

Nova

Indoor Traditional Sauna

3-Person & 6-Person



OWNER'S MANUAL

Sun Home Saunas · sunhomesaunas.com · 1-844-728-6200

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01 GET STARTED

Welcome to Your Nova Sauna

Congratulations. You are now the owner of a Sun Home Nova indoor traditional sauna. This manual will help you get started, stay safe, and enjoy every session to the fullest.

The Nova is a true traditional sauna. It heats sauna stones to create deep, enveloping heat, and you control the humidity yourself by ladling water over the stones to produce löyly, the burst of soft steam that defines the authentic sauna experience. Unlike infrared, the Nova warms the air and the stones around you rather than projecting light directly at your body.

Regular traditional sauna use can support several aspects of wellness:

- Deep, radiant heat that relaxes muscles and supports recovery after activity.
- A cleansing, full-body sweat that many users find calming and restorative.
- Adjustable humidity through löyly, so you can tailor each session from dry and gentle to hot and steamy.

Your experience is your own. Listen to your body, hydrate well, and enjoy the journey.

TIP

Start with short sessions of 8 to 12 minutes at a moderate temperature. As you grow accustomed to traditional heat, gradually increase your session length, temperature, and the amount of water you add to the stones.

02 SAFETY

Safety Warnings

The Nova is a traditional sauna that uses a high-power electric heater and heated stones. Read this entire manual before first use.

DANGER — READ BEFORE USE

Health Risks: Use of the sauna may cause overheating, dehydration, and cardiovascular distress. Individuals with heart disease, blood pressure problems, or other medical conditions should consult a physician before using the sauna.

Hot Surfaces: The heater, the stones, and the heater guard rail become extremely hot during and after use and will cause severe burns on contact. Never touch the heater or stones while the sauna is powered or still warm. Keep all body parts, clothing, and objects away from the heater.

Temperature Sensitivity: Prolonged exposure to high heat may cause burns or heat-related injuries. Monitor your body and stop use if you feel dizzy, lightheaded, or unwell.

Dehydration: Sweating can cause dehydration or electrolyte imbalance. Drink plenty of fluids before, during, and after use.

Medical Devices: Individuals with pacemakers, insulin pumps, or other implanted electronic devices should consult their physician before use. High heat may interfere with such devices.

Electricity is dangerous: To prevent accidents or death, read all warnings and this entire manual before using the sauna.

WARNING

Impaired Judgment: Do not use the sauna under the influence of alcohol, drugs, or any substance that may impair judgment or physical coordination.

Do not use the sauna if you are: under age 18, pregnant, diagnosed with heart disease or high blood pressure, diabetic (especially with neuropathy or retinal damage), wearing a pacemaker, recovering from surgery, living with an open wound, or living with epilepsy. Consult your doctor if you have any other health concerns.

Never pour anything but water on the stones: Do not pour scented oils, alcohol, or any flammable liquid directly onto the heater or stones. Use only water, or water with a sauna-safe essential oil added to the water in the ladle bucket.

Children & Vulnerable Adults: Keep children and vulnerable adults away from the sauna. Exercise extreme caution due to the risk of overheating and burns from the heater.

Electrical Safety

- Ensure the sauna and heater are correctly installed by a licensed electrician according to the Sun Home Nova Assembly Guide and the HUUM heater and UKU controller instructions. Improper assembly may cause malfunction, fire, or injury.
- The Nova heater requires a dedicated, properly grounded 240V circuit. See the Specifications section for the exact circuit rating for your model.
- Never touch the control panel or heater with wet hands. Dry your hands first.
- Do not bring phones, tablets, or other electronics into the sauna. Battery heat is a fire hazard.
- Never leave the sauna heating and unattended.
- If the sauna stops working or fails to turn on, switch off power at the circuit breaker and do not use it. Contact Sun Home support.

NOTE

The heater and UKU control system include built-in overheating protection. If the cabin reaches roughly 266°F (130°C), the system shuts the heater off automatically and displays a temperature sensor error. If this happens, allow the sauna to cool, then contact Sun Home support before using it again.

