

Using the Full Body Ozone Bag

1. Lay out and unzip the bag as far as needed to accommodate you. Make sure your ozone generator is close to the bag if you are using the bag alone.
2. Attach the check valve and tubing kit to the Ozone Out port of your ozone generator. Connect the other end to the pre-installed tubing coming out of the bag.
3. Turn on your oxygen, then get into the bag and zip it part way up. Turn on the ozone generator to your chosen setting and zip the bag the rest of the way to your neck.

[Recommended: Wrap a towel around your neck to help seal in the ozone and turn on a fan in the room for better air circulation.]

4. When finished, unzip the bag and turn off your ozone generator.

