

Essential Comfort Chamber System

Far Infrared Therapy for One to Go

USER'S MANUAL

DISCLAIMER:

Essential Comfort is a Personal Sauna. Any information presented within this manual is for educational or reference purposes only. The content of this manual is not intended for diagnosis or treatment of any ailment or disease and shall not be considered as a substitute for professional health care consultation. One should always seek the advice of a personal physician or other qualified health professionals regarding any medical condition or when making major changes in medications, personal exercise routines, dietary habits, or using un-prescribed treatment or treatments of any type or kind.

Review the precautions as listed in this Manual before using Essential Comfort. Essential Comfort is a serious piece of equipment that performs at the same high level as those models used in professional spas. If in question, please check with your personal physician or other qualified health professionals before using Essential Comfort.

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COMPONENT LIST

- (2) **HEALTH MATE** Plush Towels
- (1) Manual
- (1) Curtain
- (1) **Essential Comfort Lower Dome**
- (1) **Essential Comfort Upper Dome**
- (1) **Essential Comfort Control Box**
- (1) **Essential Comfort Pad**
- (1) Essential Comfort Headrest
- (1) **Essential Comfort pad** control unit

SPECIFICATIONS

Essential Comfort

Dimensions: adjustable up to 69" (175cm) X 28"(71cm) X 18"(46cm)

Weight:37lbs. (30.4kg)

Electrical: 110V/120V/220V/230V 50/60Hz Max Power: 960W

Essential Comfort pad

Dimensions: 71"(180cm) X 27"(70cm) X 1.4"(4cm)

Weight: 9.9 lbs. (4.5kg)

Electrical: 100-120V or 220-240V 50/60Hz Max Power: 380W

SAFETY

Each component used in the manufacture and assembly of Essential Comfort meets or exceeds all regulatory and industry standards. Essential Comfort has been thoroughly tested and has received an acceptance label from an international circuit. Circuits have been designed and engineered to meet the highest standards, with safety being a requirement.

Essential Comfort is manufactured and assembled by an advanced technology corporation that has met the requirements for ISO certification. ISO is a

worldwide federation of national standards bodies with representatives from over 130 countries.

The primary mission of ISO is to promote the development of standardization worldwide, as related to the exchange of scientific, technological, and economic environments that establish a verifiable high level of quality.

Essential Comfort is UL/CUL certified and meets or exceeds electrical safety standards of the U.S., Canada, Australia, New Zealand, and the EU.

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ASSEMBLY INSTRUCTIONS

Essential Comfort has been designed for easy assembly. It can be set up and ready to use in minutes. When your session in Essential Comfort is finished, it can be easily disassembled and placed in its assigned storage area.

Some prefer to use a personalized portable sauna set up on an elevated surface, such as a large table. Only use the table for support if you can verify that the weight limit can support yourself and the weight of Essential Comfort (76.9 lbs./34.9Kg)

Otherwise, Essential Comfort should be set up and used on the floor. You may wish to find a floor location that offers a degree of privacy.

01 Open the box and remove all of the contents. Identify each component of the Essential Comfort.

02 **Read every page of this Manual. The Disclaimer and Precaution Statements must be read and fully understood.** Essential Comfort performs the same whether used in your home or in a professional medical facility. Please check with your personal physician if you don't understand something in the precaution statements.

03 Verify that an electrical outlet of proper voltage (varies by country) is available at the location to be used.

04 Position the Thermal Reflector Pad or position the Essential Comfort pad.
DO NOT USE THE REFLECTOR AND Essential Comfort PAD TOGETHER. MAY CAUSE OVERHEATING OF Essential Comfort PAD.

05 Place a towel over the entire length of the Essential Comfort pad. Smooth out the towel, making sure that wrinkles are removed.

06 Place the headrest into position at the top of the Essential Comfort Pad.

Place the two Essential Comfort domes at the bottom of the Essential Comfort Pad, with the open entrance facing up.

