

Helsi One

Owner's User Manual



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Disclaimer & Important Safeguards

For the purposes of this User Manual, the “Helsi One Infrared Dome Sauna”, can also be referred to as “appliance” or “device” and includes the factory installed power supply, factory installed red light LED panels, infrared mat, digital touchpad control unit, and any accessory supplied with those products.

Disclaimer

Helsi One Infrared Dome Saunas are not designed for the purpose of diagnosing, curing, or preventing specific diseases or medical conditions. The content on the Helsi website, including this User Manual and other related materials, serves solely for educational and informational purposes and should not be considered as medical advice. It is strongly recommended to consult a qualified healthcare professional before using a Helsi One Infrared Dome Sauna.

Important Instructions: Retain for future use.

Please read this manual before using the Helsi One Infrared Dome Sauna. Ensure that you know how the appliance functions and how to operate it.

Maintain the Helsi One Infrared Dome Sauna in accordance with the instructions to ensure that it functions safely.

The safety instructions do not by themselves eliminate any danger completely and proper accident prevention measures must always be used.

No liability can be accepted for any damage caused by non-compliance with these instructions or any other improper use or mishandling.

Always inspect your Helsi One Infrared Dome Sauna before use. Check parts are correctly attached before use. Do not use this Helsi One Infrared Dome Sauna if it has been damaged, dropped, left outdoors or dropped in water. Examine the Helsi One Infrared Dome Sauna frequently for signs of wear or damage. If there are such signs, if the appliance has been misused or does not work, Contact the Helsi Customer care team at support@helsi.life for assistance.

Keep the Helsi One Infrared Dome Sauna and its components out of reach of children, so as to not play with the appliance.

Cleaning and maintenance should not be made by children without supervision.

Ensure that children and babies do not play with any packaging materials or plastic bags.

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction concerning use of the appliance by a person responsible for their safety.

This appliance must not be used by persons insensitive to heat and other very vulnerable persons who are unable to react to overheating.

This Helsi One Infrared Dome Sauna is not intended for medical use in hospitals.

Always turn OFF the appliance when not in use and unplug the Helsi One Infrared Dome Sauna from the Mat. Care should be taken when stowing away and storing. Store in a dry area.

Do not use it if the Helsi One Infrared Dome Sauna is wet or has been left in a wet area or been subjected to leaks or wet weather.

To preserve the life and functionality of your Helsi One Infrared Dome Sauna, always store in a cool, dry place. For proper use and safety, please be sure to read this User Manual and follow all instructions and do not do any of the following:

DO NOT let children use the Helsi One Infrared Dome Sauna without adult supervision.

DO NOT use the Helsi One Infrared Dome Sauna on infants.

DO NOT let sleeping, disabled, or unconscious persons use the Helsi One Infrared Dome Sauna.

DO NOT use the Helsi One Infrared Dome Sauna or Red Light in combination with liniments, salves, ointments, or balms that contain heat producing ingredients. A skin burn could be the result of doing so.

DO NOT use the Helsi One Infrared Dome Sauna with Red Light for longer than 15 minutes in one therapy session.

DO NOT use the Helsi One Infrared Dome Sauna with Red Light near open or fresh wounds.

DO NOT modify or attempt to repair the Helsi One Infrared Dome Sauna. There are no parts that are serviceable by the user.

The Helsi One Infrared Dome Sauna is an electrical device.

To avoid electric shock and other electricity related dangers, adhere to the following instructions:

DO NOT wash electrical parts of the Helsi One Infrared Dome Sauna with water or other liquids.

DO NOT drop the Helsi One Infrared Dome Sauna in water or other liquids.

DO NOT place the Helsi One Infrared Dome Sauna where it may fall into water or other liquids.

DO NOT expose the Helsi One Infrared Dome Sauna to running water. If the Helsi One Infrared Dome Sauna comes into contact or becomes submerged into water or other liquid, unplug it immediately from the electrical power outlet.

DO NOT touch the light, plugs or switches of the Helsi One Infrared Dome Sauna with wet or damp skin.

DO NOT pull, carry or lift the Helsi One Infrared Dome Sauna by its cord. If the cord is damaged, do not use the Helsi One Infrared Dome Sauna.

DO NOT operate the Helsi One Infrared Dome Sauna in areas where it could be exposed to flammable or combustible products or vapours. Explosions or fire may occur.

DO NOT store or use your Helsi One Infrared Dome Sauna in hot temperatures exceeding 60°C (140°F).

DO NOT use the Helsi One Infrared Dome Sauna if it is damaged. Continuous use of the damaged Helsi One Infrared Dome Sauna may result in electric shock or injury.

DO NOT use extension cords unless they are designed to carry the total wattage of the Helsi One Infrared Dome Sauna and its components being powered. (1600W)

DO NOT disconnect the device from the power supply by pulling directly on the cords. Grasp the plug, not the cord, when unplugging from any outlet.

