

# Infrared cabin

## VitaMy 164

164 x 120 x 202 cm

INSTRUCTIONS FOR INSTALLATION AND USE  
English



Symbol photo

VITAMY-164-B / 1-037-765: VitaMy 164 Basic

VITAMY-164-BT / 1-037-767: VitaMy 164 BT

VITAMY-164-S&L / 1-037-768: VitaMy 164 S&L

EN

# Table of Contents

<b>1. About this instruction manual</b>	<b>3</b>
<b>2. Important information for your safety</b>	<b>4</b>
2.1. Intended use	4
2.2. Safety information	4
<b>3. Product description</b>	<b>6</b>
3.1. Scope of delivery VitaMy 164 Basic	6
3.2. Scope of delivery VitaMy 164 BT	6
3.3. Scope of delivery VitaMy 164 S&L	6
3.4. Product functions	7
<b>4. Installation of the VitaMy 164 infrared cabin</b>	<b>8</b>
4.1. Necessary tools	8
4.2. Infrared cabine VitaMy 164 Basic / BT / S&L parts list	8
4.3. Cabin installation	10
4.4. Installation of the infrared control	33
4.5. Installation of the Bluetooth module (only VitaMy 164 BT)	36
4.6. Installation of the sound & light (only VitaMy 164 S&L)	38
4.7. Installation of the bench	39
4.8. Installation of spacer strips of the rear wall	40
4.9. Installation of the backrests and headrests of the bench	40
<b>5. Cleaning and maintenance</b>	<b>42</b>
5.1. Cleaning	42
5.2. Maintenance	42
<b>6. Troubleshooting</b>	<b>42</b>
<b>7. Disposal</b>	<b>42</b>
<b>8. Technical data</b>	<b>43</b>
<b>9. floor plan</b>	<b>43</b>

# 1. About this instruction manual

Read these instructions for installation and use carefully and keep them within reach of the infrared cabin. This ensures that you can refer to information about your safety and the operation at any time.



These installation and operating instructions can also be found in the downloads section of our website: [www.sentiotec.com/downloads](http://www.sentiotec.com/downloads).

## ***Symbols used for warning notices***

In these instructions for installation and use, a warning notice located next to an activity indicates that this activity poses a risk. Always observe the warning notices. This prevents damage to property and injuries, which in the worst case may be fatal.

The warning notices contain keywords, which have the following meanings:



### **DANGER!**

Serious or fatal injury will occur if this warning notice is not observed.



### **WARNING!**

Serious or fatal injury can occur if this warning notice is not observed.



### **CAUTION!**

Minor injuries can occur if this warning notice is not observed.

### **ATTENTION!**

This keyword is a warning that damage to property can occur.

## ***Other symbols***



This symbol indicates tips and useful information.

## 2. Important information for your safety

The infrared cabin has been produced in accordance with the safety regulations applicable for technical units. However, hazards may occur during use. Therefore adhere to the following safety information and the specific warning notices in the individual chapters.

### 2.1. Intended use

The infrared cabin serves for warming the human body.

The location of the cabin has to be protected against splash water. For optimum operation, the site should have an ambient temperature of at least 20 °C. The maximum ambient humidity should not exceed 95%.

The cabin has to be placed on a flat surface. A distance of at least 5 cm from the wall must be maintained.

Any use exceeding this scope is considered improper use. Improper use can result in damage to the product, severe injuries or death.

### 2.2. Safety information

- Installation and connection of the electrical parts (control unit, radiator, etc.) may only be performed when the power supply is disconnected.
- Also comply with the regulations applicable at the installation location.
- For your own safety, consult your supplier in the event of problems that are not explained in sufficient detail in the installation instructions.



- The cabin must not be used by children under 8 years old.
- The cabin may be used by children above 8 years old, by persons with limited psychological, sensory or mental capabilities or by persons with lack of experience/knowledge only when:
  - They are supervised.
  - They have been shown how to use the device safely and are aware of the hazards that could occur.
- Children must not play with the cabin.
- Children under 14 years of age may only clean the cabin if they are supervised.
- The cabin must not be cleaned with steam cleaners, high-pressure cleaners or splash water.
- For health reasons, do not use the sauna when under the influence of alcohol, medication or drugs.
- Make sure that no flammable objects have been placed on the heater element before the control unit is switched on.

## 3. Product description

### 3.1. Scope of delivery VitaMy 164 Basic (1-037-765)

- 1x Infrared cabine VitaMy 164
- 1x 1-037-357 / Power unit wave.com4 Infra
- 1x 1-012-222 / Control panel wave.com4 Infra
- 1x 1-009-265 / Power supply cord infrared 2.5m
- 2x 1-028-862 / Cable GST18i/3s – GST18i/3B 0.5m
- 2x 1-028-731 / Distributor T-Form (3-pole) IR-1P2
- 2x 1-027-788 / Infrared radiator ECO 500 - dark (pre-mounted ) front radiator
- 2x 1-027-785 / Infrared radiator ECO 350 - dark rear radiator
- 2x 1-028-348 / IR- Thermal plate 380 mm x 700 mm, 230V/100W (pre-mounted)
- 2x 1-037-397 / Switch set IR thermal plate (pre-mounted)
- 1x 1-037-396 / LED Strip & mains adaptor
- 1x 1-028-660 / Vent round Espe 631-A
- 2x 1-028-629 / Soapstone bow

