

SWEATY YETI

OWNERS MANUAL



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1.1 INTRODUCTION

Thank you for choosing Sweaty Yeti.

This Owner's Manual has been developed to help you safely install, operate, and maintain your Sweaty Yeti while providing a clear understanding of the systems that make up your unit.

Every Sweaty Yeti is designed and manufactured to provide a premium outdoor wellness experience through durable modular construction and carefully selected equipment.

By following the recommendations and procedures outlined in this manual, you will help ensure safe operation, maximize equipment performance, and extend the service life of your Sweaty Yeti.

Please read this manual completely before operating the unit and retain it for future reference.

1.2 APPLICABLE CONFIGURATIONS

Configuration	Description
Sauna	Traditional 4–6 person sauna.
Sauna Plunge	4–6 person sauna with dedicated cold plunge room.
Sauna Max	Traditional 8–12 person sauna.
Sauna Fit	4–6 person sauna with dedicated wellness room.
Sauna Plus	6–8 person sauna with changing room.
Sauna Plus Barrel Plunge	6–8 person sauna with dedicated barrel cold plunge room.
Plunge Max	Dedicated cold plunge room designed to accommodate up to two cold plunge tubs.
Fit Studio	Dedicated wellness room designed for fitness, recovery, and wellness activities.

1.3 BEFORE YOU BEGIN

Before operating your Sweaty Yeti for the first time, verify that:

- ✓ The unit has been installed on a properly prepared, level foundation.
- ✓ Electrical service has been completed by a licensed electrician.
- ✓ Water service has been connected, if applicable.
- ✓ All shipping materials have been removed.
- ✓ Doors and vents operate correctly.
- ✓ All installed equipment has been inspected for shipping damage.
- ✓ The sauna heater is free of any packaging materials or obstructions, if applicable.
- ✓ This manual has been reviewed by anyone responsible for operating or maintaining the unit.

1.4 GENERAL SAFETY GUIDELINES

To reduce the risk of injury or equipment damage:

- Read and follow all instructions before operating the unit.
- Never modify structural, electrical, or plumbing components.
- Electrical work must be completed by a licensed electrician.
- Plumbing work should be completed by a qualified installer.
- Never cover or obstruct a sauna heater.
- Keep children under appropriate supervision while the unit is in use.
- Do not operate damaged equipment.
- Maintain clear access to electrical disconnects and utility connections.
- Follow all applicable local building, plumbing, electrical, and health regulations.

Additional safety information specific to individual systems is provided throughout this manual.

1.5 RECEIVING YOUR SWEATY YETI

Inspect the unit immediately upon delivery.

Before accepting the shipment:

- Inspect exterior siding and trim for damage.
- Verify windows and doors operate properly.
- Inspect roofing materials for visible damage.
- Verify factory-installed options match your order.
- Confirm accessories and documentation have been included.
- Inspect utility connection locations for shipping damage.

If damage is observed:

1. Photograph the affected area.
2. Record the damage on the delivery paperwork before signing.
3. Notify Sweaty Yeti or your authorized dealer as soon as possible.

Do not place the unit into service until any shipping damage has been properly documented and addressed.

