CONTROL PANEL

- USB Port:** Insert a USB flash drive to play MP3 music files.
- Power Button:** Press to turn the sauna on or off.
- Time Display:** During setup, it shows the time selection. During operation, it shows the remaining session time, in minutes.
- Time + and - Buttons:**
 - Tap to increase or decrease the session time in 1-minute increments, from 1-60 minutes.
 - Press and hold to rapidly increase or decrease the time.
 - During the first use, the default time is 40 minutes. After the first use, the session time will default to the last-used time.
 - In music mode, when playing music from a USB flash drive: the buttons increase or decrease the music volume, from level 1-30.
- Temperature Display:** During setup, it shows the temperature selection.



- Temperature LEDs:** The onscreen LEDs indicate whether Fahrenheit (°F) or Celsius (°C) is selected. Fahrenheit is selected by default.
- Temperature + and - Buttons:**
 - Tap to increase or decrease the temperature by 1 degree.
 - Press and hold to rapidly increase or decrease the temperature.
 - The default temperature is 104 °F (40 °C). The temperature may be set from 68 °F (20 °C) to 140 °F (60 °C).
- Music Button:** Press to turn on music mode.
 - When music mode is on and when playing music from a USB flash drive, the **Time + and - buttons** become **Volume + and - buttons**.
 - When playing music via a Bluetooth-enabled mobile device, the music volume and song selection are controlled by the mobile device.
 - After 5 seconds of inactivity, the system will exit music mode and the buttons will resume their normal operation.
- Chromotherapy Button:** Press to toggle through the color options, orange, yellow, green, cyan, blue, violet, and red. Red is selected by default. The selected color mode will turn on automatically.
- Reading Light Button:** Press to turn the reading light inside the sauna on or off.
- Exterior Light Button:** Press to turn the three lights in the roof outside the sauna on or off.

BEFORE YOUR SAUNA SESSION

- Take a shower or bath before using the sauna to open up your pores and remove any makeup or cosmetics, lotion, sweat, oils, and dirt from your skin. A hot shower or bath will raise your body temperature and promote perspiration. Dry off thoroughly before using the sauna.
- Drink at least 16 ounces of water.
- Place a bottle of water in the cup holder.
- Lay a large towel on the bench to absorb perspiration.
- Hang a towel on the towel knob for use during your session.

STARTING A SAUNA SESSION

1. Press the **Power button** on the control panel to turn on the sauna.
2. Press the **Time + and - buttons** to set the session time from 1 to 60 minutes. The Time display will show the selected time.
 - a. Tap the buttons to increase or decrease the session time in 1-minute increments.
 - b. Press and hold the buttons to rapidly increase or decrease the time.
3. Press the **Temperature + and - buttons** to set the desired temperature, from 68°F to 140°F (20–60 °C). The Temperature display will show the selected temperature in degrees Fahrenheit.
 - a. Tap the buttons to increase or decrease the temperature by 1 degree.
 - b. Press and hold the buttons to rapidly increase or decrease the temperature.
4. Press the **Chromotherapy button** to turn on color therapy, if desired. Red light is selected by default. Press again to toggle through the color therapy options, orange, yellow, green, cyan, blue, and violet. See **CHOOSING A CHROMOTHERAPY COLOR MODE** on page 27.
5. Press the **Reading Light button** to turn on the reading light, if desired.
6. Press the **Exterior Light button** to turn on the roof lights, if desired.
7. Allow the sauna to warm up for 8–15 minutes before entering.
8. Remove your clothing and enter the sauna. If you prefer, you may wear a robe or minimal, light breathable clothing.
9. Slide the small tab on the ceiling to open the air vent above the bench or open the door to allow fresh air to enter the sauna as needed.
10. The sauna will automatically turn off when the set session time ends. The sauna will beep when one minute remains.
11. Press the **Power button** if you wish to stop the session before the set session time ends. Always ensure the sauna is powered off after each use.
12. Press the **Reading Light button** to turn off the reading light, if necessary.
13. Press the **Exterior Light button** to turn off the roof lights, if necessary.
14. Ensure the sauna is powered off and unplug the power cable from the electrical outlet.
15. Remove all items, including towels, from the sauna to avoid fire hazards.
16. Drink plenty of cool water or a sports drink to rehydrate. Sit or lie down in a cool location for at least 15 minutes before taking a shower, exercising, or performing other tasks to give your body a chance to relax and start to cool down.