### 3.2. Scope of delivery VitaMy 164 BT (1-037-767)

in addition to VitaMy 164 Basic

- 1x 1-016-290 / wave.com4 Bluetooth
- 1x 1-017-094 / Acoustic transducer "Exciter"

### 3.3. Scope of delivery VitaMy 164 S&L (1-037-768)

in addition to VitaMy 164 Basic

- 1x 1-028-257 / sound & light Set (colour lamp, power supply, control panel, USBDock)

### 3.4. Product functions

#### ***Infrared cabin***

Solid cabin made of spruce for the infrared radiation of 2 people.



Resin pockets are not grounds for complaint. This is because resin pockets often occur in spruce and the depth at which they are located cannot be determined during sorting.

If they are just below the surface, they break open during heat generation and "bleed".

The leaking resin can be removed with an acetone rag. If only resin drops appear, let them cure and then scrape them off carefully with a knife.

#### ***Infrared control wave.com4 Infra***

Control for the dimming of 2 heating circuits each with a maximum of 1.5 kW as well as the dimming of light and an optional fan.



The control unit only supports the operating mode "Intensity mode".

#### ***wave.com4 Bluetooth (only version VitaMy 164 BT)***

The Bluetooth module wave.com4 sound allows you to play music in the sauna or infrared cabin. The music is transmitted via a Bluetooth connection from a Bluetooth-enabled device (= audio source) to the Bluetooth module. All Bluetooth-enabled devices, such as most mobile phones, tablets, notebooks, etc., can be used as an audio source. The amplifier is already integrated in the Bluetooth module.

#### ***sound & light colour light (only version VitaMy 164 S&L)***

The sound & light colour light lets music be played via a USB stick and the cabins be lit with different colours.

The colour of light can be selected manually or different colours can be displayed in automatic mode.

## 4. Installation of the VitaMy 164 infrared cabin

Before you start work, check the parts list to see whether all the items have actually been delivered. If individual items are missing, notify your dealer within 14 days after receipt of the cabin.



For the installation, you will need to have a helper!  
We also recommend that the screw holes be pre-drilled.

### 4.1. Necessary tools

- hammer and insert wood or a rubber mallet
- cordless screwdriver with bits for Phillips screws and Torx
- measuring tape
- water level
- drift punch or wooden blocks 12 mm
- Allen 1.5 mm

### 4.2. Infrared cabine VitaMy 164 Basic / BT / S&L parts list

No.of Items	Name	Dimensions
<b>Base frame</b>		
1	Rear floor frame	164 x 9 x 4 cm
2	Floor frame	114 x 9 x 4 cm
<b>Wall elements</b>		
4	A/A Wall elements with Multiclip, W1,W2,W5,W6	193 x 54 x 4 cm
1	Electrical element according to type (see end parts list)	193 x 20,6 x 4 cm
2	A/B wall elements with cutout, W3,W4	193 x 65,7 x 4 cm
<b>Corner posts</b>		
2	Multi-clip corner plug	193 x 6 x 6 cm
1	Multi-clip corner plug left front	202 x 6 x 4 cm
1	Multi-clip corner plug right front	202 x 6 x 4 cm
1	Skirting above glass front	152 x 10 x 4 cm
<b>Support slats</b>		
1	Roof support slat	156 x 4 x 4 cm
1	Roof support slat with drilled holes	156 x 4 x 4 cm
2	Roof support slat	112 x 4 x 4 cm

No.of Items	Name	Dimensions
<b>Ceiling elements</b>		
1	A/B ceiling element	152 x 54 x 4 cm
1	A/B ceiling element with fan recess	152 x 54 x 4 cm
<b>Interior fittings</b>		
2	Spruce heater boxes	105 x 23 x 12 cm
2	IR thermal panel VitaMy	73,8 x 42 x 4,3 cm
2	U-Strip for IR thermal plate, left, right	41 x 6 x 6,5 cm
1	Stiffener bar for thermal plate	156 x 4 x 2,5 cm
1	Bench	156 x 56 x 10 cm
2	Bench support slats, left, right	46 x 41 x 4 cm
1	Bench support slat	30 x 4 x 4 cm
4	Ergonomic backrest	70 x 18 x 10,5 cm
2	Headrest VitaMy	35 x 27,5 x 8 cm
2	Frame for 350 W heater, lime wood	73,5 x 23 x 2 cm
1	LED Cover strip	156 x 3 x 3 cm
1	Spruce base	155,4 x 64 cm
<b>Glass element</b>		
1	Clear glass without wholes	194,5 x 47,4 x 0,8 cm
1	Clear glass with wholes for door hinges	194,5 x 47,4 x 0,8 cm
1	Clear glassdoor with wholes for door hinges	191,5 x 59 x 0,8 cm
<b>Accessories</b>		
2	Alu-Profile	L=46 cm
1	Door handle set VitaMy	
1	2 Door hinges 8652-02	
1	Glasdoor seal	192 cm
2	Mounting rail for headrest	13,5 x 2 x 2 cm
1	Template for Multiclip installation backrest	
1	Template for Multiclip installation glass front	
2	Rear wall cover strip	202 x 5 x 4 cm
1	Installation material	
1	Installation instructions	
	Elektroelement VitaMy 164 Basic	2 cutouts
	Elektroelement VitaMy 164 - BT	3 cutouts
	Elektroelement VitaMy 164 - S&L	4 cutouts

### 4.3. Cabin installation

Observe the layout on page 43.