1.6 MANUFACTURER DOCUMENTATION

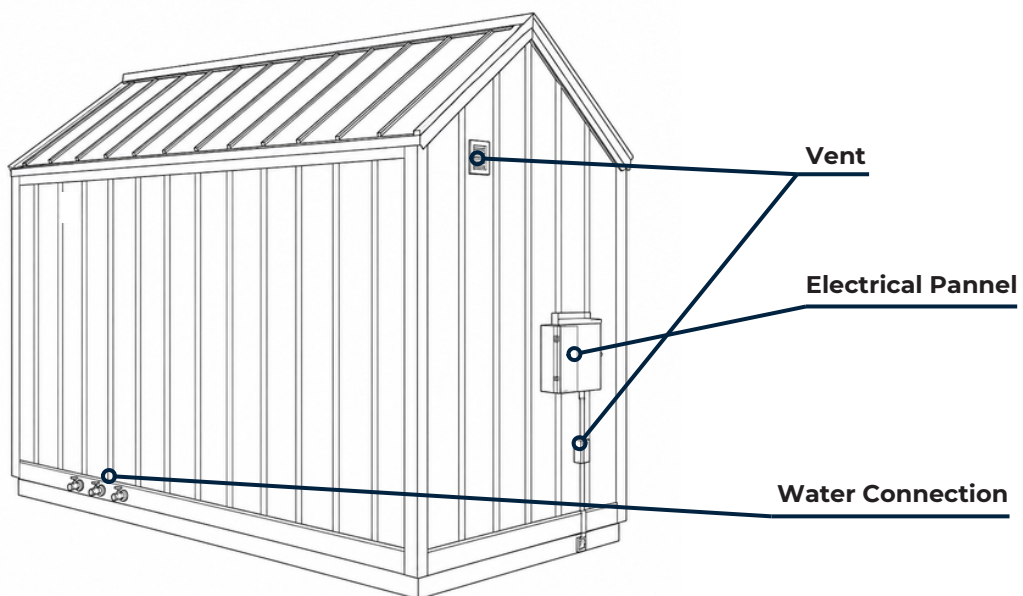
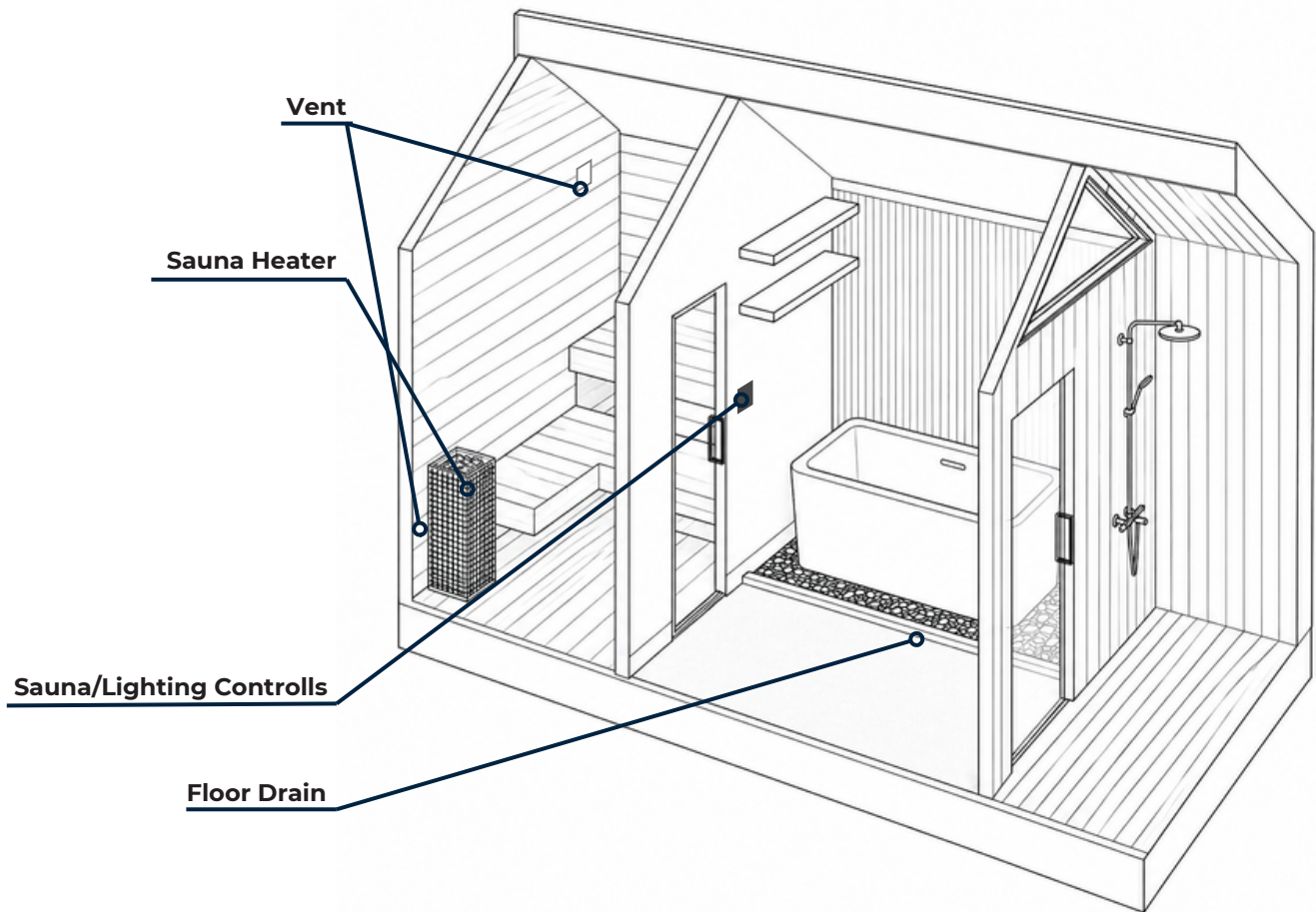
Your Sweaty Yeti incorporates equipment manufactured by industry-leading suppliers.

Depending on your configuration, your unit may include documentation for components included in your unit.

These manuals contain detailed information regarding the operation, programming, maintenance, and warranty of the individual components.

This Owner's Manual explains how those components function as part of your Sweaty Yeti. For advanced component-specific information, always refer to the documentation provided by the component manufacturer.

2.1 KNOW YOUR UNIT



2.2 IMPORTANT INFORMATION

Item	Record
Delivery Date	
Installer	
Electrician	
Plumber	
Heater Serial #	
Plunge Serial #	
HVAC Serial #	

3.1 UNDERSTANDING YOUR SYSTEMS

Your Sweaty Yeti is made up of several independent systems that work together to create a safe, comfortable, and reliable wellness environment.

Depending on your configuration, these systems may include:

- Sauna Heating System
- Cold Plunge System
- Electrical System
- Water System
- Ventilation System
- Lighting System
- Heating & Cooling System (if equipped)

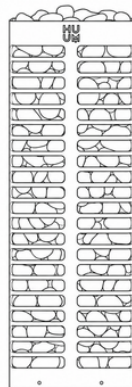
Understanding the purpose and operation of each system will help you safely operate and maintain your Sweaty Yeti.

