

1Love Health®

FAR INFRARED SAUNA DOME

*360 / PREMIUM / LUXOR
PREMIUM XL / LUXOR XL*



SAUNA BENEFITS

Did you know that 30 minutes in a Sauna has the same cardiovascular effects as a 30-minute moderate bike ride? What's better than PASSIVE EXERCISE? Take a nap, meditate, or watch a show... all while lying down in complete comfort. It's the easiest thing you can do for cardiovascular health and general well-being!

In fact, increased frequency of Sauna bathing is associated with a significantly reduced risk of all-cause mortality.

The Control Box for your Sauna is in Celsius.

If you prefer Fahrenheit, use this handy conversion chart!

- LIVE A LONGER LIFE
- IMPROVE CARDIOVASCULAR HEALTH
- LOWER INFLAMMATION
- IMPROVE BRAIN HEALTH
- STIMULATE YOUR IMMUNE SYSTEM
- DETOXIFY
- RELIEVE & REDUCE PAIN
- REDUCE STRESS & FATIGUE
- PROMOTE SKIN HEALTH
- BURN CALORIES
- **ADDITIONAL BENEFITS**
Improves lymph circulation, treats allergies, aids in digestion, relieves constipation, kills and removes unhealthy cells, including cancer cells, promising results for Lyme disease, as well as many other hard to treat issues.

CELSIUS TO FAHRENEHT CONVERSION CHART

C	F
25	= 77
30	= 86
35	= 95
40	= 104
45	= 113
50	= 122
55	= 131
60	= 140
65	= 149
70	= 158
75	= 167
80	= 176
85	= 185
90	= 194

**These claims are all backed up by years of research and many scientific studies. Please do your own research and consult your doctor before using a Sauna for medical treatment.*

OVERVIEW

Your 1Love Sauna Dome utilizes Far Infrared ray technology to warm the body from the inside out, providing penetrating heat. You will experience a deeply cleansing sweat, as well as countless profound health and therapeutic benefits. The 1Love Sauna Dome delivers Far Infrared heating to all areas of your body, for 360 degrees of intense coverage ~ with complete temperature control to suit your unique health goals.

Healing stones (on applicable models)

Healing stones have been used throughout the world and in traditional Chinese medicine for centuries. They are said to assist in the release of negative ions as well as provide many additional benefits for health. Negative ions play a major role in helping to detoxify and enhance your body's overall well-being. They have long been associated with improvements in mood and physical health. All the stones we use enhance the Far Infrared rays and help to maintain a smooth and consistent heat. The stones are pulverized into a powder and then hardened into discs, maximizing the effective surface area and benefits.

Tourmaline is a 'grounding' stone, well known for its detoxifying and cleansing effect on the nervous system, as well as the organs and tissues of the body. It has been shown as a useful aid for improving circulation, reducing stress, improving brain alertness, and activating the immune system.

Germanium is known to detoxify the body of heavy metals, such as mercury and cadmium. It is also known for assisting with depression, cancer, food allergies, and viral infections. Negatively charged ions from millions of germanium atoms attract charged ions from the body. *In this process, hydrogen ions accumulated in the body are combined with oxygen atoms, and are eliminated.*

Bian has been used as one of humanities oldest medical aids for soft tissue injuries, pain, and skin disorders. Bian is known to dredge the human body's channels, improve microcirculation, eliminate poisons, and help to remove unnecessary fats. Bian stones work to purify and strengthen blood and blood vessels, and may promote improved oxygen absorption in the body. Bian works to increase oxygen and nutrition supply to various organs. It has antioxidant and anti-aging effects on our cells and DNA. It's also known to cleanse the aura and balance the energy body.

Jade is known to aid in detoxification and stimulate Qi (life force). According to Eastern Medicine, it stabilizes the personality and promotes self-sufficiency, soothes the mind, and helps to release negative thoughts. Jade aids the body's filtration and elimination organs.

Questions? Email support@1LoveHealth.com or call **541-527-7178**.

INSTRUCTIONS

LOCATION & SETUP

Use on any flat surface, including floors, beds, or massage tables. Your Sauna is adaptable to your needs: for a full Sauna experience, use the Mat and both Domes. You may also use the Mat or Domes independently.

