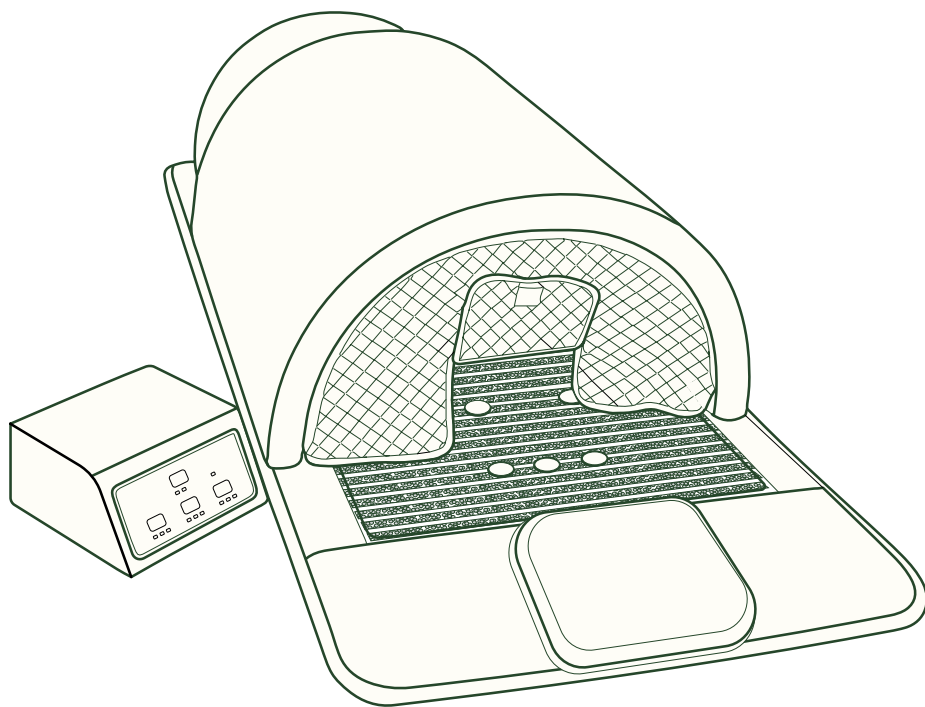


User Guide

Infrared Sauna Tunnel



• ISSUE: MWI0006_V1 • ISSUE DATE: 15-09-2026 •



Model Number:

» BW-8053

*Styles may vary.



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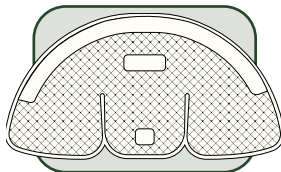
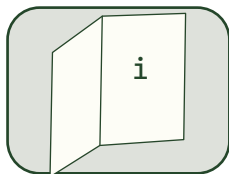
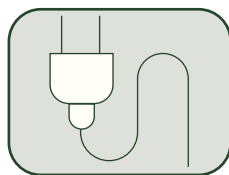
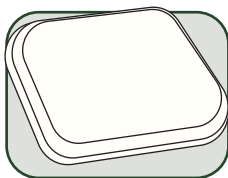
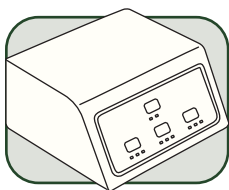
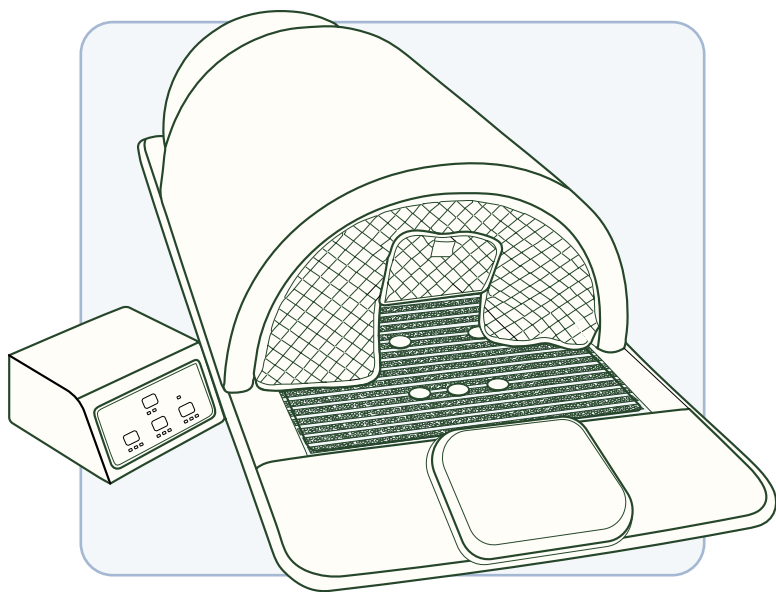
Introduction

A premium PEMF far infrared sauna tunnel is an excellent choice for your wellness, offering deep relaxation and high-quality rejuvenation. The tunnel uses advanced far infrared and pulsed electromagnetic field (PEMF) technology to soothe the body while enhancing cellular recovery, motivating you to prioritise rest and stay healthy day-to-day.