#### *Installing the floor frame*

**Fig. 1: Placing the three floor frame elements**



**Fig. 2: Connect the floor frame elements**



Hit the plastic swallows gently with a hammer at the two corners of the floor frame until they are flush with the groove of the element.

Use a drift punch or a wooden block so that the plastic swallow is well sunk.

### **Wall element installation**

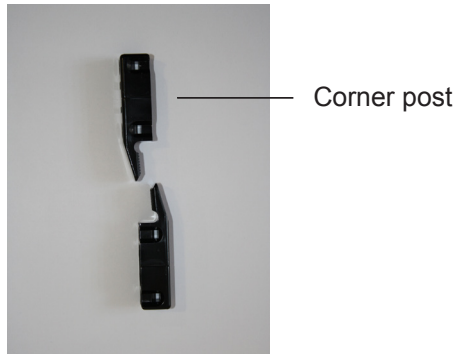
Begin the installation of the wall elements with Wall Elements W2 and W3 or W4 and W5 respectively (see the chapter Layout on page 43). The wall elements are connected with the "multi-clips" with the corner posts.

Make sure that the elements with the opening for the infrared radiators W3 and W4 are used at the back of the cabin. The lower edge of the IR radiator cut-out is at a height of 64 cm, with the bevel facing outwards.



Pre-install the wall elements with the corner posts on the ground and then put these corners on the floor frame (see Fig. 5, 6 and 7)

**Fig. 3: Multi-clips**



**Fig. 4: Connect the wall element with the corner post**

Insert the corner post from top to bottom on the wall elements. When doing so, pay attention to the correct alignment of the "multi-clips" (see Fig. Abb. 4). The corner post has to be flush with the wall elements.

**Fig. 5: Installation on the floor frame**

Place a pre-assembled corner on the floor frame, this is connected loosely with a notch and spring.



**Fig. 6: Install the electrical element in place**



After you have put the electric element in place, continue with the second corner.

**Fig. 7: Pre-assembled rear wall**



**Fig. 8: Installation of side wall elements W1 and W6**



**Fig. 9: Installation of the two front corner posts with a groove for glass**



**Fig. 10: Installed wall elements**



**Glass element installation**

Insert the U-profile flush to the glass plate. When doing so, pay attention to the flush meeting of the profiles with the glass on the side where the door will be.

**WARNING!**

After the cabin has been positioned correctly, glue the U-profiles with silicone or installation glue to the floor.

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When installation the two glass plates, you can decide whether the door should be hinged on the right or left. On the glass, pay attention to the holes for the fittings of the door.

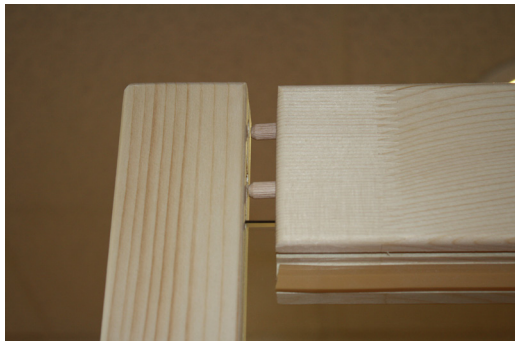
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**Fig. 11: Attach the U-profiles to the glass plates**



**Fig. 12: Inserting the glass sheet in the groove of the corner post**

Slide the glass gently into the groove of corner post. Do this for both glass side panels.

**Fig. 13: Installing the skirting over the glass front**

To install the skirting, press the two front corner posts outwards and insert the skirting by means of dowel joints.

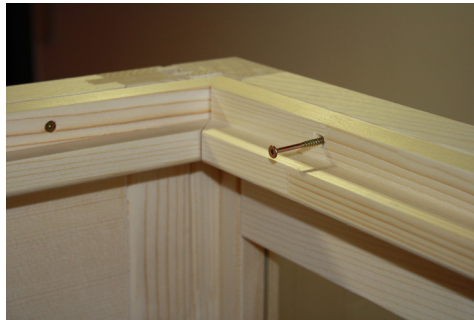
Be sure that the glass side panels remain stably in the groove of corner post.

**Fig. 14: Attaching the skirting**

Attach skirting by squeezing the side wall elements until the anchors are no longer visible.

***Roof element installation***

Check the right angle alignment of the cabin in the corners or use the measuring tape to measure the two diagonals of the cabin; if these are the same length, the cabin is properly aligned.

