INNER LIGHT
SAUNA



Installation and Instruction Manual

DEMFIN Traditional Sauna

Thank you for choosing Innerlight Demfin Outdoor Traditional Sauna.

Please read these instructions carefully before use and keep it in a safe place for future reference.

The installation of the sauna requires a minimum of two people. It is important not to attempt to install the sauna by yourself, as this can result in damage and void your warranty if damage occurs.

The wiring of the sauna needs to be connected by your electrician.

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Important Notes

Handling and Transportation

Please handle the sauna with care during transportation. The main materials are wood, glass, and electrical components, all of which are fragile and can be easily damaged.

Outdoor Sauna Installation Location

When selecting a location for an outdoor sauna, please note the following:

Install the sauna on a solid, level concrete surface. Ensure that no water can accumulate underneath the sauna and that rainwater can drain away promptly.
It is recommended to place the outdoor sauna under a covered area or roof. If this is not possible, use a protective rain cover during rain or strong wind. This will help extend the service life of the sauna.

Outdoor Sauna Maintenance
Outdoor saunas require regular maintenance. If you notice any water leakage, cracks, or damage to the exterior, please reseal the affected areas with silicone sealant.

Package Inspection

Please check all packages upon unpacking:

Package A: Inner roof, floor, benches, accessories, screws, etc.
Package B: Front door, rear wall
Package C: Left wall, right wall
Package D: Outer roof
Package E: Bucket, ladle, thermometer/hygrometer, sand timer
Package F: Electric heater
Package G: Sauna stones
Opening Package A
Open Package A and check the screws inside. (Screw quantities and sizes vary depending on the model.)

Screws

16 Wall Screws

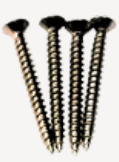


10 ceiling Screws



6 Vertical Bench Screws







3 Spare Screws

4 Spare Screws

The following pictures are provided for your reference. If your sauna differs in any way from the pictures, please follow the steps accordingly.

Open the sauna packages in a spacious area.

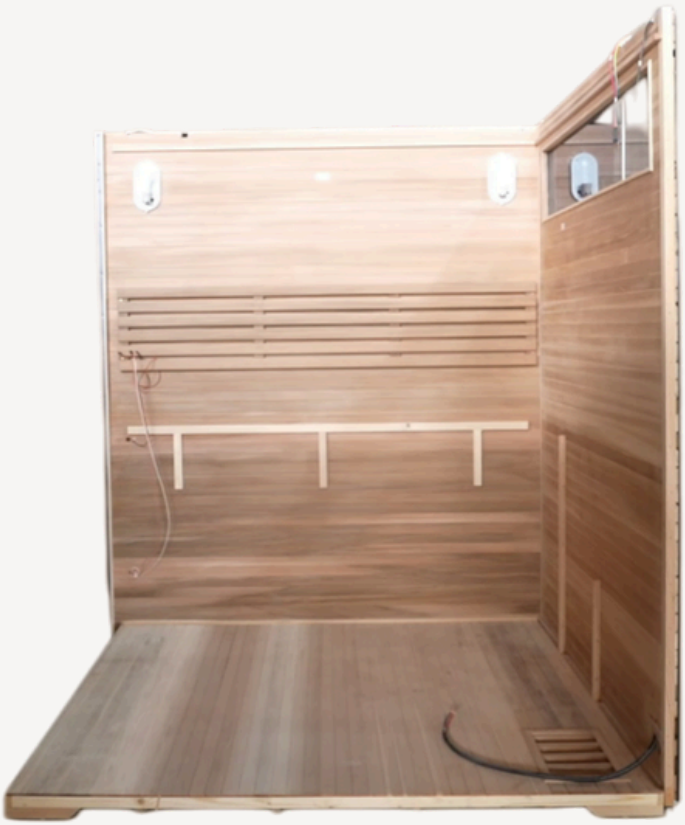
1. Place the Floor Panel in a dry, flat, hard surface.



