

INFRARED SAUNA

WHAT YOU SHOULD KNOW:

REGULAR INFRARED SAUNA USERS EXPERIENCE:

- BLOOD PRESSURE REGULATION;
- JOINTS PAIN DECLINE;
- WEIGHT LOSS;
- REGULATION OF SUGAR LEVEL IN BLOOD;
- CHOLESTEROL REDUCTION;
- EASE WITH MUSCLE PAIN;
- NO MUSCLE CRAMPS;
- INCREASED FLEXIBILITY OF THE COLLAGEN TISSUE;

EXCEPT THAT, REGULAR EXPOSURE TO INFRARED WAVES HELPS TO KEEP OUR SKIN IN HEALTHY, REDUCE **SCARIFICATION** AFTER INJURIES AS WELL AS DESTROYS ACCUMULATED **CELLULITE TISSUE**. THESE SUPER RAYS STRENGTHENS OUR **IMMUNE SYSTEM**.

IT IS HIGHLY RECOMMENDED TO USE IT BEFORE ANY KIND OF SPORTS OR WORKOUTS TO WARM UP THE MUSCLES.

WHAT IS INFRARED RADIATION? IT IS AN INVISIBLE RAY OF LIGHT, THAT WARMS UP THE OBJECTS, WITHOUT HEATING THE AIR BETWEEN THEM. THESE ARE SAFE AND HEALTHY RAYS THAT ARE HEATING OUR SKIN EVEN DURING THE COLD, WINTER DAYS.

HOW DOES IT WORK? IT IS SIMPLE! SAUNAS HANDLING INFRARED RADIATION, USE EITHER **CERAMIC OR QUARTZ RADIATORS** TO GENERATE 100% INFRARED WAVES. SIMILAR TO OUR SUN, YET **WITHOUT UV!** THEY ACHIEVE THIS BY THE ELECTRICITY FLOW IN THE SYSTEM. FILAMENT UNDER THIS ENERGY, HEATS SURROUNDING MATERIAL TO GENERATE DESIRABLE WAVES.

CERAMIC OR QUARTZ RADIATORS – WHICH ONE WILL BE BETTER FOR ME?

Radiator is the most important element of our IR, which generates specific range of waves, that are responsible for heating up our tissues. We offer two types of those radiators: **QUARTZ & CERAMIC**.

CERAMIC MODELS including the spectrum of radiation IROB and IR-C are the ones most universal. Due to their performance, our under-skin tissue layers can be infiltrated by rays even till the point where the areas of the fat cell start. Thanks to that, a session in our cabin can speed up the fat loss process and improve our well-being. They are known for their durability and long-lasting. They are also easy to assemble and replace.

QUARTZ MODELS are more recommended than ceramic ones option, as their spectrum includes IR-A, IR-B, IR-C, most consubstantial to Sun spectrum. A wider range of radiation provides better results, with deeper skin infiltration included. That allows us to sweat more and makes sessions in the IR cabin more efficient.

For some of us, an additional advantage of this type of radiator may be a warm light which is emitted by it, which creates a cosy, relaxing atmosphere.

IR-A - short-wave - heat penetrates our skin deeply, getting into our circulatory system;

IR-B - moderate-wave - heat targets proper skin;

IR-C - long-wave - heat warms up the surface of our skin;

SAUNA USAGE. SWITCH ON YOUR DEVICE AND SET THE TEMPERATURE FOR **60°C (140 °F)**. **HIGHER TEMPERATURES ARE NOT REQUIRED AS INFRARED SAUNAS OPERATE SUCCESSFULLY WITHOUT IT** (OPPOSITE TO STEAM, "HOT BOX" ONES). APPROXIMATELY 5-7 MIN LATER, SAUNA IS READY TO ENTER. FOR HIGHER EXPERIENCE, MAXIMUM CLOTHING SHOULD BE REMOVED TO AVOID RAYS ABSORPTION. SAUNA WILL AUTOMATICALLY SWITCH OFF AFTER A WHILE, ALL WE NEED TO DO IS TO TURN IT ON AGAIN AND ENJOY. THESE SMALL BRAKES IN EACH CYCLE PREVENT FROM OVERHEATING OUR BODIES.

IS THAT SAFE? INFRARED RADIATION IS REQUIRED FOR RIGHT FUNCTIONING OF ALMOST EVERY LIVING ORGANISM ON THE EARTH'S SURFACE. EXCEPT PROVIDING A WARMTH, IT ALSO MAINTAIN THEIR CORRECT RINNING ON CELLULAR LEVEL.

SAFETY:

Self-treatment of any disease with an infrared sauna is not recommended without direct supervision of a certified physician. If anything listed below applies to you, please consult your physician before using an infrared sauna: Obesity, low or high blood pressure, pregnancy, Cardiovascular conditions, any chronic conditions, haemophilia, pacemaker, diabetes, implants or you are on any medication that may have an adverse effect whilst using the sauna you must seek the advise of your GP prior to using the unit. Please note this list is not exhaustive.

Additional factors to consider before using the sauna:

Menstruation - Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow. Some women endure this process to gain the pain relief commonly associated with their cycle whereas others simply choose to avoid sauna use during that time of the month Fever – an individual that has a fever should not use the sauna

Elderly - The ability to maintain core body temperature decreases with age. This is primarily due to circulatory conditions and decreased sweat gland function. The body must be able to activate its natural cooling processes in order to maintain core body temperature

Smoker - Smokers are not permitted in the sauna. The wood surface absorbs tobacco odour released from the pores of the body and will cause damage to the sauna and may cause allergic reactions to other clients

Joint injury - you have a recent joint injury, it should not be heated for the first 48 hours after injury or until the hot and swollen symptoms subside. If you have joints that are chronically hot and swollen, these joints may respond poorly to vigorous heating of any kind. Vigorous heating may be contraindicated in cases of infections

Children - The core body temperature of children rises much faster than adults. This occurs due to a higher metabolic rate per body mass, limited circulatory adaptation to increased cardiac demands and the inability to regulate body temperature by sweating. Consult with the child's Paediatrician before using the sauna. Anyone under 18 must be accompanied by an adult.