A sauna tunnel is designed to support your body by easing muscle tension, boosting circulation, and drawing out toxins as you relax. It delivers a deeply restorative experience, with the added benefit of targeted cellular therapy through an integrated PEMF system. Simply select your ideal temperature and session duration. Each session leaves your body feeling completely refreshed and revitalised, allowing you to enjoy a therapeutic spa experience comfortably and hands-free.

A PEMF Sauna Tunnel can be used for:

- › Gentle Relaxation & Stress Relief (Using Tunnels and Mat at 35°C – 45°C)
- › Muscle Recovery & Joint Relief (Using Tunnels and Mat at 50°C – 60°C)
- › Intense Sweating & Detoxification (Using Tunnels between 75°C – 95°C, and Mat at its 75°C maximum)
- › Cellular Therapy & Circulation Boosting (Using targeted PEMF frequencies)
- › Pre-Workout Warm-ups or Post-Workout Recovery (Using timed heat sessions)
- › Domestic Use
- › Commercial / Professional Use (e.g., in a spa, wellness centre, or clinic)

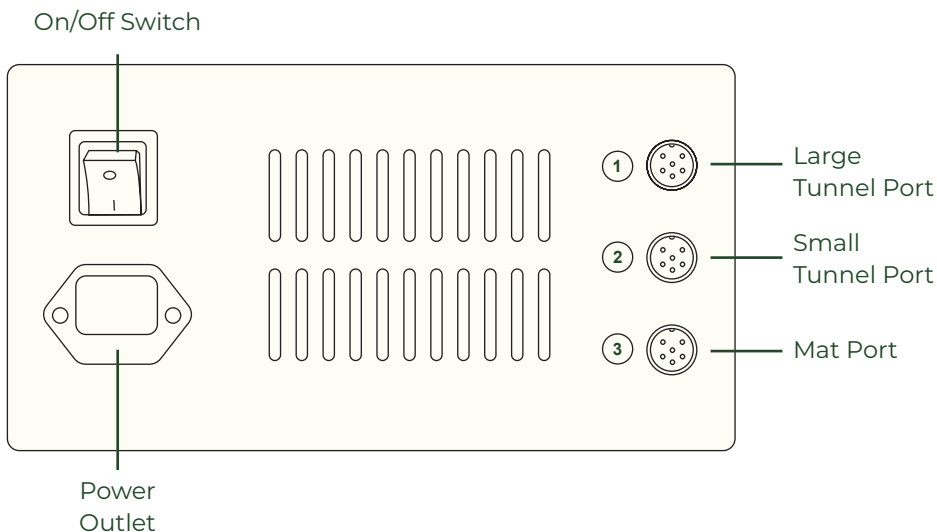




Product Information Specifications

Parameter	Value
Power Supply	220-240V (~50-60Hz)
Nominal Power	1300W
Mat Temperature	15-75°C
Tunnel Temperature	15-95°C

Control Unit Diagram



Product Information

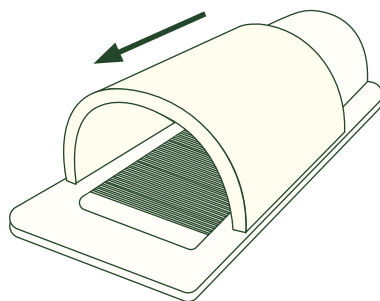
Setup & Use



Step 1: Setup and Positioning

Unfold the sauna mat and lay it completely flat on a stable, comfortable surface, such as the floor or a dedicated beauty bed.

Place the two sauna tunnels on top of the mat. The smaller tunnel is designed to nest and slide beneath the larger tunnel. This allows you to comfortably position yourself on the mat before sliding the tunnels over your body.



Attach the velcro opening cover if desired, and place the optional head rest in a comfortable position.

Step 2: Connecting the System

Carefully connect the cables from the sauna mat and both tunnels to the main control unit. Match each wire to its correct port to ensure proper operation:

- › Wire 1: Connects to the large tunnel.
- › Wire 2: Connects to the small tunnel.
- › Wire 3: Connects to the sauna mat.

Plug the main power wire into the controller, then connect it to a standard wall outlet capable of supporting the device's 1300W power output.



Product Information Setup & Use

Step 3: Programming Your Session

Press the "POWER" button to turn on the controller.

TIMER: Adjust your session duration. A standard setting of 30 minutes is recommended for optimal relaxation, inflammation reduction, and cellular therapy.

TEMPERATURE:

Tunnels (TEMP 1 & 2):

Set the upper and lower tunnel temperatures anywhere between 15°C and 95°C.

Mat (TEMP 3):

Set the mat's temperature, which activates the base layer, between 15°C and 75°C.

Step 4: Starting Your Therapy

Once your timer and temperatures are dialled in, press the "S/P" (Start/Pause) button.

A small shining red dot will illuminate on the control panel, indicating that the selected zone is actively heating and the PEMF and 660nm red light physiotherapy functions are working.

Before entering the tunnel, it is recommended to allow it to heat up for 3-5 minutes after pressing "S/P."