3.2 SAUNA HEATING SYSTEM

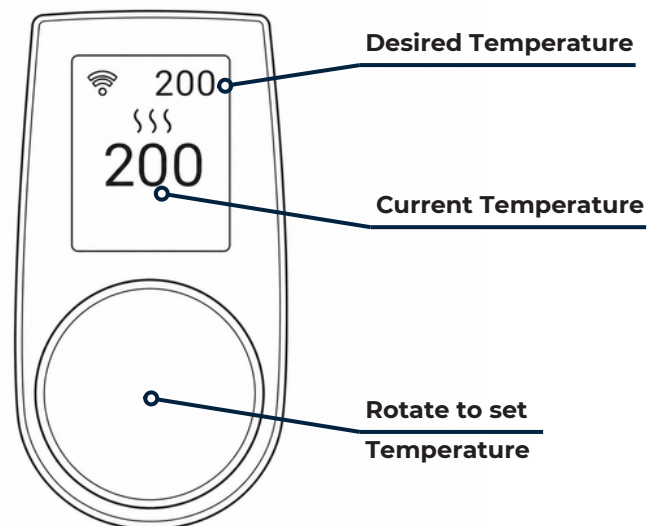
The sauna heating system is responsible for producing and maintaining the desired sauna temperature. Your Sweaty Yeti is equipped with a HUUM electric sauna heater and HUUM UKU digital controller. Together, these components provide precise temperature control while allowing traditional steam sauna operation.

Primary Components

- HUUM electric heater
- HUUM UKU controller
- Temperature sensor
- High-limit safety device



HUUM Electric Heater



HUUM UKU Controller

How It Works

When a heating cycle is started from the HUUM UKU controller, electrical heating elements inside the heater warm the surrounding sauna stones.

The stones gradually store heat and radiate it evenly throughout the sauna, creating a comfortable and consistent environment.

Water may be ladled onto the heated stones to produce steam and temporarily increase humidity.

Unlike infrared saunas, the primary heat source is the heated stone mass rather than radiant panels.

Normal Operation

The following conditions are considered normal:

- 30–45 minute heat-up time
- Heater cycling on and off to maintain temperature
- Occasional clicking sounds from electrical relays
- Steam produced when water is poured over the stones
- Slight odor during the first few heating cycles
- Minor settling of sauna stones over time

Do Not

- Operate the heater without stones.
- Cover the heater.
- Place towels or combustible materials on the heater.
- Pour oils or chemicals directly onto the stones.
- Block airflow around the heater.

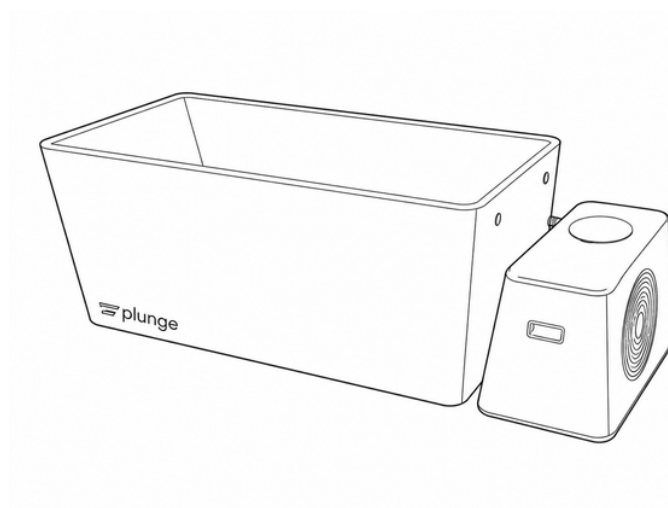
3.3 COLD PLUNGE SYSTEM

The cold plunge system circulates, filters, and cools the water to maintain the desired operating temperature.

The system is manufactured by Plunge and is designed for continuous circulation and reliable temperature control.

Primary Components

- Cold plunge tub
- Circulation pump
- Filter
- Chiller
- Water inlet
- Drain/fill valve



Normal Operation

The following conditions are normal:

- Continuous or periodic pump operation
- Compressor noise while cooling
- Water movement within the tub
- Cooling time varying with outdoor temperature
- Condensation on plumbing during humid weather

Refer to Manufacturer Documentation

The included Plunge Owner's Manual contains detailed information regarding:

- Water treatment
- App setup
- Temperature programming
- Filter replacement
- Advanced maintenance

3.4 WATER SYSTEM

The water system supplies water to the outdoor shower and, where applicable, the cold plunge. Depending on your installation, water may be supplied by:

- Standard hose bibs
- Permanent plumbing

Water Control Valves

Your Sweaty Yeti uses three manual water valves.

