X-VCAK STANDARD SAUNA BOX

Portable Steam Sauna

User Manual & Safety Guide



Model: X-VCAK-STD-001

Manual Version: 2.0

Date: January 2026

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1. IMPORTANT SAFETY INFORMATION

■■ WARNING: Read all safety information before using this product. Failure to follow these instructions may result in serious injury, electric shock, or fire.

Read Before First Use

Keep this manual for future reference. If you transfer ownership of this product, ensure this manual accompanies it. These instructions contain important safety and operating information.

General Safety Warnings

- **Electric Shock Hazard:** Always plug the steamer into a properly grounded 3-prong outlet. Never use with an extension cord or adapter. Keep the steamer unit away from water sources.

- **Burn Hazard:** Steam reaches temperatures up to 140°F (60°C). Do not touch steam outlet during operation. Allow steamer to cool for 10 minutes before handling after use.

- **Suffocation Risk:** Never fully enclose your head inside the tent. Always keep your head outside through the neck opening. Never allow children under 18 to use without adult supervision.

- **Fire Hazard:** Do not place the steamer unit on carpets, bedding, or flammable surfaces. Keep at least 12 inches clearance around the steamer during operation.

- **Electrical Safety:** Never operate the steamer with a damaged cord or plug. Do not modify the plug or remove the ground pin. Unplug after each use.

- **Water Safety:** Only use clean tap or distilled water. Never add oils, herbs, or chemicals directly to the steamer tank (use aromatherapy accessories only).

Medical Contraindications

■■ CONSULT YOUR DOCTOR BEFORE USE IF YOU HAVE:

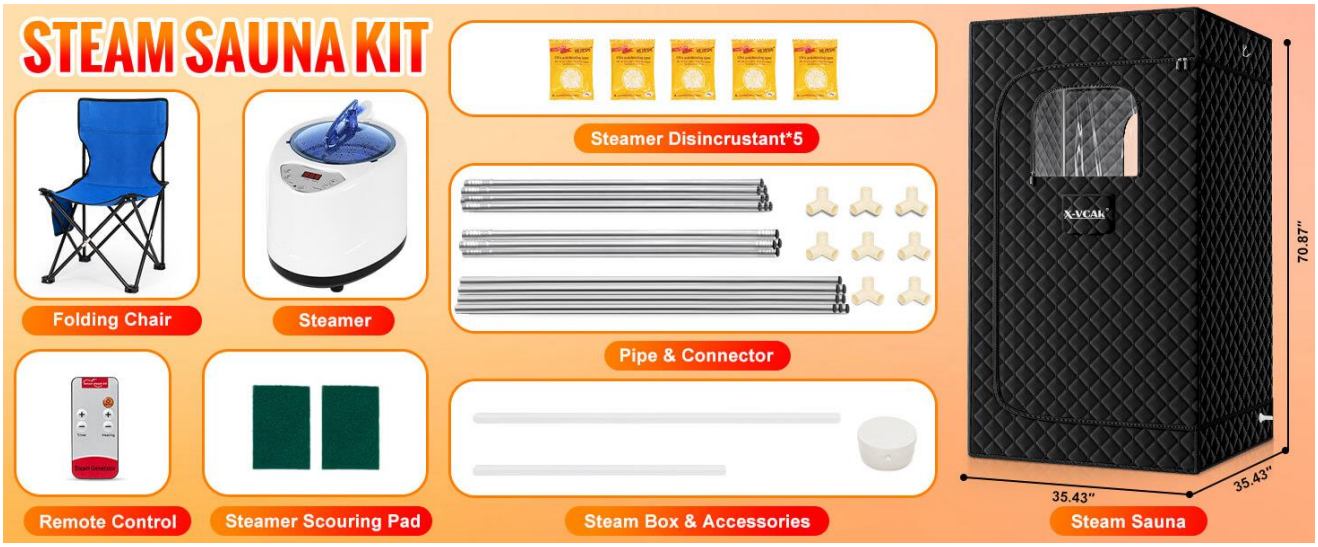
- Cardiovascular disease or heart conditions
- High or low blood pressure
- Pregnancy or nursing
- Diabetes or circulation disorders
- Recent surgery or open wounds
- Respiratory conditions (asthma, emphysema)
- Seizure disorders or epilepsy
- Are taking medications that affect sweating or heart rate
- Have implanted medical devices (pacemakers, etc.)