07 Connect the cord labeled "Upper Dome" on the control box to the upper dome power socket.

08 Connect the cord labeled "Lower Dome" on the control box to the lower dome power socket.

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09 Plug the Essential Comfort into the electrical outlet (check for proper voltage and grounding)

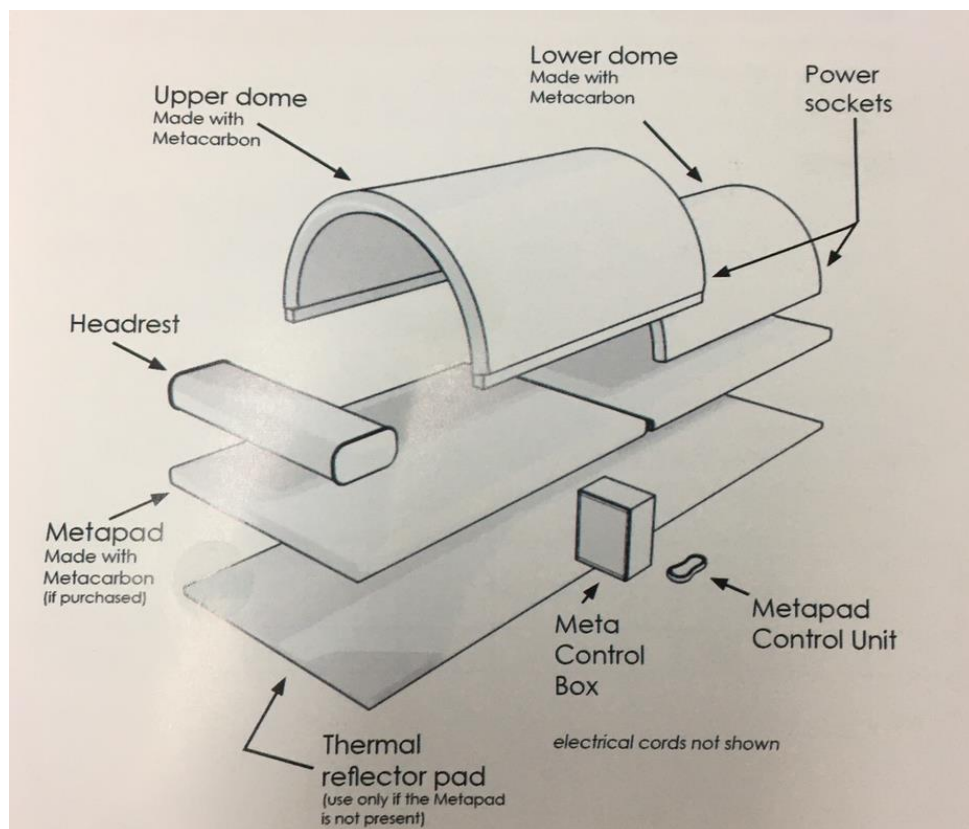
10 Turn on and set the Essential Comfort Control Box to its lowest setting. This can be adjusted when you are ready to use the Essential Comfort. **NOTE: Each dome has a separate adjustment. Domes adjust in whole-number increments.**

11 Verify that the red LEDs on the front panel are lit.

12 Place the Control Box in such a position as to be easily reached when using the Essential Comfort

13 Use the supplied End Curtain to enclose the Essential Comfort and retain heat.

14 Setup is complete. You are now ready to enjoy Essential Comfort, Your Personal Sauna.



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INSTRUCTIONS

The Essential Comfort is a professional-grade piece of equipment designed as a personal sauna.

Read and fully understand the Disclaimers, Precautions, and Cautions as listed within the Instruction and Reference Manual.

If, for any reason, you feel bad, experience nausea, dizziness, or other discomfort, or do not feel in control while using the Essential Comfort, immediately turn it off at the control box. Keep the control box within reach when using the Essential Comfort. Do not use near water. Always use a grounded electrical receptacle.

PLACE THE CONTROL BOX IN A POSITION THAT ALLOWS THE ON/OFF SWITCH TO BE EASILY REACHED

Far Infrared waves are most effective when they can contact bare skin. Considering this, it is best to get undressed before using Essential Comfort. This is why the recommendation was made to find a location that offers a degree of privacy.

USAGE

Essential Comfort Chamber System recommends working up to a 30-minute session once a day. If a longer session is desired, please contact your physician. Place a towel next to the Essential Comfort. This will be used when you finish your session.

Set the temperature setting on the Control Box. For your first session, the Essential Comfort should not be set at a temperature setting higher than five (5). Warm-up time will be from five to ten minutes, depending on the temperature Setting.

Setting	1	2	3	4	5	6	7	8	9
°F	110	115	120	125	130	135	140	145	150
°C	43	46	49	52	54	57	60	63	65

Turn on your favorite music before entering the Essential Comfort. Set the timer on the Control Box. The maximum time that the Essential Comfort can be set for is sixty (60) minutes.

