



Sweaty Yeti Sauna & Cold Plunge

Owner's Manual

1. Introduction

Welcome to your Sweaty Yeti sauna and cold plunge system. This manual provides essential information on installation, operation, cleaning, maintenance, and warranty. Please read carefully before use.

2. Installation Requirements

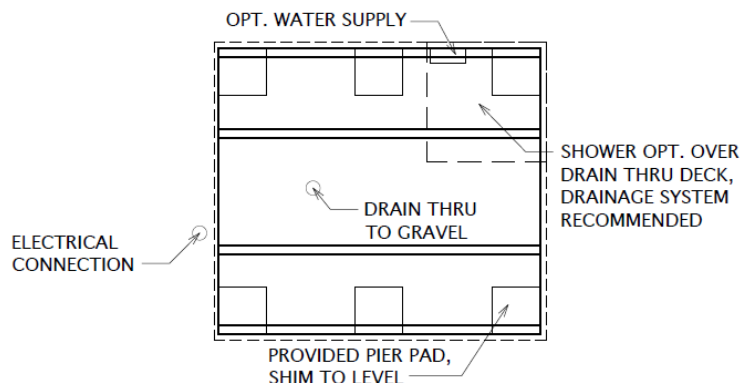
- Place the Sweaty Yeti on a **level, stable surface** with good drainage, at least 3 inches higher than the surrounding ground.
- The recommended base is **compressed gravel** with **concrete blocks or strips**. A **geotextile barrier** can be used to prevent grass or weeds from growing beneath the unit.
- Units may also be placed on **terraces or pavement**, provided they are raised and well-supported.

Foundation Pads and Leveling

Each Sweaty Yeti, regardless of size, is supported by **four foundation pads per side** (eight total). Every unit ships with **20 pads** to provide a few extras that can be stacked if needed for leveling.

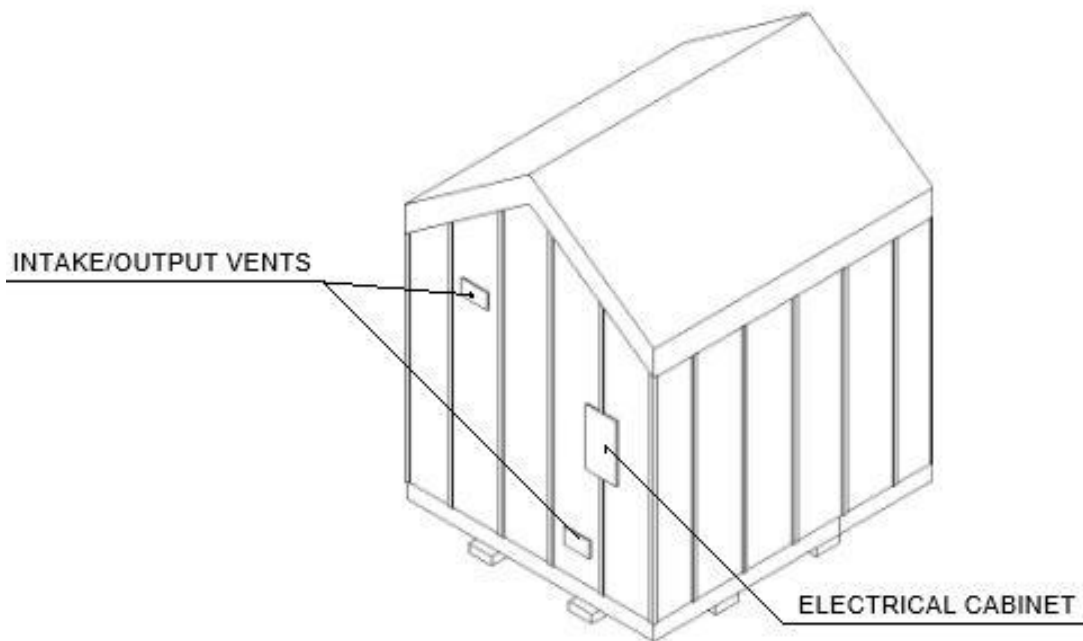
The **steel frame** of the Sweaty Yeti rests directly on these foundation pads. It is the **installer's responsibility** to place and level the pads properly on the customer-provided flat pad or foundation area.

A pack of **¼-inch plastic shims (approximately 50 per unit)** is included with each Sweaty Yeti. Use the shims to fine-tune the level of the frame—typically up to **four shims per pad location**.