**Fig. 15: Roof support slats installation**

Screws  
14 units: 3.5 x 50

Screw the roof support slats on all the walls of the cabin firmly, as shown in Figures Abb. 14 and Abb. 15. Be sure that the wall elements and the roof support slat are flush.

**WARNING!**

Be sure that each support slat is correctly attached and that all of the screws have been used.

**Fig. 16: Roof support slats**



**Fig. 17: Installing the roof element in the back with the fan cut-out**



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**Fig. 18: Installing the roof element in the front**





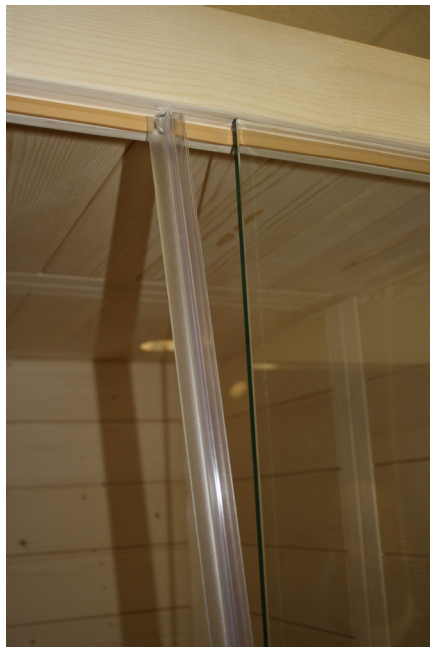
After the roof elements have been inserted, they have to be screwed in with the roof support slat.

**Fig. 19: Attaching the roof element**



### *Door installation*

**Fig. 20: Installing the door insulation strips**

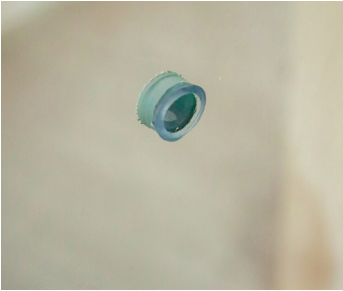


The insulation is placed on the glass element which does not have any holes for the door fittings. Make sure that the stop of the insulation is on the inside.



**Fig. 21: Door handle installation**

First, set the two silicone inserts in the holes for the door handle in the glass element. Then, screw the two handles together carefully.



Insert silicone rings into the holes.

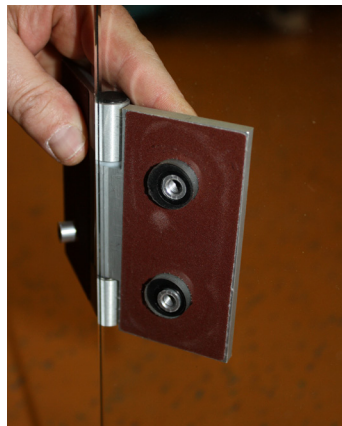
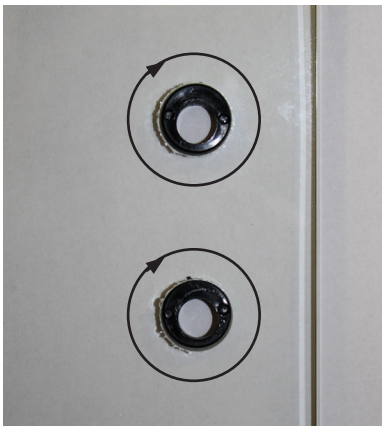


Screws  
2 units: 3.5 x 70



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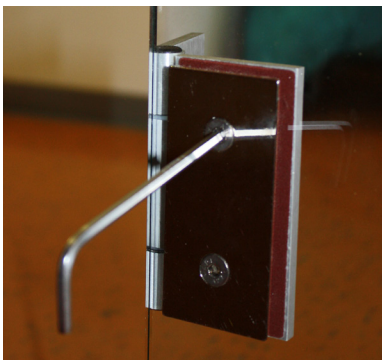
The bottom hole of the door handle is at a height of 92.5 cm. The door handles are screwed together from inside.

**Fig. 22: Installation of Door Fitting 1**

Screw the two door fittings onto the fix-glass element, making sure of the straight alignment of the fittings and that the door opens to the outside.



The fittings are aligned through the adjustment/rotation of the two plastic rings.

**Fig. 23: Installation of Door Fitting 2**

Follow the steps in Abb. 22 and Abb. 23 again to connect the door leaf with the fix glass element.

Finally, set the blind in place and attach it firmly by tightening the Allen screw.

**Fig. 24: Door magnet installation**

The magnet for the door has to be on the side to which the door opens.

Mount the magnet on the appropriate side, if appropriate.

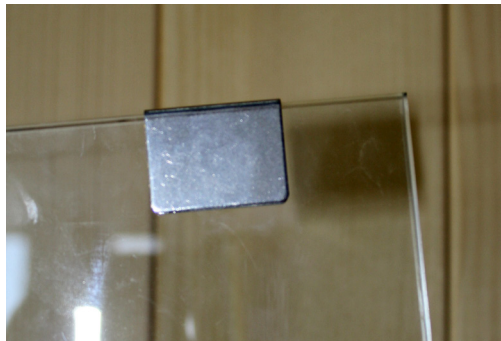
Cut the door insulation over the recess for the magnet with a sharp knife and expose the recess. Using a small wooden block, hit the door magnetic with the hammer in the recess. Adjust the length of the insulation to the magnet.