DO NOT cover the cooling fans while operating the Helsi One Infrared Dome Sauna.



Helsi One Dome Sauna. Design Features.

Far Infrared Carbon Ceramic Heaters

These heaters use far infrared heat for deeper body penetration and better absorption. The ceramic enhances infrared output, directing heat effectively compared to traditional carbon heaters.

EMF Cancelling Carbonised Mesh

Our exclusive carbonised mesh manufacturing cancels EMF/ELF to virtually undetectable levels, ensuring safe use.

Integrated Red Light Therapy LEDs

The full-body length panel offers red light and near-infrared wavelengths for photobiomodulation.

Stylish, Functional Design

The sleek design is practical for small spaces, with all components stowing neatly. Handcrafted rails and rubber castors provide smooth, effortless setup and positioning.

Quick and Easy Set-Up

Plug-and-play operation with an intuitive control panel, Bluetooth connectivity, and a rechargeable lithium battery.

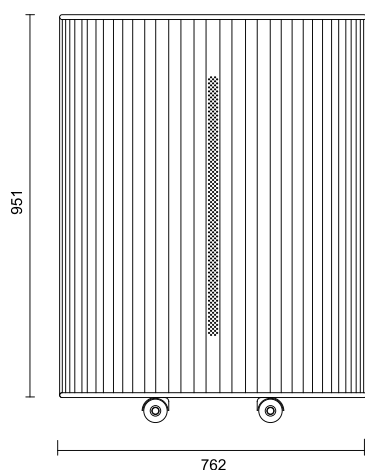
Sustainably Sourced Materials

Made from engineered bamboo, a sustainable crop that absorbs carbon dioxide and requires minimal water, and no pesticide or herbicides.

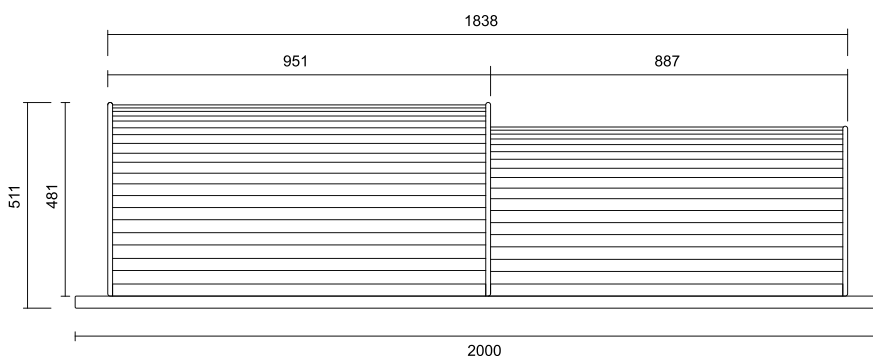
Product Specifications

Helsi Dome Sauna

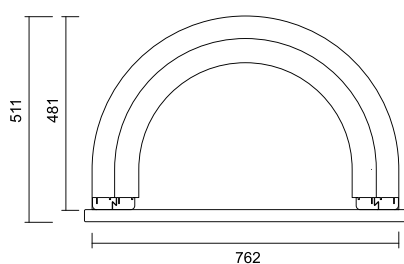
Weight	38kg
Dimensions (Closed)	100H x 76.5W x 48D cm
Extended Length	Maximum 187.5 cm
Electrical	230-240V~ 50/60Hz
Max Power	1600W
Red Light Outlet	24VDC, 170W MAX
Infrared Outlet	230-240V~ 450W MAX
Mat Outlet	230-240V~ 500W MAX
USB	5VDC, 1A MAX
Red Light Panel	~ 80W
RLP Cooling Fans	~ 7.5W
Certification	GMA-518104-EA



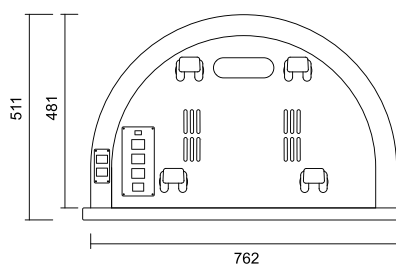
Closed Standing View



Side View - Extended



Front View



Rear View

Product Specifications

Helsi Mat

Dimensions	200 cm (L) x 80 cm (W) x 3 cm (H)
Weight	8kg
Electrical	230-240V~ 50/60Hz
Max Power	500W



Warning! The Mat is only be used with the Helsi One Infrared Dome Sauna, and is not intended to be used separately for any other purpose.