2. Position the Back Panel vertically and securely onto the Floor Panel.

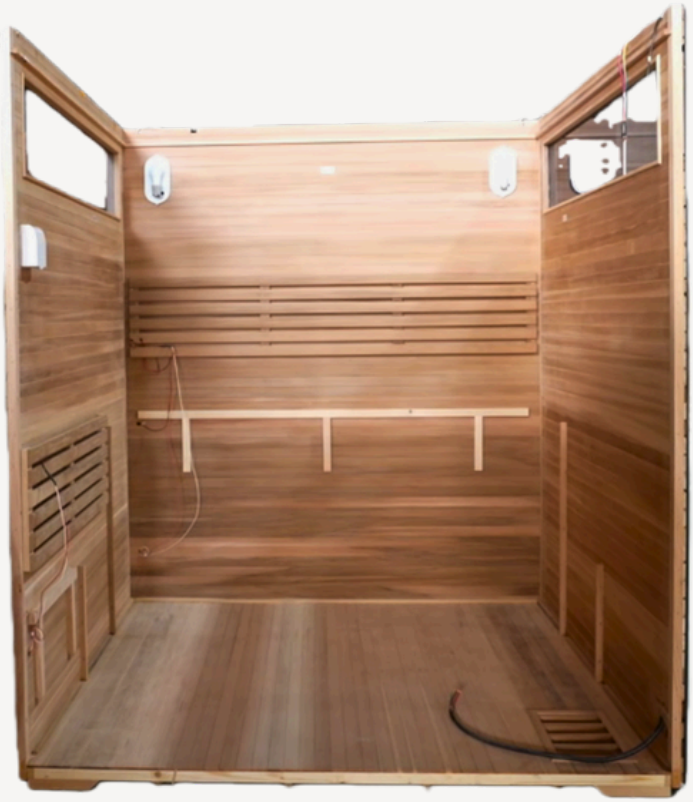


3. Position the left Wall Panel onto the Floor Panel in a similar manner and screw the walls together until tight.



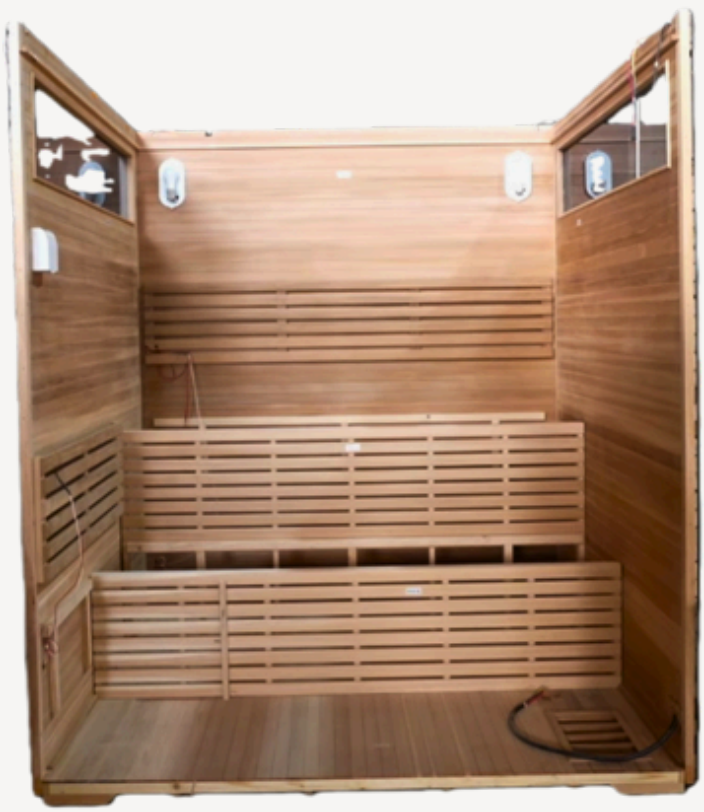


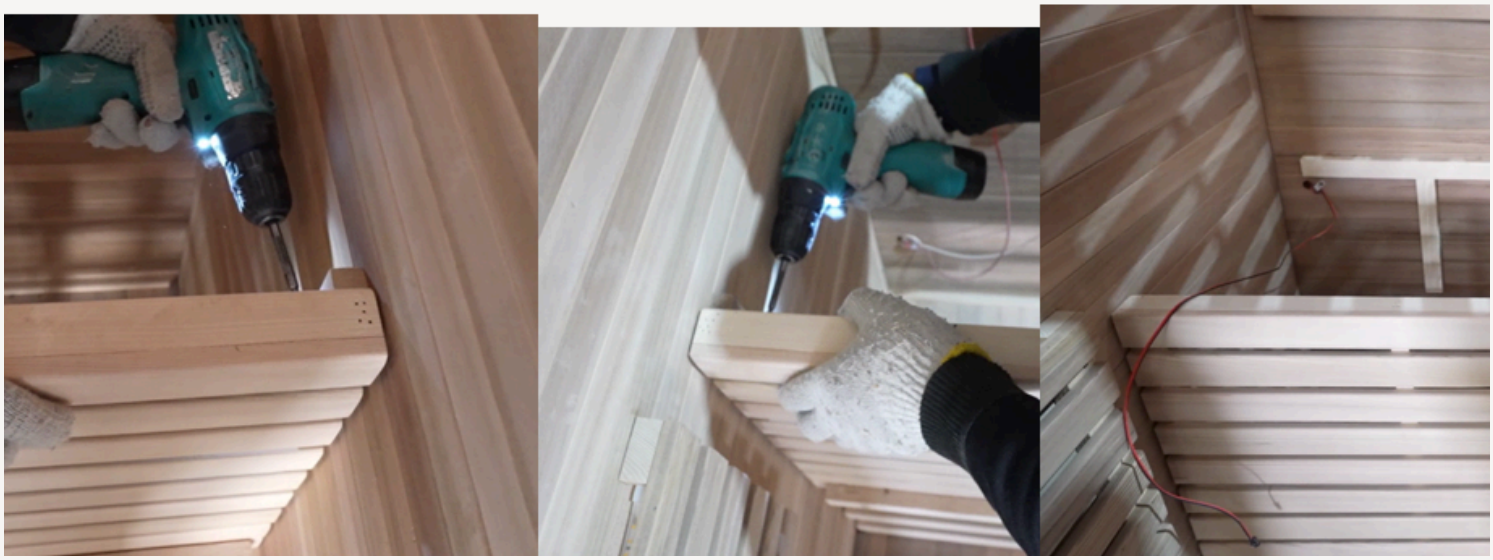
4. Install the left wall panel in the same manner as the right wall.



5. Install the rear (higher) bench front panel first, then install the front (lower) bench front panel. Secure both with screws.
