After Plume

# INFRARED SAUNA

## *How to use*

Maximum temperature: 65°C · Warm-up time: approx. 30 minutes



Switch on the sauna




Set the temperature



Set the timer (optional)




Set the duration



Light ambiance

### ① Switch on the sauna

- Press the POWER button (bottom right of the panel).
- Heating starts automatically.
- Allow 25 to 30 minutes before stepping inside.

### ② Set the temperature

- Use the ▲ ▼ arrows below the temperature display to set your target temperature. Maximum: 65°C.
- If it's your first time, we recommend starting between 45°C and 55°C, then increasing gradually.

### ③ Set the timer (optional)

- First press the TIMER button, then adjust the duration with the ▲ ▼ arrows. Maximum: 60 minutes.
- The countdown appears top-left on the panel.
- The sauna switches off automatically when time is up.

### ④ Light ambiance

- Press the ✧ button to toggle the LED strip on or off.
- Colours cycle automatically — no setting needed.

## READING THE DISPLAY

- Timer (minutes)
  Displayed top-left
- Temperature (°C)
  Displayed top-right

## Air Purification

For your comfort, the sauna is fitted with an air purification system.

✓ Runs automatically — no action required.

■ Please do not adjust the settings of this device.

## TIPS & GUIDELINES

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| **Temperature** | Start between 45°C and 55°C if it is your first session. You can increase gradually based on your comfort. |
| **Duration** | A session of 20 to 30 minutes is ideal. Beyond that, prolonged heat may cause fatigue or dizziness. |
| **Hydration** | The infrared sauna is dehydrating. Drink water before and after each session. |
| **Before entering** | Wait until the sauna is fully heated (25 to 30 minutes) before stepping inside. |

■ **Contraindications:** pregnancy, heart conditions, high blood pressure, fever, significant alcohol consumption.
If in doubt, consult your doctor before use.