03 SETUP

Installation & Setup

The Nova is an indoor traditional sauna. It must be installed indoors, in a dry, ventilated space, by qualified installers. All electrical work must be performed by a licensed electrician.

Before You Install

- Install the Nova indoors only. It is not rated for outdoor use.
- Choose a location that is level, dry, and away from standing water. Avoid narrow, humid, or unventilated spaces.
- Traditional saunas need airflow. Your sauna is equipped with a passive air intake under the heater on the right wall and an exhaust fan on the left wall. At least 1' is needed on the

right side of the sauna for the passive air intake. The fan will be blowing out moist warm air. At least 2' should be provided on the left side of the sauna if it is installed next to a sheet rock wall. Installation in an area that can accommodate moisture is highly recommended.

- See the Sun Home Nova Installation Guide for specific installation steps.

Electrical Requirements

- The Nova heater requires a dedicated 240V circuit installed by a licensed electrician. The 3-person model uses a 30A circuit; the 6-person model uses a 40A circuit.
- The control device is wired permanently into the circuit. It does not use a standard plug.
- Improper voltage is a fire hazard and will void the warranty. Only use the voltage and circuit published in the Huum Drop Manual.

IMPORTANT — ELECTRICAL

The Nova runs on 240V and requires a dedicated circuit sized for your model: 30A for the 3-person Nova and 40A for the 6-person Nova. This is a hardwired connection, not a household plug. Do not attempt to power the Nova from a standard 120V outlet. Do not rely on web searches or AI to confirm electrical specifications. Using the wrong voltage or an undersized circuit is a fire hazard, may cause irreversible damage, and will void your warranty. Consult the Huum Drop manual for proper installation and electrical specifications

04 SPECIFICATIONS

Nova 3 & Nova 6 Specifications

SPECIFICATION	NOVA 3-PERSON	NOVA 6-PERSON
Exterior Dimensions	64.9"W × 57.1"D × 82.7"H	78.7"W × 68.9"D × 82.7"H
Capacity	3 persons	6 persons
Heater	HUUM Drop, 6 kW	HUUM Drop, 7.5 kW
Controller	HUUM UKU	HUUM UKU
Max Temperature	Up to ~230°F	Up to ~230°F
Voltage	240V	240V
Circuit	Dedicated 30A	Dedicated 40A
Connectivity	HUUM UKU app (2.4 GHz WiFi)	HUUM UKU app (2.4 GHz WiFi)

Heat-up time varies with room temperature, ventilation, and how full the room is. Allow time for the stones to reach full temperature before adding water for löyly.

05 COMPONENTS

Your Nova Components

Your Nova includes the following key components, each designed for a specific purpose.

COMPONENT	LOCATION	WHAT IT DOES
HUUM Drop heater	Wall mounted inside the cabin	Heats the sauna stones to produce traditional radiant heat.
Sauna stones	Loaded into the heater cage	Store and radiate heat; vaporize water into löyly when ladled.
UKU control panel	Wall-mounted outside the cabin	Sets temperature, heating time, and timer; starts and stops heating.
UKU main module	Mounted in the ceiling panel	Houses the control electronics and WiFi; links to the HUUM app.
Temperature sensor	On the ceiling panel, per HUUM placement	Reports cabin temperature and provides overheating protection.

06 THE UKU CONTROL PANEL

The UKU Control Panel

The Nova is operated by the HUUM UKU control system. The UKU uses a single rotary dial with a display rather than a multi-button keypad. The current cabin temperature shows in the center of the screen, and your target temperature shows in the upper corner.

1

Set Temperature

Wake the UKU and set your desired temperature.

1. Wake the UKU
Press the dial once to wake the controller up.

2. Set the temperature
Rotate the dial to select your desired temperature.

Temperature range:
104–230 °F

EXAMPLE

Press to wake

Adjust

Set

TIP: Turn the dial clockwise to increase temperature and counterclockwise to decrease.