17. Allow the sauna to completely cool, then wipe the wooden bench, walls, and floor with a soft, damp cloth after each use and dry thoroughly with a soft, cotton towel. **⚠ WARNING:** Do not allow water or other liquids to come into contact with the heaters, control panel, power supply, or power cables.

NOTES:

- Press the **Temperature + and - buttons** at the same time to switch between Fahrenheit (°F) and Celsius (°C). Fahrenheit is selected by default.
- The interior reading light and exterior roof lights do not turn off automatically. Use the Reading Light and Exterior Light buttons on the control panel to turn them off after each session.

PLAYING MUSIC ON THE BLUETOOTH SPEAKERS

You may connect a mobile device, such as a smartphone or tablet, via Bluetooth to play music on the sauna speakers. You can also play music via a USB flash drive.

Playing Music From Your Mobile Device

1. On your mobile device, go to **Settings > Bluetooth** and turn on Bluetooth.
2. Select “lifepro” in the Bluetooth device list.
3. Tap the **Pair button**.
4. Open the music app on your mobile device and tap **Play** to start the first song. You will control music volume and song selection from your mobile device.

Playing Music From a USB Flash Drive

1. Load a USB flash drive with MP3 music files. Please note, only MP3 files are supported.
2. Plug the USB flash drive into the USB port on the control panel. Music will begin playing automatically from the USB drive.
3. Press the **Music button** on the control panel to turn on music mode.
4. Press the **Time + or - buttons** to adjust the music volume, from level 1 to 30.

NOTE: After 5 seconds of inactivity, the system will exit music mode and the **Time + and - buttons** will resume their normal operation.

CHOOSING A TEMPERATURE SETTING

WARNING:
Exit the sauna immediately if you begin to feel unwell or experience any of the following symptoms: dizziness or lightheadedness, sleepiness, cold or clammy skin, headache, nausea, or muscle cramping. Drink cool water or a sports drink and rest in a cool location. Seek medical attention if your symptoms worsen or do not improve within one hour. Consult with your physician before using the sauna again.

WARNING:
If someone in your household experiences any of the following symptoms: confusion, slurred speech, body temperature over 103°F (39.4°C), lethargy, seizures, nausea and vomiting, fainting or loss of consciousness, racing heart, or rapid, shallow breathing, help them move from the sauna to a cool location and seek immediate medical attention.

The temperature can be adjusted from 68°F (20°C) to 140°F (60°C). We recommend starting with a lower temperature, between 86°F (30°C) and 95°F (35°C), and a shorter treatment length, from 10–15 minutes, to allow your body can get used to the Rejuvasure. Increase the temperature and session length gradually over several weeks. After you have grown accustomed to using the sauna, what temperature setting you choose will depend on your personal preference.

Temperature benefits include:

68 - 95°F (20 - 35°C)

- Soothes and stimulates the body.
- Relaxes the mind.
- Improves sense of well-being.

114 - 131°F (45.5 - 55°C)

- Pair with physical therapy.
- Helps relieve pain and reduce inflammation.

96 - 113°F (35.5 - 45°C)

- Soothes the body.
- Relaxes the muscles.

132 - 140°F (55.5 - 60°C)

- Promotes fat loss.
- Boosts detoxification.

NOTE: People who are sensitive to heat should start with a low temperature and slowly increase the temperature over several days or weeks.

CHOOSING A CHROMOTHERAPY COLOR MODE

The light color and a few of the benefits of each chromotherapy color mode are listed in the table below.

