Sun Home
Cold Plunge ™

User Manual
Version 2.0

SunHome
SAUNAS

READ FIRST BEFORE SETTING UP THE PLUNGE!

The Sun Home Cold Plunge™ User Manual contains important information regarding the operation and maintenance of your Cold Plunge™. Prior to use, please review the safety information in this Manual and the Terms & Conditions found on https://sunhomesaunas.com.

CHILLER INSTRUCTIONS

We are very excited for you to plunge, but we ask that you **leave the chiller in an upright position and unplugged for four hours before you turn it on.** The refrigerant may have been shaken up in transit and needs time to settle. We appreciate your patience and look forward to hearing about your Plunge experience!

Included With Your Plunge

- **Plunge Tub**
- **Protective Tub Cover**
- **Carrying Case.** Used to transport your Plunge Tub
- **Chiller**
- **Air Pump.** Used to inflate your Plunge Tub
- **Repair Kit.** Used to patch holes in the Plunge Tub up to 10cm x 20 cm in size.
- **Plastic Filter Wrench.** Used to change the Paper Filter.
- **Spare Paper Filter.** The paper filter is installed inside the Chiller. It filters microscopic debris and bacteria.
- **Inlet and Outlet Water Hoses with included Rubber Gaskets**
- **Metal Hair Filter.** The Metal Filter is installed at the red INLET of the Chiller. It filters hair and any large items from the Plunge Tub water.

IMPORTANT WARRANTY INFORMATION

Please note that damage caused by freezing conditions or improper water chemistry are not covered under our warranty.

ENSURE PROPER WATER FLOW

If your Plunge is plugged in and water is not flowing properly, please watch this Video on how to ensure proper water flow: https://qrco.de/benaPH
Failing to ensure proper water flow may result in:

- **Formation of Solidified Bio-Matter.** Stagnant water may cause solidified bio-matter inside the pipes, which is not sanitary for the system. Please follow the maintenance protocol included in the manual.

- **Damage to the Chiller.** If the chiller is on, but no water flowing, ice will form and may break the chiller. **Please turn the chiller off immediately if water is not flowing.**

- **Cracks and Breaks in the Plumbing System.** If the temperature in your area drops below freezing and water is not flowing, your plumbing system will crack and break. **Please monitor your Plunge daily when the outside temperature is below 32°F to ensure constant flow**

Sun Home Cold Plunge ™

Installation and Quick Start Guide

Before attempting to install and set up your Cold Plunge, scan the **QR Code**, or click **here**

Watch the video carefully for information on the installation process.

SunHome SAUNAS

1 Identify Suitable Location for Your Cold Plunge

Unfold your Plunge Tub on a flat surface with 36" behind and in front for proper air flow. Make sure the surface can support 3,000 pounds and keep your Cold Plunge 5 feet from any appliances.

Place the Chiller behind the tub.

Let the chiller rest for 4 hours before turning on. Not doing so may result in a failed chiller.

2 Inflate Your Cold Plunge

Remove
the plug on the air fitting.

Connect
the Air Pump hose to the fitting on your Cold Plunge, turning the connector clockwise until snug.

Inflate
the Plunge Tub until the air pressure sensor indicates that the Plunge Tub's air pressure is in the 8-10 pounds per square inch (psi) range.
THE PLUNGE TUB'S AIR PRESSURE MUST NOT EXCEED 10 PSI!

Disconnect the Air Pump hose from the Plunge Tub and replace the air plug.

Check the inlet and outlet ports on the tub for any protective plastic caps. Remove them and discard.

3 Fill Your Cold Plunge with Water

Using a hose, fill the Plunge Tub with water to 8” (20 cm) from the top of the tub.

4 Connect Cold Plunge and Chiller

A. Remove the plastic plugs from the inlet and outlet ports on the chiller.

IMPORTANT: You must regularly replace the paper filter (every 2-4 weeks depending on usage) to ensure longevity of your chiller. It is vital that the chiller's fan is at least 40 inches away from the tub or any walls so that the hot air is not drawn back into the chiller which would have a significant impact on the cooling efficiency. Place the chiller on the left side of the tub if you are facing the tub and make sure the fan is facing outward - NOT pointing towards the tub.

Attach the Metal Filter assembly to the red **INLET** port.

Note: Before connecting the Inlet Water Hose or the Outlet Water Hose, please ensure that both ends of each hose contain a Rubber Gasket as the Rubber Gaskets may fall out of the hose during shipping.

B. Remove the large filter cup using the included filter wrench. Take the plastic wrap off of the paper filter, and lighten the filter cup onto the chiller.

C. Connect one end of the Inlet Water Hose to the Metal Filter assembly and tighten it clockwise until snug.

D. Connect the other end of the Inlet Water Hose to the red Water Out port on the tub and tighten it clockwise until snug.

