

# Control Panel Instructions



On / Off button



Crystal White Light - On / Off



Steam - Press to turn Steam Unit On, cycle is preset to 15mins (See MENU section on how to change)



Chroma - Chromatherapy Option's

1. Press button once and the Chromatherapy colour cycle starts.
2. Press button again for a second time to select your colour.
3. Press button a third time to turn off.



Menu Option's

1. Press button once for CD / Radio Volume control, use the minus and plus buttons to adjust volume.
2. Press button twice for Steam Timer Settings, you can now adjust the preset time of 15mins.
3. Press button a third time to adjust the Temperature of your cabin in °C
4. Press the button for a fourth time to access the Sound Source, you can change between your portable CD or Radio by using the minus button and the plus button.



Esc - Escape button

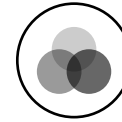
Press this button to return to the Main Menu.



Down button - used to control levels in different Menu sections



Up buttons - used to control levels in different Menu sections



## Chroma - Chromatherapy Benefits

The treatment of Chromatherapy is the use of changes in the colour of light to produce healthy and beneficial effects on the mind and the body. Light therapy is recognised by conventional medicine and many positive studies on the subject have been performed. Your light can be used simply to help you achieve a better state of mind when you feel low or to help you sleep. Whatever you use this therapy for it will compliment your life beautifully.

### Light Colour

- Red - Stimulating - energises and invigorates, can help with headaches
- Blue - Calming - calms, eases stress, aids sleep
- Green - Relaxing - calms, helps to remove waste from the body
- Yellow - Well-being - sharpens the mind, lifts worries, improves your mood
- Violet - Cleansing - good for the nervous system, helps heal infections
- Orange - Revitalising - good for breathing, mental energies, helps to heal wounds

For the best effect please use in conjunction with steam



## Steam Shower Benefits

### Steam Shower Benefits

Steam is one of the oldest remedies in the world; steam baths have been used for centuries to promote health and vitality. The simultaneous action of steam and heat helps the blood and lymph circulation, as well as dissolving toxins and other waste matter from metabolic activity with expulsion through perspiration. To make sure you achieve the best from your steam room please shower first and aim to sit in the steam room for no more than 15 minutes at between 35°C and 45°C and stop at any time if you feel faint.

- Steam helps to soothe and relax muscles
- You'll sleep better, and above all feel better
- Provides temporary relief for arthritis sufferers or sore joints
- Steam will open the pores of your skin allowing toxins to escape
- Moisture can help to heal dry skin
- Temperature is best kept between 35°C and 45°C