

# BZc Sunsoka Sauna Manual

## “Harnessing the sun’s vitality”

Sunlight is vital for life. While 40% of the sun’s rays are of the harmful, high energy and ultraviolet variety – which we are all encouraged to avoid – some 60% are infrared rays which are beneficial to the human body.

The *BZc Sunsoka Sauna* is an infrared sauna room which harnesses these ‘good’ far-Infrared (FIR) rays. Regular use will tone the skin, increase blood circulation and improve all the organic functions.

Unlike traditional saunas, the *BZc Sunsoka* infrared sauna is steamless and highly effective at comfortable temperatures. It is also quick to assemble (approximately two hours), space and energy efficient.

You’ll love the way this superbly crafted *BZc Sunsoka* infrared sauna engages all your senses and offers soothing relaxation. Better still, you’ll be amazed at the health giving benefits it offers to you and your family.

The *BZc Sunsoka Sauna* can . . .

- aid weight loss
- reduce signs of ageing
- fight cellulite
- give natural pain relief
- strengthen your cardiovascular system
- boost your mood
- improve your immune system
- fight insomnia, jet lag and hangovers
- promote healing (i.e. sports injuries)
- prevent injuries (through effective warm-up)

## The BZc *Sunsoka Sauna* Environment:

Temperature: 65F~150F

Humidity: 85%

Pressure: 700~1060

Power Supply: AC 220/240v 50HZ

## Features:

All *Sunsoka Sauna* models feature:

- Ceramic infrared heater
- High-quality digital temperature sensor
- Electronic soft touch key operation
- Temperature adjustable from 65F to 150F
- Adjustable timer from 0 to 90 minutes
- Alarm warning safety system
- Dual Controls

## Models:

Style	Dimensions	Voltage
1-person	110cms x 100cms x 190cms	220/240V
2-person	120cms x 105cms x 190cms	"
3-person	150cms x 120cms x 190cms	"
4-person	155cms x 60cms x 120cms x 190cms	"

## Installing your *Sunsoka Sauna*

Before you start:

- Two people will be required to assemble you *Sunsoka Sauna*.
- Make sure the mains are earthed and a RCD is in line.
- The *Sunsoka Sauna* is for indoor installation use only and requires a location on solid, level ground.

### Contents check-list

Your *Sunsoka Sauna* pack should include three boxes, as follows:

Box 1 - bottom board, roof board, top board, seating back, complete infra red heaters, bench, handle, CD-ROM and other accessories.

Box 2 - front and back boards.

Box 3 - left board and right board.

## **Step by Step**

1. Take the bottom board with brackets (box 1) and place on level floor.
2. Take the backboard (box 2 - assistance will be required) and stand it on the bottom board. Buckle the hasp between the bottom and backboard with another person supporting.
3. Take the left and right board (box 3) and buckle the hasp according to corresponding position.
4. Take the seating back (box 1) and place it in the crown frame, paying attention to ensure seating block is located correctly.
5. Take out the roof board (box 1) and fix on top of the unit.
6. Take out the front board (box 2) and buckle up hasp.
7. Complete the power supply connections and Bench board assembly.
8. Hang infrared heaters in required positions (ensuring all cables are connected as required).
9. Fit backrest cushion, adjusting the length of the fixings as necessary.
10. Install CD-ROM.
11. Finally assemble and fit top panel.

## Using your BZc Sunsoka Sauna

### Operating instructions

The *BZc Sunsoka Sauna's* digital control panels will display the same information inside as well as outside.

1. Turn on the power - the power lamp glitters green - and adjust the radio or CD player.
2. Press **Temp Set** key - the light changes yellow. Temp and Time flash and shows a red digital signal, displaying current temperature.
3. Press **Temp Set** key twice to show the default temperature. To adjust the temperature, press up or down. When required temperature is reached, press **Temp Set** key once. The current temperature will then be displayed, for heating to start.
4. To set timer, press Time Set key and adjust up or down as required. The time is measured in minutes. A buzzer will ring when the timer has counted down to 00. To repeat the therapy, press the Time Set button again.

Adjust **Time Set** to 00 if you want to stop the temperature rising. The buzzer will then sound and the heater will stop working automatically. Should you want the temperature to increase further, press **Time Set** and select new temperature as required.