E. Connect one end of the Outlet Water Hose to the green Water Outlet port on the Chiller and tighten it clockwise until snug.

F. Connect the other end of the Outlet Water Hose to the green Water inport on the Plunge Tub.

G. Using a garden hose, fill the Cold Plunge tub at least halfway full, but typically 6-8 inches from the top of the tub.

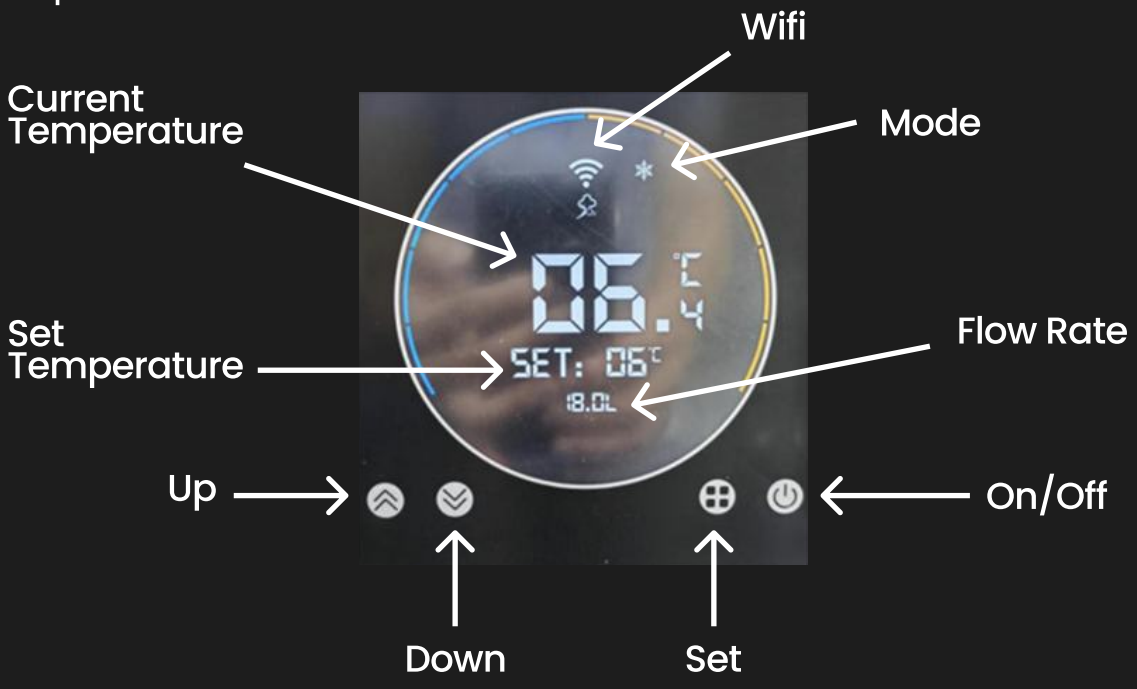
5 Connect Your Cold Plunge to GFCI Outlet

Plug the main power cord from the electrical box into a GFCI outlet (110-120v) on a circuit with a 11 amp breaker.

Check for water flowing out of jets. **DO NOT** move onto the next step if no water is flowing from the jets.

6 Using the Control Panel

The Control Panel is located on the top of the Chiller. Become familiar with its operation.



- **Set the Temperature** – click the Set button until it flashes.
- **Configure Wi-Fi** – Switch ON Bluetooth on your smart phone (connect to a 2.4 GHz network, not a 5 GHz network). Press and hold the **Set** button for 6 seconds until you hear a beep. The Wi-Fi icon on the Chiller should start blinking. Open the TUYA App on your smart phone and link it to the Chiller.
- **Child Lock** – Press and hold the **Up** button and Down button at the same time for 5 seconds to lock or unlock the Control Panel.
- **Change Modes** – Press and hold the **Up** button for 15 seconds to switch between 'Cold Only' and 'Dual Temp' modes.
- **Change between °C and °F** – Press and hold the **Down** button for 10 seconds.