Usage Restrictions

- **Do not use if:** Under the influence of alcohol, medications causing drowsiness, or recreational drugs
- **Do not use when:** Extremely tired, dehydrated, or ill
- **Do not exceed:** 45 minutes per session or more than one session per day initially
- **Exit immediately if:** You feel dizzy, nauseous, weak, or experience chest pain or difficulty breathing

2. PACKAGE CONTENTS

Carefully unpack all components and verify contents before assembly. Contact customer support immediately if any items are missing or damaged.



Qty	Item	Description
1	Steam Sauna Tent	Waterproof fabric enclosure with 5-layer insulation Dimensions: 70.87" H x 35.43" W x 35.43" D
1	Frame Assembly	Aluminum poles (8 pieces) with connectors Quick-snap assembly system
1	Folding Chair	Waterproof seat with back support Weight capacity: 265 lbs (120 kg)
1	Steam Generator	1000W high-power steamer unit Capacity: 2.6L water tank

1	Remote Control	Wireless controller for temperature/timer Battery included (CR2032)
1	Steam Tube Set	Flexible hose with connectors Length: 4 feet (1.2m)
1	Steam Distribution Box	Interior steam dispersal unit
1	Floor Mat	Protective bottom insulation pad
5	Descaling Packets	Steamer maintenance supplies
1	Cleaning Pad	Scouring pad for steamer maintenance

■ NOTE: Save all packaging materials until you've confirmed the unit operates correctly. Original packaging is required for warranty returns.

3. PRODUCT SPECIFICATIONS

PHYSICAL DIMENSIONS	
Assembled Size	70.87" H x 35.43" W x 35.43" D (180cm x 90cm x 90cm)
Folded Size	35" x 12" x 8" (89cm x 30cm x 20cm)
Weight (Complete Kit)	18 lbs (8.2 kg)
Tent Weight Only	6 lbs (2.7 kg)

STEAMER SPECIFICATIONS	
Model	X-VCAK-STEAM-1000
Power Rating	1000W
Voltage	120V AC, 60Hz (North America)
Water Tank Capacity	2.6 Liters (0.69 gallons)
Operating Time per Tank	35-45 minutes continuous
Heat-up Time	10-15 minutes to full temperature
Temperature Range	86°F - 140°F (30°C - 60°C)
Temperature Levels	9 adjustable settings

Timer Range	1-99 minutes
Cord Length	6 feet (1.8m)

TENT SPECIFICATIONS	
Material - Outer Layer	Waterproof polyester satin fabric
Material - Insulation	
Frame Material	Lightweight aluminum alloy
Maximum User Height	6'3" (190cm) seated comfortably
Maximum User Weight	265 lbs (120 kg) - chair capacity

SAFETY CERTIFICATIONS	
Electrical Safety	ETL Listed, UL Certified
Product Safety	CE Certified
RoHS Compliant	

ENVIRONMENTAL CONDITIONS	
Operating Temperature	50°F - 95°F (10°C - 35°C) ambient
Storage Temperature	
Humidity Range	10% - 90% non-condensing (storage)

4. ASSEMBLY INSTRUCTIONS

First-time assembly takes approximately 10-15 minutes. After initial setup, you'll be able to assemble/disassemble in under 10 minutes.