- **Shower Inlet Valve**

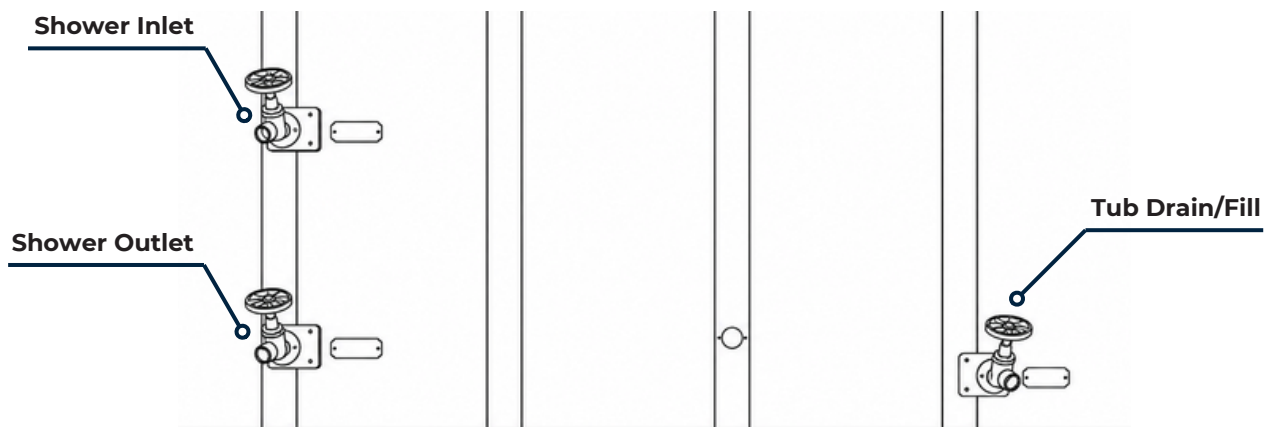
Supplies water to the outdoor shower.

- **Shower Outlet Valve**

Used to drain water from the shower plumbing during maintenance or winterization.

- **Tub Drain/Fill Valve**

Controls whether the cold plunge is in the fill/operate mode or drain mode.



Floor Drains

Configurations equipped with floor drains use them primarily for:

- Routine cleaning
- Moisture removal
- Occasional splashed water

The floors are not sloped toward the drains.

After cleaning or if standing water is present, use a floor squeegee to direct water toward the drains.

3.5 ELECTRICAL SYSTEM

The electrical system distributes power throughout the Sweaty Yeti.

Depending on your configuration, electrical equipment may include:

- Sauna heater
- Lighting
- Cold plunge
- Electric wall heater
- Mini split HVAC
- Receptacles

Electrical service must be installed by a licensed electrician in accordance with all applicable codes.

Electrical Panel

The electrical panel houses the branch circuits that supply power to the unit.

Only qualified personnel should remove electrical panel covers or perform electrical service.

3.6 VENTILATION SYSTEM

Proper airflow is essential for both comfort and long-term performance.

Sauna-equipped configurations include adjustable ventilation openings that:

- Introduce fresh air
- Help regulate humidity
- Improve user comfort
- Assist drying after use

For best performance:

- Keep vents unobstructed.
- Adjust ventilation gradually.
- Leave vents open after use while the unit dries.

3.7 LIGHTING SYSTEM

Depending on configuration, lighting may include:

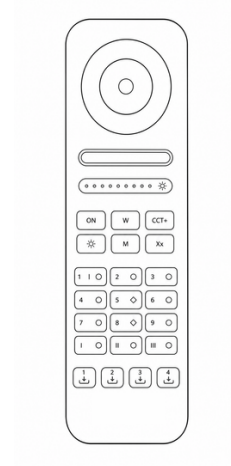
- Ceiling lighting
- Accent lighting
- Sauna LED lighting

Sauna accent lighting is controlled using the included handheld remote.

The remote allows adjustment of:

- Color
- Brightness
- Lighting modes

Replace the remote battery when operation becomes unreliable.



3.8 HEATING & COOLING SYSTEMS

Some configurations include supplemental climate control equipment such as:

- Mini split heat pumps
- Electric wall heaters

These systems are intended to improve occupant comfort and help protect the interior during colder weather.

Refer to the equipment manufacturer's documentation for operating instructions and maintenance requirements.

4.1 SITE REQUIREMENTS

Before delivery, ensure the installation site has been properly prepared.

Your site should provide:

- A stable, level foundation capable of supporting the weight of the unit.
- Adequate access for delivery equipment.
- Required utility connections within reach of the unit.
- Proper drainage around the installation area.
- Clearance for doors, windows, ventilation openings, and maintenance access.

Your dealer or installer can provide the minimum clearance requirements for your specific configuration.

NOTICE: Installing the unit on an uneven or unstable surface may affect door operation, drainage, and long-term structural performance.

4.2 RECEIVING YOUR SWEATY YETI

Once the unit has been placed in its final location, perform a complete inspection before connecting utilities.

Inspect the following:

- Exterior siding and trim
- Roofing materials
- Doors and windows
- Glass
- Interior finishes
- Sauna benches
- Cold plunge equipment (if equipped)
- Lighting fixtures
- Utility connection points

If any damage is discovered:

1. Photograph the affected area.
2. Notify your dealer or Sweaty Yeti immediately.
3. Do not attempt repairs before receiving guidance.

4.3 ELECTRICAL CONNECTION

All electrical work must be completed by a licensed electrician.

Your electrician should:

- Verify the required service voltage and amperage listed in the Model Supplement.
- Install the required disconnect, if applicable.
- Complete all electrical connections in accordance with local code.
- Verify proper operation of all electrical systems.

Once power has been connected:

- Verify interior lighting operates.
- Verify the sauna controller powers on.
- Verify any optional equipment receives power.
- Verify all receptacles function properly.