It is now time to enter the Essential Comfort. Slide the Upper Dome back so it rests on top of the Lower Dome. Sit on the bath towel covering the Essential Comfort pad, and gently pull the Upper Dome back and over your body by gripping the frontal trim as you lie down.

Touching the Essential Comfort heating surface will still feel HOT but will NOT BURN the skin.

Position your head on the headrest so that you are comfortable. The headrest is positioned outside of the Essential Comfort domes. Close the drop curtain to retain the heat within the Essential Comfort. It is now time to relax and enjoy the soothing heat of the Essential Comfort. Do not have your head inside the Essential Comfort for prolonged periods. Remove immediately if feeling faint or dizzy.

When the session is over, the timer will beep, and the Essential Comfort will automatically shut off. Push back the upper dome and exit the Essential Comfort.

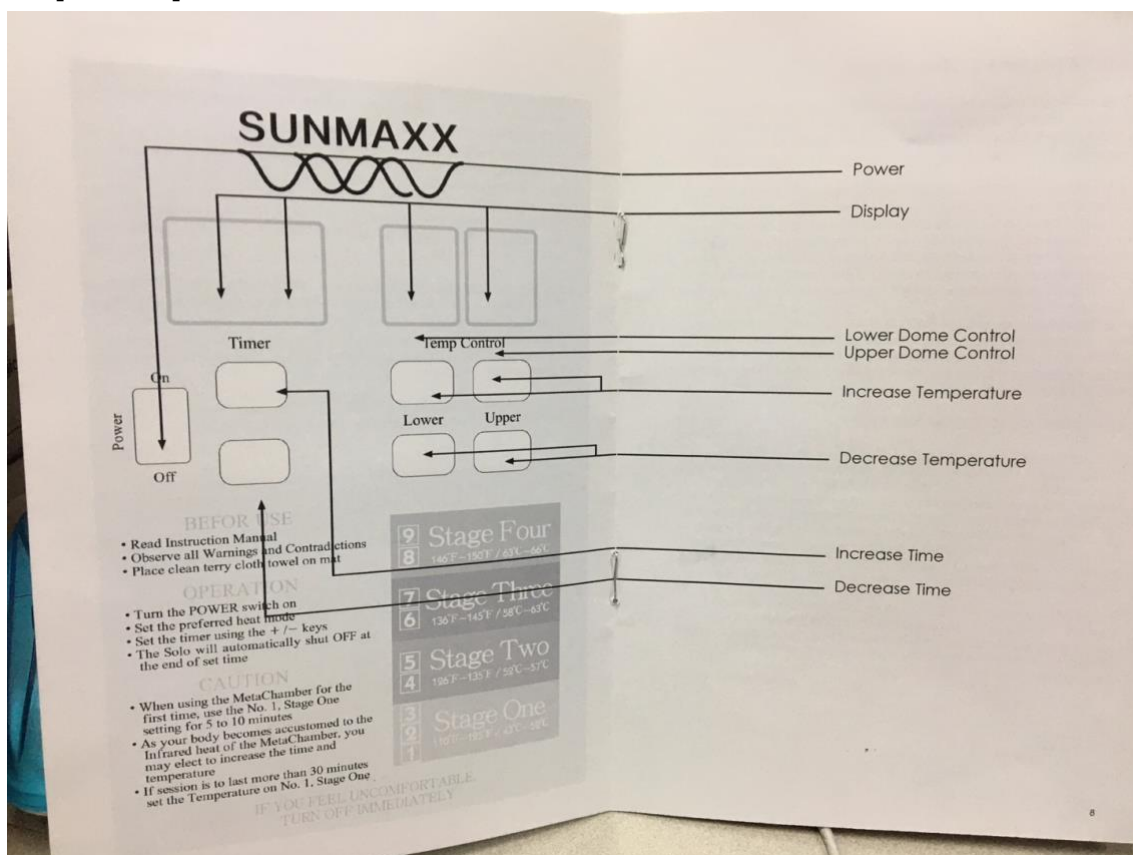
Essential Comfort will cause you to perspire (sweat) profusely. Taking a shower after each session will remove the perspiration from your skin and add to the cleansing feeling that is felt when using the Essential Comfort. Towel drying with a fresh, clean towel will be just as effective if no showering facilities are available.