Components & Accessories

- 1 x Helsi One Dome Sauna Unit

1 x Infrared Foldable Mat

1 x Dome Lid

1 x Ergonomic Pillow

1 x RL Connector Cable

1 x IR Connector Cable
- 1 x IR Mat Connector Cable

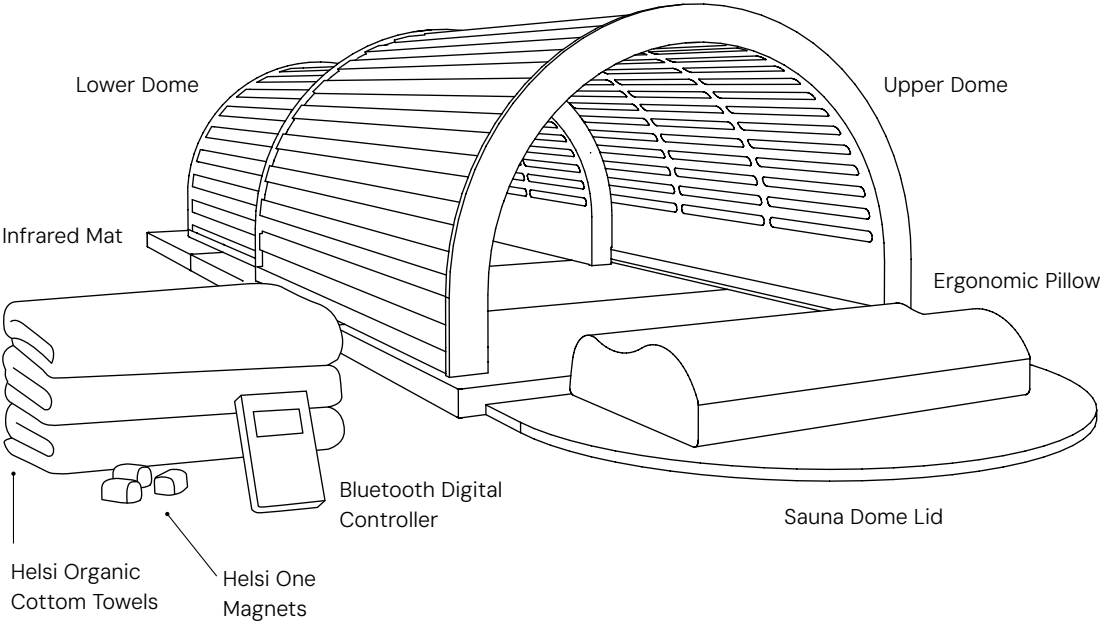
1 x AC Power Cord

1 x USB Connector Cable

1 x Digital Rechargeable Bluetooth Touchpad

3 x Helsi Organic Cotton Towels

3 x Helsi Magnets



Before you start

The Helsi One Infrared Dome Sauna is a general wellness device and is not intended to cure or diagnose any medical conditions. Use of this device is designed to help promote overall health and wellness. The Helsi One Infrared Dome Sauna should only be operated based on the guidelines, as outlined in this user manual.

Important things to note

- The Helsi One Infrared Dome Sauna will cause you to sweat profusely.
- Please make sure you are well hydrated before and after each sauna session.
- It is not recommended to have your head inside the dome while the sauna is on.
- Cease using the sauna immediately if you start feeling faint or dizzy, or unwell in any way.
- Warm-up time will range from 15 to 20 minutes, depending on the temperature setting, and the ambient room temperature of the location of the sauna.
- We recommend starting with a 10 minute session, and working up to a 30 minute session once a day.
- If a longer session is desired, please contact your physician.
- For safety reasons, the Red Light therapy setting will only programme for a maximum of 15 minutes in any one session.

First time users

Infrared Sauna

We recommend starting out with a daily 10 minute session, slowly working up to a 20-minute session over the course of 2–3 weeks as your body acclimates to the heat therapy.

Red Light Therapy

We recommend starting out with a 2–3 minute session, and slowly work up to a 10-minute session over the course of 2–3 weeks as your body acclimates to the light therapy.*

Experienced Sauna users

Infrared Sauna

We recommend daily 20–30 minute sessions. If a longer session is preferred, please contact your trusted health practitioner for advice beforehand.

Red Light Therapy

We recommend no more than 15 minutes in any one session, and a maximum of 4–10 sessions in a week. It is recommended to have at least 1 day of no red light therapy per week.*

*The Helsi One Red Light settings are designed to run for a maximum of 15 minutes only. Additional 10-minute sessions for specific areas may be beneficial but beyond a certain point, more is not always better. For this reason, we recommend you allow at least 6 hours between sessions.

