

SASHA JACUZZI SAUNA: INSTRUCTIONS MANUAL

WARNINGS

Usage duration of the appliance must be suited to user tolerability. Immediately exit the appliance should you feel dizzy and/or nauseous.

Be very careful when entering and leaving, as surfaces may be rather slippery.

Do not switch on the heater without first placing the stones.

The heater and stones will remain hot for some time, even after switching the system off.

Always use one or more towels when lying on the benches and/or leaning against hot walls.

ATTENTION! Do not hang towels on the wooden heater cover: they may catch fire!

Try and drink liquids only before and/or after having a sauna; do not undertake physical activity during and after the sauna session.

ATTENTION! Do not pour oils directly onto the stones: they may catch fire! Use the semi-sphere container on top of the steamer lid.

Do not obstruct the vent in the sauna and/or the sauna air inlet. Do not obstruct the drainage slots on the shower duckboard.

In the case of a power outage during a programme, this will be interrupted. When the power supply is restored, the programme must be restarted.

SAUNA

The sauna allows you to relax both physically and mentally, to keep stress at bay and it provides temporary escape from daily life. A daily sauna helps eliminate toxins and enhances skin cell renewal.

Preliminary operations

Turn on the main switch.

Turn the heater on approximately 45 minutes before a session.

Before a bio sauna and/or Roman sauna session, check that there is a sufficient amount of water in the steamer tank; if it requires filling, fill it up leaving 10 cm from its opening.

Ensure that ventilation is present by opening the small window on the wall, under the bench.

Have a shower, dry your skin well and remove any make-up. Enter the sauna naked, with an empty /almost empty stomach; do not wear any metal jewelry as this will become extremely hot; do not wear glasses and do not introduce in the sauna any electronic devices.

Turn on the main switch: the ON/OFF display key will light up white.

Press the ON/OFF key: it will light up blue and allow you to select one of the programs.

_ Biosauna: it is the coolest and most humid option, a “gentle” and refreshing sauna with a temperature of approximately 55-60° C and relative humidity of approximately 30-35%. There must be sufficient water in the steamer tank. IMPORTANT: if the “water pitcher” key lights up and an acoustic signal sounds, fill the steamer tank and press the “water pitcher” key to activate steam mode.

Matching chromatic sequence: *Cromodream*

_ Roman Sauna: with a temperature of approximately 65-70° C and 20-25% relative humidity, it is beneficial in terms of blood circulation, it helps to reduce muscle tension and stress and induces intense sweating. There must be sufficient water in the steamer tank. IMPORTANT: if the “water pitcher” key lights up and an acoustic signal sounds, fill the steamer tank and press the “water pitcher” key to activate steam mode.

Matching chromatic sequence: *Sunlight*

__ Finnish Sauna: it is the traditional sauna, also referred to as “dry sauna”, with a temperature of approximately 90°C and relative humidity lower than 15%. No need for water in the steamer tank.

Matching chromatic sequence: *Relax*

The further from the ground you are, the higher the temperature.

Sessions should not exceed 10-15 minutes, followed by a fresh shower following blood flow direction. It is also advisable to rest after every session, ensuring that hands and feet do not cool down excessively.

A couple of minutes before leaving the sauna, sit on the lowest bench to adjust to the vertical position.

Once out, breathe lightly through your nose to oxygenate your body and walk around in a relaxed manner.

Every programme can be interrupted at any time; it is also possible to switch from one programme to the next by first deactivating the programme in progress.

Turn off the main switch after use.

Contraindications

Seek the advice of your doctor before using the sauna.

If you suffer from rheumatism, avoid the cold immersion stage following the sauna.

The sauna is not recommended for those with cardiovascular disorders, acute inflammations, epilepsy, and those with pacemaker. Not recommended to those with colds and/or flu.

Pregnant women may only use the sauna under the strict supervision of their doctors.

Do not use the sauna during a recuperation period following surgery.

