Using the Full Body Ozone Bag

1. Lay out and unzip the bag as far as needed to accomodate you. Make sure your ozone generator is close to the bag if you are alone.

2. Attach tubing from the Ozone Out port of your ozone generator to the pre-installed fitting on the bag.

3. Go ahead and turn on your oxygen. Get into the bag and zip it part way up. Turn on the ozone generator to the chosen setting and zip the bag the rest of the way to your neck. If you have an ozone generator with a timer, you can set it to turn off a couple minutes before exiting the bag.

[NOTE: Most people wrap a towel around their neck to help seal in the ozone. If there is still leakage you can turn a small fan on your face to blow away the excess.]

4. When you're done, unzip the bag and turn off your ozone generator.

If you have someone to assist you, you can get into the bag and zip up and allow them to operate the ozone generator.

Ozone Generator

Oxygen In   **Ozone Out**

Male

Check Valve
w/Tubing Kit

Attach Tubing

Full Body Ozone Bag