2 Start Heating

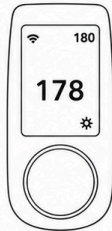
Press the dial once to start heating.

When heating is active, the heating icon will appear.



Note: If the target temperature is lower than the current temperature, heating will not start.

EXAMPLE



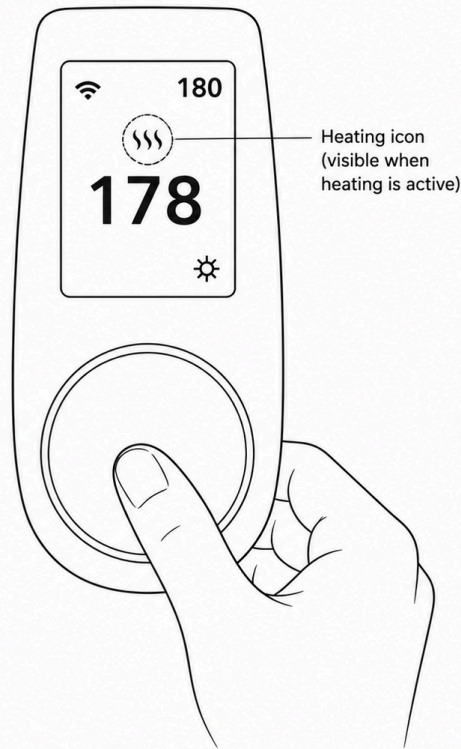
Set temperature



Press dial once to start heating



TIP: You can stop heating at any time by pressing the dial once.



3 Set Session Time

Press and hold the dial to open the timer.

Turn the dial to choose how long the sauna should heat.

Press the dial once to confirm your selection.

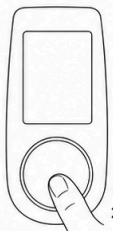


Options: 3 hr / 6 hr / 12 hr / 18 hr

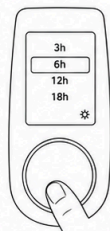
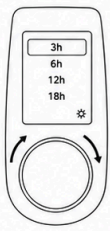


TIP: For most home saunas, use 3 hr or 6 hr.

EXAMPLE



2 sec



1 Hold dial

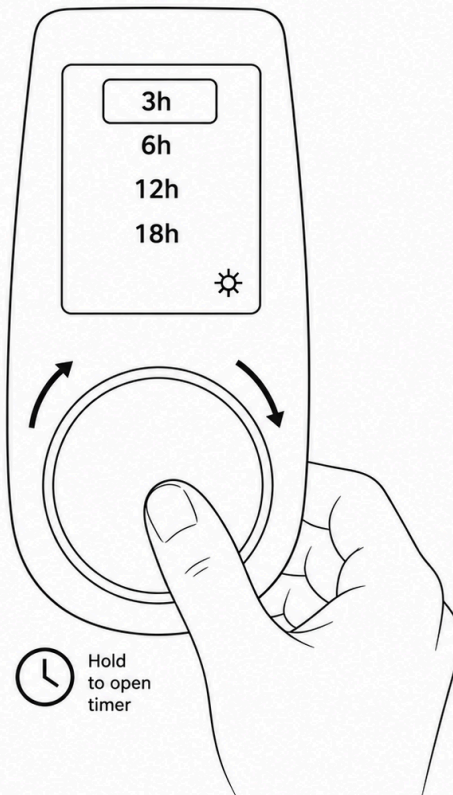
Press and hold the dial to open the timer.

2 Turn to select time

Rotate the dial to choose your desired heating time.

3 Press to confirm

Press the dial once to confirm your selection.

