

**Congratulations on choosing next generation Halotherapy to help restore, recover and improve your customers health, wellness and vitality.**

## **Select your protocol:**

- A) Redlight Only
- B) Halotherapy Only
- C) Red Light and Halotherapy together

### **Protocol A. Red Light Only**

1. Turn on red light and dial up time (max time 20 min). If first time using red light, recommend starting with 10 min and building up time over next 3 subsequent sessions
2. Put on goggles
3. Take seat and turn area you wish to treat towards red light (rotate chair/stool as necessary) and ensure maximum skin exposure
4. Relax and enjoy the low level *white noise*
5. Lights will turn off automatically after session finishes.
6. Remove goggles and exit the room

### **Protocol B. Halotherapy Only**

1. Ensure red light button in off position
2. Switch on Halogenerator button
3. Dial up time (suggest 20-25 minutes)
4. Take seat
5. Focus on taking full deep breaths both through the mouth and nose
6. Enjoy the white noise produced by the halogenerator, which can help to calm a busy mind
7. Once generator switches off, exit the room

### **Protocol C. Halotherapy and Red Light together**

- Turn on red light switch and halogenerator switch
- Dial up time (max time 20 min). If first time using red light, recommend starting with 10 min and building up time over next 3 subsequent sessions. Halogenerator can be reactivated again after 10 minutes to extend the session to 20 or 30 minutes in total.
- Put on goggles
- Take seat and turn area you wish to treat towards red light (rotate chair/stool as necessary) and ensure maximum skin exposure
- Focus on taking full deep breaths both through the mouth and nose
- Enjoy the *white noise* produced by the halogenerator, which can help to calm a busy mind
- Once generator switches off, exit the room

### **General notes for the booth:**

- Humidity needs to be below 65%. If humidity is regularly above this then a dehumidifier should be used to keep the room the vitality booth is in at a lower humidity. We recommend a humidity sensor is located in the vicinity of the Vitality Booth for easy monitoring. High humidity will stop the halogenerator working efficiently and effectively
- There is the option to use the built in ceiling light for additional light - switch is located on ceiling within room
- The timer operates/controls both the red light and the halogenerator
- **No-one** can be in the room when the UV Sanitization Blue Lamp is running. We advise this light is turned on at end of day for 30-60 minutes for additional sterilization. A damp cloth can be used after each session to wipe down the chairs between users.
- If connecting to bluetooth speakers, connect to BTR4
- Assembled in under 2 hours (can be done in under 30)
- 1 Tablespoon of salt will last approximately 8-10 sessions

### **White Noise produced by the Halogenerator and Red Light panels**

White noise is defined as noise that contains a mixture of all audible frequencies that human ears can hear (about 20 hertz to 20 kilohertz). This type of noise includes low-, midrange- and high-frequency sounds.

Listening to white noise creates a calming, consistent sound environment that is pleasant to listen to.

It also blocks out sudden changes in noise that would ordinarily cause stress or disturb you.

Listening to white noise is soothing and helps us quieten our minds and our busy environments.