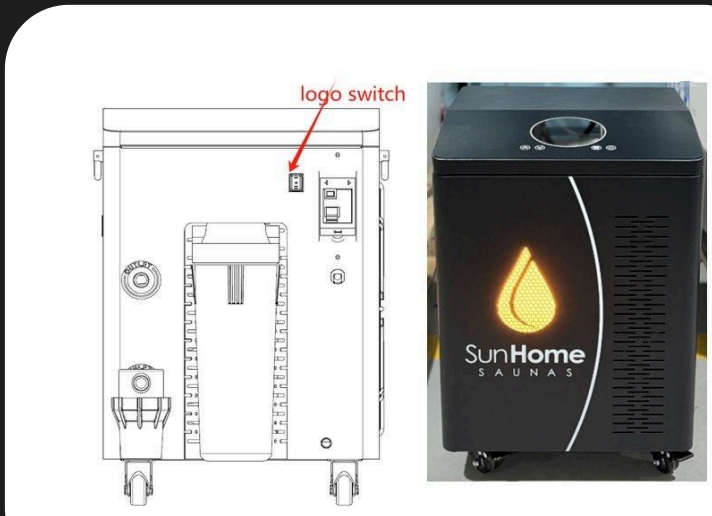
7 After the Plunge

Allow the water the circulate for 30 minutes after your plunge to filter the water.

After 30 minutes, turn the Chiller OFF using the On/Off button on the Control Panel. Keep the Chiller off when your Cold Plunge is not being used.

ILLUMINATING LOGO ON/OFF SWITCH:

Please use the switch on the back to control the luminating logo

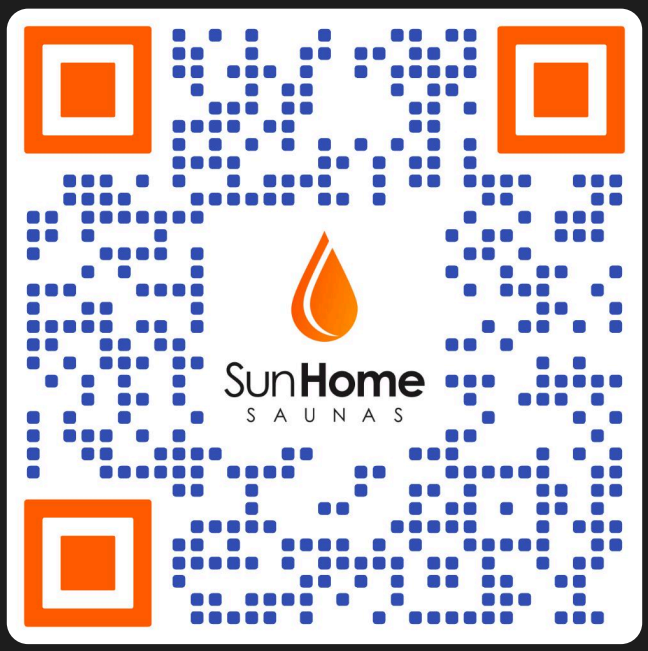


Using the “Sun Home Saunas” app to Control Your Sauna

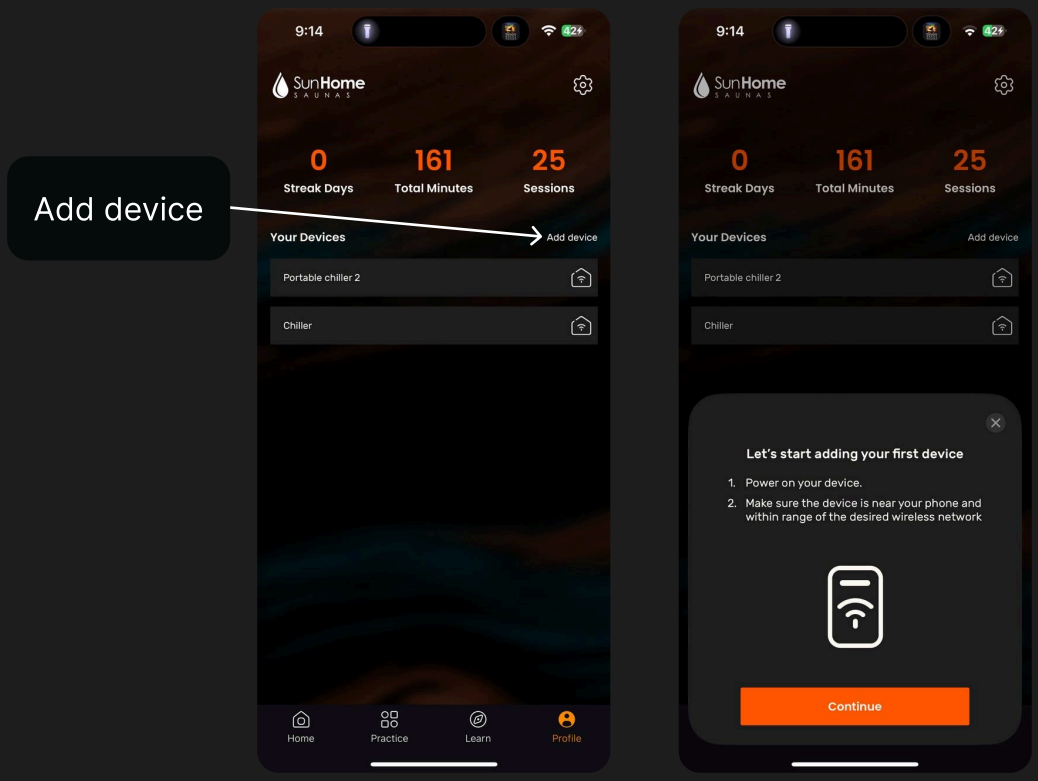
Follow the procedures below:

Download the app

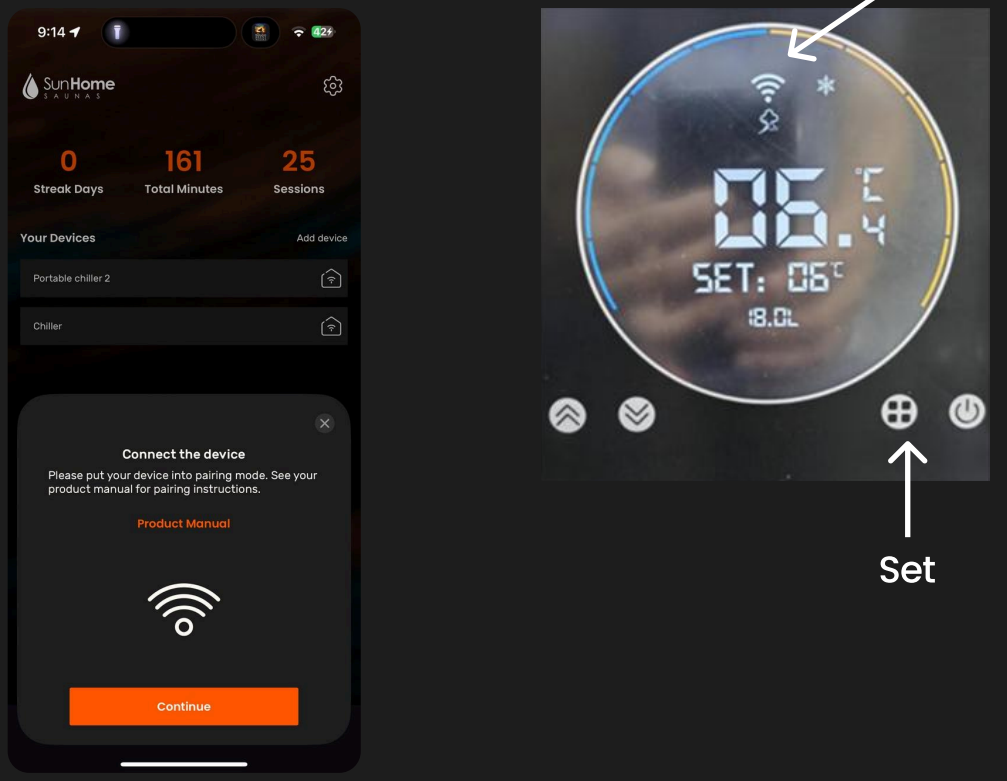
1. Download the Sun Home Saunas app from the App Store / Play Store.



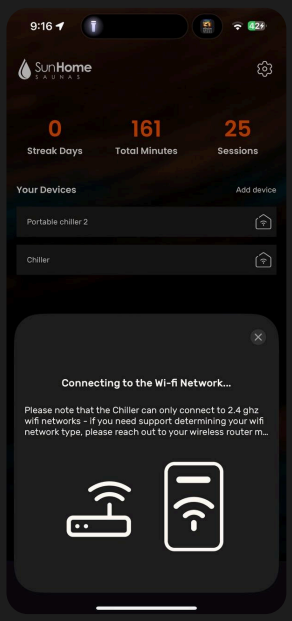
2. Ensure your phone’s Bluetooth is turned on, and that you are connected to Wi-Fi. A 2.4 GHz Wi-Fi network is required. 5 GHz networks are not currently supported
3. Open the app and create your account.
4. On the profile tab at the bottom of the screen, tap Add device

