SETTING UP YOU TENT

1. **Unpack the Tent:** Remove the sauna tent from the carrying bag and lay it flat on the ground.
2. **Prepare the Frame:** Remove the strap securing the tent. Check that the poles are not twisted or overlapping. See Figure 1
3. **Expand the Roof:** Locate the pull handle attached to the eyelet in the center of the roof. Pull outward firmly until the roof section pops into place. See Figure 2
4. **Open the Walls:** Find the pull handle at the center of one wall and pull outward until the wall pops open. Tip: Place your foot on the skirt of the tent to help stabilize it during this step. See Figure 3
5. **Fully Expand the Tent:** Walk around the tent, pulling each wall handle outward until all wall sections are fully extended. See Figure 4
6. **Secure the Tent:** Once the tent is fully set up, anchor it to the ground. See Figure 5
   - Locate the ground stakes in the pouch inside the carrying bag.
   - Insert the stakes into the ground at each corner.
   - Attach the provided ropes to the eyelets on each wall and secure them to the stakes.

Note: An internal ground cover is included with the tent. Remove the ground cover before starting a sauna session. The ground cover is intended for camping use only.

FIGURE 1

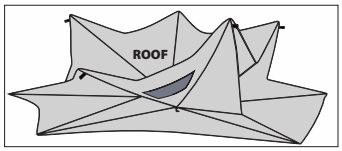


FIGURE 2

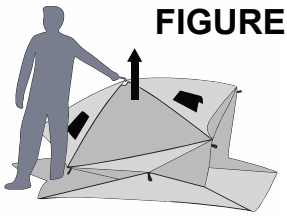


FIGURE 3

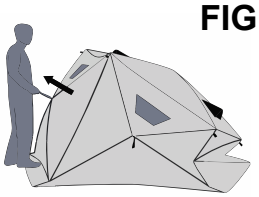


FIGURE 4

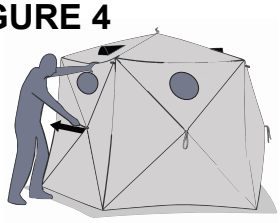
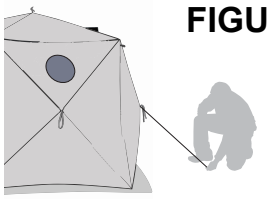
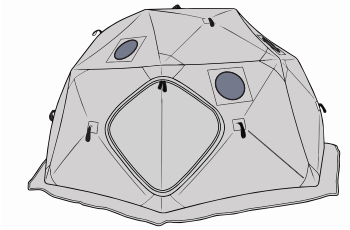


FIGURE 5





TAKE DOWN INSTRUCTION

1. **Remove Anchoring:** Remove all ground stakes and store them in the provided pouch. Note: Tie down ropes can remain attached to the eyelets. Close all windows and openings.
2. **Collapse the Frame:** Using your hand, push the center hub inward on the roof and each sidewall until the sections collapse inward. See Figures 6, 7, & 8
3. **Fold the Tent:** Once fully collapsed, the tent will return to a flat position similar to when it was first removed from the carrying bag. Gather all corners of the tent and fold them together. Use the provided strap to secure the tent in its folded position before placing it back into the bag. See Figure 9. Important: Do not force the tent during folding.
4. **Store the Tent:** Place the folded tent back into the carrying bag.

FIGURE 6

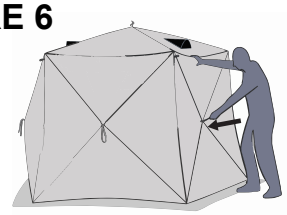


FIGURE 7

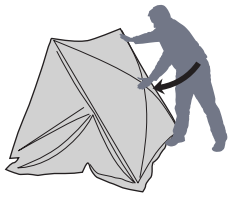


FIGURE 8

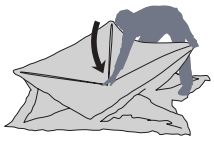


FIGURE 9

