

# FIFR SAUNAS

## OPERATION MANUAL

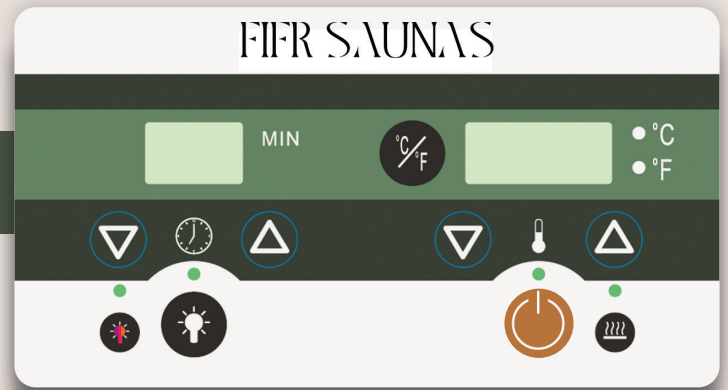
Your infrared sauna is now ready to use. It's important to drink plenty of water and have at least two towels available for your sauna session. One to sit on and the other to wipe the perspiration from your body.



Infrared heat works by warming your body directly without having to heat the air inside the sauna. The infrared heat penetrates deeply into your body to relax sore muscles and help alleviate pain. The bench, walls and fixtures are not hot to the touch which allows for a more enjoyable sauna session.

## Instructions For Use

Turn sauna on approximately 15 minutes before you start your session.



### STEP 01

#### Power

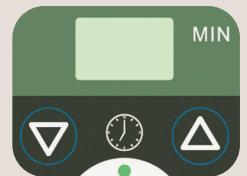
Press this button to turn your FIFR Sauna on/off.  
This button can be pressed at any time.  
**important:** – always remember to turn the power button off after use.



### STEP 02

#### Time

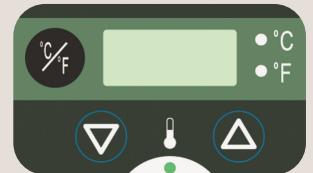
Set the duration of your session to a maximum of 60 minutes using the arrow buttons.  
Adjustable in 5 minute increments.



### STEP 03

#### Temperature

Set the desired temperature using the arrow buttons.  
Maximum temperature is 65 degrees Celsius.



### STEP 04

#### Internal Light

Controls the internal light inside the sauna.



### STEP 05

#### Seat Warmer

Controls the seat warmer.



# STEP 06

## Chromotherapy

Controls the Chromotherapy lights.  
Default setting is to display each light on a 10 second rotation.  
To select one light only, double click the Chromotherapy button.  
Lights will default to Red.  
Select your desired lighting by clicking through.  
Light will fix once selected.



### INFRARED COLOUR CHART



red

Activates the circulatory  
and nervous system



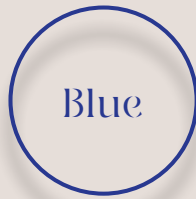
Yellow

Helps with indigestion  
and bodily stress



Green

Acts as a relaxant



Blue

Stimulates muscle and  
skin cells



Violet

Relaxes nerves

#### CONTACT

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#### SOCIAL

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