TOWEL (optional)

Towel: Place a towel on the Mat prior to preheating your Sauna. This enables the towel to achieve the proper temperature.

No Towel: A towel is not required, however the Mat stones can get hot. If the Mat heat becomes uncomfortable, please lower the temperature or use a towel.

INSULATED CURTAIN

Installation: Prior to using the Sauna, attach the curtain to the inside rim of the large Dome. Once you are in, reattach Velcro as needed. You may also attach the curtain once you are fully in the Sauna.

Alternative: A towel or two thrown over the opening and wrapped around your neck works just fine, and may be easier than using the curtain.

TEMPERATURE SETTING

LOW Intensity 60°–70° C [140°–158° F]

HIGH Intensity 75°–90° C [167°–194° F]

Preheat for 15-40 minutes before using

Models with Healing Stones: For a more intense experience preheat the Sauna for longer durations. This allows the stones to completely capture the Far Infrared energy and will heighten the intensity of your experience.

Recommendation: Start with LOW Intensity settings and try your Sauna for at least 20 minutes, prior to using HIGH Intensity settings.

*Please see *Celsius to Fahrenheit Conversion Chart* on page 1.

GETTING IN YOUR SAUNA

Far Infrared is designed to interact directly with your body. It heats people, not things. Make sure to remove all or most of your clothes for the best experience.

- Set the timer to your desired duration.
- Roll the large Dome backwards until it is over the small Dome.
- Sit down on the Mat and slide your feet into the Domes.
- Lie down and roll the large Dome over your body.
- Secure curtain or towel in place to retain heat.

HOW LONG SHOULD YOU SAUNA?

Typically, people Sauna for 20 to 45 minutes, 3-5 times a week. When using as an intensive therapy, Sauna as often as twice per day and up to 7 days a week. Our minimum recommendation is 20 minutes, 2x/week.

How long does it take to sweat?

Some people will quickly break a sweat. For others, it may take 20+ minutes at the maximum temperatures.

Long before you break a sweat, your body will be receiving the benefits of 1Love Far Infrared technology. The miracle of Far Infrared is that it deeply penetrates your body, and raises your temperature from the inside, out. Far Infrared Therapy doesn't require much heat. **Remember, you are getting amazing benefits even if you don't want to sweat.**

AFTER YOU SAUNA, WHAT'S NEXT?

Cleanse. Your sweat brought toxins to the surface of your skin, and it is important to wash them away. Some people prefer a cold shower to reset their body temperature to normal. A cold 'plunge' provides additional benefits, including strengthening your immune system, reducing inflammation, improving circulation, and decreasing stress levels. Do what feels right for you, and what your doctor recommends.

STAY HYDRATED, and feel amazing!

You can lose 1 pint of fluid or more during each Sauna session. Hydration is vitally important for health and proper bodily function.

Recommendation: Drink 1 glass of water prior to using the Sauna, and 1 glass when you are done. Please stay hydrated!

CLEANING YOUR SAUNA

Wipe the Mat dry after each use. For occasional sanitizing, mix equal amounts of white vinegar and water in a spray bottle. Spray on lightly, and then wipe dry after a few minutes. The smell of the vinegar will dissipate with ventilation. You can also add a bit of lemon, or a drop of Tea Tree or Eucalyptus essential oils.

DO NOT USE A CLEANER CONTAINING ALCOHOL

CONTRAINDICATIONS

Check with your doctor if you are extremely sensitive to temperature, have sustained an injury or had recent surgery, are pregnant, have a pre-existing heart condition, or are on medications which may interact with heat.

Questions? Email support@1LoveHealth.com or call **541-527-7178**.

TROUBLESHOOTING

'EE' showing on Control Box

Check connections at the back of the Control Box and at the Domes. A gray connection cable may not be plugged in properly. Please turn off power at the back of the Control Box, then unplug the gray wires and securely plug back in before resuming activity.

The Sauna is not getting hot

Remember to press the **START** button after setting the (3) temperatures! When the Sauna is heating, you will see small flashing dots on the Control Box.