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**Fig. 25: Installation of the transfer plate**

Slide the transfer plate at the spot on the glass door on which the magnet is located on the skirting.



**Fig. 26: Completed wall elements and roof elements**





**Fig. 28: Put the cabin floor in place**




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***Front radiator installation***

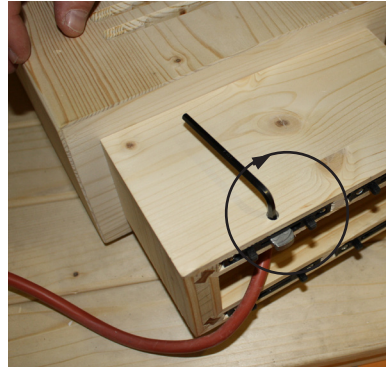
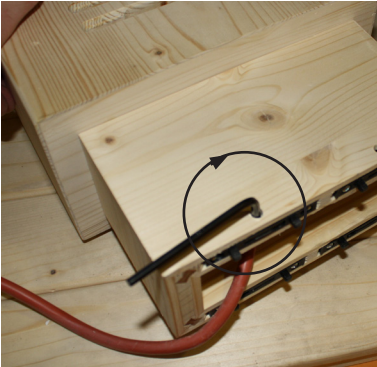
**Fig. 29: Attach the front radiator in place**



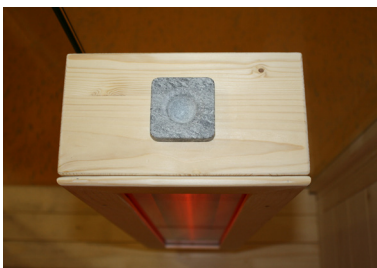
 **Make sure that the cables of the front radiator are exposed at the bottom and are not pinched or damaged by the cabin floor.**

After the radiators are locked in at the bottom, attach each one firmly with a 90° rotation on the Allen screws in a clockwise direction at the four attachment points.

**Fig. 30: Attach the front radiator in place**



**Fig. 31: Inserting the soapstone bowls**



**Installation of the bench cushion and the IR thermal plate**

**Fig. 32: Installation of the bench cushion**



Screws  
6 units: 5 x 70



Screw in the bench cushion left and right in the cabin as well as the bench cushion bar on the electric element with 2 screws each.

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**Fig. 33: Installation of the U-strips for the thermal plates**



Screws  
4 units: 3.5 x 50

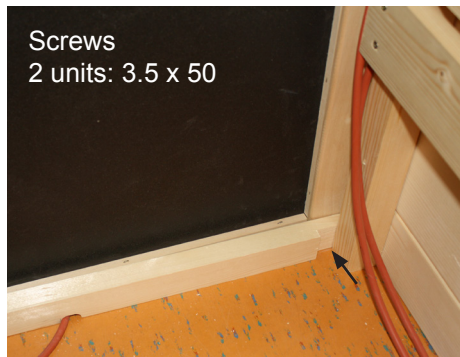
Screw in the U-strips for thermal plates left and right in the cabin with 2 screws each. Make sure that the switch is located at the top.

**Fig. 34: Installation of the IR thermal plate VitaMy 164**

Install the two IR thermal plates VitaMy 164 in the U-strips. The recess is used to perform the management of the front beam (see Fig. 35)



When inserting the IR thermal plate, pay attention to the cable of the switch; it has to not be pinched or damaged.

**Fig. 35: Inserting the stiffener bar for the Vitamy IR thermal plates.**

Lay the stiffener bar for the thermal plates from inside on the floor. Screw the bar to the frame of the thermal plates. The recess is used to perform the management of the front beam.



**Ventilation installation**

**Fig. 36: Ventilation installation**



Screw together the base element of the vent and the 3 enclosed screws.

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Then screw the wooden plate into place and secure the screw from the outside with the plastic cap.

***Installation of the LED cover strip***

**Fig. 37: Installation of the LED cover strip**



Screws  
3 units: 3.5 x 50

Use 3 screws to attach the LED cover strip to the ceiling from the outside.

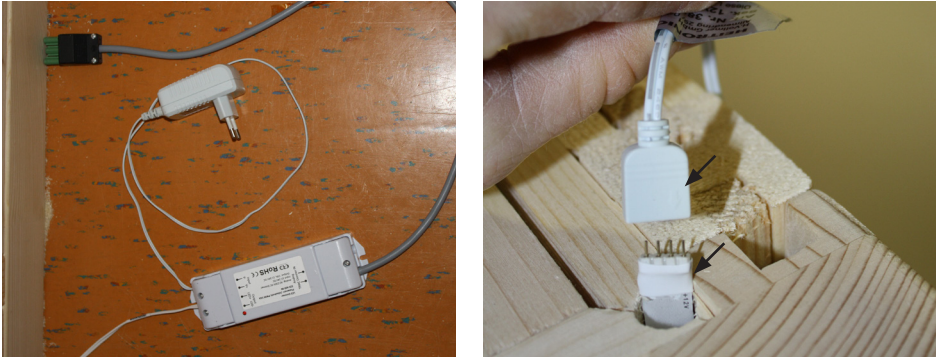
**Fig. 38: Glueing the LED strips in place**



Glue the LED strips into place in the cover strip. The plug of the LED strips has to extend far enough through the opening in the ceiling (see Fig. 39)

### Connecting the LED strips

**Fig. 39: Connecting the LED strips with the control**



Run the power supply of the LED lighting under the bench. Run the connecting cable and the power cable through the opening in the rear wall towards the outside.