Before You Begin

■ Clear a flat area approximately 4' x 4' for assembly

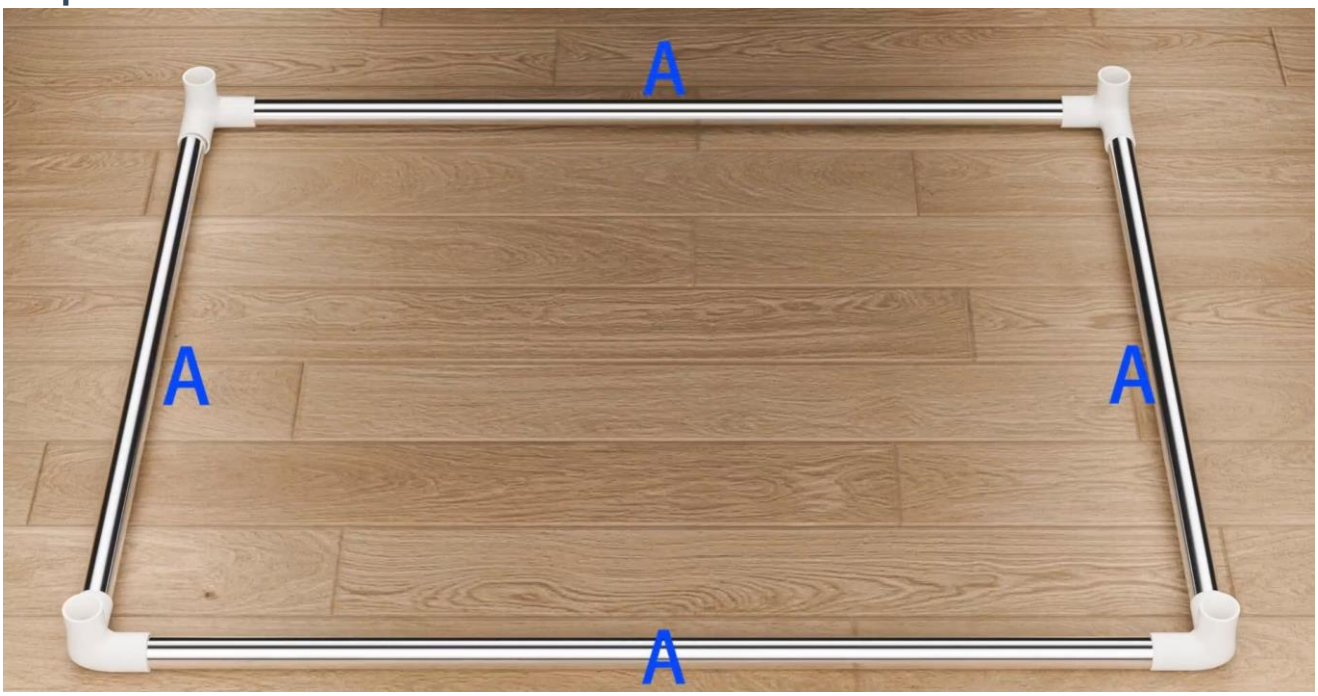
■ Ensure adequate ventilation in the room

■ Verify all package contents are present

■ Remove all packaging materials from components

■ Place the steamer unit on a stable, heat-resistant surface at least 12 inches from walls