Eye Safety when using Red Light therapy

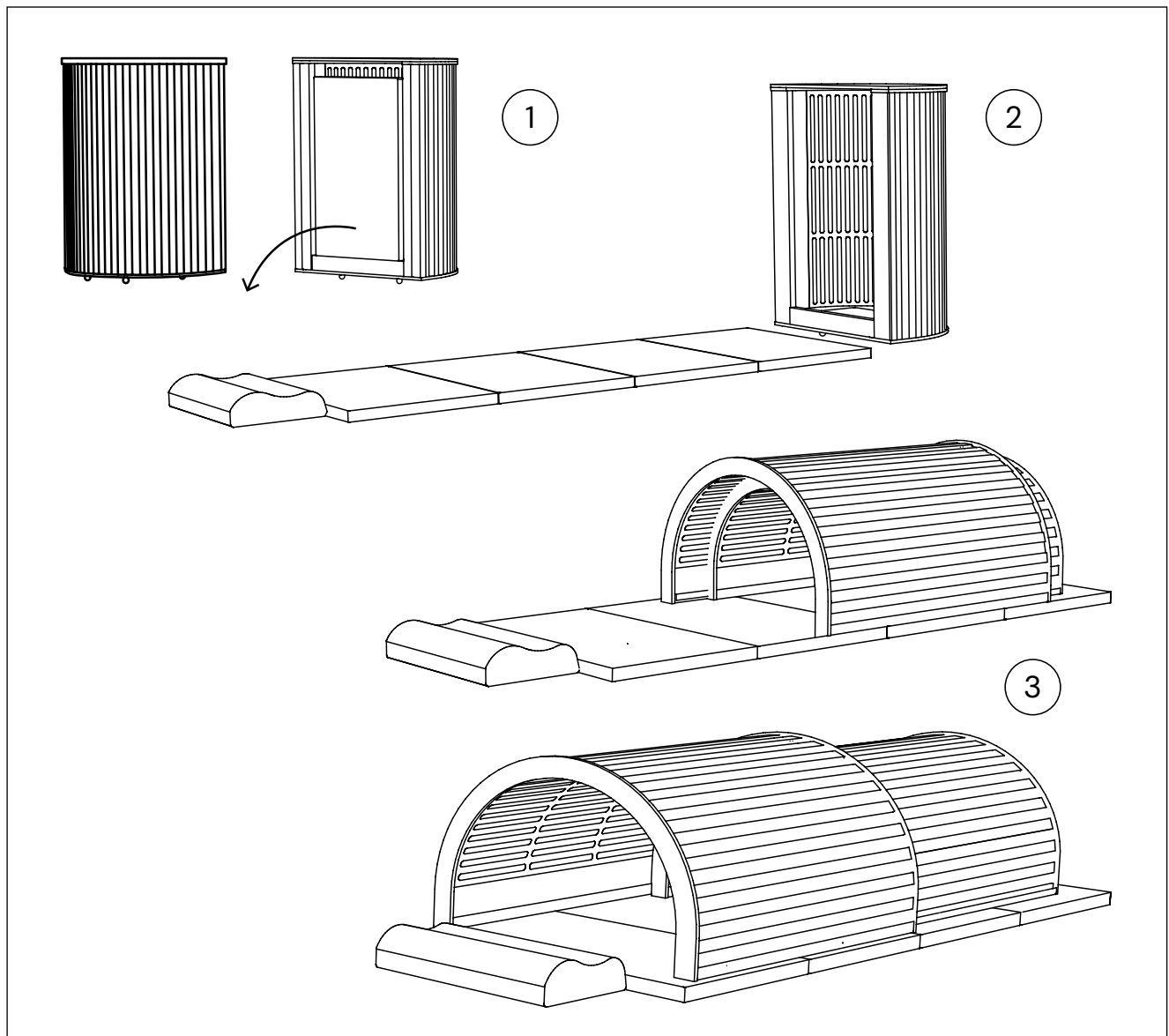
The Red Light LEDs are very bright, and near infrared light (NIR) is invisible to the naked eye. Therefore, when using the RED LIGHT THERAPY function in the Helsi One, we recommend to avoid looking directly into the LEDs as prolonged exposure can strain your eyes and potentially cause damage to your vision.

Setting up the Dome Sauna

Remove all contents out of the box and identify each component.

Read the instructions entirely before setting up.

- 1 Move the Dome Sauna unit to the desired location for use, near a standard household power outlet. Turn the sauna domes around so that the opening faces the floor.
- 2 Extend the mat out onto the floor, positioned so the mat cable is directed towards the unit. Place the pillow at the head of the mat. Place the towels over the entire length of the mat, overlapping to cover the entire mat and pillow. Smooth out any wrinkles in the towels. For taller people, you can extend the laying area by placing the wooden lid at the head of the mat, and place the pillow here. Adjust towel coverage accordingly.
- 3 Carefully lower the Domes onto the mat, lining up the edges of the domes with the mat. Extend the Upper Dome to your desired coverage.