Route the LED light strip cable out and place it along the panel, ready for connection







6. Install the rear bench seat panel first, followed by the lower bench seat panel.



7. Connect the LED light strip cable. Once connected, place the cable back underneath the bench.





BE EXTRA CAREFUL WHEN HANDLING GLASS!

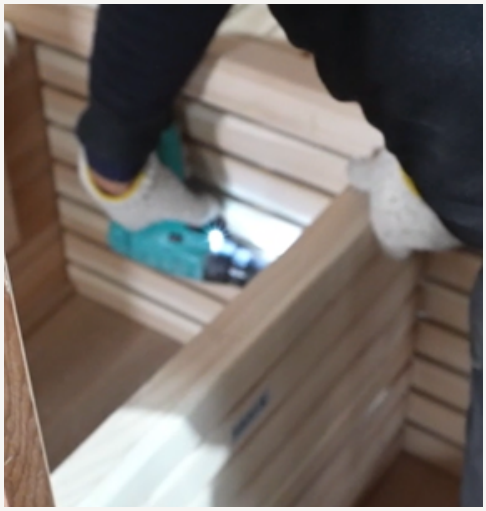
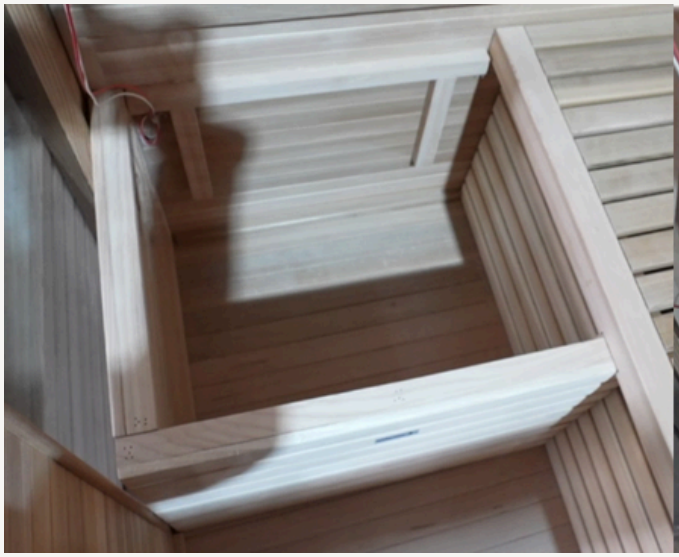
When moving the front door, at least two people are required.
Be sure to firmly support the glass door to prevent breakage.
The connection method is the same as for the left and right wall panels.





