

Additional Instructions - Ozone Model



Example Ozone System

1. Setup your sauna as shown on the previous page.
2. Attach tubing from the Ozone Out port on your ozone generator to the Ozone In port on the sauna, which is located at the back of the lower dome.
3. Turn on your oxygen source and ozone generator to the settings needed to produce your desired ozone output. If you have an O3Elite, a chart is included on the unit itself.
3. When finished with your ozone sauna session, turn off the ozone generator first and let the oxygen run for several minutes. Then turn off your oxygen.



Far Infrared Sauna Dome USER MANUAL



For models PL-O3SAUNA and FIRG112

Guide to Ozone Sauna Concentrations

LOW DOSES (getting started)

Oxygen: 1/8 LPM

Gamma Range: 12 to 33

MEDIUM DOSE (optimal range)

Oxygen: 1/8 LPM

Gamma Range: 32-53

HIGH DOSE (advanced/higher intensity)

Oxygen: 1/8 LPM

Gamma Range: 51-75



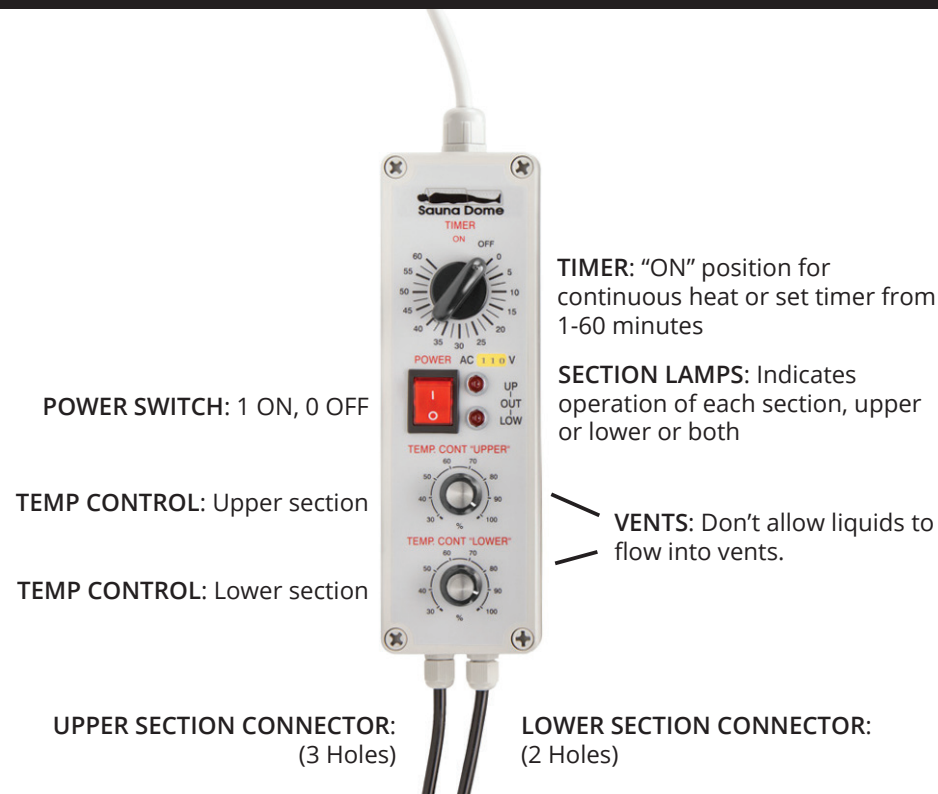
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Sauna Controller



It is essential to drink enough water and to take supplemental minerals to replace the fluids and electrolytes lost during sweating.

Warranty Information: This unit is warrantied to be free from manufacturer defects for five (5) years for the dome and three (3) years for the control box.

**For more information on Far Infrared,
visit www.promolife.com/firinfo**

Disclosure: Always consult with your physician before using the sauna dome. Promolife and the manufacturer do not make any diagnosis or give medical recommendations. Consulting with a health care professional is always recommended.

Instructions for Use - FIRG112

1. Lay the mat down and place a towel over the mat.

2. Set the domes on the floor and slide the larger dome down over the lower dome (figure 1).

3. Plug the power cord on the control panel into the wall outlet.

4. Place the control panel cord for the upper section (3 holes) into its connection on the upper dome. Place the cord for the lower section (2 holes) into its connection on the lower dome.

5. Turn the control box on by switching the red button to ON.

6. Set the temperature dial on the control box for each section to the desired number. A beginning suggestion is to set both dials at 80-85. The red lights will be blinking unless the number is set at 100. The higher the number, the more heat.

7. Set the timer switch to the desired time. CAUTION: Do not use continuous (ON) mode unless you set an alarm or have an assistant to avoid falling asleep in the sauna, as continuous mode will not engage the auto shutoff.

8. Sit on the mat with your legs extended inside the upper and lower dome (figure 2). Lie down and pull the upper dome over your body until the opening is over your neck (figure 3). Attach the bib to the inside of the upper dome velcro to velcro (figure 4). Have the big surround the neck so your body is inside and your head is outside.

Notes: Sweating takes on average 25-35 minutes depending on your body. Once sweating starts it will get stronger and stronger. The more frequently the dome is used, the more vigorous the sweat response may be.

Major benefits can be obtained with brief use of the dome without sweating. Even a few minutes in the far infrared field can vitalize the body.

Time duration, temperature and frequency of use depends on the individual. In general a 40-60 minute duration is a good session. More is not necessarily better in terms of minutes and frequency of use.

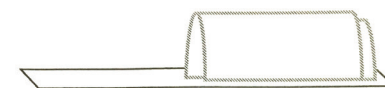


figure 1

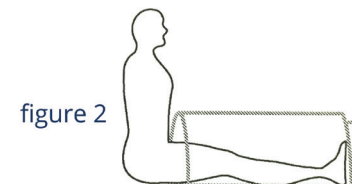


figure 2



figure 3



figure 4