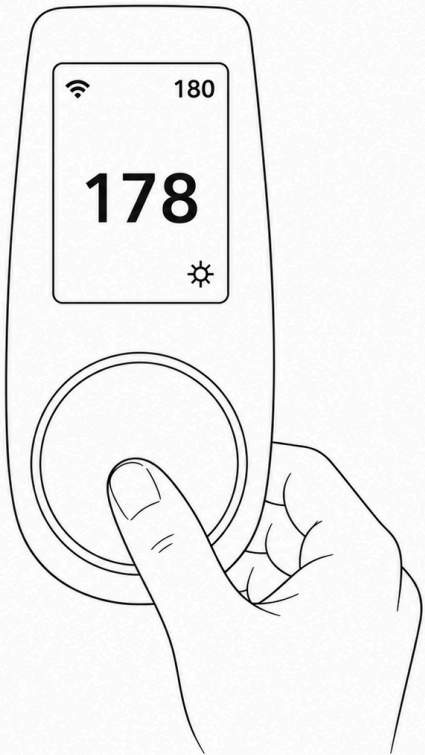
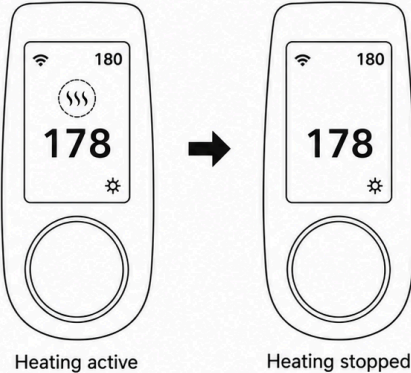


4 Stop Heating

Press the dial once to stop heating.

When heating is stopped, the heating icon disappears.

EXAMPLE



5 Open Settings

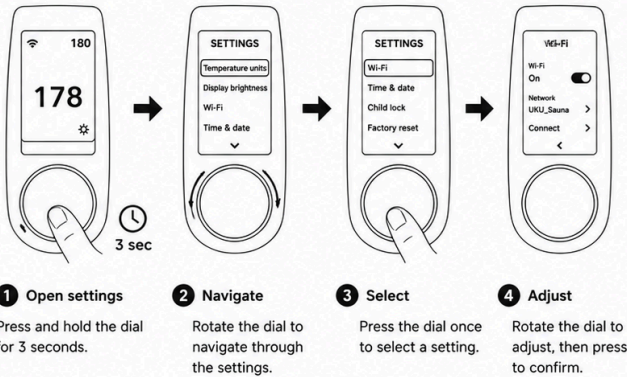
Press and hold the dial for 3 seconds to open the settings menu.

Turn the dial to navigate through settings.

Press the dial once to select a setting.

Note: Consult the UKU manual for a full list of settings and descriptions.

EXAMPLE



NOTE

The default maximum heating time for a sauna is set in the UKU menu (selectable among preset durations). When the preset time elapses, the control system shuts the heater off automatically, even if you are still inside. Restart heating from the panel if you wish to continue.

07 HOW TO USE

How to Use Your Sauna

Unlike an infrared sauna, a traditional sauna should be pre-heated before you get in. The heater needs time to bring the stones and the cabin air up to temperature.

Before Your Session

- Drink 8 to 16 oz of water before getting in.
- Remove jewelry and avoid lotions or oils on your skin.
- Bring a towel to sit on and another to absorb sweat.
- Wear minimal, loose clothing, or wrap yourself in a towel.
- Fill a sauna bucket with clean water and place the ladle within reach if you plan to make löyly.

Starting the Nova

1. On the UKU panel, turn the dial to set your target temperature. A comfortable starting range for most users is 150 to 175°F.
2. Press the dial button to begin heating. The heating icon appears and the heater elements begin to warm the stones.
3. Allow the sauna to pre-heat. The cabin and stones need time to reach your set temperature before you enter.
4. Confirm the cabin door is fully closed. The door sensor will pause heating if the door is open.

TIP

Want the sauna ready before you get home? Use the HUUM app to start heating remotely, or set a delayed start on the panel timer. See the App section.

