



QUICK START

Press the START button on the haloIR generator for your 20 minute halotherapy (dry salt therapy) session.

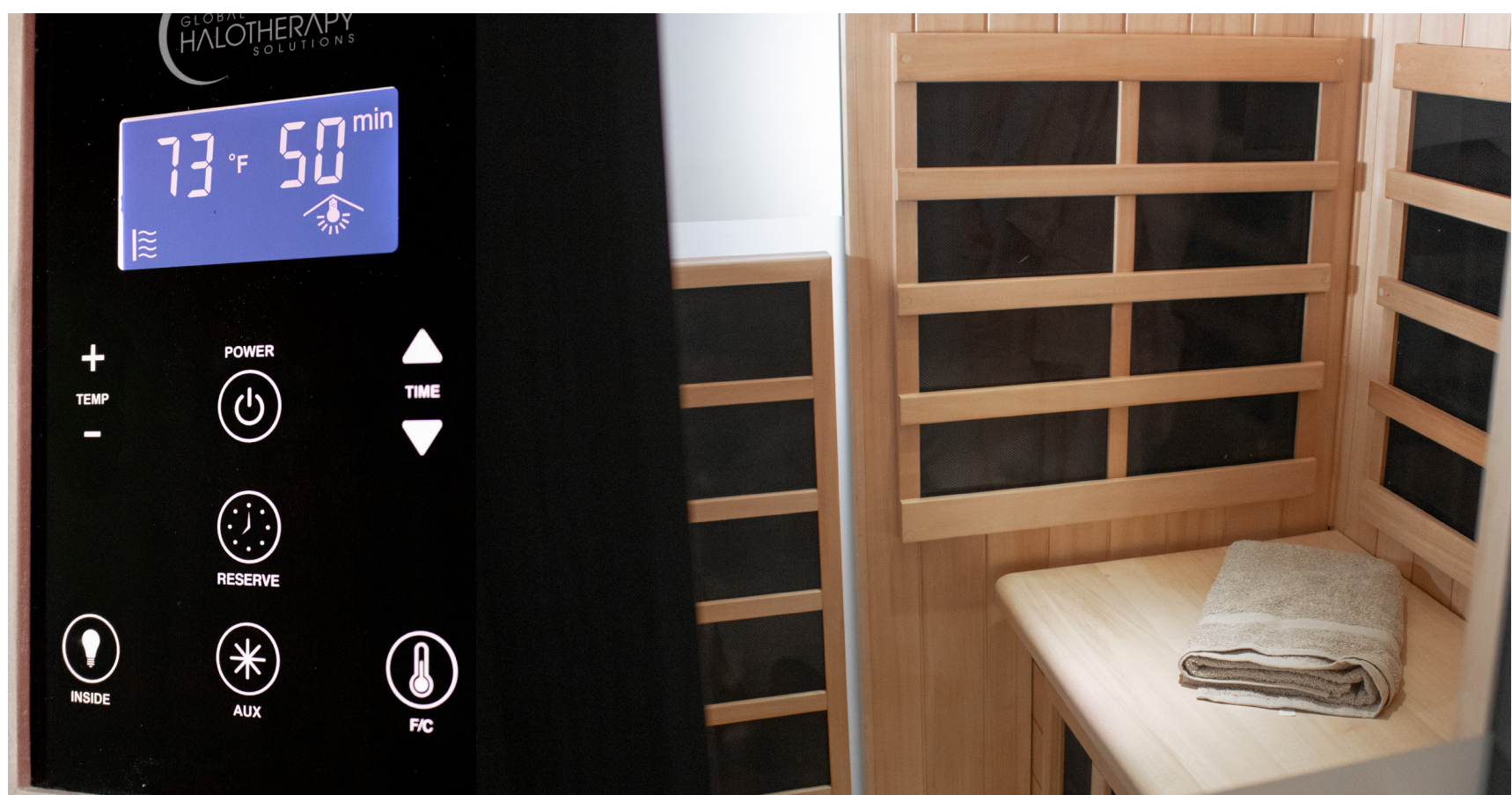
Once inside the sauna, using the control panel on the wall of the sauna, set the temperature to 120°F / 60°C if you want “heated Halotherapy”. For the infrared benefits set the temp to 155°F / 70°C at the start.

Set the session time to 30 minutes on the same control panel and press the POWER button for “heated Halotherapy”.

The timer will count down and the sauna will turn off when the time reaches 0.

Relax and breathe naturally. You can also take turns inhaling through your nose and mouth for the 20 minutes of Halotherapy. (Even try holding one nostril down while breathing in. Repeat on the other nostril.)

After your 30 minute session exit the sauna slowly and drink some water. Relax for a few minutes.



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