COLOR	BENEFITS
Red	Has anti-aging benefits, including boosting collagen and elastin production. Improves blood flow. Reduces the appearance of fine lines and wrinkles.
Orange	Has strong anti-inflammatory properties and helps reduce pain and swelling. Helps stimulate appetite. Revitalizes dull skin.
Yellow	Helps detoxify the blood and skin. Boosts the immune system. Helps improve mood.
Green	Boosts lymphatic drainage and flushes toxins. Balancing oily skin. Reduces skin redness and broken capillaries. Helps fade areas of hyperpigmentation and smooth uneven skin tone.
Cyan	Reduces skin irritation and inflammation. Soothes, calms, and heals skin. Increases oxygen to the cells.
Blue	Has anti-bacterial benefits and reduces inflammation. Helps to treat mild to moderate acne by eliminating bacteria and regulating over-active oil/sebum glands. Reduces the appearance of acne scars. Reduces pigmentation and sun damage. Boosts collagen production.
Violet	Helps regulate serotonin levels. Improves sleep and energy levels. Helps treat acne and balance oily skin.

USING THE OXYGEN IONIZER

Sterilizing the Sauna Before or After Use

The O3 ozone setting kills bacteria and sterilizes the sauna. Some people prefer to turn on the sauna, then run a sterilization cycle while it warms up. However, you may sterilize the sauna before use, after use, or both.

To sanitize the sauna before or after use:

1. Press the **O3 button** to turn on the sterilization cycle. An orange-red LED will light up.

- Exit the sauna immediately.
⚠ **WARNING:** Do not stay inside the sauna while the sterilization cycle is on. Do not re-enter the sauna until the 15-minute cycle ends.
- The sterilization cycle will run for 15 minutes and turn off automatically.

Purifying the Air During a Sauna Session

The ionizer setting purifies and freshens the air inside the sauna by removing dust, pollen, smoke, dander, pollutants, and nasty odors. During the ionization cycle, the oxygen ionizer emits negative ions which attach to impurities, removing them from the air. Negative ions also help boost your immune system, improve mood and mental focus, and reduce stress and anxiety.

To purify the air during a sauna session:

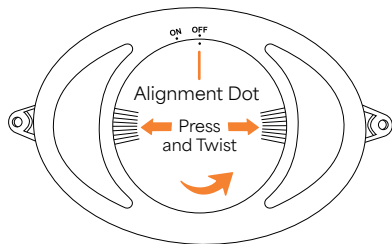
- Press the **Ion button** to turn on the ionization cycle. A green LED will light up.
- The ionization cycle will run for 1 hour and turn off automatically.

NOTE: The oxygen ionizer may be used with the included lemon fragrance pad to help promote a relaxing sauna experience. See **INSERTING THE FRAGRANCE PAD (OPTIONAL)** below.

Inserting the Fragrance Pad (Optional)

To insert the fragrance pad:

- Unplug the oxygen ionizer's DC power cable.
- Use a Phillips head screwdriver to remove the two screws securing the oxygen ionizer to the sauna wall. Set the screws aside.
- Turn the ionizer upside down.
- Place your thumbs on the ridges on either side of the back cover. Press and twist the cover counterclockwise to remove it, as shown in the figure.
- Insert the fragrance pad and replace the cover. Make sure the small alignment dot on the cover is pointing to "ON." See the figure above.
- Press and rotate the cover clockwise, locking it into place. When locked into place, the small dot on the cover points to "OFF."
- Re-install the oxygen ionizer on the sauna wall. Refer back to **INSTALL AND CONNECT THE OXYGEN IONIZER** on page 15 if needed.



NOTE: Visit lifeprofitfitness.com to purchase replacement fragrance pads.

Frequently Asked Questions ?

Q: WHAT IS THE REJUVACURE MADE FROM?

A: The sauna is made from Canadian Hemlock. The door and window are made from tempered glass.

Q: WHAT TEMPERATURE SHOULD I USE?

A: We recommend starting with a lower temperature and a shorter session length to allow your body can get used to the Rejuvasure. Start with a temperature between 86°F (30°C) and 95°F (35°C) and a treatment time from 10-15 minutes. Increase the temperature and session length gradually over several weeks. After you have grown accustomed to using the sauna, what temperature setting you choose will depend on your personal preference.