During Your Session

- If you are new to traditional saunas, start lower and shorter. Build up time and temperature across sessions as you grow comfortable.
- To create löyly, ladle a small amount of water over the stones. Start with a little; the steam raises the perceived heat quickly. Never pour large volumes at once.
- Sip water if you feel thirsty and stay hydrated throughout.
- Exit immediately if you feel dizzy, lightheaded, or unwell.
- Keep sessions reasonable. Typical sessions run 10 to 20 minutes; cool down and rehydrate between rounds.

- Never touch the heater or stones. They cause severe burns.

After Your Session

- Press the dial button to stop heating, or let the timer end the session.
- Leave the door open so the cabin can air out and dry.
- Wipe down the benches and floor with a towel or lightly damp cloth.
- Let your body cool down slowly and drink water or an electrolyte beverage.
- Switch off power at the breaker when the sauna is not in use, if your installation provides a local disconnect.

08 HEATING, STONES & LÖYLY

Heating, Stones & Löyly (Steam)

The heart of the Nova is the HUUM Drop heater and its bed of sauna stones. The stones store heat and release it slowly, giving traditional sauna its deep, even warmth. When you ladle water over the hot stones, it flashes into löyly, a soft burst of steam that briefly raises the humidity and the heat you feel on your skin.

Loading and Caring for the Stones

- Stones should be arranged loosely so air can circulate between them. Do not pack them tightly, and do not let them block the heating elements.
- Over time, stones can crack and break down from repeated heating. Inspect them periodically and replace any that have crumbled, typically once a year with regular use.
- Never run the heater without stones in place.

Making Löyly Safely

- Use only clean water, or water with a few drops of sauna-safe essential oil mixed into the bucket. Never pour oil or scent directly onto the stones.
- Ladle a small amount at a time. A little water produces a lot of steam.
- Keep your hands and face back when you pour, since the steam rises fast and hot.
- Do not overfill the room with steam. Traditional sauna humidity should build gently.