RECOMMENDATIONS FOR USE

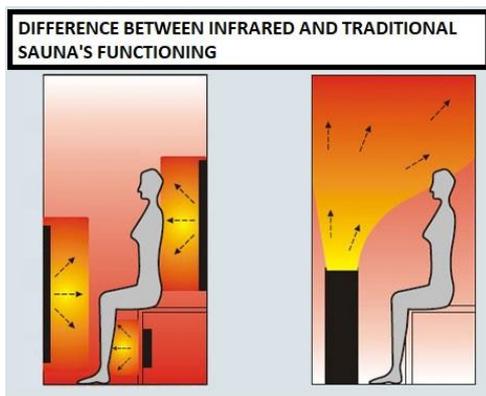
1. Stay hydrated! Drink plenty of fluids prior to, during and after your sauna session.
2. Towels, towels and more towels. Use at least 2-3 towels. Sit on one towel folded over several times for added cushioning. Put another towel on the floor to absorb excess sweat. A third towel may be useful to towel off excess sweat to keep you comfortable.
3. Lay off the booze. Drinking alcohol before using sauna is always a no-no. It can make you feel extra dehydrated in sauna.
3. No skin lotions. Do not apply any lotions or oils on the body or face when using the sauna as this may block your pores.
4. Do not eat anything for at least an hour or two before your sauna session. It is better to go in a sauna with an empty stomach to be more comfortable.
5. Listen to your Body. Take care not to overheat during your first few sessions. If you feel lightheaded, have a queasy stomach, or start to get a headache, terminate session immediately. As the body continues to adjust, sweating can increase dramatically and body temperature regulation becomes more effective. An increase in heartbeat of up to 30% above the resting pulse is generally considered safe, unless a medical or heart condition requires keeping your pulse rate lower.
6. Sauna Session Timer. Start Slowly When you first begin to use your infrared sauna. After you begin to break a sweat, a 10 -20 minute session is recommended. For the first week to two weeks, schedule your far infrared sauna sessions every other day. Do not exceed 60 minutes in the sauna per session.
7. Sit up straight. While lying across the bench is totally fine (and relaxing) we recommend to sitting up to really reap the benefits . This way the heaters will be directly aimed at the front and back of your body. You want your body to absorb as much of the infrared as possible so you want infrared directly at your body core. Both back and front.
8. Cool down and shower. After the session is over, do not immediately jump in the shower. Since your body was heated up during session it will continue to sweat even after the heaters are off. Sit in the sauna with door open and allow the body to sweat off. Once you feel comfortable enough, take a warm (or cool) shower to rinse the sweat off your body completely.

9. Oxygen Ionizer. An oxygen ionizer is used to clean the air inside of your sauna, giving you the freshest, cleanest possible air to breathe in while relaxing in your own infrared sauna. The ionizer works by charging the air with negative ions which remove particles from the air. It can remove dust, mould, pollen, and pet dander from your air so the air you inhale in your sauna is free of these contaminants. The particles will clump up and fall to the floor, where you can remove them by sweeping out your sauna regularly.
10. Cleaning the Sauna after use. We recommend you use a damp cloth to wipe clean the inside and outside of the Sauna. Try not to soak the wood with water as this can darken the colour. Please avoid using any chemical cleaners on the sauna to prevent inhaling toxic fumes and to reap the benefits of the detoxifying effects of the sauna. Vacuum your sauna once per week to keep it free of dust and hair.
11. Don't wear accessories. While accessories like necklaces, earrings or bracelets might look good on you, you should not wear them inside of sauna. Most of these accessories are made with a metal which is great conductor of heat. Meaning they get extremely hot and can burn you while you are inside of sauna.
12. Never sleep inside the sauna whilst the unit is in full operation.

Note:

1. Do not stack or store any object/s on top of or inside the sauna.
2. Never unplug or adjust the controls with wet hands or when you have wet bare feet
3. Never attempt any repair without consulting with CJC Furniture Ltd. Unauthorised repair attempts will void the warranty.
4. All natural wood articles have variations in the colour, grain and irregularities such as knots and fine cracks. These characteristics are a part of the natural beauty of the wood and in no way should be considered defective.

RECOMMENDATION WITH SPECIFIC HEALTH CONDITIONS:



CONDITION:	TEMP.	TIME IN SAUNA:	HOW OFTEN:
MUSCLE TENSE	45°-50°	25-30 MIN	EVERY 2 DAYS
HEADACHES	45°-50°	25-30 MIN	EVERY 2 DAYS
TO SUPPORT			
WEIGH LOSS	45°-55°	30-40 MIN	EVERY 2 DAYS
RHEUMATISM	45°-50°	15-20 MIN	EVERYDAY
CELLULITIS	45°-50°	25-30 MIN	EVERY 2 DAYS
FOR GENERAL			
HEALTH INCREASE	50°-55°	25-30 MIN	EVERYDAY

IT IS ADVISED TO AVOID TAKING A SHOWER STRAIGHT AFTER THE SESSION TO ALLOW SKIN PORES CLEARANCE.