At the end of each session, remove the towel from inside the Essential Comfort. ***Fully extend the domes and let them cool down. Collapse the two domes only after they are completely cool.***

After use, the Essential Comfort Pad and Pillow should be wiped down using a mild anti-bacterial detergent. Use a clean towel to dry all surfaces.

Fresh towels should always be used when you are enjoying your sessions in the Essential Comfort.

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BEFORE USE

- Read Instruction Manual
- Observe all warnings and Contradictions
- Place a clean terry cloth towel on the mat

OPERATION

- Turn the POWER switch on
- Set the preferred heat mode
- Set the timer using the +/- keys
- The Solo will automatically shut OFF at the end of the set time

CAUTION

- When using the Essential Comfort Chamber for the first time, use the No.1, Stage One setting for 5 to 10 minutes.
- As your body becomes accustomed to the Infrared heat of the Essential Comfort Chamber, you may elect to increase the time and temperature.
- If the session is to last more than 30 minutes, set the Temperature on No.1, Stage One.

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HOW DOES Essential Comfort WORK?

The Essential Comfort carbon heating panels are expressly designed to produce far-infrared radiated heat, operating within a specific wavelength spectrum most acceptable to sauna applications.

WHY IS SWEATING GOOD FOR YOU?

The Textbook of Medical Physiology, Tenth Edition, by Guyton & Hall, states: "A normal person can seldom produce more than about 1 liter of sweat per hour. When this person is exposed to hot weather for 1 to 6 weeks, they begin to sweat more profusely, often increasing maximum sweat production to as much as 2 to 3 liters per hour". This is one of the reasons one should acclimatize when using a sauna: start with a low heat setting for a short duration.

Perspiration or sweat production may also have another major benefit. The Textbook of Medical Physiology also states, "Sweat being essentially water, and

with every gram of evaporating water representing a 0.58 kcal of heat Loss, one is able to use sweat to get rid of waste heat by convection”.

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The question is then asked, what happens when a person uses a sauna and perspires or sweats at the rate of 1 liter per hour? Perspiring or sweating 1 liter of sweat in 1 hour would calculate to a Calories burned per hour heat loss rate of 580.

Stimulation of the cardiovascular system takes place when a sauna is used. The average pulse rate of 75 beats per minute may increase to between 100/150 beats per minute during a 20-minute sauna session. The amount of increase is dependent on the temperature the sauna has been set at. As the pulse beat increases, blood circulation increases, but blood pressure does not necessarily increase; in fact, blood pressure may even go down, especially in a healthy person. The reason for this is that the far infrared energy or heat has caused the tiny blood vessels in the skin to expand, thus accommodating the increased blood flow.

Far infrared waves can penetrate the skin surface to a depth of about an inch. This results in deep sweating, normally attained through prolonged, rigorous exercise. Underlying toxins may be exuded from the deep sebaceous glands as well as the normal sweat glands.

MAINTENANCE AND STORAGE OF THE Essential Comfort

The Essential Comfort should be stored in a clean, dry environment. The unique design of the Essential Comfort makes it a lovely piece of furniture when not in use. Sliding the Upper and Lower Domes together and placing them against a wall will accomplish this. All of the other components will fit nicely inside the two domes. To enhance the Essential Comfort's appearance when not in use, place a decorative object of your choice on its surface.

After use, leave the Essential Comfort domes extended until cool. The Essential Comfort Pad and Pillow should be wiped down using a mild anti-bacterial detergent. Use a clean, fresh towel to dry all surfaces. Fresh towels should always be used when you are enjoying your sessions in the Essential Comfort.

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PRECAUTIONS

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Medications

Individuals who are using prescription drugs should seek the advice of their personal physician or a pharmacist for possible changes in the drug's effect when the body is exposed to infrared energy.

Diuretics, barbiturates, and beta-blockers may impair the body's natural heat loss mechanisms. Some over-the-counter drugs, such as antihistamines, may also cause the body to be more prone to heat stroke.

Children

The core body temperature of children rises much more quickly than that of adults. This occurs due to a higher metabolic rate per body mass, limited circulatory adaptation to increased cardiac demands, and the inability to regulate body temperature by sweating. Consult with the child's Pediatrician before using the sauna.

The Elderly

The ability to maintain core body temperature decreases with age. This is primarily due to circulatory conditions and decreased sweat gland function. The body must be able to activate its natural cooling processes in order to maintain core body temperature.