Q: HOW LONG WILL THE REJUVACURE TAKE TO HEAT UP?

A: It will take about 8-15 minutes for the sauna to heat up.

Q: HOW CAN I SWEAT MORE?

A: To increase sweating, you can wrap a thermal detox wrap (optional/not included) around your body before entering the sauna.

NOTE: The foil detox wraps block infrared wavelengths, so if you want to enjoy the benefits of infrared therapy, you'll want to skip the detox wrap.

Q: HOW OFTEN CAN I USE THE REJUVACURE?

A: We recommend that first-time users begin with 10-15 minute sauna sessions, 1-2 times per week. Once your body becomes accustomed to using the sauna, you can gradually increase to 30-45 minute sauna sessions, 3-5 times per week.

We recommend using the Rejuvasure no more than once every 24 hours. However, you may use it every day if you wish. The most important thing is to pay close attention to how your body feels after using the sauna. If you are feeling dehydrated or tired, it may be best to skip a day.

Q: WHAT SHOULD I WEAR DURING THE SAUNA SESSION?

A: It's best to wear as little clothing as possible while in the sauna. However, if you wish to wear clothing, make sure to wear clean, loose-fitting, breathable clothing (cotton is recommended) that you don't mind getting sweaty. Remove your shoes and any accessories, including metal or magnetic accessories, hearing aids, watches, and jewelry.

Q: HOW OFTEN SHOULD I CLEAN THE REJUVACURE?

A: We highly recommend cleaning the Rejuvasure after each use.

Q: WHAT TYPE OF LIGHT BULBS DOES THE SAUNA USE?

A: The sauna uses 12V 1.2W light bulbs.

Troubleshooting Guide

Quickly troubleshoot simple issues you might experience with your RejuvaCure using the table below. Please contact a customer support representative for additional assistance at support@lifeprofitfitness.com or (800) 563-6604. Please do not attempt to repair the device.

ISSUE	POSSIBLE REASON	HOW TO RESOLVE
Sauna is not working.	Sauna is not plugged in.	Plug the main power cable into an electrical outlet.
	Sauna is not turned on.	Press the power button on the control panel to turn on the sauna.
	The control panel is not responding.	Unplug the main power cable from the electrical outlet. Wait one minute, then plug the power cable back in.
	No power to the wall outlet / the circuit has tripped.	Check the circuit breaker to confirm power to the wall outlet.
	Circuit was overloaded or short-circuited activating overcurrent protection.	Press the small black button on the front-left corner of the power supply to reset the overcurrent protection.
Interior or exterior light is not working.	The light bulb has burnt out.	Turn off the sauna and lights, and unplug the sauna. Allow to cool for at least 20 minutes, then remove and replace the burnt-out bulb with a new 12V 1.2W bulb. Contact customer support if assistance is needed.
	The wiring for the lighting is loose or disconnected.	Check the wiring to ensure it is properly connected.
Sauna stopped working suddenly.	Sauna automatically shuts off when the session time ends.	Turn the sauna on to begin a new session. Wait at least 24 hours between sessions.
	A cable has become loose.	Check the heater power cables and the two control panel cables to ensure each is properly plugged in.

ISSUE	POSSIBLE REASON	HOW TO RESOLVE
Heaters are not working.	Heater power cables are loose or disconnected.	Check the power cable for each heater (on the roof) to ensure it is properly connected.
Sauna does not feel warm enough.	It takes about 8-15 minutes for the sauna to warm up.	The temperature will begin to feel hotter as the sauna warms up.
	Selected temperature level is not optimal.	Use the Temperature Increase button to raise the temperature.
Sauna feels too hot.	Selected temperature level is not optimal.	Use the Temperature Decrease button to lower the temperature in each section.
Control panel shows error "EP".	Temperature sensor has become disconnected.	Check the control panel cables to ensure they are properly connected.
	Temperature sensor needs to be replaced.	Contact customer support.
Music is not playing.	Mobile device is not connected to Bluetooth.	Check to make sure Bluetooth is turned on in the mobile device and connect to Bluetooth.
	Speaker wiring is loose or disconnected	Check the wiring to ensure it is properly connected.

