

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



NOT RECOMMENDED FOR USE

Anyone with one or more of the following conditions, or with a condition upon which heat or light sensitivity may have an adverse effect, should consult a medical provider prior to use.

- Pregnant, nursing, or trying to conceive
- Medication which is heat or light sensitive (acne, retinoids, benzoyl peroxide, antibiotics, etc)
- Medication for hypertension or blood thinners
- Cardiovascular conditions (heart disease, hypertension, or coronary artery disease)
- Peripheral vascular disease or deep vein thrombosis
- Autoimmune conditions, Lupus, or multiple sclerosis
- Neurological disorders or Epilepsy
- Diabetes
- Cancer
- Hyperthyroidism
- Kidney disease
- Weakened or compromised immune system
- Conditions that affect the ability to sweat
- Eye disease or recent eye surgery
- Recent skin procedures, burns, or open wounds
- Acute joint injuries
- Any skin conditions which are sensitive to heat (eczema, psoriasis, etc)
- Fever or infection
- Pacemaker, defibrillator, or any other implanted devices
- Elderly individuals or children under the age of 16
- Alcohol or drug intoxication
- Dehydration; proper hydration is recommended before and after use