When connecting the LED strip, pay attention to the arrow on the plug. This has to be on the side of the strip with the label "+ 12V". The mains plug of the LED lighting has to be located outside of the cabin.

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**Fig. 40: Inserting the bench**



Place the bench on the support slats.

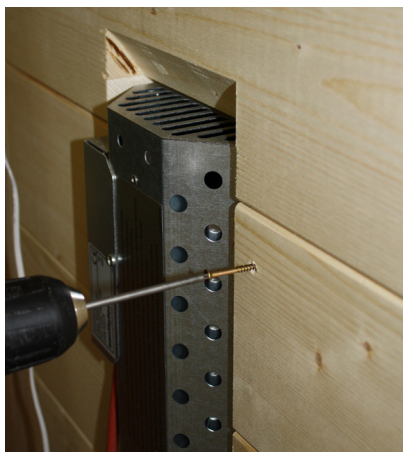
**Installation of the rear radiator****Fig. 41: Install the rear radiator (infrared radiator ECO 350)**

Screws  
8 units: 3 x 18

Put the two radiators into the cutout from inside. Screw the radiators into place with 4 screws each.

**CAUTION!**

Ensure that the junction box of the radiator on the top!

**Fig. 42: Installing the rear radiator blind**

Screws  
8 units: 3.5 x 50

Screw in the wood blinds of the radiators in front of the rear of the cabin with 4 screws each (available holes).

#### 4.4. Installation of the infrared control



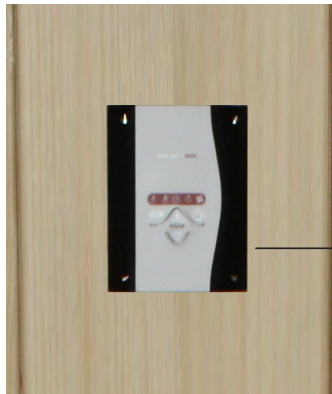
For the installation, commissioning and operation, follow the instructions which are included with the control unit.

The control unit only supports the operating mode “Intensity mode”.

##### *Installing the control panel*

Install the control panel in the designated place on the back wall of the cabin.

**Fig. 43: Installing the control panel**



— wave.com4  
Infra

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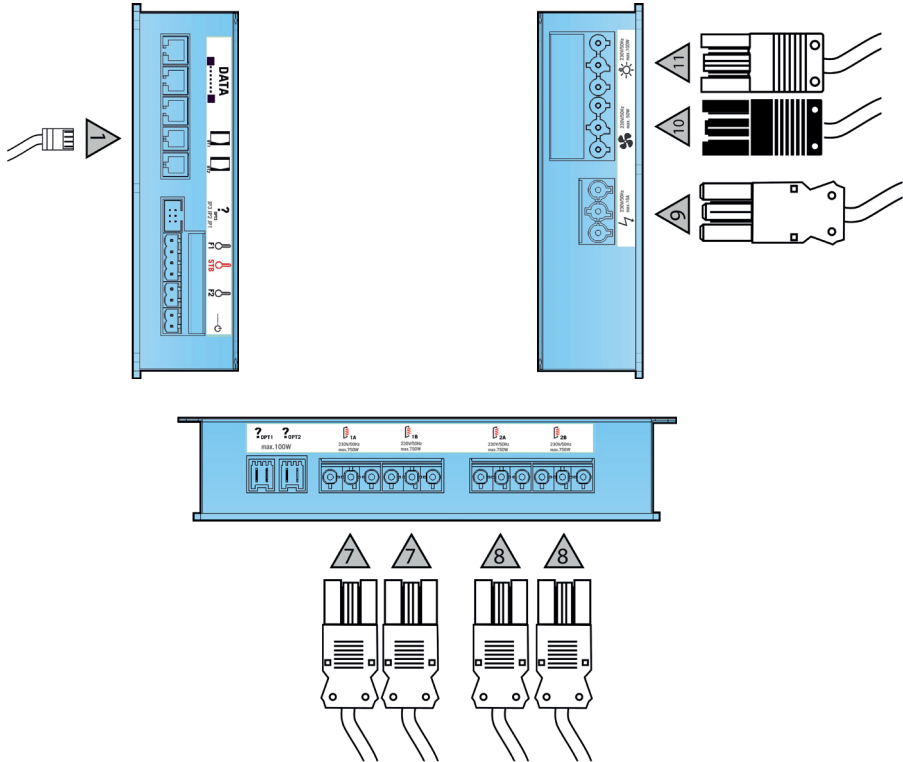
For the installation of the control unit, open the seat bench.