8. Install the L-shaped bench front panel and secure it with screws.
Next install the front panel next to the glass, securing both sides with screws.
Route the LED light strip cable along the panel, ready for connection.

9. I**nstall the bench seat panel.**
Do not forget to connect the LED light strip cable. Once connected, place the cable back underneath the bench.




10. Install the lights and the light cover.



11. Route all cables outside the wall, open the door, and install the inner roof panel.

12. Connect the adjacent LED light strip cables on the roof, and feed the power cable out through the opening in the rear wall.



13. Install the door handle.

14. Mount the heater onto the wooden mounting rails on the wall.



15. Install the heater guard according to the steps below and fix it to the wall with screws. Then place the drip tray underneath the heater.



16. Install the heater according to the heater instruction manual and complete all electrical connections. Once confirmed that the sauna is operating correctly, install the outer roof panel.

After the sauna is fully installed, check all silicone sealant areas for any damage or cracking or movement during transport.
If any issues are found, reapply silicone sealant as needed. Inspect according to the diagram below. Finally, seal the opening where the power cable exits the rear wall with silicone.



Congratulations, your sauna installation is complete. Next, let's learn how to use it.

Harvia 4.5 kW / 6.0 kW Electric Sauna Heater

Quick Start Guide

1. **Before First Use (Very Important)**

- Wash the sauna stones thoroughly with clean water before placing them in the heater.
- Remove all stone dust and debris.
- Allow stones to dry before installation.
- Place stones loosely into the heater.
- Do not force or tightly pack stones.
- Ensure air can circulate between stones.
- Ensure the heater is installed and wired by a licensed electrician.
- Remove all packaging materials from inside the sauna.
- Confirm ventilation openings are unobstructed.

2. **Heater Controls (Located on the Heater)**

- Temperature Dial (Upper Dial)
- Controls how hot the sauna becomes.
- Timer Dial (Lower Dial)
- Controls when the heater turns on and how long it runs.

3. **How to Turn the Sauna ON (Immediate Heating)**

Set the Temperature Dial first

- Turn the dial clockwise to ¾ to FULL for normal sauna use.
- Recommended starting position: around 70–80% of maximum.
- Set the Timer Dial
- Turn the timer clockwise into the ON section (0–60 minutes).
- Recommended setting: 45–60 minutes.
- The heater will turn on immediately and begin heating.

4. **Heating Time & Use**

- Typical warm-up time: 30–45 minutes
- Ideal sauna temperature: 65–85°C
- Once heated, you may reduce the Temperature Dial slightly to maintain comfort.

5. **Using Water on the Stones**
- Use clean water only
- Pour water slowly over the stones, never directly onto the elements
- Do not use oils, fragrances, or additives unless approved by Harvia

6. **To Turn the Sauna OFF**

Turn the Timer Dial back to 0 (OFF)
The heater will switch off completely.

7. **After Use**
- Leave the sauna door slightly open to allow moisture to escape.
- Do not pour water on the heater after switching off.
- Allow the heater and stones to cool naturally.