To change temperatures during use, press the corresponding "S/P" button to pause therapy. Once temperature is adjusted, press the button again to resume therapy.



For your safety and well-being, please avoid using the sauna tunnel if you currently experience any of the following:

- › Pregnancy
- › Heart disease
- › Asthma
- › Currently menstruating
- › Hyperthyroidism
- › Active bleeding or in recovery
- › Any kind of infectious disease
- › Recovering from a cerebral haemorrhage

Conditions Requiring Supervision

If you have any of the following conditions, you must be accompanied by a family member or caregiver while using the device, and your sessions should only be conducted intermittently:

- › Hypertension (blood pressure exceeding 160mmHg)
- › Severe cardiovascular or cerebrovascular conditions
- › Terminal cancer
- › Conditions which require implanted devices such as pacemakers or defibrillators
- › Metal implants, such as artificial joints, pins, or plates.

Individuals with neuropathy, diabetes, or reduced pain/heat sensation must consult a doctor before use to prevent accidental, undetected burns.



Warnings & Maintenance

- › Please keep the device out of the reach of children.
- › For optimal comfort, please wait at least 30 minutes before or after meals before beginning your session.
- › To ensure safe operation, exclusively use the provided power cable at the specified voltage and frequency. Never use aftermarket or non-original cables.
- › Never leave the sauna tunnel unattended while it is plugged in or operating. Always unplug the unit after your session and allow it to cool completely before cleaning, storing, or moving it.
- › Disconnect the plug from the mains power supply when the device will not be in use for extended periods.
- › Avoid using the device in high-moisture environments or areas where the controller may become damp. Do not immerse the unit in water or spill liquids on the tunnel, controller, or cables. If the controller becomes wet or emits an unusual odour, unplug it immediately and discontinue use.
- › To prevent overheating and potential damage, never place the active controller directly on top of the working sauna tunnel.
- › Keep the device away from electric cookers, heaters, or other high-temperature locations.
- › Do not operate the sauna tunnel on waterbeds, latex, plastic, memory foam, adjustable bed frames, bunk beds, children's beds, cribs, or any synthetic or flammable materials.
- › Avoid wrapping the power cables tightly around the mat or the controller.
- › Store your sauna tunnel in a dry location, and avoid leaving it in direct sunlight for prolonged periods.
- › To prevent wear and tear, avoid using the tunnel near sharp or hard objects.
- › This device is designed for indoor use only; do not store or operate it outdoors. For your safety, do not use the device during lightning and thunderstorms.
- › Should the device begin to make unusual noises, turn it off and unplug it immediately.
- › To enhance your wellness experience, you may apply essential oils, slimming creams, or skincare products before your session, as the gentle heat can help promote better absorption of nutrients.



DO'S

- › Use a fused UK 3-pin plug connected to a properly earthed 3-prong grounding socket with residual current (RCD/creepage) protection.
- › Place the appliance on a stable, level, and dry surface, away from direct sunlight.
- › Contact the manufacturer, an authorised service agent, or a qualified professional to replace a damaged power supply cord immediately.
- › Ensure children aged 8 and older, or vulnerable individuals, are properly supervised and instructed on safe usage.
- › Dispose of the appliance in accordance with UK WEEE regulations by taking it to a designated local recycling facility.
- › Allow all components to cool completely before nesting the tunnels or folding the mat to prevent thermal damage to the internal structures.
- › Regularly inspect the inner linings, mat, and cables for signs of wear, blistering, or deep creases. Discontinue use immediately if internal components or wiring become visible.

DON'TS

- › Do not turn the machine on or off by inserting or pulling the plug from the socket.
- › Do not use extension leads to increase the length of the power supply cord, as this can cause overloading and poses a fire hazard.
- › Do not clean the machine with organic liquids, and strictly avoid splashing water directly onto the unit or its electrical components.
- › Do not place flammable items beside the machine.
- › Do not use or store this appliance in highly humid environments or in the immediate surroundings of a bath, shower, or swimming pool.
- › Do not allow children under 8 years of age to operate the appliance, and never permit children to play with the unit.
- › Do not fall asleep while the sauna tunnel is operating; always ensure the session timer is actively engaged.
- › Ensure adequate water intake before and after sessions to prevent severe dehydration or heat exhaustion.
- › CAUTION: HOT SURFACES - Never touch the red lights or the inner ceiling of the tunnels while the machine is powered on or immediately after your session.







GUARANTEE

Your product carries a minimum 12 month guarantee from the date that the original purchaser receives it. If your product fails to operate to its specification due to faulty workmanship or materials during the guarantee period, we will either repair or replace the product. We will use our discretion to determine whether to offer a repair or provide a replacement. The product will not be covered by the guarantee if it has been misused, transformed, modified or altered in any way.

If your product fails within the guarantee period please ensure that you have all necessary documentation available including proof of purchase (receipt or invoice with serial number, location and date of purchase) in addition to all original undamaged packaging and leaflets etc. It is strongly recommended that you inspect your product carefully before it is used or installed. For full details of your product you should refer to the instruction manual which accompanies the product. You are strongly advised to read this manual carefully in its entirety and to retain it for future reference.

This product guarantee does not affect your statutory rights.



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