5. Open ventilation system as required.
6. Adjust brightness of the room light via manual switch.

### Be Safe . . .

- Before taking a sauna, drink plenty of water and **no** alcohol.
- Select appropriate time and temperature levels. Do not be tempted to stay in too long, or at too high a temperature - particularly if you are new to sauna bathing.
- Children and the elderly should always be supervised in the sauna.
- After 2 hours continuous use, switch off the sauna and let it rest for one hour before re-using.
- **Do not** put clothes or towel on or close to the heater elements.
- **Do not** touch the heater elements.
- **Do not** touch ceiling light.
- Haemophiliacs, pregnant women – or those who think they may be pregnant - are advised not to use any form of heat treatment, including an infrared sauna.

## **Maintaining Your BZc Sunsoka Sauna**

Clean the sauna room regularly using a soft wet cloth, and wipe dry.

Turn the power of at the mains after each use.

## **How Infrared works for you**

Infrared is the healthy part of sunlight.

Sunlight includes ultraviolet and infrared rays. Visible sunlight is in the middle of the spectrum. At a higher frequency, the visible light changes to ultraviolet rays – which can cause sunburn.

At a lower frequency, however, sunlight changes to gentle far-infrared rays (FIR). It is these rays that allow the sun to warm you, even on a cold winter's day.

Infrared rays at the 6-14 micron frequency range are the most therapeutic to the body. The *BZc Sunsoka Sauna* infrared elements are designed to operate within this range to maximize the effectiveness of your therapy.

These infrared rays penetrate the body safely and comfortably up to 4.5cms, so even the deep tissues and organs are stimulated. This prompts the body to perspire far more than in a traditional sauna – enabling the more inaccessible impurities to be eliminated from the body at a comfortable temperature.

### **Cardiovascular work-out**

As your body temperature increases, sweat is produced to cool you and your heart works harder to circulate the blood. By widening the blood vessels and enriching your blood with oxygen you feel more energetic and your skin achieves a beautiful, relaxing glow.

*"Regular use of a sauna may impact a similar stress on the cardiovascular system as running and its regular use may be as effective (at) burning calories."*

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## **Detoxification**

Extensive research on the therapeutic uses of Far-infrared (FIR) has been carried out by Japanese researcher, Dr. Toshiko Yamazaki.

In her book, *The Science of Far-Infrared Therapies*, she describes FIRs ability to remove toxins, which are often at the core of so many health problems.

The human body is a 'bio-accumulator' which means that toxins which are not expelled immediately after entry are stored. Accumulations of these toxins impair blood circulation and cellular energy. By applying 7 to 14 micron FIR waves, trapped gases and other toxic materials are released.

According to another eminent researcher in the field, Dr Tsu-Tsair Oliver Chi : "These rays are selectively absorbed by tissues needing a boost in their output. The internal production of infrared energy is associated with a variety of healing responses and may require a boost to a maximal level to insure the fullest healing response possible in a tissue that is being repaired. After boosting a tissue\_s level to its maximum. The remaining rays pass onwards harmlessly. "

Consumer familiarity with far-infrared began with the use of infrared heat lamps, producing radiant heat. In the mid-1960s NASA discovered that a number of mineral oxides were capable of generating FIR waves. After using various FIR products in the space programme, no further developments occurred at NASA. . .

But the Japanese identified other uses . . .

Today, more than 150 patents have been granted to the Japanese for products such as: FIR saunas, FIR ovens that replace microwaves, FIR panels for incubators in maternity wards as well as FIR wave-generating ceramics and fabrics.

Over the past 35 years, Japanese and Chinese researchers and clinicians have conducted extensive research on infrared treatments and report numerous benefits.

In Japan, there is an Infrared Society, composed of medical doctors and physical therapists, to further research and support the health benefits of infrared as a method of healing.

## BZc Sunsoka Sauna v Traditional Sauna

	<b>Sunsoka Infrared Sauna</b>	<b>Traditional Sauna</b>
Warm Up Time:	15 minutes (approx – varies with room Temperature)	45-90 minutes
Temperature:	30-45°C / 86-113°F	82-112°C / 180-233°F
Air Freshness:	Steam-less, comfortable	Very high humidity uncomfortable heat
Sweat:	Up to 3 times more at low temperatures	Only at high temperatures
Assembly Time:	2 hrs	Days
Size:	Fits in a small space	Often needs a whole room
Electrical Cost:	Less than 30p a session	Takes longer to heat, so requires more energy
Medical Use:	Used by physicians	Not used by physicians

The secret of *BZc Sunsoka Sauna*'s phenomenal success is in the delicate control the user has over the infrared output. *BZc Sunsoka Sauna* infrared therapy enables you to perspire comfortably and safely at temperatures as low as 32-40°C!

A *BZc Sunsoka Sauna* offers unsurpassed levels of comfort and uninterrupted infrared therapy over the entire session. Added to this is the peace of mind that the *BZc Sunsoka Sauna* is from Europe's leading supplier, with years of experience and the most rigorous quality control in the business.

