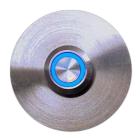


Infrared Cabin Manual

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.