What Are FIR Waves & What Are the Benefits of FIR? 🧘

FAR INFRARED WAVES

Far infrared (FIR) is a light wavelength on the electromagnetic spectrum, between 15-1000 microns. It is not visible to the human eye, but the human body easily absorbs FIR as heat, up to 1.5 inches into muscle and fat. The wavelengths of FIR are the longest, coolest (in terms of heat), and safest of the three types of infrared light (near, middle, and far).

BENEFITS OF FAR INFRARED

Because far infrared (FIR) waves penetrate below the surface of the skin into muscle and fat, they warm the body from the inside out. As FIR heats the body, you receive many of the benefits you would receive during exercise.

The benefits of FIR include:

- Helps to reduce pain and inflammation in joints, muscles, and connective tissues.
- Increase sweating which releases toxins trapped below the skin.
- Increase your heartbeat and burn calories.
- Helps to reduce the appearance of cellulite through sweating and fat loss.
- Reduce cortisol and increase serotonin.
- Boost the immune system.
- Stimulate collagen production and cell regeneration.

WHAT'S THE DIFFERENCE BETWEEN FAR INFRARED SAUNAS AND TRADITIONAL SAUNAS?

Traditional saunas use different heating methods (they heat the air using conventional electric heating or wood fire) and reach higher temperatures (typically 176-200°F / 80-93°C) than infrared saunas. Infrared saunas use infrared waves (typically near or far infrared) and require lower temperatures for therapeutic and relaxation benefits (typically 115-135°F / 46-57°C).

The Rejuvasure sauna allows you to choose anything from a gentle warmth of 68°F (20°C) up to a highly-detoxifying 140°F (60°C). The Rejuvasure is heated by energy-efficient, carbon-fiber heaters. When powered on, the heaters emit 5.6-15 micron far infrared waves that penetrate up to an inch and a half into muscle and fat, warming your body from the inside out. There is no hot air, so it's less intense than a sauna and safer for sensitive skin.

What is Chromotherapy? 🧘

The benefits of phototherapy vary by color/wavelength, and include:

- Energize the lymphatic system, aiding in detoxification.
- Improve skin appearance, including sun damage, scars (including acne scars), cellulite, fine lines, and wrinkles.
- Stimulate collagen and elastin production and cell regeneration.
- Helps to decrease pain, inflammation, and stiffness in joints, muscles, and connective tissues.
- Boost the immune system. Improve sleep quality and improve mental clarity and focus.
- Regulating over-active oil/sebum glands, and reducing the appearance of acne scars.
- Improve lymphatic drainage and flushes toxins.
- Boost mood and reduce cortisol and increase serotonin.



Product Specifications

UNIT SPECS

Size: 35.5 × 35.4 × 74.6 in 90.1 × 89.9 × 189.4 cm	Net Weight: 209 lb. 94.8 kg
Power: 1500 W	Voltage: 110 V.
Operating Temperature: 41-104°F 5-40°C	Relative Humidity: ≈85% Max
Air Pressure: 70-1060 hPa	Far Infrared Wavelengths: 5.6-15 μm
Sauna Temperature Range: 68-140°F 20-60°C	Timer: 1-60 minutes
Carbon-Fiber Heaters: 4	Chromotherapy: Red, orange, yellow, green, cyan, blue, violet
Certifications: ETL, CE, RoHS	Light Bulbs: 12 V 1.2 W

Made in China

FCC Statement

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.



Industry Canada Compliance Statement

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) This device may not cause interference, and (2) This device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'utilisateur de l'appareil ne doit pas produire de brouillage, et (2) l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

RejuvaWrap Infrared Sauna Blanket



Skip the spa—and still get the glow! With the Lifepro RejuvaWrap, you can experience all the benefits of infrared wavelengths from the comfort of your home. No memberships, no travel, no hassle.

This sweat-resistant, non-toxic sauna blanket uses carbon fiber heating wires to deliver powerful far-infrared waves that promote deep warmth and total-body relaxation.