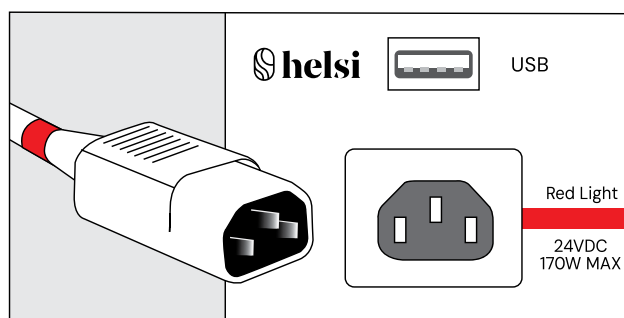
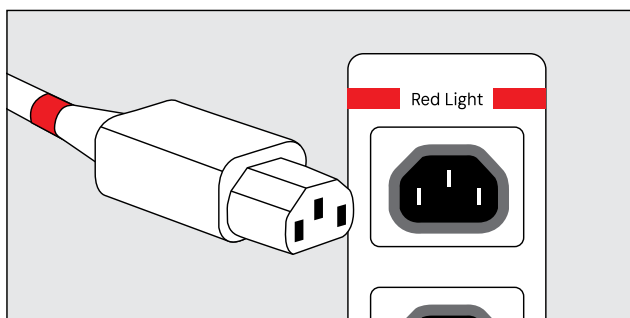


Connecting the Electrical Components

Failure to follow the exact connection protocol will result in damage to the unit.

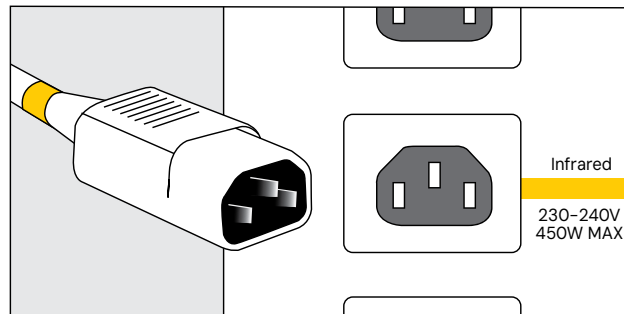
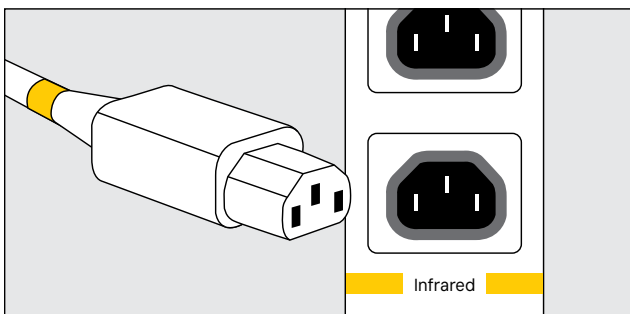
1 Connect the Red Light

Take the cable with the **RED** collar and insert one end into the outlet labelled “**Red Light**” on the upper dome, and the other end into the socket labelled “**Red Light**” on the base of the lower dome.



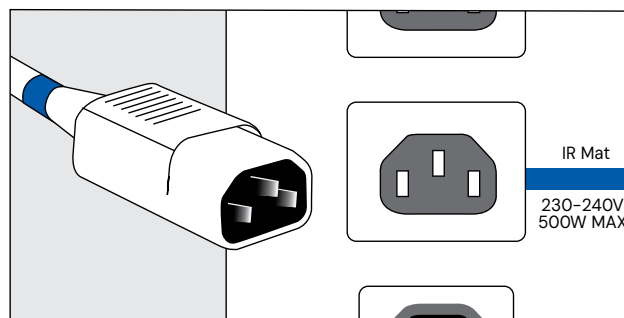
2 Connect the Infrared

Take the cable with the **YELLOW** collar and insert one end into the outlet labelled “**Infrared**” on the upper dome and the other end into the socket labelled “**Infrared**” on the base of the lower dome.



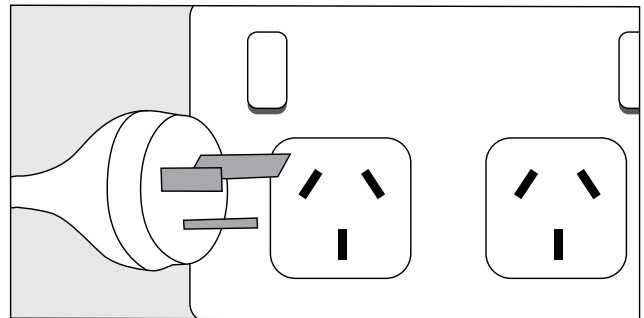
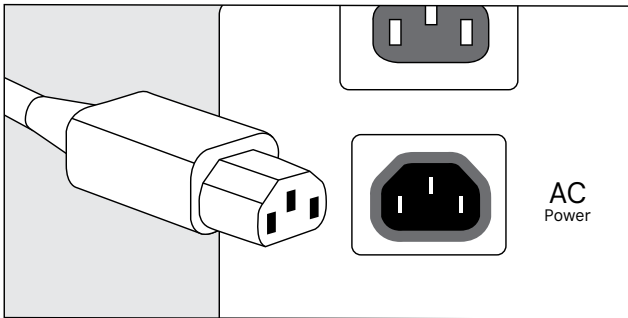
3 Connect the Infrared Mat

Take the cable attached to the black mat with the **BLUE** collar and insert the end into the socket labelled “**IR Mat**” on the base of the lower dome.