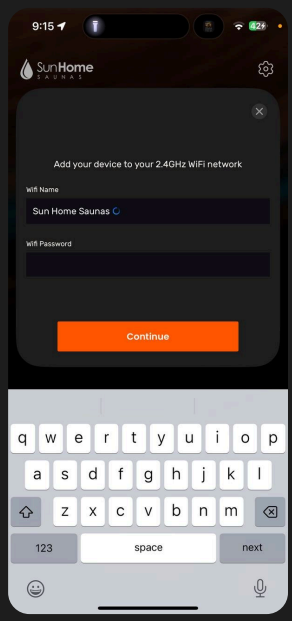


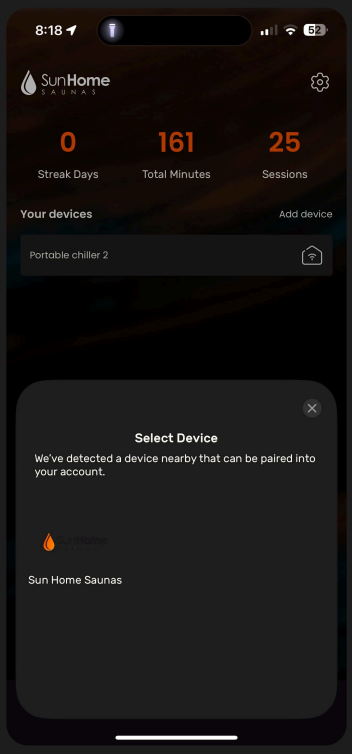
5. Follow the prompt to put your Plunge in pairing mode. Press and hold the SET button until the wifi indicator light starts blinking



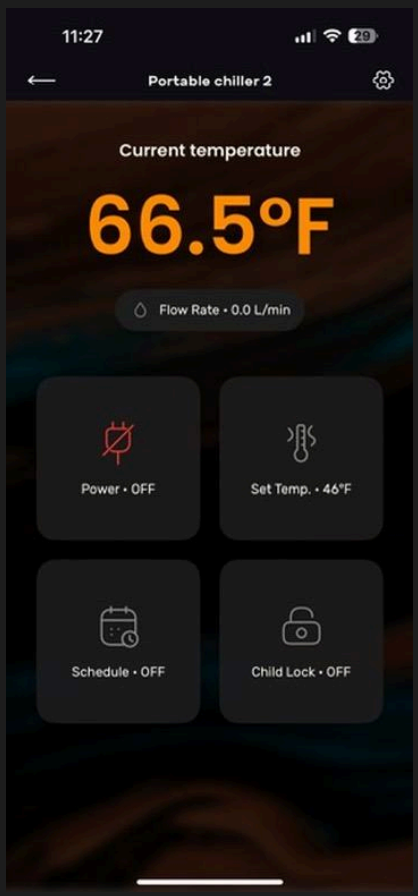
6. Tap Continue in the app and enter your Wi-Fi information







7. The app will display that it has found the sauna. Tap the chiller and give it a name!



8. The chiller interface will display with all of the control panel options for the power, temperature, child lock, and session scheduling.

MAINTENANCE PROTOCOLS

Click **HERE** for instructions regarding Maintenance of your Cold Plunge.

Watch the video carefully for information on maintenance.

You should replace the water in your Plunge Tub every 2-3 weeks. If you do not plan on using your Cold Plunge for more than 3 weeks, drain the tub to prevent build-up of bio-matter.

With the Chiller turned OFF, disconnect the hose from the green OUTLET port and let the water drain out of the tub by gravity using that hose. When the water stops draining, turn the tub on its side to drain the remaining water.

DRAINING YOUR COLD PLUNGE

1. Turn the Chiller OFF using the Switch button on the Control Panel.
2. Disconnect the hose from the green OUTLET port and let the water drain out of the tub.
3. When the water stops draining, turn the tub on its side to drain the remaining water.

REPLACING THE FILTERS

Cleaning and Changing the Metal Filter

You should check and clean the metal filter weekly. To clean the metal filter:

1. Unscrew the plastic casing, pictured above, from the red inlet on the Chiller.
2. Remove the metal filter from inside the plastic casing and clean out any hair or debris.
3. Return the metal filter back in the plastic casing and screw the casing back on.

Changing the Paper Filter

Properly clean or replace filter if the water flow is less than 17L/M on the digital screen.The paper filter should be replaced every 1-3 weeks consistent with the following guidelines:

Usage Frequency	Filter Replacement Period
More than 5 plunges per week	2 weeks
Between 3 and 5 plunges per week	1 month
Less than 3 plunges per week	2 months

To replace the Paper Filter, you will need three items:

(1) A towel; (2) The Plastic Filter Wrench; and (3) A tall plastic container.

1. Place the towel underneath the Chiller.
2. Unscrew the filter cannister located on the right side of the Chiller by turning the filter cannister clockwise using the Plastic Filter Wrench.
3. Repeat Step 2 as many times as necessary to loosen and disconnect the filter cannister from the threaded fastener.
4. Use the plastic container to collect any excess water trickling from the threaded fastener.
5. Replace the Paper Filter.
6. Reconnect the filter cannister to the Chiller by inserting the filter cannister into the threaded fastener and turning counter-clockwise until it is snugly fit.

