

How to use:

O2 Breathing & Meditation Chair

- Once the chair has been installed in the correct area, you can plug the power cable into a power socket and switch it on
- To power on the control tablet, please use the white stick that came with our chair and insert it into the hole at the top of the tablet enclosure and press down until the tablet is powered on
- Once powered on, tap the O2 chair app on the home screen
- Once the app is opened you should be able to start a program/session- Use noise cancelling headphones
- Use an eye shade to create a fully immersive experience
- When laying back, keep your hands flat on the arm rests
- The nozzle/spout should be positioned between nose and mouth, approx. 2cm away from face
- You can adjust the intensity of the diaphragmatic rollers before or during your session
- Choose from levels Low, Medium, High & High+. For first time users we recommend starting on Low.
- We suggest using privacy screens* or plants to create a calm and private environment.

If you need to log an IT Request, please email info@wellnesssolutions.com.au or if urgent please call 0435969272.