

RED LIGHT SAUNA



BENEFITS

- Provides temporary relief of minor aches & pains
- Helps reduce muscle soreness, stiffness, and tension
- Temporary increase in circulation where applied
- Helps promote relaxation, which can enhance feelings of well-being
- May reduce feelings commonly associated with stress



HOW TO USE

- Press the Start button and review the health and safety tips on the touchscreen
- Avoid looking directly at the red and infrared light panels
For user safety and comfort, eye protection should be worn
- Adjust your desired heat level (low, medium or high)
- Select your red light target areas or all panels
- Adjust the music level or turn it off

Session Length: 15 minute maximum per day

PRE- AND POST-SESSION CARE

- Before and after your session, please wipe down the seat

Scan &
learn how
to get
started