SCAN FOR REPLACEMENT FILTERS →

Cleaning Your Plunge Tub

We recommend changing the water and cleaning the inside of the tub every 2-3 weeks to prevent build-up of solidified bio-matter. To clean your Plunge Tub:

1. Drain your Plunge Tub in accordance with the instructions above.
2. After draining your Plunge Tub, wipe up any excess water with a towel.
3. Using only a drop of gentle dish soap, spread the soapy water around your Plunge Tub.
4. Wipe your Plunge Tub with dry towels until the soap has been fully removed.

Storing Your Cold Plunge

To maintain the plunge for daily use and short breaks, keep the exterior of the Plunge Tub and Chiller free and clear from plants, trees, grasses, soil, and snow deposits.

When the Cold Plunge is not in use, keep the tub covered at all times by using the included Protective Plunge Cover.

Long Term Storage

If the cold plunge is not going to be used for an extended period of time, it is best to store the unit until a more suitable time to plunge. To do this, keep the Chiller running without water for about 2 minutes until the FL error code shows on Control Panel. Doing this drains water from inside the Chiller to help prevent scale deposits that settle inside the water pump and vacuum pump from causing a clog. In the wintertime, water inside the Chiller may freeze and cause damage.

SAFETY WARNINGS

Please Read All of These Safety Precautions and Follow All Instructions Carefully.

TO REDUCE THE RISK OF DAMAGE OR INJURY:

A. Persons suffering from obesity, a medical history of heart disease, low or high blood pressure, circulatory system problems, respiratory issues, Raynaud's disease, nerve disorders or neuropathy, severe allergies or skin sensitivities or diabetes should consult a physician before using the Cold Plunge.

B. Persons using medication should consult a physician before using a cold plunge since some medication may induce drowsiness, while other medication may affect heart rate, blood pressure and circulation.

C. Do not permit children to use or operate the Cold Plunge unless they are closely supervised at all times.

D. Take extreme caution to prevent unauthorized access to the Cold Plunge.

E. Before entering the Cold Plunge, measure the water temperature with an accurate thermometer since the tolerance of water temperature regulating devices may vary as much as +/-2°C (5°F).

F. Avoid the use of alcohol, drugs, or medication before or during use of the Cold Plunge as this may lead to unconsciousness with the possibility of drowning.

G. Pregnant or possibly pregnant women should consult a physician prior to using the Cold Plunge.

H. The water should never exceed 104°F (40°C). Water temperatures between 100°F (38°C) and 104°F (40°C) are considered safe for a healthy adult. Lower water temperatures are recommended for extended use (exceeding 10 – 15 minutes) and for young children.

I. Avoid prolonged immersion in cold water as this may induce hypothermia. Look for several important signs indicating the different stages of hypothermia.

- a. Mild hypothermia: shivering, goose bumps, difficulty with complex motor skills.
- b. Moderate hypothermia: violent shivering, sluggish, speech problems, difficulty with fine motor skills.
- c. Severe hypothermia: rigid muscles, dazed, shivering has stopped, blue skin,

J. The Cold PLUNGE MUST BE WIRED IN ACCORDANCE WITH ALL APPLICABLE LOCAL ELECTRICAL CODES. ALL ELECTRICAL WORK SHOULD BE DONE BY AN EXPERIENCED, LICENSED ELECTRICIAN AND APPROVED BY A LOCAL BUILDING/ELECTRICAL INSPECTION AUTHORITY.

K. Removing or bypassing any Ground Fault Circuit Interrupter breaker will result in an unsafe Cold Plunge and will void the Cold Plunge's warranty.

L. All electrical hookups (except where cords with built in GFCI are supplied by Plunge) must be performed by a licensed electrician.

M. The voltage of your electrical outlet must correspond to that of the Cold Plunge (120V). Connecting to the wrong voltage may cause irreversible damage to the Plunge and will void the Cold Plunge's warranty.

N. If your Cold Plunge's electrical cord becomes damaged, immediately stop using the Plunge until the electrical cord has been replaced.

O. To avoid a circuit overload, do not operate another high-wattage appliance on the same circuit.

P. If an extension cord is absolutely necessary, a 11-ampere cord should be used. Cords rated for less amperage may overheat. Care should be taken to arrange the cord so that it cannot be pulled or tripped over.

Q. Do not turn on power to the Cold Plunge until the Cold Plunge is filled to 8" from the top. Running the pump without adequate water levels could cause immediate damage to the Chiller and will void your warranty!

R. Install the Cold Plunge at least 1.5 meters (5 feet), from all electrical devices.

S. ONLY plug your Cold Plunge into a GFCI outlet. If you don't have a GFCI outlet, a new one must be installed by a licensed electrician before using your Plunge.