Electrical and Ventilation

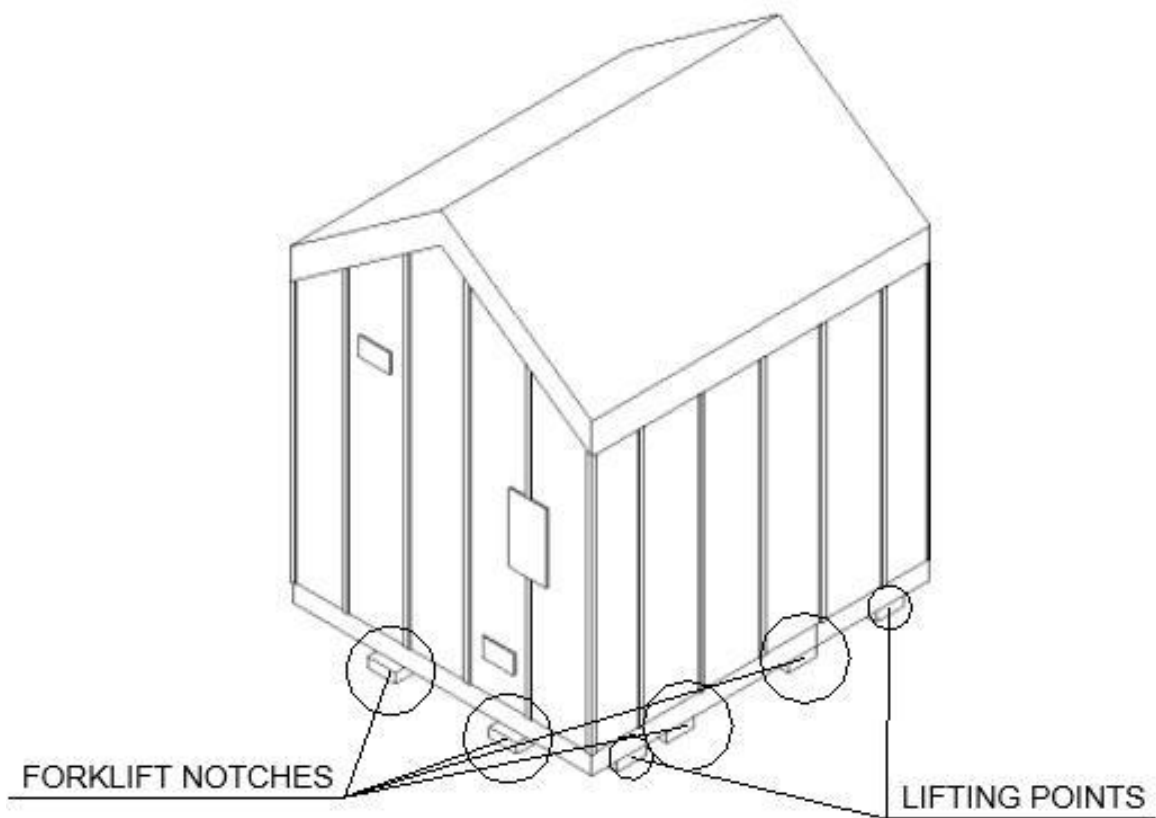
- A **licensed electrician** must make all electrical connections to the breaker. (Cord not included.)
- Maintain **proper ventilation** at all times. Do not place the unit near engine exhaust or other sources of fumes.



3. Transport

- The Sweaty Yeti can be lifted from above (crane) or below (forklift).
- Ensure all base beams are properly supported during transport.

Crane/Forklift Lift Points



4. Operation – Sauna

- Ensure sauna is clear of flammables and ventilation is open.
- Refer to Sauna heater owner manual for operations.
- Optional: add humidity by ladling clean water only on sauna stones (never use oils or additives).
- Always use a towel on the bench. Limit sessions to 20 minutes.
- After use: open door for 15–30 minutes to ventilate.

Safety Notes

- Never cover the heater.
- Always supervise children.
- Avoid sauna use under the influence of alcohol, sedatives, or if medically advised against.

5. Operation – Cold Plunge

Refer to the specific cold plunge manufacturer's manual for setup and operation details.

6. Cleaning & Maintenance

Daily

- Wipe sauna benches and walls.
- Rinse plunge edges.
- Check water clarity and temperature.

Weekly

- Sweep/vacuum sauna floor.
- Test plunge pH and sanitizer.
- Inspect shower head for leaks.

Monthly

- Inspect and rinse sauna rocks (replace if cracked).
- Dust heater.
- Deep clean plunge tub; clean/replace filters.
- Check plumbing and seals.

Seasonal (Winterizing, if not in use)

- Drain plunge, shower, and lines.
- Blow out lines.
- Disconnect and store shower hose.
- Cover units with weatherproof covers.

7. Troubleshooting

- Sauna not heating → Check breaker/reset. If issue persists, call electrician.
- Heater trips breaker → Overload or wiring issue; reduce load or inspect wiring.
- Cold plunge water too warm → Dirty filter or cooling problem; clean or inspect.
- Plunge water cloudy → Chemical imbalance or poor filtration; adjust chemicals and clean filter.

8. Warranty & Support

- Sauna Heater – Manufacturer warranty applies.
- Cold Plunge – Manufacturer warranty applies.
- Outdoor Shower – Manufacturer warranty applies.

Contact:

Irontown Modular Homes – Customer Care & Warranty Department

Phone: 801-798-9026

Email: warranty@irontownmodular.com

9. Resources

- Sauna Wood: Clean with pH-neutral soap (e.g., castile) or a vinegar/water solution. Avoid bleach and ammonia.
- Cold Plunge: Refer to product manual.
- Sauna Heater: Refer to product manual.
- Outdoor Shower: Refer to product manual.
- Overhead Fan: Refer to product manual.
- Water Heater: Refer to product manual.