WARNING: Never remove electrical covers or perform electrical work unless power has been disconnected at the service panel.

Model	Standard	With Mini Split
Sauna	60 Amp	N/A
Sauna Plunge / Sauna Plus Barrel Plunge	70 Amp	80 Amp
Sauna Max	70 Amp	N/A
Sauna Fit / Sauna Plus	60 Amp	80 Amp
Fit Max	40 Amp	60 Amp

4.4 WATER CONNECTION

Configurations equipped with plumbing require a water supply before operation.

Water may be supplied by:

- A standard garden hose connected to the exterior inlet.
- A permanent plumbing connection installed by a qualified plumber.

After connecting water:

- Open the supply slowly.
- Inspect all visible plumbing connections for leaks.
- Verify the outdoor shower operates correctly.
- Verify the cold plunge fills properly, if equipped.

If leaks are found, shut off the water supply and correct the issue before operating the unit.

4.5 INITIAL EQUIPMENT INSPECTION

Before operating your Sweaty Yeti, verify that all major equipment is installed correctly and free of shipping damage.

Inspect:

Sauna Heater

- Heater is securely mounted.
- Stones are installed correctly.
- No packing materials remain.

Cold Plunge (if equipped)

- Water level is correct.
- Filter is installed.
- Plumbing connections are secure.

Ventilation

- Vents open and close freely.
- Air passages are unobstructed.

Lighting

- All fixtures operate correctly.
- Remote control functions properly, if equipped.

4.6 FIRST-TIME STARTUP

Once all utilities have been connected and inspections completed, perform an initial startup of each system.

Sauna

1. Turn on the HUUM controller.
2. Set a moderate temperature.
3. Allow the heater to complete one full heating cycle.
4. Inspect for unusual noises or odors.

A slight odor during the first heating cycle is normal as manufacturing residues burn off.

Cold Plunge (if equipped)

1. Fill the tub to the recommended water level.
2. Power on the unit.
3. Verify water circulation.
4. Confirm the chiller begins cooling.
5. Inspect for leaks.

Refer to the Plunge Owner's Manual for water treatment and startup procedures.

4.7 FINAL WALKTHROUGH

Before regular operation, complete the following checklist:

- ☐ Electrical service completed.
- ☐ Water service connected (if applicable).
- ☐ Plumbing inspected for leaks.
- ☐ Sauna heater tested.
- ☐ Cold plunge tested (if equipped).
- ☐ Lighting verified.
- ☐ Ventilation checked.
- ☐ Doors and windows operate properly.
- ☐ Documentation received and stored.
- ☐ Serial numbers recorded.

Once these items have been completed, your Sweaty Yeti is ready for normal operation.

5.1 OPERATING THE SAUNA

Starting the Sauna

1. Verify the heater is clear of all objects.
2. Turn on the HUUM UKU controller.
3. Select the desired temperature.
4. Allow the sauna to preheat before entering.

Heat-up time will vary depending on outdoor conditions but typically ranges from 30 to 45 minutes.

Creating Steam (Löyly)

Your HUUM heater is designed for traditional steam sauna use.

To create steam:

1. Use clean water only.
2. Slowly pour a small amount of water over the heated stones.
3. Allow the steam to disperse naturally.

Do not pour excessive amounts of water onto the heater at one time.

NOTICE: Never use salt water, chlorinated water, essential oils, or other additives directly on the sauna stones unless specifically approved by the heater manufacturer.

During Use

For the best sauna experience:

- Sit on a towel to protect the benches.
- Stay hydrated before, during, and after use.
- Enter and exit carefully, as benches and flooring may become warm.
- Follow recommended sauna session durations appropriate for your health and experience level.

Ending a Sauna Session

When finished:

1. Turn the heater off if another session is not planned.
2. Leave the door slightly open to assist with drying.
3. Leave the ventilation openings open.
4. Remove damp towels or accessories.

Allowing the sauna to dry after use helps preserve the wood interior and reduces moisture buildup.

5.2 OPERATING THE COLD PLUNGE

Before each use:

- Verify the water level is correct.
- Confirm the filtration system is operating normally.
- Check that the desired water temperature has been reached.

Enter the cold plunge carefully using the provided step or platform, if equipped.

Avoid jumping or diving into the tub.

After use:

- Exit carefully, as surrounding surfaces may be wet.
- Replace the cover, if equipped, to help maintain water temperature and cleanliness.

Water treatment, filtration schedules, and temperature programming are covered in the Plunge Owner's Manual.

5.3 USING THE OUTDOOR SHOWER

The outdoor shower is intended for rinsing before or after sauna and cold plunge use.

To operate:

1. Open the shower inlet valve.
2. Turn on the shower using the fixture controls.
3. Adjust the water temperature if applicable.
4. When finished, turn the shower off completely.

In freezing climates, follow the winterization procedures described in Chapter 6 before temperatures fall below freezing.

5.4 LIGHTING

Lighting controls vary depending on the installed equipment.

Your Sweaty Yeti may include:

- Interior lighting
- Sauna accent lighting
- Exterior lighting

LED accent lighting may be adjusted using the supplied remote control.