T. The Cold Plunge should always be turned OFF before plugging or unplugging from outlet. Never yank cord to disconnect from outlet; instead, grasp plug and pull to disconnect.

COLD PLUNGE SPECIFICATIONS

Tub Outer Dimensions: L x W x H: 6.4 ft x 2.3 ft x 2.1 ft
Chiller Dimensions: 20.5 in x 14 in x 20 in
Volume: 48 liters / 128 gallons
Tub Weight: 15.5 lb
Chiller Weight: 82 lbs
Control: Temperature (37.5 F to 104 F adjustable) & Time (30 to 60 minutes)
Power Requirements: 120 V (50-60Hz), 11 Ampere (plugs into a GFCI outlet)
Timer Settings: 0 to 60 minutes
Circulation: built-in self-priming system

LIMITED RESIDENTIAL WARRANTY

THIS LIMITED RESIDENTIAL WARRANTY (THE "WARRANTY") IS APPLICABLE ONLY TO THE SUN HOME COLD PLUNGE™ AND THE SUN HOME COLD PLUNGE™ PRO (THE "PRODUCT").

THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AND YOU MAY ALSO HAVE OTHER RIGHTS, WHICH VARY FROM STATE TO STATE.

THE WARRANTY CAN ALSO BE FOUND ONLINE AT WWW.SUNHOMESAUNAS.COM/WARRANTY AND IN THE DOCUMENTATION WE PROVIDE WITH THE PRODUCT.

WE LIMIT THE DURATION AND REMEDIES OF ALL IMPLIED WARRANTIES, INCLUDING WITHOUT LIMITATION THE WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE TO THE DURATION OF THIS EXPRESS LIMITED WARRANTY.

SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

OUR RESPONSIBILITY FOR DEFECTIVE GOODS IS LIMITED TO REPLACEMENT OR REFUND AS DESCRIBED BELOW IN THIS WARRANTY STATEMENT.

WHO MAY USE THIS WARRANTY?

FISH & FISCHER, LLC doing business as SUN HOME SAUNAS located at 1804 Garnet Ave, #216, San Diego, CA 92109 (collectively referred to as "Sun Home," "us," "we," or "our" as the context may require) extends this limited warranty only to the consumer who originally purchased the product ("You" or "Your" as the context may require). It does not extend to any subsequent owner or other transferee of the product. This Warranty is limited to customers in the United States and Canada.

WHAT DOES THIS WARRANTY COVER?

This limited warranty covers defects in materials and workmanship of the Product for the Warranty Period as defined below, except the LED Lights and the UV-C bulb. This Warranty covers parts, but does not cover labor and/or service technicians.

WHAT DOES THIS WARRANTY NOT COVER?

This limited warranty does not cover any damage due to: (a) transportation; (b) storage; (c) improper use; (d) failure to follow the product instructions or to perform any preventive maintenance, including failure to maintain the Product on a flat, level, hardtop surface with adequate drainage and to keep the exterior free and clear from plants, trees, grasses, soil, and snow deposits; (e) modifications of any type for any reason (including modification to meet local codes); (f) unauthorized repair; (g) normal wear and tear; (h) cleaning, painting, staining or other use of abrasive or improper chemicals; (i) your or a third party's negligence; (j) animals, including without limitation, termites and other wood-destroying insects or rodents; (k) connections supplied by the installer of the equipment, an electrician or a third party; (l) improper voltage supply; or (m) external causes such as accidents, abuse, or other actions or events beyond our reasonable control, including, but not limited to, acts of God such as lightning, floods, earthquakes, etc.

This Warranty becomes void if the Product has been subject to commercial use. For the purposes of this Warranty, "commercial use" shall mean any use that involves a fee, rate, charge, or other consideration, any use directly or indirectly in connection with a business, going concern, or undertaking intended for profit or pecuniary gain.

WHAT IS THE PERIOD OF COVERAGE?

This limited warranty starts on the date of your purchase and lasts for one year (the "Warranty Period"). The Warranty Period is not extended if we replace the product. We may change the availability of this limited warranty at our discretion, but any changes will not be retroactive. Your sales receipt showing the date of purchase of the product is your proof of purchase. Any evidence of alteration, erasing or forgery of proof of purchase documents will be cause to void this Warranty. Products on which the serial number has been defaced or removed are not eligible for warranty service.

WHAT ARE YOUR REMEDIES UNDER THIS WARRANTY?

With respect to any defective product during the Warranty Period, we will, in our sole discretion, either: (a) replace such product (or the defective part) free of charge or (b) refund the purchase price of such product. Freight charges to and from you are your responsibility and are not covered under this Warranty. This includes freight charges for parts shipped to enable the services of the Product.

HOW DO YOU OBTAIN WARRANTY SERVICE?