8. **Safety Notes**
- Never operate the heater without stones installed.
- Do not cover the heater or place objects on it.
- Keep towels and flammable items away from the heater.
- Children must use the sauna only under adult supervision.

Sauna Safety User Guide

- Please read and follow these safety guidelines carefully before using your sauna.
- General Safety
- Always drink plenty of water before, during, and after your sauna session to prevent dehydration.
- For protection and durability, cover your sauna when not in use, especially outdoor models.
- Supervise children at all times.
- Children under 6 years of age must not use the sauna.
- Pets must never be placed inside the sauna.
- Remove all jewellery and metal objects before entering the sauna, as they may become hot and cause burns.

Health & Medical Warnings

Do not use the sauna if you have:

- Open wounds
- Eye diseases
- Severe sunburn
- Elderly individuals, pregnant women, and infants should avoid sauna use.
- Individuals with medical conditions, heart conditions, or temperature-related illnesses should consult a doctor before using the sauna.
- If you feel uncomfortable, dizzy, light-headed, sleepy, or unwell, exit the sauna immediately.
- Hyperthermia Warning
- Hyperthermia occurs when the body's internal temperature rises above normal (37°C / 98.6°F).
- Symptoms may include:
- Dizziness
- Lethargy
- Drowsiness
- Fainting
- Confusion
- Hyperthermia can result in:
- Failure to recognise heat-related danger
- Physical inability to exit the sauna
- Risk to pregnant women and unborn children
- Loss of consciousness
- Exit the sauna immediately if any symptoms occur.
- Alcohol, Drugs & Medication
- Do not use the sauna while under the influence of alcohol, drugs, or medication.
- Alcohol, drugs, and certain medications significantly increase the risk of fatal hyperthermia.
- Fire & Electrical Safety
- Do not dry clothes or leave towels inside the sauna.
- Never spray water directly onto heating elements, as this may cause electric shock or damage.
- Pour water only onto the sauna stones, never onto the heater itself.
- If the sauna becomes too hot, open the ceiling vent or the front door to regulate temperature.
- After each session, turn off the sauna and unplug the power cord for safety.
- Final Note
- Failure to follow these safety instructions may result in injury, damage to the sauna, or voiding of warranty coverage.

CLEANING & MAINTENANCE

• It is recommended to always place at least one towel on the sauna bench and floor to prevent sweat from dripping onto the wooden surfaces.

• After each use, open the sauna door to allow moisture to escape and promote dryness on the wooden surfaces.

• After use, use a damp towel to wipe up any sweat from the surface. This is important to keep the surface clean and avoid sweat stains building on the surface.

• For cleaning the glass door, use soft paper, newspaper or a microfiber cloth. Refrain from using liquid or aerosol cleaning products inside the sauna.

• Before cleaning, make sure to unplug the sauna from the power outlet on the wall. Avoid using alcohol or strong cleaning chemicals as they can harm the wood and any natural protective layer it possesses.

- Every few weeks it is recommended to vacuum the sauna floor to remove any build up of dirt of dust.

- To clean the exterior of the sauna it is recommended to use a damp microfibre cloth.

DEMFIN SAUNA LIMITED WARRANTY

Warranty Coverage

Sauna Structural Frame – 10 Years (Parts Only)
Demfin Sauna warrants the structural timber frame to be free from defects in materials and workmanship for ten (10) years from the date of purchase, under normal residential use.
This warranty covers replacement parts only.
Labour – 12 Months
Labour associated with approved warranty repairs is covered for twelve (12) months from the date of purchase.
Harvia Electric Heater – 12 Months
Harvia electric sauna heaters are covered by a 12-month manufacturer's warranty, subject to Harvia's terms, correct installation, and proper use.

Excluded from Extended Warranty
The following items are not covered under the 10-year warranty and are subject only to Australian Consumer Law:

- Glass panels and glass doors
- Door hardware (handles, hinges, seals)
- Lighting and LED components
- Accessories (bucket, ladle, thermometer, sand timer)
- Electrical cables and non-structural fittings
- Outdoor Sauna Maintenance (Important)

For outdoor models, regular silicone maintenance by the owner is essential.
All silicone joints must be inspected and resealed as required.
Failure to maintain silicone sealing will void the frame warranty.
Using a protective cover is recommended for added protection, but not mandatory.