Step 1: Assemble the Frame Base



1.1 Identify the four base poles (marked with 'A' stickers or colored bands)

1.2 Connect the poles using the quick-snap connectors - you'll hear an audible 'click' when properly seated

1.3 Form a square base frame approximately 35" x 35"

1.4 Ensure all connections are secure by gently tugging each joint

Step 2: Install Vertical Poles



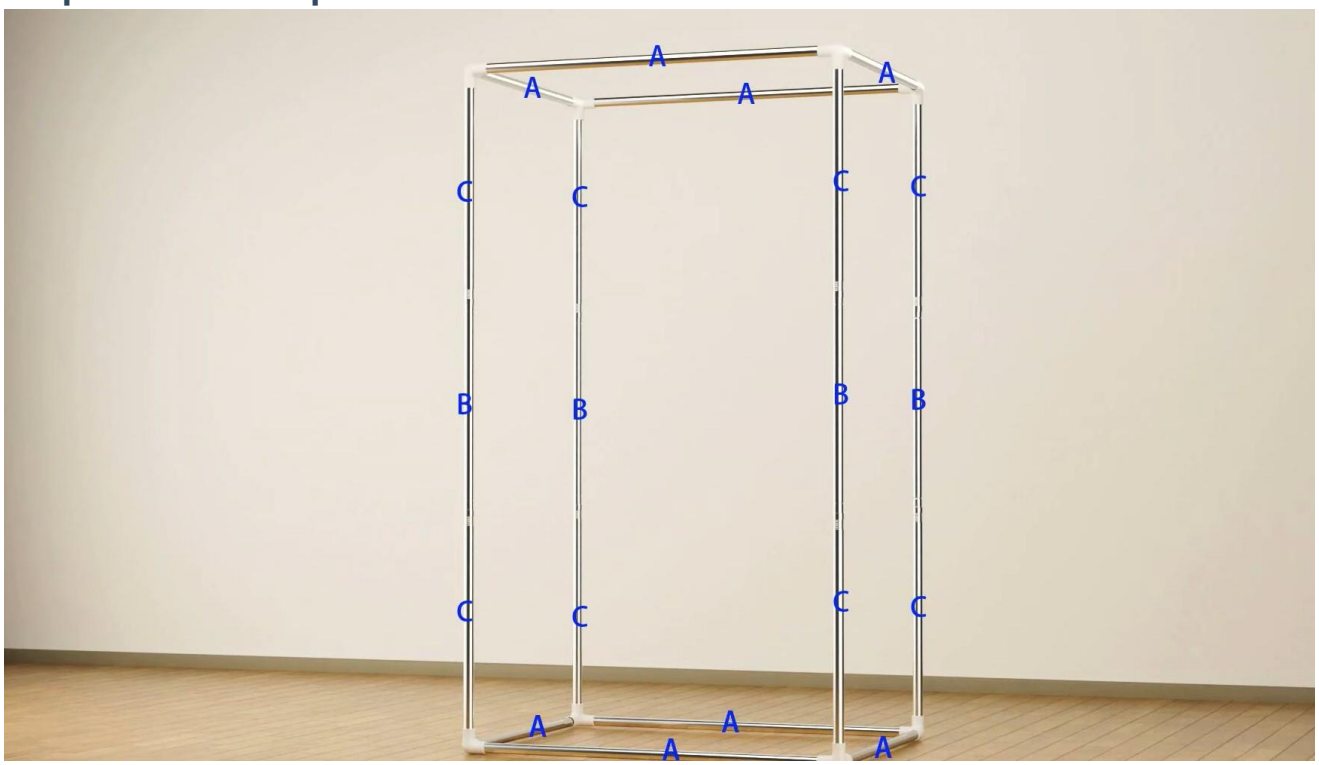
2.1 Locate the four vertical poles (marked with 'C' and ‘V’ stickers)