What it does best:



SUPPORTS
DETOX PROCESS



PROMOTES
CIRCULATION



SUPPORTS
SKIN HEALTH



WELLNESS
ROUTINE BOOST

Fully Customizable Wellness:

Choose from 9 heat levels and set your session time anywhere from 5 to 60 minutes. Use it 3–4 times a week for 30 minutes to feel the difference and enjoy a more consistent wellness routine.

Safety Instructions ✓

Before using this product, read all safety warnings and operating instructions. Failure to do so may result in burns, fire, electric shock, serious injury or death, or damage to the product or property. *Keep this manual in a safe place for future reference.*

INTENDED USE

- **This product is not intended to be used:**
 - If you consumed alcoholic beverages within the last 24 hours.
 - While wearing metal or magnetic accessories such as snaps, buttons, zippers, belts, or jewelry.
 - While using creams, ointments, oils, salves, liniments, balms, or other products that contain ingredients that produce heat (such as pain-relievers containing capsaicin).

CONTRAINDICATIONS

- **This product is intended for use by people in good health.**
- **Do not use this product if you:**
 - Are pregnant, suspect you may be pregnant, if you have recently given birth, or if you are breastfeeding.
 - Have a defibrillator implant, a pacemaker, or other heart implant.
 - Have a fever, nausea, headache, if you feel sick, or if you are dehydrated or have a hangover.
 - Have an infection, an open or bleeding wound, severe sunburn, or other skin burn.
 - Have an eye condition or disease.
- **Consult your physician before using this product if you:**
 - Are under the care of a physician for a pre-existing health condition or have any concerns about your health.
 - Are over the age of 60. The body's ability to regulate temperature declines with age which can result in overheating, heat stroke, dehydration, fainting, and falls.
 - Have diabetes, poor blood circulation, peripheral neuropathy dysfunction, or sensory deficiencies, including an impaired ability to sense external temperature or elevated body temperature, or if you are insensitive to heat.
 - Have heart disease, vascular disease, heart arrhythmia, abnormal (low or high) blood pressure, severe aortic stenosis, splanchnic diseases or conditions, if you are receiving treatment to normalize your blood pressure, if you recently had a heart attack, if you suffer from obesity, or if you have mobility issues.

- Have hyperthyroidism or an autoimmune disorder that affects the thyroid.
- Have broken bones, osteoporosis, have had an organ transplant, if you have recently had surgery, or recently injured a joint.
- Have a weak or compromised immune system, an immunodeficiency disorder, multiple sclerosis, central nervous system tumors, or other chronic conditions that impair the body's ability to sweat.
- Have epilepsy, kidney disease, hemophilia, or another condition that prevents blood clotting or makes you prone to bleeding.
- Are sensitive to heat or if you easily overheat.
- Are nursing or plan to begin nursing.
- Are taking any prescription medications. Some medications may induce drowsiness or affect heart rate, blood pressure, circulation, and the ability to sweat or regulate temperature. It is important to talk with your doctor about whether you can safely use this product with your prescribed medication.
- Are taking over-the-counter diuretics or other medications that cause heat intolerance, including antihistamines and decongestants (allergy and cold medicines).
- Have, or suspect you may have, cancerous lesions.
- Have a medical implant, such as metal pins, rods, artificial joints, or breast implants.
- Have a skin condition, such as rosacea, eczema, or dermatitis.

DISCLAIMER

- This product is not a medical device. This product and the information in this manual are not intended to diagnose, treat, cure, or prevent any disease or medical condition. The health benefits suggested or implied in this manual, other product literature, and company website are not certified or endorsed by any regulatory authority or medical institute. The information in this document is not a substitute for expert medical care or advice.
- The use of this product is entirely at the user's discretion. Please read all instructions and safety information carefully before using this product. We assume no responsibility and expressly disclaim any and all liability for personal injury, death, or property damage or loss sustained through improper use, failure to follow the instructions and warnings in this manual, improper assembly, or inadequate or incorrect maintenance or neglect of this product.