Cardiovascular Conditions

Individuals with cardiovascular conditions or problems (hypertension/hypotension), congestive heart failure, impaired coronary circulation, or those taking medications that might affect blood pressure should exercise extreme caution when exposed to prolonged heat. Heat stress increases cardiac output and blood flow in an effort to transform internal body heat to the outside environment via the skin(perspiration) and respiratory system. This takes place primarily due to major changes in the heart rate, which has the potential to increase by thirty(30) beats per minute for each degree increase in core body temperature.

Alcohol/Alcohol Abuse

Contrary to popular belief, it is not advisable to attempt to "Sweat Out" a hangover. Alcohol intoxication decreases a person's judgment; therefore, they may not realize it when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat stress.

Chronic Conditions / Diseases Associated with A Reduced Ability to Sweat or Perspire

Parkinson's, Multiple Sclerosis, Central Nervous System Tumors, and Diabetes with Neuropathy are conditions that are associated with impaired sweating.

Hemophiliacs / Individuals Prone to Bleeding

The use of far Infrared should be avoided by anyone who is predisposed to bleeding.

Fever

An individual who has a fever should not use the Essential Comfort or any other type of sauna.

Insensitivity to Heat

An individual who is insensitive to heat should not use the Essential Comfort or any other type of sauna.

Pregnancy

Pregnant women should consult a physician before using the Essential Comfort or any other type of sauna because fetal damage can occur with a certain elevated body temperature.

IN ALL SITUATIONS, HYDRATION IS A REQUIREMENT FOR SAUNA USE. DRINKING AN ADVANCED ELECTROLYTE REPLACEMENT WATER IS RECOMMENDED BEFORE AND AFTER SAUNA USE.

[13-14p]

Essential Comfort Pad

1. Remove the Essential Comfort Pad from the box.
2. Place where you can be sufficiently supported.
3. Plug the Essential Comfort Pad cord into the receptacle on the control box.
4. Plug the power cord from the control box into a power outlet (be sure that the voltage of the power outlet matches the voltage printed on the back of the control box).
5. Press the power on the control box
6. Set the Temperature by pressing the temperature button until you reach the desired setting (high, medium, or low)
7. Set Time by pressing the time increase or decrease button until you reach the desired setting (1-60 minutes or 1-12hours)
8. Place a towel over the entire length of the Essential Comfort Pad
9. Lie back and enjoy the relief of far infrared radiant heat

CARE AND MAINTENANCE

Unplug the power cord after each use.

When unplugged, the Essential Comfort Pad may be wiped down with a damp cloth or household disinfectant, being sure not to get the control box or power cords wet. Always keep the Essential Comfort Pad covered with a towel during use to keep it clean.

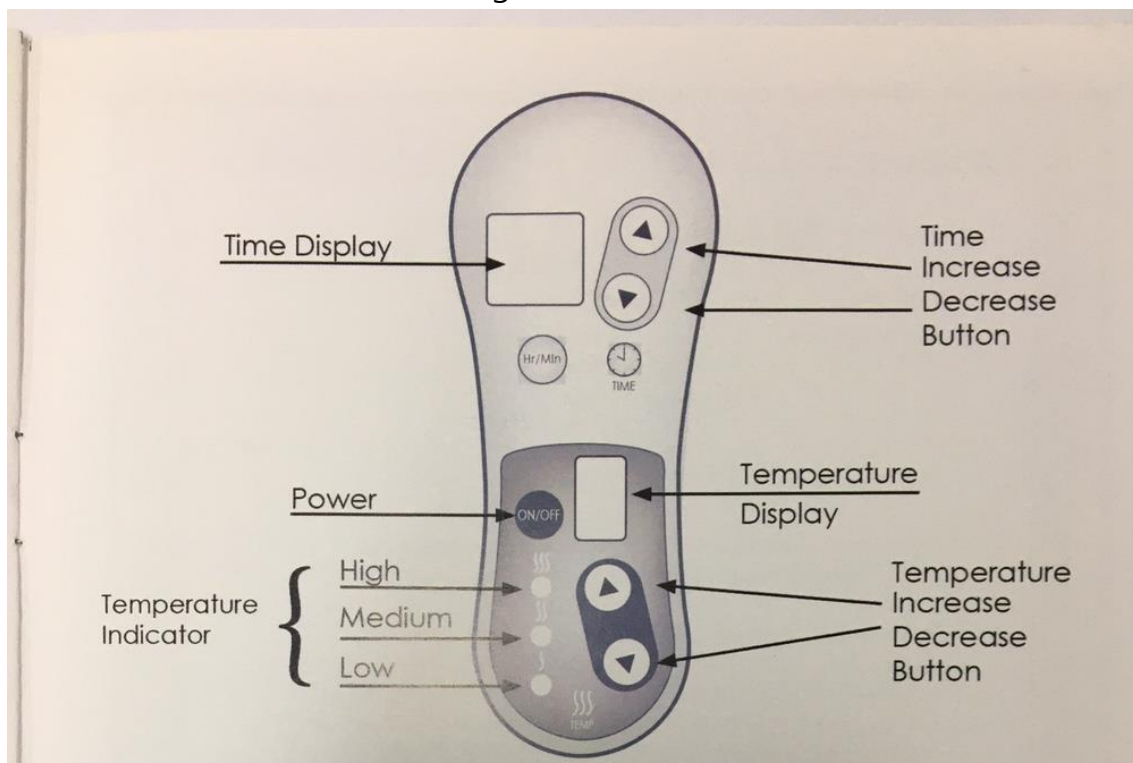
The control unit may be disconnected from the pad, and both may be placed in the original packaging for storage in a cool place.