Available functions may include:

- Brightness adjustment
- Color selection
- Preset lighting modes

Replace the remote battery if responsiveness decreases.

5.5 HEATING & COOLING

Configurations equipped with supplemental climate control should be operated according to the manufacturer's recommendations.

Typical operation includes:

- Setting the desired room temperature.
- Allowing the system to cycle automatically.
- Keeping return air openings unobstructed.

Refer to the manufacturer's documentation for detailed operating instructions.

5.6 VENTILATION DURING USE

Proper ventilation contributes to occupant comfort and supports the performance of the sauna heater.

For best results:

- Keep ventilation openings unobstructed.
- Adjust vents gradually to achieve comfortable airflow.
- Leave vents open after use to assist drying.

Avoid blocking vents with towels, benches, or stored items.

5.7 AFTER EACH USE

Sauna

- Remove towels and personal items.
- Leave the door slightly open.
- Leave ventilation openings open.
- Allow benches and flooring to dry naturally.

Cold Plunge

- Replace the insulated cover, if equipped.
- Verify circulation has resumed.
- Remove any visible debris from the water.

Entire Unit

- Wipe up excessive standing water.
- Use a floor squeegee to direct water toward the floor drains if necessary.
- Turn off lights that are no longer needed.
- Secure the building when leaving.

5.8 RECOMMENDED OPERATING PRACTICES

Do

- Keep the unit clean and dry.
- Shower before using the cold plunge.
- Use clean water on sauna stones.
- Maintain proper ventilation.
- Follow the recommended maintenance schedule.
- Inspect the unit regularly.

Do Not

- Operate damaged equipment.
- Store combustible materials near the sauna heater.
- Block ventilation openings.
- Use abrasive cleaning products on finished surfaces.
- Leave standing water on floors for extended periods.
- Modify factory-installed systems without authorization.

6.1 MAINTENANCE SCHEDULE

The following schedule outlines the recommended maintenance intervals for the major systems within your Sweaty Yeti.

Task	After Each Use	Weekly	Monthly	Seasonally
Wipe benches and seating	✓			
Remove standing water	✓			
Leave doors and vents open to dry	✓			
Empty trash and remove towels	✓			
Sweep or vacuum floors		✓		
Clean floor drains		✓		
Inspect sauna stones			✓	
Inspect seals and weatherstripping			✓	
Inspect exterior siding and roof				✓
Winterize plumbing (if				✓
Deep clean interior surfaces				✓

6.2 CARING FOR THE WOOD INTERIOR

The wood interior of your Sweaty Yeti is designed to age naturally over time.

To keep it looking its best:

- Wipe benches with a damp microfiber cloth after use as needed.
- Use mild soap and warm water for routine cleaning.
- Allow all wood surfaces to dry completely after cleaning.
- Sand lightly if minor stains or discoloration develop.
- Clean spills promptly to prevent staining.

Do not apply paint, stain, polyurethane, or other surface finishes to the sauna interior unless specifically recommended by Sweaty Yeti.

NOTICE: Natural color changes in the wood are expected and are not considered defects.

6.3 FLOOR CARE

Your Sweaty Yeti is equipped with durable flooring designed for wet environments.

To maintain the flooring:

- Sweep or vacuum regularly.
- Clean using a mild, non-abrasive cleaner.
- Avoid harsh chemicals or abrasive scrub pads.
- Rinse away soap residue if necessary.
- Inspect drains regularly.
- Use a floor squeegee to direct standing water toward the drains, as the floor is not sloped.

6.4 CARING FOR THE SAUNA HEATER

The sauna heater requires very little routine maintenance.

Monthly:

- Inspect the heater for dust or debris.
- Verify air circulation around the heater remains unobstructed.
- Check that the stone basket has not shifted.

Periodically:

- Inspect the sauna stones.
- Replace cracked or heavily deteriorated stones.
- Restack stones if excessive settling has occurred.

Never operate the heater without stones installed.

Refer to the HUUM Owner's Manual for detailed maintenance procedures.

6.5 COLD PLUNGE MAINTENANCE

Routine maintenance of the cold plunge is essential for water quality and equipment performance.

Regular tasks may include:

- Monitoring water clarity.
- Checking water level.
- Cleaning or replacing filters.
- Maintaining appropriate water chemistry.
- Inspecting plumbing connections.

Detailed maintenance schedules, water treatment procedures, and filter replacement instructions are provided in the Plunge Owner's Manual.

6.6 VENTILATION & MOISTURE MANAGEMENT

Proper moisture management helps preserve the interior finishes and reduce the potential for mold or mildew.

After each use:

- Leave the sauna door partially open.
- Open ventilation openings.
- Remove damp towels and personal items.
- Allow interior surfaces to dry naturally.

If standing water is present:

- Use a floor squeegee to move water toward the floor drains.
- Wipe excess moisture from benches and other horizontal surfaces.

6.7 EXTERIOR CARE

Inspect the exterior of your Sweaty Yeti several times each year.

Check for:

- Loose trim
- Damaged siding
- Roofing damage
- Sealant deterioration
- Dirty windows
- Debris accumulation around the foundation

Wash exterior surfaces with mild soap and water as needed.

Avoid pressure washing at close range, as excessive pressure may damage finishes or force water into joints.