To obtain warranty service, you must call 1-844-728-6200 or email our Customer Service Department at info@sunhomesaunas.com during the Warranty Period.

LIMITATION OF LIABILITY

THE REMEDIES DESCRIBED ABOVE ARE YOUR SOLE AND EXCLUSIVE REMEDIES AND OUR ENTIRE LIABILITY FOR ANY BREACH OF THIS LIMITED WARRANTY. OUR LIABILITY SHALL UNDER NO CIRCUMSTANCES EXCEED THE ACTUAL AMOUNT PAID BY YOU FOR THE DEFECTIVE PRODUCT, NOR SHALL WE UNDER ANY CIRCUMSTANCES BE LIABLE FOR ANY CONSEQUENTIAL, INCIDENTAL, SPECIAL OR PUNITIVE DAMAGES OR LOSSES, WHETHER DIRECT OR INDIRECT.

SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU.

WHAT CAN YOU DO IN CASE OF A DISPUTE WITH US?

The following informal dispute resolution procedure is available to you if you believe that we have not performed our obligations under this limited warranty:

DISPUTE RESOLUTION AND BINDING ARBITRATION.

a. YOU AND SUN HOME ARE AGREEING TO GIVE UP ANY RIGHTS TO LITIGATE CLAIMS IN A COURT OR BEFORE A JURY, OR TO PARTICIPATE IN A CLASS ACTION OR REPRESENTATIVE ACTION WITH RESPECT TO A CLAIM. OTHER RIGHTS THAT YOU WOULD HAVE IF YOU WENT TO COURT MAY ALSO BE UNAVAILABLE OR MAY BE LIMITED IN ARBITRATION.
ANY CLAIM, DISPUTE OR CONTROVERSY (WHETHER IN CONTRACT, TORT OR OTHERWISE, WHETHER PRE-EXISTING, PRESENT OR FUTURE, AND INCLUDING STATUTORY, CONSUMER PROTECTION, COMMON LAW, INTENTIONAL TORT, INJUNCTIVE AND EQUITABLE CLAIMS) BETWEEN YOU AND US ARISING FROM OR RELATING IN ANY WAY TO YOUR PURCHASE OF PRODUCTS THROUGH THE SITE, WILL BE RESOLVED EXCLUSIVELY AND FINALLY BY BINDING ARBITRATION.

b. The arbitration will be administered by the American Arbitration Association ("AAA") in accordance with the Consumer Arbitration Rules (the "AAA Rules") then in effect, except as modified by this Warranty. (The AAA Rules are available at adr.org or by calling the AAA at 1-800-778-7879.) The Federal Arbitration Act will govern the interpretation and enforcement of this section.

The arbitrator will have exclusive authority to resolve any dispute relating to arbitrability and/or enforceability of this arbitration provision, including any unconscionability challenge or any other challenge that the arbitration provision or the Agreement is void, voidable or otherwise invalid. The arbitrator will be empowered to grant whatever relief would be available in court under law or in equity. Any award of the arbitrator(s) will be final and binding on each of the parties and may be entered as a judgment in any court of competent jurisdiction.

If you elect to file the arbitration, and this is a consumer-purpose transaction, you will pay the filing fee to the extent required by AAA's Consumer Arbitration Rules but not to exceed the cost of filing a lawsuit. Any amount above what it would cost you to file a lawsuit, we will pay. All other arbitration fees and expenses shall be allocated to us according to AAA rules. Except for the arbitration fees and expenses, each party shall pay its own costs and fees incurred (including attorneys' fees), unless the arbitrator allocates them differently in accordance with applicable law. This paragraph applies only if this is a consumer-purpose transaction.

c. You may elect to pursue your claim in small-claims court rather than arbitration if you provide us with written notice of your intention do so within 30 days of your purchase. The arbitration or small-claims court proceeding will be limited solely to your individual dispute or controversy.

d. You agree to an arbitration on an individual basis. In any dispute, NEITHER YOU NOR SUN HOME WILL BE ENTITLED TO JOIN OR CONSOLIDATE CLAIMS BY OR AGAINST OTHER CUSTOMERS IN COURT OR IN ARBITRATION OR OTHERWISE PARTICIPATE IN ANY CLAIM AS A CLASS REPRESENTATIVE, CLASS MEMBER OR IN A PRIVATE ATTORNEY GENERAL CAPACITY. The arbitral tribunal may not consolidate more than one person's claims, and may not otherwise preside over any form of a representative or class proceeding. The arbitral tribunal has no power to consider the enforceability of this class arbitration waiver and any challenge to the class arbitration waiver may only be raised in a court of competent jurisdiction.

If any provision of this arbitration agreement is found unenforceable, the unenforceable provision will be severed and the remaining arbitration terms will be enforced.