2.2 Insert each vertical pole into the corner connectors of the base frame

2.3 Push firmly until you hear the click - poles should be perpendicular to the floor

2.4 Stand back and verify the frame is level and all poles are vertical

Step 3: Attach Top Frame



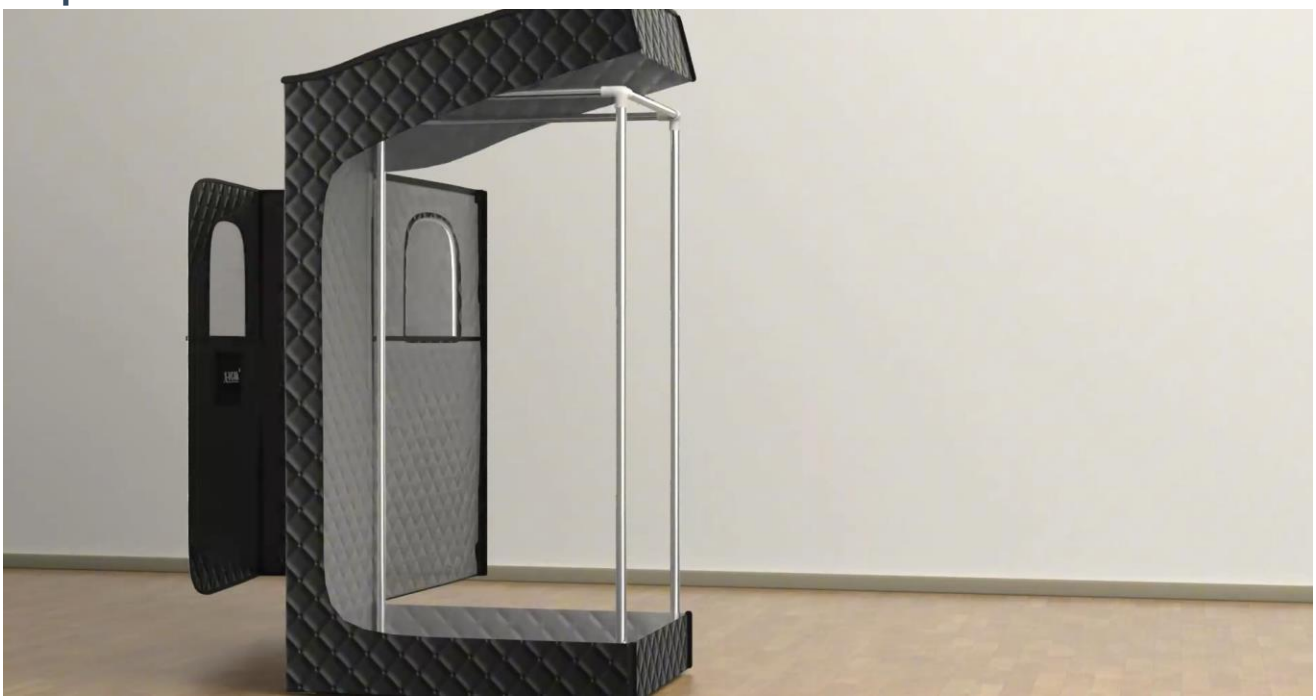
3.1 Connect the four top poles (marked with 'A' stickers) to form the upper square frame

3.2 Attach the assembled top frame to the vertical poles

3.3 Ensure all four corners click securely into place

3.4 The frame should now be a stable cube structure - test stability by gently shaking

Step 4: Install the Tent Fabric



4.1 Locate the tent fabric - identify the top (has circular neck opening) and bottom

4.2 Drape the fabric over the assembled frame, ensuring the neck opening is at the top

4.3 Pull the fabric down evenly on all sides until it reaches the base

4.4 Locate the main entry zipper (should be facing forward) - ensure it's fully zipped closed

4.5 Adjust fabric to remove any major wrinkles or uneven sections

■ TIP: The tent fabric has Velcro straps at the corners - use these to secure the fabric to the frame poles for a tighter fit.

Step 5: Place Interior Components



5.1 Unzip the main entry door fully

5.2 Place the insulated floor mat inside, centered on the bottom

5.3 Unfold the chair and position it in the center of the tent, on top of the floor mat

5.4 Locate the steam distribution box (small square unit) and position it in the lower rear corner inside the tent

Step 6: Connect the Steam System





6.1 Place the steamer unit OUTSIDE the tent, on a stable, heat-resistant surface

6.2 Locate the tent's steam port (circular opening at bottom rear - usually has a Velcro closure)

6.3 Connect one end of the flexible steam tube to the steamer unit's outlet (twist to lock)

6.4 Thread the other end through the tent's steam port

6.5 Connect this end to the steam distribution box inside the tent (twist to lock)

6.6 Secure the steam port opening around the tube using the Velcro flap to minimize heat loss

■■ WARNING: Never place the steamer unit INSIDE the tent. It must remain outside for safety and proper operation.

Step 7: Final Setup Verification

■ Frame is stable and all joints are clicked securely

■ Tent fabric is evenly draped with no major bunching

■ Floor mat and chair are positioned inside

■ Steam distribution box is in the rear corner

■ Steam tube is connected from external steamer to internal distribution box

■ Steam port is sealed around the tube

■ Main zipper door closes fully

■ Steamer unit is on a stable, heat-resistant surface with 12+ inch clearance

■ Power cord reaches outlet without tension or tripping hazard

■ Assembly complete! Proceed to Operating Instructions for first use.

5. OPERATING INSTRUCTIONS

First-Time Setup

Before your first session, run the steamer for 5 minutes outside the tent to burn off any manufacturing residue. This is normal and ensures a clean experience.