6.8 WINTERIZATION

If your Sweaty Yeti will be exposed to freezing temperatures without continuous heat or year-round use, the plumbing system must be winterized to prevent freeze damage.

Step 1 – Shut Off the Water Supply

Turn off the incoming water supply to the unit.

Step 2 – Drain the Shower Plumbing

Open the shower outlet valve to allow water to drain from the shower plumbing.

Leave the valve open until all water has drained.

Step 3 – Drain the Cold Plunge (If Equipped)

Open the tub drain/fill valve and drain the cold plunge according to the manufacturer's recommendations.

Refer to the Plunge Owner's Manual for any additional winterization procedures required for the chiller or filtration equipment.

Step 4 – Verify All Plumbing Has Drained

Inspect visible plumbing to ensure water has been removed from all exposed piping.

Step 5 – Leave Valves in the Recommended Position

Follow the winter storage recommendations provided in your Model Supplement or by Sweaty Yeti Customer Support.

WARNING: Water left in plumbing during freezing conditions may cause significant damage that is not covered under warranty.

6.9 LONG-TERM STORAGE

If your Sweaty Yeti will remain unused for an extended period:

- Clean all interior surfaces thoroughly.
- Remove towels and accessories.
- Turn off electrical equipment as appropriate.
- Winterize plumbing if freezing temperatures are possible.
- Leave the interior clean and dry.
- Store documentation in a safe location.

Inspect the unit before returning it to service.

6.10 MAINTENANCE LOG

Keeping a maintenance record can help identify recurring issues and simplify future service or warranty requests.

7.1 TROUBLESHOOTING & SUPPORT

This chapter provides guidance for identifying and resolving common issues that may occur during normal ownership of your Sweaty Yeti.

Many operational concerns can be resolved through a simple inspection or adjustment. Before requesting service, review the troubleshooting information in this chapter and confirm that all recommended maintenance procedures have been completed.

If an issue persists after completing the suggested corrective actions, contact Sweaty Yeti Customer Support or your authorized dealer for assistance.

WARNING: Never perform electrical or plumbing repairs beyond your level of training or experience. If you are unsure how to safely diagnose or correct an issue, contact a qualified service professional.

7.2 SAUNA TROUBLESHOOTING

Problem	Possible Cause	Recommended Action
Sauna heater will not turn on	No electrical power	Verify the breaker is on and the unit has power.
	Controller not programmed or activated	Review the HUUM controller manual.
	Safety device has tripped	Contact an authorized service technician.
Sauna is heating slowly	Low temperature setting	Increase the target temperature.
	Door left open	Close the door during preheating.
	Ventilation fully open	Adjust vents as needed.
Sauna does not get hot enough	Stones improperly stacked	Inspect and restack stones if necessary.
	Heater not operating correctly	Verify the heater is cycling normally.
	Temperature sensor issue	Refer to the HUUM manual or contact support.
Steam is weak	Stones not fully heated	Allow additional preheat time.
	Too much water poured at once	Add smaller amounts of water gradually.

7.3 COLD PLUNGE TROUBLESHOOTING

Problem	Possible Cause	Recommended Action
Water isn't cooling	Cooling cycle not complete	Allow additional time for the system to reach the set
	Dirty filter	Clean or replace the filter.
	High ambient temperature	Longer cooling times are normal during hot weather.
Water appears cloudy	Filter requires maintenance	Clean or replace the filter.
	Water chemistry out of balance	Follow the Plunge maintenance recommendations.
Pump not running	Unit powered off	Verify electrical power.
	System fault	Refer to the Plunge Owner's Manual.
Water leaking	Loose plumbing connection	Inspect visible fittings.
	Equipment issue	Turn off the water supply and contact support if necessary.

7.4 PLUMBING TROUBLESHOOTING

Problem	Possible Cause	Recommended Action
Outdoor shower has low water pressure	Supply valve partially closed	Fully open the inlet valve.
	Restricted water supply	Verify adequate incoming water pressure.
Water continues dripping after use	Fixture not fully closed	Confirm the shower controls are completely off.
Water leak near valves	Loose fitting	Inspect visible plumbing connections. If leaking persists, contact a qualified plumber.

7.5 ELECTRICAL TROUBLESHOOTING

Problem	Possible Cause	Recommended Action
No power to the unit	Tripped breaker	Reset the breaker once. If it trips again, discontinue use and contact a qualified electrician.
Lights not working	Switch off	Verify the light switch is on.
	Burned-out fixture or component	Contact Sweaty Yeti if replacement is required.
Remote won't control LED lights	Dead battery	Replace the remote battery.
	Remote out of range	Move closer to the receiver and try again.

7.6 MOISTURE & VENTILATION

Problem	Possible Cause	Recommended Action
Excess condensation	Doors closed immediately after use	Leave doors open for drying.
Persistent dampness	Poor ventilation	Verify vents are open and unobstructed.
Standing water on the floor	Water not directed to drain	Use a floor squeegee after use or cleaning.
Musty odor	Interior not drying completely	Increase ventilation and clean affected surfaces.