This Warranty Does Not Cover

- Incorrect installation or failure to follow instructions
- Electrical work not completed by a licensed electrician
- Normal wear and tear
- Cosmetic timber characteristics (colour variation, knots, grain movement)
- Timber movement due to weather, humidity, or environmental exposure
- Water damage from poor drainage or standing water
- Misuse, neglect, modification, or non-approved components
- Commercial or non-residential use (unless agreed in writing)

Warranty Conditions
Proof of purchase is required.
Sauna must be installed and used as per supplied manuals.
Demfin Sauna may repair or replace parts at its discretion.
Freight and labour after 12 months are not covered unless required by law.
Legal Notice
This warranty is provided in addition to rights and remedies available under Australian Consumer Law.
To the extent permitted by law, Innerlight Sauna is not liable for indirect or consequential loss.

Electrical Connection – Harvia Heater

- Once your Demfin Sauna has been installed, it will need to be connected by a licensed electrician in accordance with local regulations and standards.
- The heater must be connected inside the sauna
- The cable from the heater will connect to a juntion box inside the roof.
- The from the juntion box the sauna will need to be connected to the mains power

To begin with you will need to carefully remove the roof of the sauna to access the connections.

Installation Overview

- The Harvia heater is hardwired and must be connected through the sauna structure to the property's electrical supply. This involves routing the cable internally through the wall and roof before final connection.

Connection Procedure

- Heater Wiring (Inside Sauna)
- The electrician connects the Harvia heater to the internal wiring point inside the sauna, following the heater's wiring specifications.
- Wall Cavity Routing
- The power cable is run through the internal wall cavity of the sauna. This keeps all wiring concealed and protected.
- Roof Cavity Routing
- The cable continues from the wall cavity into the roof cavity of the sauna.
- Junction Box Connection
- Inside the roof cavity, the cable is connected to a junction box, which serves as the connection point between the heater and the incoming power supply.
- Rear Cable Exit
- From the junction box, the supply cable is routed out through the rear of the sauna.
- Final Hardwired Connection
- The electrician completes a hardwired connection from the sauna to the building's electrical supply.

Key Requirements

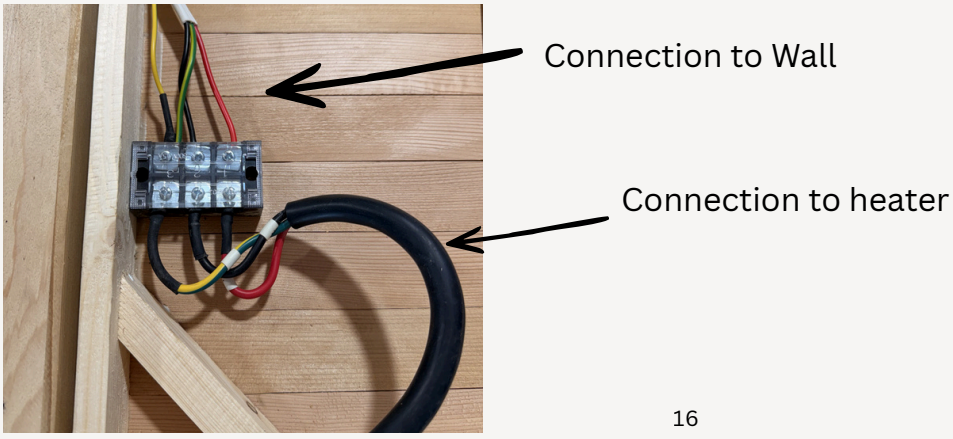
- The heater must be hardwired – do not use a standard plug and socket unless specified.
- All cabling must be suitable for high temperature environments and correctly rated for the heater load.
- Installation must comply with all applicable electrical standards and safety regulations.
- A dedicated circuit may be required depending on the heater model.