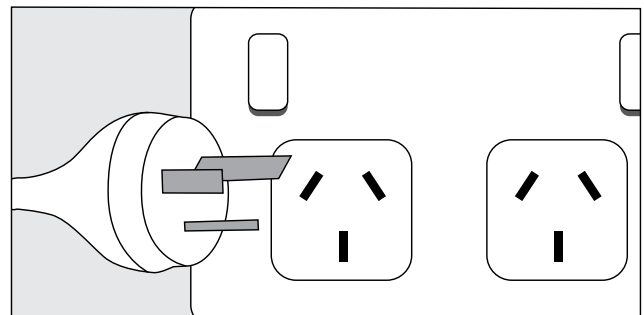
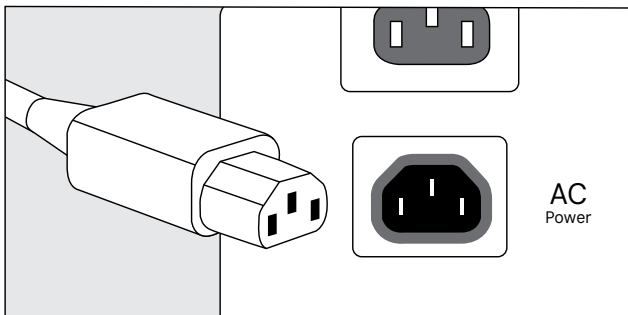
4 Connect Power Supply

Insert the power cord into the socket labelled **"AC Power"** in the lower dome, and the plug into a power outlet.

