

INSTRUCTIONS · READ BEFORE FIRST USE

Kiuas Dry Sauna

Australia's first portable dry-heat sauna built to the Finnish standard. Real dry heat to 90°C — up in about ten minutes, packed away in less.



From box to running, step by step.

- 1

Lay out the parts

Tent shell, frame poles, heater, chair and floor mat. Clear a dry spot with normal ventilation — indoors or under cover outdoors. No tools needed.
- 2

Build the frame

The poles are colour-matched — click each section together and stand the frame square.
- 3

Fit the tent

Pull the shell over the frame and zip it down. Lay the floor mat inside.
- 4

Mount the heater

Seat the heater on its bracket, route the cable through the port, and plug into any standard socket. Nothing rests on or covers the heater — ever.
- 5

Preheat

Set your temperature and timer. Allow 10-20 minutes with the door zipped; enter once the temperature has stabilised. The heater switches off automatically when the timer ends.
- 6

Session

15-20 minutes is the researched dose. Cool down, rehydrate, repeat if you like. Power off and unzip to air it out after.

POWER 1500 W dry-heat heater	SOCKET Standard 10 A	HEAT Real dry heat to 90°C
SET - UP ~10 minutes, no tools	FORMAT Not steam · not infrared	PACKS TO Carry-bag size

Use it like an adult.

Before you start: this equipment creates real physiological stress — that's the point. Talk to your GP first if you have a cardiovascular condition, are pregnant, or take medication that affects heart rate, blood pressure or temperature regulation. Adults only. Full guidance: enhancedhuman.com.au/health-safety

- Fire risk: keep towels, clothing and anything flammable away from and never above the heater. No open flames.
- No water spray on the heating elements, and never touch the heating grid — electric shock and burn risk. Control panel only.
- Wear nothing or pure cotton; take off metal jewellery (necklaces, bracelets) — metal heats up and burns.
- Don't sauna after alcohol; hydrate before and after.
- Pregnant, or managing a heart condition? GP first.
- Feel faint or light-headed — out, cool down, done for the day.

CARE



Air the tent fully open after each session so it dries.



Wipe the interior weekly with a damp cloth and mild soap; never machine-wash the shell.



Store dry, packed loosely, away from direct sun.

12-month warranty. Replacement-first for confirmed defects, on top of your Australian Consumer Law rights. Claims: email info@enhancedhuman.com.au with your order number, photos and a description — we reply within 48 business hours and cover warranty freight within Australia.