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## Frequently asked Questions (FAQs)

### ***Is infrared really safe?***

Absolutely! Infrared light energy is beneficial and not at all damaging to the body. Infrared has been researched and used in medical practices for many years. Many maternity wards in hospitals use infrared lamps to warm newborn babies. Sports medicine has long accepted and used infrared to promote healing of sprains and strains. NASA has also concluded after lengthy trials in the 1980\_s that infrared therapy is the best way for astronauts to maintain cardiovascular fitness on long cramped space flights.

### ***Why do you sweat up to three times more in a BZc Sunsoka infrared sauna when it is less than half the temperature of a traditional saunas or steam room?***

Because infrared is a radiant source of heat. This means it warms our body directly, rather than having to warm the air first – similar to the sun warming our body on a cold winter's day.

This is a major difference between a *BZc Sunsoka* Infrared sauna and a traditional sauna. There is no need for very hot air that can cause respiratory problems and dizziness. Infrared only expends 20% of its energy on heating the air – 80% directly warms the body to a depth of 4.5cms.

This deep penetration of warming radiant heat produces up to three times more perspiration and therefore stimulates the deeper tissues and organ to release stored fat and toxins. The beneficial resonant absorption and the low temperature allow for easier removal of toxins and fat within the perspiration, leaving the user feeling cleansed and energised.

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### ***How do I burn calories and get a cardiovascular workout by sitting in a BZc Sunsoka infrared sauna?***

When our body heats up, the heart pumps blood faster around the body and to the extremities of the body. Muscles worked during exercise produce heat, and the body needs to compensate. The best defence the body has to overheating is sweating because sweat evaporates from the skin taking the heat with it.

Our body expends energy to produce sweat – 1g of sweat requires 0.586 kcal. A moderately conditioned person can easily sweat off up to 1000gms or more in a single sauna session the equivalent in sweat to run 10 -15kms.

So, by sitting in the *BZc Sunsoka Sauna* your body will start to sweat, raise the heart rate and dilate the capillaries and other parts of the cardiovascular system – offering many of the same cardiovascular benefits as from running or rowing.

### ***Why does the BZc Sunsoka Infrared Sauna removes up to six times more stored fat and toxins from your body?***

This is due to the radiant heat stimulating the deep tissues and organs to release stored fat and accumulated toxins.

Scientific studies show that a 30 minute session in an infrared sauna can assist in the loss of toxins and stored fats by up to six times the level of a traditional sauna – or that of exercise alone – can achieve.

The *BZc Sunsoka Infrared Sauna* gives the body an opportunity to release through the skin, the 'third kidney' in Chinese medicine.

### ***How often can I use BZc Sunsoka Infrared Sauna?***

As with any form of exercise, it is important to build up a tolerance. Use a lower temperature (35°C) for about 15-20 minutes, initially 3 times in a week. Once conditioned, many people enjoy daily sessions of up to 35 to 40 minutes.

***Can anyone use a BZc Sunsoka Infrared Sauna?***

With just a few exceptions, this is a safe and enjoyable treatment for people of all ages. However, anyone with specific health conditions should consult their doctor before using. This includes those suffering from low blood pressure – although medical research has shown that infrared therapy is beneficial for training the cardiovascular system.

Haemophiliacs and pregnant women – or those who think they may be pregnant – are advised not to use any form of heat treatment, including an infrared saunas.

***Is the BZc Sunsoka Sauna really effective for pain relief?***

Relief from arthritic joints and lower back pain is a common benefit for many people. Research has also shown infrared therapy to effectively manage all manner of muscular and skeletal aches and pains.

One of the main reasons for this is its ability to dilate the capillaries in areas associated with pains, allowing oxygen-rich blood to bathe the area and flush away metabolic waste that builds up and contributes to the pain, soreness and stiffness. Many people who have had trouble sleeping from pain and stress have found deep restful sleep.

***How will using the BZc Sunsoka Sauna benefit my skin?***

Infrared heat helps develop the body's capillary network. This increases the blood circulation to your skin's surface. Together with infrared heat's super cleaning effect, you will see a noticeable improvement in your skin's texture, complexion and tone.

***How does regular use of the BZc Sunsoka Sauna reduce cellulite?***

European beauty specialists regularly incorporate sessions in programmes to reduce cellulite. Because the radiant infrared heat penetrates three times as deeply as conventional saunas, it is significantly more effective at breaking down hard to move cellulite and promoting a more youthful, beautiful complexion.