### Connecting the power supply

The power supply of the control unit is placed under the bench of the cabin and is connected as follows.

**Fig. 44: Power supply connections**



<i>Plug</i>	<i>Description</i>
1	wave.com4 Infra control panel
7	IR Heating Group 1
8	IR Heating Group 2
9	Mains connection
10	Fan connector (black) - optional
11	Light connection (green)



**Arrangement of the heating groups**

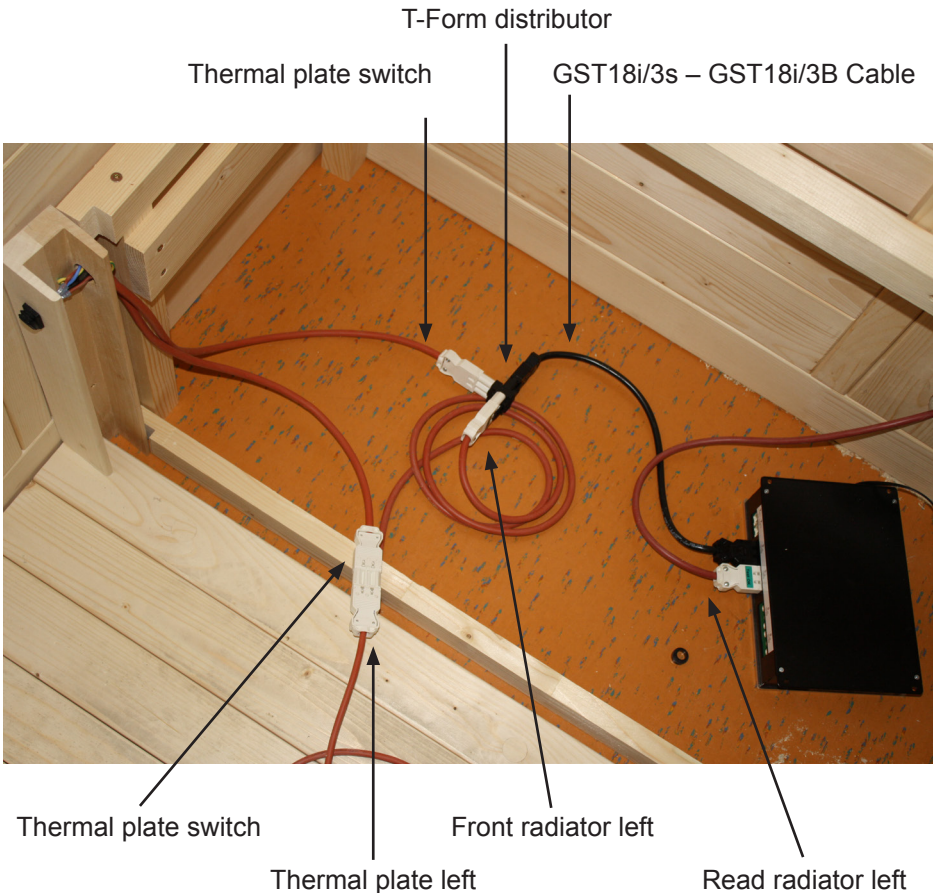
The power supply of the control unit is placed under the bench of the cabin and is connected as follows.

Heating Group 1: Front radiator left, read radiator left, wall radiator left (above switch)

Heating Group 2: Front radiator right, read radiator right, wall radiator right (above switch)

The arrangement can be adapted to almost any preferences. However, each connection can only accept a maximum of 750 W!

**Fig. 45: Example for Heating Group 1**



## 4.5. Installation of the Bluetooth module (only VitaMy 164 BT)



Before the installation, commissioning and operation, follow the instructions which are included with the Bluetooth module and the exciter.

### *Installing the control panel*

Install the control panel in the designated place on the back wall of the cabin.

**Fig. 46: Installing the control panel**



— wave.com4  
Bluetooth

— wave.com4  
Infra

### *Installation of the exciter*

Screw the exciter with the provided screws in the left and right rear area on the outside of the cabin ceiling.

**Fig. 47: Installation of the exciter**



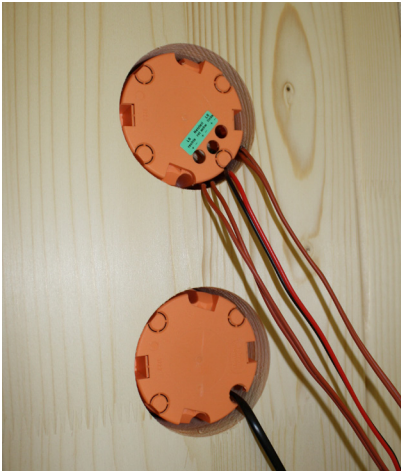


***Connecting the control panel***

Connect the exciter and the power supply onto the control panel according to the instructions.

The mains supply has to be located outside of the cabin.

**Fig. 48: Connecting the control panel**



## 4.6. Installation of the sound & light (only VitaMy 164 S&L)



For the installation, commissioning and operation, follow the instructions which are included with the sound & light colour light.