Summary

- The electrical connection follows this path:
- Heater → Wall Cavity → Roof Cavity → Junction Box → Rear Exit → Hardwired Supply

Roof Junction Connection

Inside the roof



OPTIONAL Harvia Fenix WiFi Controller Setup

The Harvia Fenix WiFi controller allows you to:

- Remotely turn your sauna on/off
- Set temperature and session time
- Monitor sauna status from your phone
- Control is provided via the MyHarvia app.

- Step 1 – Download the App
- Open the App Store (iPhone) or Google Play Store (Android)
- Search for: MyHarvia
- Download and install the app
- Open the app and create an account (email + password)
- Verify your email if prompted

- Step 2 – Prepare the Sauna Controller
- Before pairing:
- Ensure the Fenix controller is powered on
- Confirm the sauna has been correctly wired by an electrician
- Make sure you are within range of your home WiFi network (2.4GHz)
- Important:
- The controller does not support 5GHz WiFi networks
- Step 3 – Put Controller into Pairing Mode
- On the Fenix control panel, access Settings
- Navigate to WiFi / Network Settings
- Select Pairing Mode / Add Device
- The controller will begin broadcasting for connection
- Step 4 – Pair the Controller in the App
- Open the MyHarvia app
- Tap Add Device (+)
- Select Sauna Controller / Fenix
- Follow on-screen prompts
- Enter your WiFi name and password
- Confirm connection
- The app will now connect to the controller.
- Step 5 – Confirm Connection
- Once paired:
- The sauna will appear in your app dashboard

- You can:
- Turn the sauna on/off
- Adjust temperature
- Set session timers
- Step 6 – Test Operation
- Turn the sauna on via the app
- Confirm:
- Heater activates
- Temperature begins increasing
- Turn the sauna off

- Troubleshooting
- Controller not found
- Ensure controller is in pairing mode
- Move closer to the sauna
- WiFi connection fails
- Confirm you are using 2.4GHz WiFi
- Double-check password
- Restart router and try again
- App not connecting
- Log out and back into the app
- Restart your phone
- Reattempt pairing

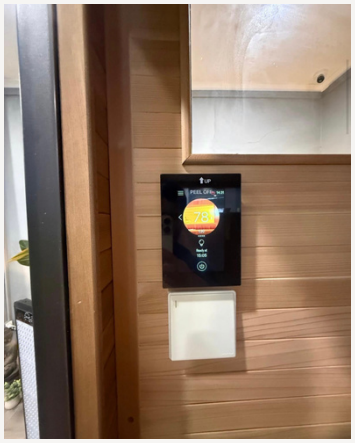
- Important Notes
- WiFi setup should be completed after electrical installation is finished
- Do not attempt setup if the sauna is not fully powered
- Always ensure safe operation when using remote start functions

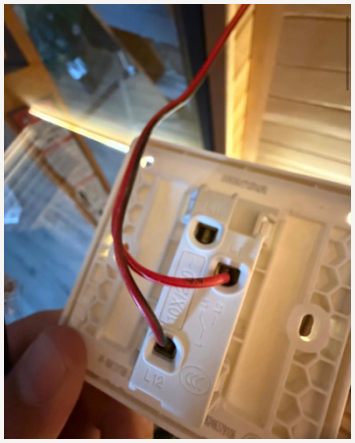
- Summary
- Setup process:
- Download MyHarvia app
- Create account
- Put controller into pairing mode
- Connect via app
- Test operation

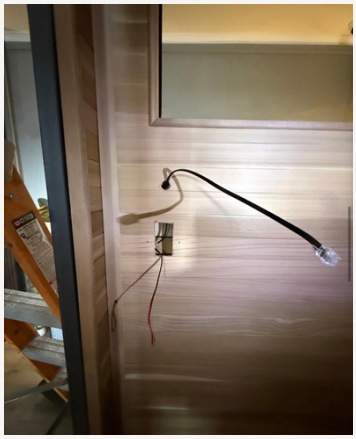
OPTIONAL Harvia Fenix WiFi Controller wiring

Basic photos of the Fenix controller wiring. Please refer to the fenix user manual for wiring information

Wiring the control panel to the wall -
Place the controller on the opposite side to the heater







The rear circuit box on the back of the sauna



The connection inside the roof