HAMMAM

Humid heat cures problems with the nose, throat and airways and reduces muscle pain. Sweating will be less intense than the sauna, however the quantity of disposed liquids is greater due to longer sessions.

Preliminary operations

Have a shower, dry your skin well and remove any make-up. Enter the cabing naked, with an empty /almost empty stomach; do not wear any metal jewelry as this will become extremely hot; do not wear glasses and do not introduce in the cabin any electronic devices

Turn on the main switch: the ON/OFF display key will light up white.

Press the ON/OFF key again: it will light up blue.

After a few minutes, steam will be released from the nozzles.

WARNING: the emerging steam has a temperature nearing 100° C! Do not rest legs on the steam outlet and keep them at least 40 cm from the outlet nozzles.

Wash the bench with the shower and select the desired programme:

_ Tepidarium - Temperature of approximately 38°C and average vapour pressure levels. It enables initial heating up of the body and the opening of skin pores.

Matching chromatic sequence: *Cromodream*

__ Hammam - Temperature around the 42° C mark and high vapour pressure levels. Generally associated to massage.

Matching chromatic sequence: *Sunlight*

___ Calidarium – Temperature of approximately 46° C and vapour pressure levels close to 100%. Sweating is intense, resulting in natural disintoxication of the body.

Matching chromatic sequence: *Relax*

Every programme can be interrupted at any time; it is also possible to switch from one programme to the next by first deactivating the programme in progress.

When desired, you may have a shower to refresh yourself.

The final stage includes spraying fresh water to re-close pores and inject energy throughout the entire body.

Before the end of the session, sit on the lower bench for a few minutes.

After use, please wait for the white light on the programme key to go dark before turning off the main switch.

Contraindications

Seek the advice of your doctor before using the hammam.

Not recommended to those suffering from inflammatory dermatitis or psoriasis.

Do not use if suffering from mycosis or verrucas.

Not recommended for those with cardiovascular disorders, acute inflammations, epilepsy and those with a pacemaker.

SHOWERHEAD

Before using any function, always regulate the temperature to the desired value.

Functions:

- B – Shower head : a “rainfall” jet situated at the top of the shower unit
- C- waterfall : provides a soft massaging effect on neck and back muscles
- D- shower : refreshing and toning
- E- spray jets : provides a delicate water massage to tone the body

CHROMOTHERAPY

The Cromodream® function takes advantage of colour properties, stimulators and regulators of our mood.

White : operates as light colour overseeing appliance functions.

Sky Blue: promotes relaxation and acts as a sleep adjuvant.

Orange: promotes vitality and has a “recharging” effect

Yellow: helps with concentration and lifts mood

Green: reduces irritability, stimulates serenity and inner peace

Colour sequences:

Relax: blue/orange/sky blue/white

Sunlight: yellow/orange/white, with sky blue and violet.

Cromodream: all the colours of the range merge from one to the next

To change from one colour sequence to a steady colour light:

-Press the ON/OFF key, then press again to select the desired colour.

Turning off: select the fixed colour sequence and press the ON/OFF key until the light goes dark; if pressed again after going dark, the chromatic sequence associated with the active programme is reactivated.

WELLNESS TREATMENTS – SOME SUGGESTIONS

“Serialized” treatments:

1. With the sauna, select the **bio sauna**, then you can move on to the **Roman sauna** and then onto the **Finnish sauna**.
2. With the hammam, select the **tepidarium** programme and then move onto the **hammam** and the **calidarium**.

“Combo” treatments :

Begin with a 30 minutes **hammam** session, followed by spray jets at a slightly chilled temperature and then a 10 minutes rest.

Step back into the sauna and select the **bio sauna** for about 15 minutes, followed by a shower with medium strength jets of chilled water; next, rest for about 20 minutes.

If you wish, conclude with a 10 minutes **Finnish sauna** session followed by a waterfall shower with relatively cold water. Have a final relaxation session in complete tranquillity.