The Outer material is made from water-resistant, breathable polyester. This provides maximum comfort for the user, as the skin will not stick to the surface when wet. Water rolls right off the surface of the product, facilitating cleaning

and disinfecting.

Time may be set for up to 12 hours at 1-hour intervals. It can also be set for up to 60 minutes at 5-minute intervals at the highest setting.

The temperature range is 45-65 degrees Celsius (113-149 degrees Fahrenheit) and can be set to three levels: High, Medium, and Low.



ON/OFF: Pressing this turns the Essential Comfort Pad on and off.

Hr./Min: Pressing these changes the time control from minute to hour and vice versa. *Time may not be set to hour intervals when using the High temperature setting.*

Pressing this changes the temperature from High, Medium, and Low. The temperature range is between 113-149°F (45~65°C)

RETURN POLICY

Deposits are Non-refundable after 48 hours of placing the order.

Buyer may cancel and return the Goods to Seller, subject to the terms and conditions of this document, if Buyer provides written notice to Seller within thirty (30) days of Buyer's receipt of the Goods that Buyer does not accept the Goods.

In the event the Buyer elects to cancel the order and return the Goods pursuant to this Paragraph, the Buyer shall assume all risk of loss and transportation and handling charges in connection therewith. Seller reserves the right to refuse to refund any deposit or payment or cancel any payment due and owing until such time as Seller (a) is in receipt of the Goods; (b) has inspected the Goods; and (c), in Seller's discretion, has found such Goods to be free of damage. ALL RETURNED GOODS MUST BE IN THEIR ORIGINAL PACKAGING. In addition to other legal and equitable remedies available to Seller, the Seller may refuse to refund all or any portion of any deposit or payment, or cancel any payment due and owing, if the Buyer fails to comply with fully or violates the terms and conditions of this document.

Shipping & Handling fee

All canceled or returned Goods shall be subject to shipping costs (to and from) in the event Buyer cancels Buyer's order after five (5) days of such order being placed with Seller.

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WARRANTY

Essential Comfort System: materials: 2 years

Heater: **Lifetime**

Electrical: 2 years

Warrants to be free of defects in material and workmanship.

This warranty extends only to : [1] a retail purchaser of a sauna directly from Health Mate Sauna; [2] the authorized wholesale purchaser of a sauna directly from Health Mate Wellness; or [3] a retail purchaser of a sauna from a Health Mate Wellness authorized wholesaler. However, in the event of a sale, transfer, or conveyance of a sauna from any of the three preceding persons or entities, any rights, duties, and obligations associated with this warranty shall be null and void and of no further force and effect. The sauna must be purchased and used within one year of the manufacturing date. Freight charges to and from the customer are the customer's responsibility. This includes freight charges for parts shipped to enable the sauna's services.

This warranty is void if the sauna has been altered, misused, abused, or exposed to water. Such instances shall include operation or maintenance of the sauna in deviation from the published instructions. The warranty extends only to manufacturing defects and does not cover damage resulting from the owner's mishandling of the product.

Health Mate Sauna shall not be liable for the loss of use of the sauna or other incidental or consequential damages.

Under no circumstances shall Health Mate Sauna or any of its representatives be held liable for injury to any person or damages to any property. Specifications are subject to change without notice.