WARNING: CHOKING HAZARD - SMALL PARTS

Not for children under 3 years.

- It is the responsibility of the owner to ensure that all users of this product are adequately informed of all warnings and cautions.
- Use this product only as instructed in this manual.



WARNING:

To reduce the risk of burns, fire, electric shock, serious injury or death, or damage to the product or property:

- Only use the provided power cable at the specified voltage. Using a power cable other than the one provided, or using a power outlet that does not meet the listed specifications, may result in fire or explosion.
- Do not use an extension cord, surge protector, or three-prong to two-prong plug adapter with the power cable. The power cable may only be plugged directly into a dedicated, properly grounded three-prong electrical outlet installed by a certified electrician. Always ensure the outlet is in proper working order. Outlets with loose wiring connections or other problems must be fixed by a certified electrician before the sauna may be used.
- Do not plug other appliances into the same electrical outlet.
- Do not route the main power cable where it can be stepped on, pinched, or become a tripping hazard.
- Do not use the provided power cable with other appliances.
- Keep flammable or explosive items, chemicals, fire, and heat sources away from the sauna. Do not operate in high temperatures or direct sunlight.
- Do not operate in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.
- Do not use outdoors, in high-moisture environments (such as a bathroom, a damp basement, or near a swimming pool or hot tub), or in any place where the product may become wet.
- Never spray or pour water or other liquids onto the heaters. The carbon-fiber heaters in this infrared sauna cannot be used to create steam. Keep all liquids away from the heaters, power supply, power cables, controller, and all other electrical components.
- Never spray the exterior of the sauna with water. If any electrical component becomes wet, unplug the sauna, and do not use.
- Do not bump, hit, or break the heaters, as this may result in an electrical short or a fire.
- Do not touch or use metal tools on the heaters. Keep sharp objects away from the power supply, power cables, and other electrical components.
- Do not plug in or unplug the power cable with wet hands. Do not use the control panel with wet hands or when you have wet feet.

- Do not install the sauna on a floor that is not level.
- Never leave the sauna unattended while it is powered on.
- Turn off the sauna, unplug it from the electrical outlet, and allow the sauna to Unplug the sauna when not in use.
- Never bend, tie, pull, or twist the power cable. Unplug the power cable by holding and pulling the plug itself, not the cord.
- Always check the main power cable (the cable, connector, and wall plug) for damage, wear, or fraying before using. Never use a damaged or modified power cable.
- Do not modify, tamper with, damage, or attempt to disassemble the power supply, power cables, control panel, heaters, or the structure of the sauna itself. This product has no user-serviceable parts.
- Never operate the sauna if the power supply, control panel, or heaters have been damaged, opened, or tampered with.
- Before each sauna session, inspect the sauna and control panel for damage, wear, and proper operation before each use. Discontinue use and contact customer support if the sauna appears to be malfunctioning or damaged, or if the heaters or electrical components have been exposed to water.
- In the event of abnormal function, odors, or noises during use, immediately turn off the sauna and unplug it.
- Do not operate the sauna during an electrical storm.
- Keep towels and other combustible materials (such as books, magazines, clothing, etc) away from the heaters in the walls and floor, as such materials can create a fire hazard. Do not obstruct the heater vents in the floor.
- Do not leave towels, books, or other accessories in the sauna after your session, as they can present a fire hazard.
- Do not store objects on top of or inside of the sauna.



WARNING:

To reduce the risk of serious injury or death:

- Drink plenty of fluids before, during, and after your sauna session to avoid dehydration. When you are dehydrated, your body cannot properly cool itself, which may result in heat exhaustion. Heat exhaustion can lead to heatstroke if left untreated, which can be fatal.
- Exit the sauna immediately if you begin to feel unwell or experience any of the following symptoms: dizziness or lightheadedness, sleepiness, cold or clammy skin, headache, nausea, or muscle cramping. Drink cool water or a sports drink and rest in a cool location. Seek medical attention if your symptoms worsen or do not improve within one hour. Consult with your physician before using the sauna again.