### ***Installing the control panel and the USB dock***

Install the control panel and the USB dock in the designated place on the back wall of the cabin.

**Fig. 49: Installing the control panel**



### ***Connecting the colour light***

Install the colour lamp in the ceiling cutout using the provided screws. When doing so, please refer to the enclosed instructions "wave.com4 sound&light".

**Fig. 50: Installing the colour light**



**Connecting the control panel and the colour light**

Close the control panel, USB Dock and colour lamp according to the enclosed instructions regarding the sound&light power adapter. Mount the power supply preferably outside on the cabin ceiling or under the bench.

**4.7. Installation of the bench**

After the control unit has been connected, the bench can be fully installed.

**Fig. 51: Attaching the bench**

Place the bench on the support slats. Push the seating areas forward.

**CAUTION!**

Secure the bench against sliding by using the locking screws on the left and right of the bench cushion as well as on the bench support rail.

#### 4.8. Installation of spacer strips of the rear wall

Screw the spacer strips to the rear wall (either flush or displaced inwardly up to 10 cm).

**Fig. 52: Installation of the spacer strips of the rear wall**



#### 4.9. Installation of the backrests and headrests of the bench

Screw in the multi-clips using the mounting template with the accompanying screws.

**Fig. 53: Installing the backrests of the bench**



Remove the mounting template and insert the backrests downwards from above onto the brackets until they fit into place.

**Fig. 54: Installation of the headrests**



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Screw in the brackets with at least 1 cm distance from the top edge of the frame, laterally flush with the support of the backrest. The height can be varied as desired. Then insert the head element in the desired position.

## 5. Cleaning and maintenance

### 5.1. Cleaning

#### **ATTENTION!**

#### ***Damage to the cabin***

- Do not pour any water on the cabin or the electronic components.
- Do not use too much moisture when cleaning the cabin and the electronic components.

### 5.2. Maintenance

The VitaMy 164 infrared cabin is maintenance-free.

## 6. Troubleshooting

- For your own safety, consult your supplier in the event of problems that are not explained in sufficient detail in the installation instructions.

## 7. Disposal



- Please dispose of packaging materials in accordance with the applicable disposal regulations.
- Used devices contain reusable materials and hazardous substances. Therefore, do not dispose of your used device with household waste, but do so in accordance with the locally applicable regulations.

## 8. Technical data

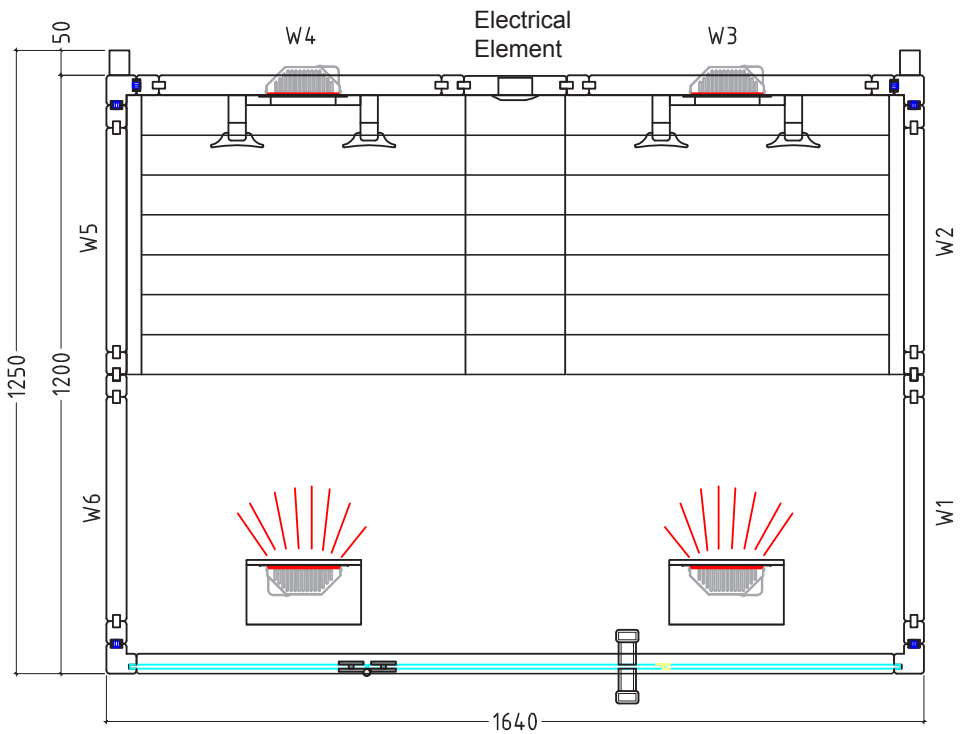
### Ambient conditions

Storage temperature:	- 25 °C to + 70 °C
Ambient temperature:	20 °C to + 30 °C
Relative humidity:	max. 95%

## 9. floor plan

Since wood is a natural product, slight dimensional deviations are possible.

### VitaMy 164 Basic / BT / S&L 164 x 120 x 202 cm





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