



## Infrared Cabin Manual

The infrared lamps can be turned on or off with a short press of this button.  
*(The lamps will switch on/off simultaneously).*



The lamps will automatically turn off after the session time has elapsed (15 minutes). You can also manually switch them off using the button.  
*(Afterward, the lamps will be immediately ready for use again).*

### Tips for optimal use:

- It is important to **drink enough water** before, during, and after using the sauna to prevent dehydration. During the session, toxins are expelled from your body.
- Infrared radiation produces less ambient heat but penetrates **deeply into (painful) muscles**. Wearing swimwear can partially block this effect due to the layer of fabric. For hygiene reasons, **use a towel to sit on** to prevent sweat from seeping into the sauna benches.
- Try to relax and **breathe deeply in and out**. Deep breathing helps eliminate toxins and enhances the wonderfully relaxing effect of infrared radiation on your muscles and mind.
- In addition to dehydration, staying in the sauna for too long can cause **overheating**. Therefore, do not take two sessions in a row per person.
- Have you used an infrared cabin before? Then you can use it daily in principle. First time? It is recommended to use the sauna a maximum of three times per week to **allow your body to adjust** to these heat sessions.

### Enjoy and relax!

*If you encounter an error message, please report it to the reception so we can resolve it for you.*