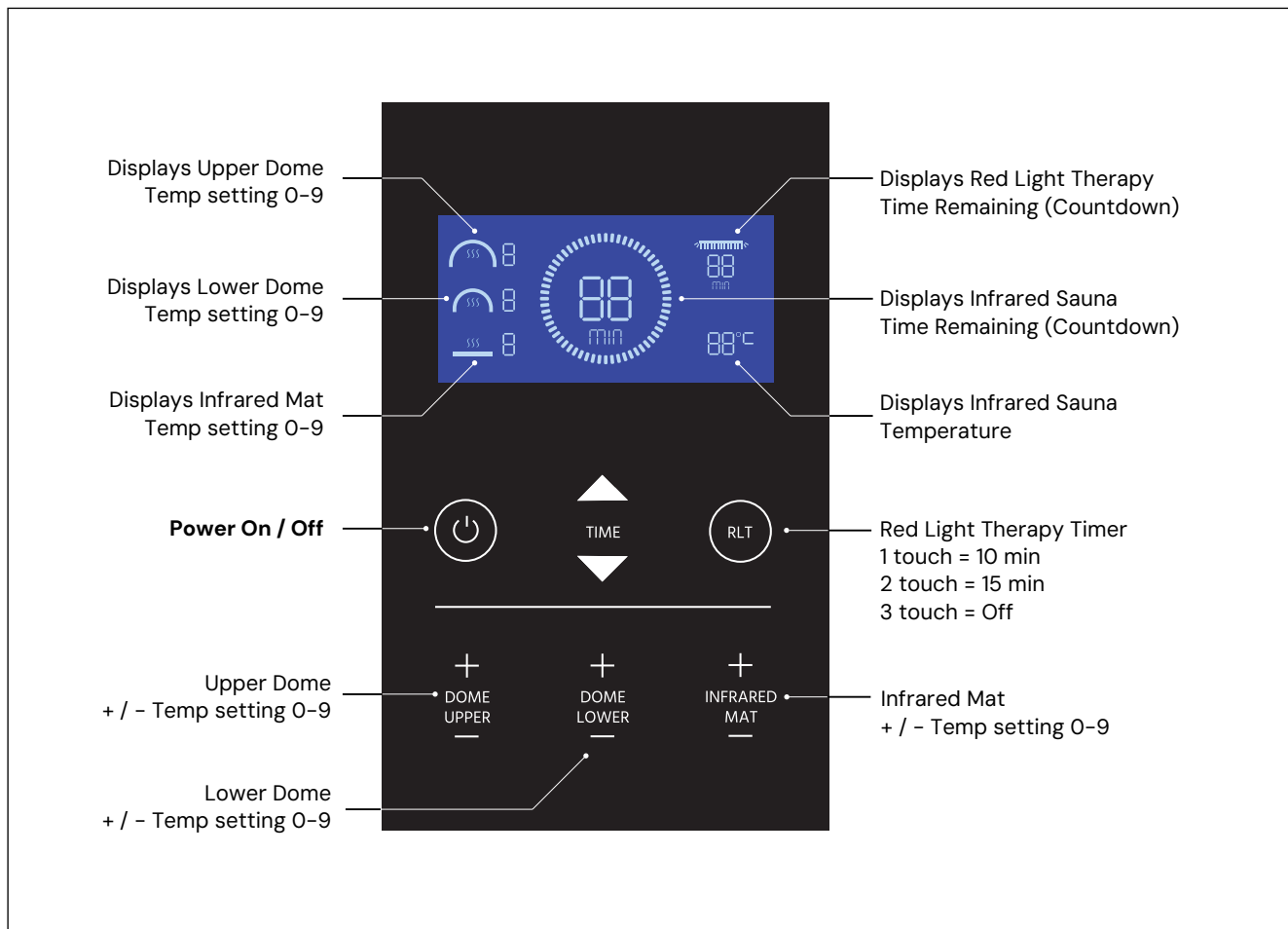


5 Connect the Digital Controller*

Take the charging cable, insert the USB-C end into the touchpad and the USB-A end into the USB Port labelled **"USB"** on the lower dome.



Helsi One Digital Controller Interface



Operating the Digital Controller

Place the Controller nearby to be easily reached when using the Helsi One Dome Sauna.

1. Tap the Power ON.
2. Set the temperature setting for Upper Dome (1-9).
3. Set the temperature setting for Lower Dome (1-9).
4. Set the temperature setting for Infrared Mat (1-9).
5. Set desired Infrared session time (0-60 minutes)
6. Set desired Red Light session time* (0-15 minutes)

*Using the Red light therapy is optional, and can be used for a standalone red light session, or in combination with a heated Infrared Sauna session.

Using the Helsi One Sauna

Warming Up

1. Turn the sauna to your preferred settings.
2. Extend the Domes along the length of the Mat.
3. To speed up warm up times, cover the Upper Dome's opening with one of the towels, and hold them in place using the Helsi Magnets.

Getting into position

1. Sit down onto the Mat with legs in the Domes, and gently pull the upper dome towards you to your preferred position.
2. Lay down onto your back, and leaving your head out of the sauna, arrange the towel around your shoulders. The towel will help retain the heat inside the sauna.
3. When your timed session is over, the timer will beep and the unit will automatically shut off.
4. Push back the upper dome and exit the unit.
5. Fully extend the upper and lower domes to let them cool down.
6. Collapse the domes only after they are completely cool.
7. After use, the mat and pillow should be wiped down using a mild anti-bacterial detergent.
8. Use a clean towel to dry all surfaces.

If any point during your sauna session you feel dizzy, light headed or unwell, cease using the Sauna immediately. If you feel that your body is overheating, please exit the sauna, adjust to a lower temperature setting and reenter the sauna after 5-10 mins.

Stowing & storing the Helsi One Dome Sauna

1. Make sure power is turned OFF at the power outlet.
2. Unplug all cables and cords, and set aside.
3. Push the upper dome along the rail to close back over the lower dome
4. Lift the domes back up onto the caster wheels
5. When storing the mat, allow it to cool down before folding.
6. Fold the mat and lift to rest back into the underside of the Dome.
7. Store the digital touchpad, pillow and cords, fitting neatly into the dome cavity.
8. Move the dome to the desired storage location, and rotate to sit against a wall or vertical surface.
9. Place the semi-circle lid back on top.

Storage and Maintenance

Product Repair

Do not modify, attempt to modify or repair your Helsi One Infrared Dome Sauna.

There are no user-serviceable parts.

If a Helsi One Infrared Dome Sauna is broken or non-operational, please refer to our Warranty to determine if your Helsi One Infrared Dome Sauna is still under Warranty. Contact the Helsi Customer Support team at support@helsi.life for advice.

Do not use the appliance if the control unit is damaged.

The supply cord cannot be replaced for the mat. If the mat cord is damaged, the mat should not be used.

If any of the connection cords are damaged, it must be replaced by the manufacturer, its service agent or similar qualified person in order to avoid hazard.

Troubleshooting

Please contact our Customer Support team if you need more information on your product or if you are experiencing issues with your product.

Cleaning

Wipe all areas with a clean, dry, lint-free cloth or soft brush when needed.

Do not use abrasive materials to clean your device – doing so may leave scratches.

Loose dust, dirt, and particles can be removed using a vacuum-type cleaner with non-metallic attachments and hoses.