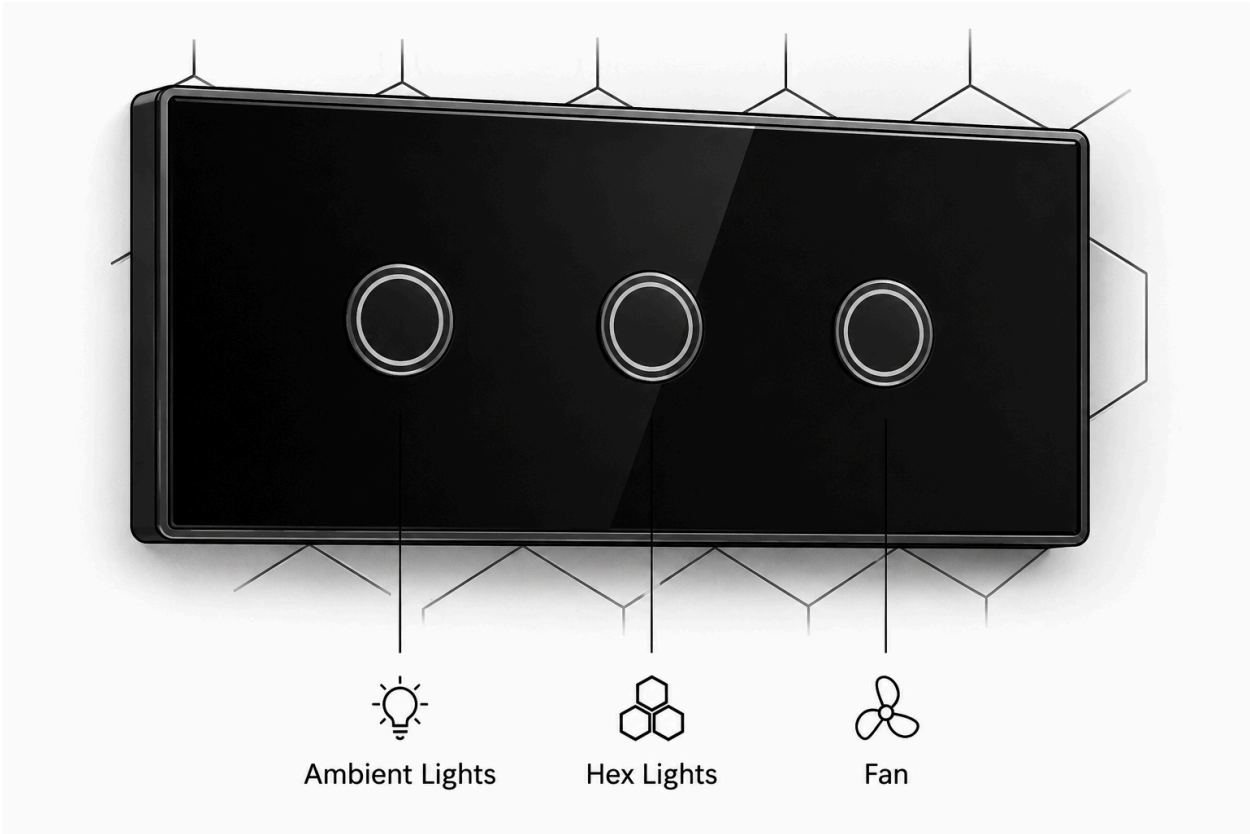
NOTE

The heater will cycle on and off to hold your set temperature. This is normal and protects the heating elements. Set your temperature and let the controller manage the rest.

09 LIGHTING & FAN

Lighting & Fan Controls

The Nova has a three-button control panel mounted on the back wall of the cabin. These buttons are separate from the UKU controller, which handles heating. Each button toggles one feature on or off.



BUTTON	WHAT IT CONTROLS
Ambient Lights	Turns the ambient color LED lighting on or off.
Hex Tile Lights	Turns the warm hex tile accent lighting on or off.
Fan	Turns the cabin ventilation fan on or off.