Preparing for a Session

- **Hydrate:** Drink 16-20 oz of water 30 minutes before your session
- **Gather supplies:** Towel, water bottle, phone/entertainment (optional)
- **Clothing:** Wear minimal clothing or use provided disposable wraps for hygiene
- **Timing:** Plan for 20-30 minutes of steam time plus 10-15 minutes for heat-up

Operating the Steamer





Step 1: Fill Water Tank

• Unscrew the water tank cap on top of the steamer unit

• Fill with clean tap or distilled water - do not exceed the MAX line (2.6L)

• Securely replace and tighten the cap

Step 2: Power On

• Plug the steamer into a grounded 3-prong outlet

• Press the POWER button - the display will illuminate showing '0' for temperature level

Step 3: Set Temperature Level

• Press the UP arrow (▲) to increase temperature level (1-9)

• Press the DOWN arrow (▼) to decrease

• Recommended starting level: 4-5 for beginners, 6-7 for experienced users

Level	Approx Temp	Best For
1-3	86-100°F	Gentle warmth, extended sessions (30-45 min), beginners
4-6	100-120°F	Standard sessions (20-30 min), most users
7-9	120-140°F	Intense sessions (15-20 min), experienced users only

Step 4: Set Timer

• Press the TIMER button to enter timer mode

• Use UP/DOWN arrows to set minutes (1-99 minutes)

• Recommended: 20-30 minutes for standard sessions

• The unit will automatically shut off when timer reaches zero

Step 5: Start Steam Generation

• Press START button to begin heating

• The steamer will take 10-15 minutes to reach full temperature

• You'll hear the water beginning to boil inside the unit

• Steam will start flowing through the tube into the tent

Using the Remote Control

The wireless remote allows you to adjust settings without leaving the tent:

• **POWER:** Turn steamer on/off

• **TEMP +/-:** Adjust temperature level (1-9)

• **TIMER +/-:** Adjust session duration

• **START/STOP:** Begin or pause steam generation

■ TIP: Keep the remote in the interior pocket of the tent for easy access during your session.

During Your Session

• Enter the tent once steam is visibly flowing (after 10-15 minutes)

• Sit on the chair with your head outside through the neck opening

• Zip the main door closed (use internal zipper pull)

• Adjust the neck opening to fit comfortably - it should be snug but not tight

• Place your arms inside the tent or use the arm openings (if your model has them)

• Relax and breathe normally - your head is outside in fresh air

■■ IMPORTANT: If you feel lightheaded, nauseous, or uncomfortable at any time, immediately exit the tent and sit in fresh air. This is normal initially - your body needs to adapt to heat therapy.

Ending Your Session

• When the timer ends, the steamer automatically shuts off

• Or press STOP on the remote to end early

• Unzip the main door and carefully exit the tent

• Towel off excess moisture from your body

• Drink 16-20 oz of water immediately

• Sit or rest for 5-10 minutes to allow body temperature to normalize

• Unplug the steamer and allow it to cool for 10 minutes before moving

6. USAGE GUIDELINES

Recommended Usage Frequency

Experience Level	Sessions Per Week	Duration	Temperature Level
Beginner (First 2 weeks)	2-3 sessions	15-20 minutes	Level 3-4
Intermediate (Weeks 3-4)	3-4 sessions	20-30 minutes	Level 4-6
Regular User (1+ months)	4-5 sessions	25-40 minutes	Level 5-8
Advanced User (3+ months)	5-7 sessions	30-45 minutes	Level 6-9

■ NOTE: These are general guidelines. Listen to your body and adjust based on your personal tolerance and health status.