Blowing dust off the device with compressed air is likely to interfere with electrical or mechanical functions.

Any type of liquid cleaner, including spray cleaners should be avoided as this is likely to interfere with electrical or mechanical functions.

Do not use any kind of solvents as this is likely to cause material defects.

Maintenance

No maintenance is required but periodic checks to see that the device is in the same condition as when purchased.

See above for cleaning instructions.

When storing the mat, allow it to cool down before folding.

When not in use disconnect from the electricity supply and place in a dry and ventilated area.

Do not store your Helsi One Infrared Dome Sauna in temperatures that can exceed 60°C (140°F).

When not in use, store the Helsi One Infrared Dome Sauna in a dry room, making sure it is protected from excessive moisture, heat and dust.

Disposal

If, for any reason, this device needs disposing, the Helsi One Infrared Dome Sauna should not be disposed of with other household waste. The Helsi One Infrared Dome Sauna requires disposal via a designated collection point for the recycling of electrical waste.

Safety precautions

Always disconnect when not in use.

Unplug from outlet when not in use to avoid tripping hazards.

Do not leave unattended when connected to the electricity supply

Keep away from children.

If unexpected side effects, such as itching occur within 48h of the first session of using an appliance, medical advice should be sought prior to further experience.

Red Light Therapy. Cautionary Statement

Helsi strongly recommends consulting with a qualified healthcare professional prior to using a Helsi Red Light Product.

If you:

- are pregnant or lactating;
- are using any medication or have any medical condition that may increase your sensitivity to light;
- have any suspicious or cancerous lesions;
- have had an adverse reaction to Red Light Therapy previously; or
- have recently had a steroid injection or use topical steroids,
- are under medical care for diseases that are caused by photosensitivity.

If you experience any discomfort while using the Helsi One Infrared Sauna with Red Light Therapy, you must stop using the Product immediately and contact a qualified healthcare professional for medical attention.

There are no industry-wide accepted contraindications for Red Light Therapy or list of accepted contraindications that is designated or enforced by regulatory agencies. Research of the potential side effects of Red Light Therapy is ongoing and the following contraindications are derived from existing research and clinical inferences:

Significant Risks of Red Light Therapy

Recent Burns – Recent burns may contain residual thermal energy that may be increased by heat from Red Light Therapy.

Malignant Cancers – There is a risk that Red Light Therapy may increase cell proliferation in malignant cancers.

Hyperthyroidism (Neck & Upper Chest) – Red Light Therapy on the neck and upper chest may increase thyroid activity in those with hyperthyroidism.

Pregnancy (Abdomen) – The effects of Red Light Therapy that reaches a developing foetus are not fully understood and may potentially have a negative effect.

Eye Disease (Eyes) – Red Light Therapy's effects on various eye conditions is not fully understood and light sensitive cells in the eyes may respond unfavourably to intense red light.

Light Sensitivity – Individuals with rare conditions causing extreme sensitivity to light or who have previously reacted to Red Light Therapy should avoid its use.

Heat – Red Light Therapy will generate thermal energy as light is absorbed. This heat may present a hazard in some conditions.

Light – The electromagnetic radiation used in Red Light Therapy is low in energy, but it may affect tissues that are sensitive to light.

Tissue Stimulation – Red Light Therapy is intended to stimulate tissues. In some diseases, this may be undesirable.

Fever or Infection – There is a risk that the use of Red Light Therapy can worsen existing hyperthermia caused by fever or infection.

Systemic Lupus Erythematosus (SLE) – SLE can cause skin sensitivity, increasing the risk of a reaction to Red Light Therapy .

Severe Bleeding or Blood Loss – Research suggests that Red Light Therapy may slow the body's ability to stop bleeding.

Use of Photosensitising Medications – Medications that increase sensitivity to light may increase risks of sensitivity to Red Light Therapy.

Tattoos – Red Light Therapy may cause cosmetic defects to body art, especially body art that uses red inks may be prone to fading when exposed to intense red light. The tattoo ink may also cause uneven absorption of red light, causing therapy to be less uniform.

Dark skin pigmentation – The effect of skin pigmentation on Red Light Therapy is still being studied. Those with darker skin tones may find that their skin absorbs more light, making it warmer than those with lighter skin tones would experience. A smaller amount of red light may actually reach deeper tissues, however, this effect is not likely to be large.

Dark hair – Darker colours of hair may absorb more light, causing increased warmth and decreased penetration of red light. This effect is not likely to be large.

Melasma / Hyperpigmentation – Studies have shown improvement from red and NIR light on hyperpigmentation. However, in rare instances users can experience the opposite effect. We suggest starting slowly and using red light only if this is a concern.



helsiTM

For any feedback or questions,
please contact us at support@helsi.life

helsi.life