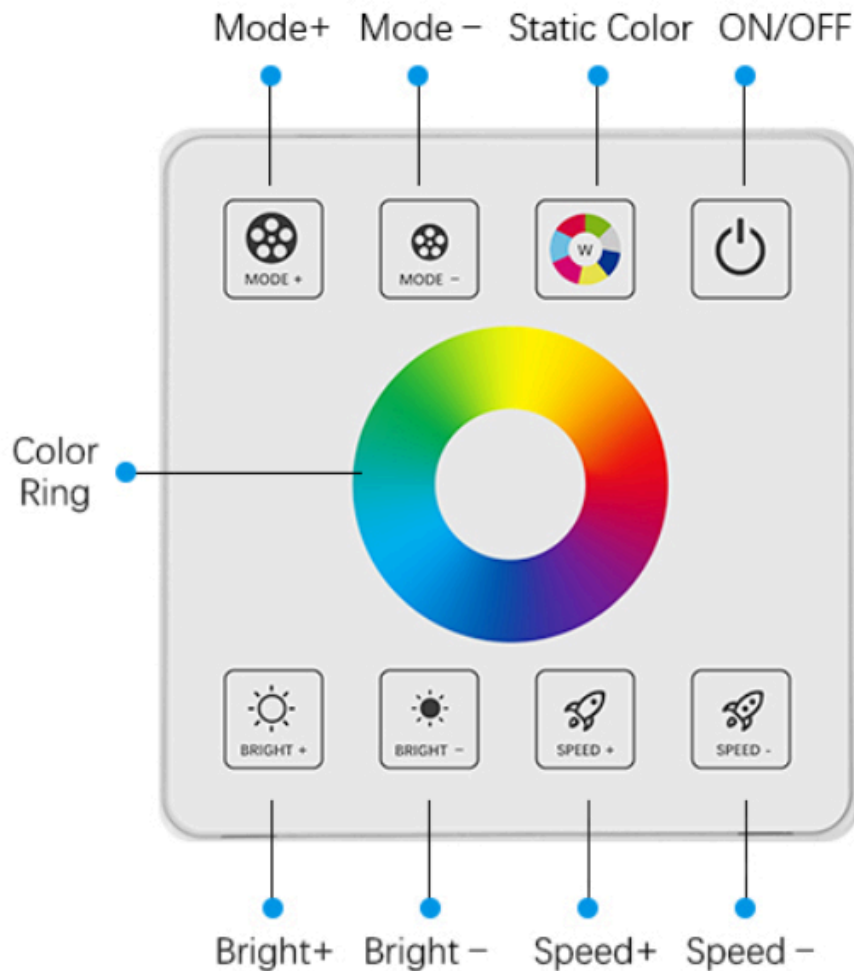
Fan

Press the Fan button to switch the ventilation fan on or off. The fan helps circulate air and manage humidity in the cabin during and after your session.

Hex Tile Lights

Press the Hex Tile Lights button to turn the warm accent lighting behind the hex tile feature wall on or off. This is a simple on/off warm light that highlights the cabin’s feature wall.

Ambient RGB Lights



Press the Ambient RGB Lights button on the wall panel to turn the color lighting on or off. Color selection and lighting modes are set on the separate RGB remote that ships with your Nova, not on the wall panel. Use the remote to choose your color and effect, then the wall button to switch the lights on and off during use.

The remote can adjust the brightness and color of the ambient lights. It also can choose between one of three color changing modes (Gradient, Jump, & Flash) and adjust the speed of the effect.

NOTE

The warm hex tile lighting and the ambient RGB lighting are independent. You can run either, both, or neither during a session. The RGB remote controls colors and modes; the three wall buttons only switch each feature on and off.

10 APP CONNECTION

Huum App

The Nova connects through the HUUM mobile app, which pairs with the UKU WiFi control system. The app lets you start and stop heating, set your target temperature and heating time, and schedule sessions from your phone.

What You Need

- An iPhone (App Store) or Android (Google Play) device.
- A 2.4 GHz WiFi network. The UKU main module supports 2.4 GHz only; 5 GHz is not supported.
- The UKU main module within range of your WiFi signal.

Setup Steps

1. On the UKU panel, hold the dial button to open the settings menu, go to WiFi settings, select your network (SSID), and enter your password.
2. Download the HUUM app from the App Store or Google Play and create an account.
3. Link your control system ID to your account. The ID is printed on a sticker on the main module cover.
4. Confirm the app can reach the sauna by adjusting the temperature or starting a short heat. Commands should reach the sauna within about a minute.

TIP

Use the schedule feature so your Nova is pre-heated and ready before you arrive. The app requires a 2.4 GHz WiFi connection.

11 MAINTENANCE

Care & Maintenance

Regular care keeps your Nova performing well and protects your warranty. As a traditional sauna, the Nova sees real heat and humidity, so drying out the cabin after use matters.

After Each Use

- Dry the benches, backrests, and floor with a towel or lightly damp cloth.
- Leave the door slightly open so the cabin airs out and dries completely.

Weekly

- Clean interior surfaces with a cloth dampened with warm water. For best results, use the Sun Home Cleaning Kit available on our website.
- For perspiration stains, use a small amount of mild soap in warm water with a soft-bristled brush.
- Do not use chemical cleaners, bleach, or abrasive pads. These can damage the wood and void your warranty.
- Check the benches and backrests for loose screws or hardware.

Every Month

- Inspect the stones. Replace any that have cracked or crumbled, and re-stack so air circulates freely.
- Inspect the heater and visible cabling for any signs of wear or damage.
- Test the controller, the fan, the hex tile and RGB lights, and the door sensor for proper operation.
- Check the wood panels for any signs of moisture damage or warping.
- Light sanding with fine-grit sandpaper removes perspiration staining from the wood. A sanding block works best.
- Inspect the door and any soft-close mechanism for proper operation.

General Rules

- Avoid wood treatments containing benzene or high alcohol concentrations.
- Switch off power at the breaker before any inspection or cleaning that involves the heater or electrical components.