Best Practices

• **Hydration Protocol:** Drink water before (16-20oz), during (sip as needed), and after (16-20oz minimum) each session

• **Timing:** Avoid sessions immediately after large meals (wait 1-2 hours). Evening sessions may improve sleep quality

• **Progression:** Start with lower temperatures and shorter durations. Increase gradually over weeks, not days

• **Cooling Down:** Allow 5-10 minutes post-session for body temperature to normalize before showering

• **Skin Care:** Shower after sessions to remove sweat and toxins from skin. Moisturize well afterward

• **Clothing:** Wear minimal, breathable clothing or use disposable wraps. Avoid synthetic fabrics that trap heat

• **Aromatherapy:** Add 2-3 drops of essential oil to the steam distribution box (not directly in steamer tank) for enhanced relaxation

What NOT to Do

■ Don't use if you've consumed alcohol or recreational drugs

■ Don't exceed 45 minutes per session

■ Don't use more than once per day when starting out

■ Don't fall asleep during sessions

■ Don't bring electronic devices (phones, tablets) inside - moisture will damage them

■ Don't add anything other than water to the steamer tank

■ Don't ignore warning signs (dizziness, nausea, chest pain) - exit immediately

■ Don't use if you're dehydrated, ill, or extremely fatigued

Expected Benefits Timeline

Results vary by individual, but here's what users typically report:

Timeframe	Commonly Reported Benefits
Immediate (Same Session	• Muscle relaxation • Stress reduction • Temporary pain relief • Feeling of deep cleansing
1 Week (3-4 sessions)	• Improved sleep quality • Reduced post-workout soreness • Increased energy levels • Skin feels softer
2-3 Weeks	• Noticeably clearer skin • More consistent sleep patterns • Better stress management • Reduced inflammation

1-2 Months	• Improved circulation • Chronic pain reduction • Enhanced cardiovascular function • Habits firmly established
3+ Months	• Sustained wellness benefits • Cardiovascular conditioning • Long-term stress resilience • Overall health optimization

■■ DISCLAIMER: These benefits are based on user reports and general research on heat therapy. Individual results will vary. This product is not intended to diagnose, treat, cure, or prevent any disease. Consult your doctor before beginning any new wellness routine.

7. MAINTENANCE & CLEANING

Regular maintenance ensures optimal performance and extends the life of your sauna. Follow this schedule for best results:

After Each Use

- **Steamer Unit:** Unplug and allow to cool for 10 minutes. Empty any remaining water from the tank to prevent mineral buildup and bacterial growth
- **Tent Interior:** Leave main door open for 15-20 minutes to air out and dry. Wipe down any excessive moisture with a clean towel
- **Chair & Floor Mat:** Wipe with a damp cloth if sweaty. Allow to air dry before folding
- **Steam Tube:** Disconnect and drain any condensation. Hang to dry

Weekly Maintenance

- **Deep Clean Tent:** Wipe interior surfaces with mild soap solution (1 tsp dish soap per cup of water). Rinse with clean damp cloth. Air dry completely
- **Frame Inspection:** Check all pole connections - ensure they're secure and undamaged. Wipe frame poles with dry cloth
- **Steam System Check:** Inspect steam tube for cracks or damage. Check connections for tight seal

Monthly Maintenance

Descaling the Steamer (CRITICAL)

Mineral deposits from water will reduce steamer efficiency and can cause damage if not removed regularly.

1. Mix one descaling packet with 2.6L of water (or use 1 cup white vinegar with 2L water)
2. Pour solution into steamer tank
3. Plug in steamer and set to Level 5, timer for 20 minutes

4. Run without tent connected - let steam vent into open air in well-ventilated area
5. After cycle completes, unplug and let cool for 15 minutes
6. Empty descaling solution completely
7. Rinse tank 3 times with clean water
8. Fill with fresh water and run one cycle (10 minutes, Level 5) to flush system
9. Empty and dry tank thoroughly

■ TIP: Descale more frequently (every 2 weeks) if you have hard water. You'll notice reduced steam output when descaling is needed.

Quarterly Maintenance

- **Deep Clean:** Wash tent fabric with mild detergent (hand wash only - do not machine wash). Air dry completely before next use
- **Frame Lubrication:** Apply small amount of silicone spray to pole connectors if they become stiff
- **Chair Inspection:** Check chair frame for stability. Tighten any loose screws
- **Remote Battery:** Replace CR2032 battery in remote control
- **Overall Inspection:** Check for any wear, tears, or damage to all components

Storage Instructions

If storing the unit for extended periods (more than 2 weeks without use):