- If someone in your household experiences any of the following symptoms: confusion, slurred speech, body temperature over 103°F (39.4°C), lethargy, seizures, nausea and vomiting, fainting or loss of consciousness, racing heart, or rapid, shallow breathing, help them move from the sauna to a cool location and seek immediate medical attention.
- Do not use the sauna immediately following strenuous exercise. Wait at least 30 minutes after exercise.
- Do not use the sauna while under the influence of drugs or alcohol. The use of alcohol or drugs before or during the sauna session may lead to unconsciousness.
- Do not drink alcoholic beverages within 24 hours (before or after) of using the sauna as alcohol is dehydrating. Avoid other dehydrating foods and drinks, such as coffee, caffeinated drinks, and sugary foods and beverages.
- Never sleep or smoke in the sauna.
- For adult use only. Do not allow children to use the sauna. Children should be supervised to ensure that they do not play with or in the sauna.
- Do not put pets in the sauna.
- Do not put sleeping or unconscious people or infants in the sauna.
- This product is not intended for use by people with diminished mental, sensory, or physical capacity unless they are closely supervised by a responsible adult.
- Do not stay inside the sauna while the oxygen ionizer's sterilization cycle is on. Do not re-enter the sauna until the 15-minute sterilization cycle is finished.



CAUTION

To reduce the risk of minor or moderate injury:

- To avoid burning your skin, do not touch the heaters.
- Do not wear metal or magnetic accessories, such as snaps, buttons, zippers, belts, or jewelry as the metal may heat and cause skin irritation or burns.
- Do not use creams, ointments, oils, salves, liniments, balms, or other topical products that contain ingredients that produce heat (such as pain-relievers containing capsaicin) before using the product, as this may result in skin irritation or burns.
- Do not look directly into the chromotherapy lights to avoid eye irritation or injury.
- Use caution when handling the door or window to avoid damaging or breaking the tempered glass.
- Take care when entering or exiting the sauna to avoid tripping or falling.
- Wait at least 1 hour after eating to use the sauna.

Lifetime Warranty

Lifepro Fitness creates quality, durable exercise products and we stand by that quality with a lifetime warranty on all of our products.

If your product ever breaks (and we doubt it will), we'll send you replacement parts and show you how to repair it. If the product cannot be repaired, we'll replace it—free of charge.

Register the RejuvaCure™ at rejuvacure.lifeprofitness.com to activate your warranty within 14 days of purchase.



RejuvaCure™

Far Infrared Sauna

ESCAPE TO YOUR PERSONAL SANCTUARY
TOTAL REJUVENATION IS
A STEP AWAY



SUPPORTS
DETOX PROCESS



PROMOTES
CIRCULATION



SUPPORTS
SKIN HEALTH



WELLNESS
ROUTINE BOOST



Congratulations on your purchase!

We're excited to be part of your wellness journey.

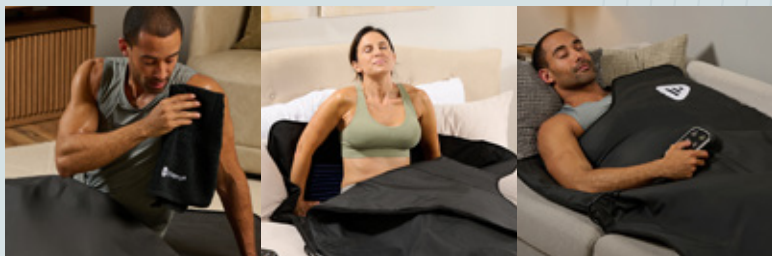
Scan the QR code to enjoy **15% off**
your next Lifepro® product.



Meet Our Best Seller!

RejuvaWrap Infrared Sauna Blanket

Rejuvenate with far-infrared heat that eases tension, boosts circulation, and supports total wellness—right from home.



Wellness, Warmth, and Recovery—All from the Comfort of Home

The far-infrared technology targets deep tissue layers, supporting detoxification and tension relief.

*Discount valid on purchases of \$150 or more.

Lifeprousa Lifeprousa support@lifeprofitness.com