No lights on Control Box

-Ensure the POWER SWITCH at the back of the Control Box is ON.

-Ensure the power cord is firmly plugged in to the back of the Control Box. If unsure, unplug it and plug it back in securely. **Push the power cord in HARD!** It will go in farther than you think.

-Make sure that the wall outlet you are using is 'live'. You can test it by plugging in another appliance, lamp, or phone charger. If the outlet is not active, check your breaker box to see if the circuit is tripped. Although the 1Love Sauna Dome can operate on a 15-amp circuit, it works best with a 20-amp circuit. If you are using a 15-amp circuit, please make sure no other appliances are using the circuit at the same time.

My thermometer shows a lower temperature than the Control Box

Don't worry, you are still getting the full intensity of your temperature settings. Far Infrared heats up people, not things. Your Sauna may not get very hot, but you will. 1Love Saunas heat at a Far Infrared Wavelength of 4-15 μ m. This wavelength resonates perfectly with the human body but is slow to heat the air or other surfaces.

The temperature readout on the Control Box (in Celsius) is the accurate temperature of the carbon fiber heating wire. This *WILL NOT be the temperature of the interior of the Sauna, or the air.*

Why aren't there lights in my Dome?

Far Infrared is INVISIBLE light. Humans can't see it. There are no lights in 1Love Saunas.

PRECAUTIONS

- Do not operate in close vicinity to water (bathtub, pool, or shower).
- Touch the stones to test the temperature before using. Use a towel on the Mat if you prefer less intense heat.
- Do not store in direct sunlight.
- Do not place heavy objects on the Domes.
- Do not submerge any part of the Sauna in water.
- ***Make sure the Sauna is cool prior to storing.***

SPECIFICATIONS

- EMF Average: 0.15mG
- ELF Average: 13.59V/m
- Heating Element: Zero EMF Carbon Fiber
- Power: 1200-Watt, 110-Volt Standard US Plug
- 3 independently controlled heating zones
- Dome Temperature Setting: 77-194 Fahrenheit / 25-90 Celsius
- Mat Temperature Setting: 77-176 Fahrenheit / 25-80 Celsius
- Timer Setting: 5-60 minutes with alert beep when session is complete
- Dimensions – Standard Size: 32" x 72" / Height = 18"
- Dimensions – XL Models: 36" x 72" / Height = 23"
- Wavelength: 4-15um Far Infrared ray
- **Premium Stones:** 90 tourmaline + 90 germanium (Domes), 144 germanium (Mat)
- **Luxor Stones:** 90 tourmaline + 90 germanium (Domes), 72 jade + 72 bian (Mat)
- **Premium XL Stones:** 117 tourmaline + 108 germanium (Domes), 180 germanium (Mat)
- **Luxor XL Stones:** 90 tourmaline + 90 germanium (Domes), 90 jade + 90 bian (Mat)
- Materials - Environmentally friendly solvent free PU 'leather' ~high heat resistance, high durability.

CERTIFICATIONS

SGS, RoHS Chemical Certification, CE (EMC, LVD), IEM, IEC, Far Infrared Ray, Negative ION

PACKAGE CONTENTS

Pro Control Box, 1 Power cord, 2 Dome Cables, 2 Far Infrared Domes, 1 Far Infrared Mat, 1 Pillow, 2 Insulated Curtains

Questions? Email support@1LoveHealth.com or call **541-527-7178**.

ADDITIONAL SUPPORT

Join us at 1LoveHealth.com for more information, advice, and to discover all the transformative products we offer!

You will find leading scientific research, additional details about the healing stones, as well as in-depth discussions about the profound health benefits of your 1Love Sauna.



1LOVEHEALTH.COM

REVIEW

We hope you are loving your new 1Love Sauna and experiencing the profound benefits it offers. If you have a moment, we will be forever grateful for a review. Positive reviews help us grow and be able to serve more people. Thank you in advance!



LEAVE A REVIEW



Please honor yourself with the same kindness, compassion, and forgiveness that you offer others

You are beautiful and worthy of your own love

-1Love Health-