- Complete full cleaning and descaling process
- Ensure all components are completely dry
- Disassemble frame
- Fold tent fabric carefully to avoid creases
- Store in original box or dry storage bag
- Store in cool, dry location away from direct sunlight
- Temperature: -4°F to 140°F (-20°C to 60°C)

• Do not store in damp areas (basements, garages without climate control)

Cleaning Products to Avoid

■ Bleach or chlorine-based cleaners (damages fabric)

■ Abrasive scrubbers or steel wool (scratches surfaces)

■ Harsh chemical solvents (weakens waterproof coating)

■ Fabric softeners (reduces water resistance)

■ High-heat drying (shrinks fabric, damages coating)

8. TROUBLESHOOTING

Common issues and solutions. If problem persists after trying these steps, contact customer support.

Problem: Steamer Not Producing Steam

Check power: Ensure unit is plugged in and outlet has power. Try different outlet

Water level: Tank must have water above MIN line. Refill if needed

Temperature setting: Verify temperature level is set (1-9). Press START button

Auto-shutoff: Unit shuts off when water is depleted. Refill tank and restart

Mineral buildup: Perform descaling procedure if steam output is weak

Wait time: Full steam production takes 10-15 minutes. Be patient

Problem: Tent Not Getting Hot Enough

Temperature level: Increase to higher level (6-8). Takes 5 minutes to notice difference

Door/openings: Ensure main door is fully zipped. Check steam port is sealed around tube

Ambient temperature: Room temp below 60°F will reduce efficiency. Use in warmer room

Steam tube: Check for disconnections or kinks. Ensure tight connection at both ends

Tent damage: Inspect for tears or holes allowing heat to escape

Distribution box: Verify steam box inside tent is properly positioned and not blocked

Problem: Remote Control Not Working

Battery: Replace CR2032 battery. Ensure correct polarity (+/- orientation)

Distance: Remote range is 15 feet max. Move closer to steamer unit

Line of sight: Point remote directly at steamer's receiver (front of unit)

Interference: Other electronics can interfere. Turn off nearby devices

Pairing: Press and hold POWER button for 5 seconds to re-sync remote

Problem: Water Leaking from Steamer

Tank cap: Ensure water tank cap is screwed on tightly

Overfilling: Do not fill above MAX line. Remove excess water

Tube connection: Check steam tube connection is twisted tight. Replace O-ring if damaged

Tipped unit: Steamer must sit level. Place on stable, flat surface

Damaged seal: If persistent, gasket may need replacement. Contact support

Problem: Strange Smell or Taste in Steam

New unit smell: Normal for first 1-2 uses. Run unit empty for 10 minutes to burn off

Dirty water: Use only clean tap or distilled water. Empty old water before refilling

Mildew/mold: Clean and descale steamer. Always empty tank after use

Essential oils: Never add oils directly to steamer tank. Use distribution box only

Chemical contamination: If you added anything besides water to tank, flush system 3-4 times

Problem: Tent Won't Stay Assembled

Pole connections: Push poles together firmly until you hear 'click'. Test each joint

Wrong poles: Verify you're using correct poles in correct positions (marked B, V, T)

Damaged connectors: Inspect plastic connectors for cracks. Replace if broken

Cross-threaded: Don't force connections. Align properly before pushing together

Bent poles: Straighten or replace bent poles. Do not use damaged frame

Problem: Excessive Condensation/Moisture

Normal operation: Some condensation is expected. Wipe down with towel after use

Ventilation: Leave main door open 15-20 minutes after session to air out

Temperature too high: Lower temperature level. Excessive steam creates more moisture **Session too long:** Shorten sessions to 20-30 minutes max initially

Floor protection: Place waterproof mat under entire unit if using on carpet

Error Codes

If steamer display shows an error code:

Code	Meaning	Solution
E1	Water level too low	Refill water tank above MIN line
E2	Overheat protection triggered	Unplug, let cool 30 min, check for blockages
E3	Sensor malfunction	Unplug for 1 minute, restart. If persists, contact support
E4	Timer error	Reset unit by unplugging. Re-enter timer settings

■■ If you experience electrical issues, sparking, burning smell, or smoke - IMMEDIATELY unplug the unit and contact customer support. Do not attempt to use.