

# How to Use:

## Infrared Sauna with Meditation

- Use a towel and have a water bottle on hand
- Remove any metal jewellery (earrings are ok) as these will heat up during the session
- If available set up your backrest
- Centre yourself and breathe normally through the session - allow your body to relax and your mind to stay in the present moment
- Log in to Wellness On Demand to select and play meditation or breathing sessions through Bluetooth
- Set temperature between 45-65c and allow approx 20 mins to reach temp from cold or 10 minutes if previously heated.
- Set time to allow for session once temp at desired level
- Follow Colour Therapy chart as a guide to set colour or press (RGB or spectrum icon) to change
- Connect to Bluetooth by selecting BT on the control panel and Sauna BT in your device bluetooth settings.
- Select USB if using a USB drive for Meditation or music
- When finished, wipe away any sweat with a towel and disinfect with wipes as required
- When the Sauna is off and cool, refer to cleaning instructions. Any Salt residue needs to be wiped off wood panels as detected or if it occurs.

**If you need to log an IT Request, please email [info@wellnesssolutions.com.au](mailto:info@wellnesssolutions.com.au) or if urgent please call 0435969272.**