7.7 NORMAL CONDITIONS

The following conditions are considered normal and do not indicate a product defect:

- Slight odor during the first few sauna heating cycles.
- Heater cycling on and off while maintaining temperature.
- Minor expansion and contraction sounds from wood during temperature changes.
- Natural color variation or aging of wood surfaces.
- Small gaps or movement in wood components caused by seasonal humidity changes.
- Condensation on cold plumbing or cold plunge equipment.
- Slight settling of sauna stones over time.
- Longer sauna heat-up or cold plunge cooling times during extreme outdoor temperatures.

Understanding these normal characteristics can help distinguish expected operation from conditions that require service.

7.8 WHEN TO STOP USING THE UNIT

Discontinue use immediately if you observe any of the following:

- Smoke or the smell of burning electrical components.
- Repeated breaker trips.
- Water leaking from electrical equipment.
- Visible damage to electrical wiring.
- Structural damage affecting safe operation.
- Cracked or damaged sauna heater.
- Significant water leaks that cannot be stopped.
- Any condition that presents a safety hazard.

Turn off electrical power and shut off the water supply, if applicable, until the issue has been inspected and corrected.

7.9 REQUESTING SERVICE

If assistance is required, gather the following information before contacting Sweaty Yeti Customer Support:

- Configuration name
- Date of purchase
- Description of the issue
- When the issue first occurred
- Photos or videos of the problem, if applicable
- Any troubleshooting steps already completed

Providing complete information helps us diagnose the issue more quickly and recommend the appropriate solution.

7.10 REPLACEMENT PARTS

To ensure safe operation and maintain warranty coverage, use only approved replacement parts when servicing your Sweaty Yeti.

When ordering parts, have the following information available:

- Serial number
- Configuration
- Component manufacturer (HUUM, Plunge, etc.)
- Model number
- Part description

Some components may be covered directly by the original equipment manufacturer. Refer to the applicable manufacturer documentation for additional warranty and replacement part information.

7.11 CUSTOMER SUPPORT

If the troubleshooting steps in this chapter do not resolve the issue, contact Sweaty Yeti Customer Support.

Sweaty Yeti

Email: Hello@SweatyYetiSauna.com

8.1 WARRANTY INFORMATION

Every Sweaty Yeti is built with quality materials and components designed for long-term reliability. Warranty coverage may include both the Sweaty Yeti structure and individual manufacturer-supplied components. Your warranty packet contains complete coverage details, terms, limitations, and claim procedures. Manufacturer Warranties. Refer to the individual manufacturer's warranty documentation for complete coverage information.

NOTICE: Modifying or servicing factory-installed equipment outside of the manufacturer's recommendations may void applicable warranties.

8.2 RECOMMENDED OPERATING GUIDELINES

The following general recommendations may help maximize comfort during normal use.

Activity	General Recommendation
Sauna Session	10–20 minutes (adjust based on comfort and experience)
Cool Down	Allow adequate time before re-entering the sauna.
Cold Plunge	Follow your healthcare provider's recommendations and personal tolerance.
Hydration	Drink water before and after sauna or cold plunge sessions.

These are general wellness guidelines only and are not intended as medical advice. Individuals with underlying medical conditions should consult a qualified healthcare provider before using a sauna or cold plunge.

8.7 FREQUENTLY ASKED QUESTIONS

Can my Sweaty Yeti stay outside year-round?

Yes. Sweaty Yeti units are designed for permanent outdoor installation when properly installed and maintained.

Do I need to leave the sauna door open after use?

Yes. Leaving the door partially open and allowing the interior to dry helps reduce moisture buildup and preserve the wood interior.

Why doesn't all the water run directly to the floor drain?

The floor drains are designed to remove standing water, but the floor is not sloped toward them. After cleaning or heavy use, use a floor squeegee to direct water toward the drain.

Can I leave the cold plunge running continuously?

Yes. Plunge systems are designed for continuous operation and will automatically cycle as needed to maintain the selected water temperature. Follow the manufacturer's recommendations for maintenance, filtration, and water treatment.

What should I do if the power goes out?

If power is interrupted, all electrical equipment will shut down safely. Once power is restored, verify that the sauna heater, cold plunge, lighting, and any climate control equipment are operating normally before resuming use. If a breaker trips repeatedly, discontinue use and contact a qualified electrician or Sweaty Yeti Customer Support.

Can I leave the cold plunge running continuously?

Follow the operating recommendations provided by the cold plunge manufacturer for your specific equipment.

Why does the wood change color over time?

Wood naturally responds to heat, moisture, and ultraviolet exposure. Slight color variation and aging are normal.

Can I use essential oils?

Essential oils should not be poured directly onto the sauna stones unless specifically approved by the heater manufacturer. If using aromatherapy products, always follow the manufacturer's recommendations.

How often should I replace the cold plunge water?

Water replacement frequency depends on usage and water chemistry. Regular filtration and proper water treatment can significantly extend the life of the water. Refer to the Plunge Owner's Manual for recommended maintenance intervals and water quality guidelines.

Why does my sauna heater make clicking sounds?

Occasional clicking is normal. The sound is typically produced by electrical relays switching the heating elements on and off as the controller maintains the selected temperature.

8.8 ADDITIONAL MANUALS

Installed Component	Resource Type	Access
HUUM STEEL Heater and UKU Controller	Manufacturer PDF manual	
Plunge Evolve Standard Chiller	Online manual and setup guide	