12 FAQ

Frequently Asked Questions

Do I need to pre-heat the Nova before getting in?

Yes. Unlike infrared saunas, a traditional sauna should be pre-heated so the stones and cabin air reach temperature before you enter. Use the app or the panel timer to have it ready when you arrive.

How do I make steam (löyly)?

Ladle a small amount of clean water over the hot stones. The water flashes into steam and briefly raises the heat and humidity. Start with a little and add more to taste. Never pour scented oil or alcohol directly on the stones.

What electrical circuit does the Nova require?

The Nova runs on a dedicated 240V circuit installed by a licensed electrician. The 3-person model requires a 30A circuit, and the 6-person model requires a 40A circuit. It is hardwired, not plugged into a household outlet.

How hot does the Nova get?

As a traditional sauna, the Nova reaches much higher temperatures than infrared. The UKU controller allows settings up to roughly 230°F (110°C). Most users find a comfortable range well below the maximum.

Can I control the Nova from my phone?

Yes. The Nova uses the HUUM UKU WiFi system and the HUUM app, which let you start heating, set temperature, and schedule sessions remotely. The app requires a 2.4 GHz WiFi network.

How often do I replace the stones?

Inspect the stones periodically and replace any that have cracked or crumbled. With regular use this is typically about once a year.

13 SUPPORT**Top Troubleshooting Tips**

ISSUE	POSSIBLE CAUSES	WHAT TO DO
Sauna will not power on	No power at the dedicated circuit. Controller cable loose. Breaker tripped.	Confirm the dedicated 240V breaker is on. Have a licensed electrician check the controller wiring and main module connections.
Heater not warming / not reaching temperature	Heating not started on the panel. Door open. Sensor or heater fault.	Press the dial button to start heating. Confirm the door is fully closed (the door sensor pauses heating when open). Allow full pre-heat time. If it persists, contact Sun Home support.
Heater stops mid-session	Heating time limit reached. Door opened. Overheating protection triggered.	The heater cycling off at the set temperature is normal. If the timed session ended, restart from the panel. If the door was opened, heating resumes when it closes.
"Door open" message on screen	Cabin door not fully closed, or door sensor misaligned.	Close the door fully; heating resumes within several seconds. If the message persists with the door closed, contact support to check the door sensor.
Temperature sensor error	Overheating protection activated, or sensor fault.	Allow the sauna to cool. The temperature sensor with overheating protection may need replacement. Contact Sun Home support before using again.
App will not connect	Wrong WiFi band. Main module out of range. ID not linked.	Use a 2.4 GHz network (5 GHz is not supported). Confirm the main module is within WiFi range and that the control system ID is linked to your HUUM account.
Stones cracking or crumbling	Normal wear from repeated heating.	Replace broken stones and re-stack loosely so air circulates. Never run the heater without stones.

NEED SUPPORT?

Call 1-844-728-6200 or email info@sunhomesaunas.com

14 WARRANTY**Warranty & Service**

Sun Home Saunas warrants the Nova sauna components and parts to be free of defects in material and workmanship during normal residential usage.

- The warranty is void if the sauna is modified or improperly installed.
- To initiate a warranty claim, call 1-844-728-6200 or email info@sunhomesaunas.com.
- Keep your proof of purchase. The original order number is required for all warranty service.
- Warranties are not transferable and apply only to the original owner.

Full warranty details: sunhomesaunas.com/warranty

Optimal Wood Care

Sun Home Saunas uses high-quality wood. Minor dents, scratches, and scuffing are normal and do not affect the sauna's integrity or operation.

Variations in color or grain, and minor irregularities such as fine cracks, are not considered defects. During normal operation, wood may crack due to climate changes without affecting structural integrity.

Prior to shipping, all wood is inspected for consistency, color, and quality. Slight blemishes can occur in transit. Interior blemishes can be left alone or lightly sanded. Avoid treatments with benzene or high alcohol concentration.

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