

effegibi®

SAUNE E HAMMAM

Sauna and Biosauna operating and maintenance manual

Dear Customer, we would like to thank you for choosing one of our saunas/bio-saunas and we are sure you will be completely satisfied with your purchase. We would like to remind you that this manual is an essential part of the product. EFFEGIBI prohibits the reproduction of any part of this manual. Before it leaves our premises, every sauna/bio-sauna undergoes a series of checks and tests to ensure that it is working perfectly and that its safety features are all absolutely reliable. For any further explanations or information, please contact our area dealer or contact us directly at our head office.

INDEX

CHAPTER 1	INTRODUCTION	Page 2
	1.1 PURPOSE OF THE MANUAL	Page 2
	1.2 SAUNA/BIO-SAUNA IDENTIFICATION DETAILS	Page 2
	1.3 MANUFACTURERS' IDENTIFICATION DETAILS	Page 2
	1.4 KEY TO SYMBOLS	Page 3
	1.5 PROPER USAGE	Page 3
CHAPTER 2	SAFETY INFORMATION	Page 4
CHAPTER 3	CONTROL PANEL	Page 5
	3.1 ON/OFF BUTTON	Page 6
	3.2 LED ON BUTTON (OPTIONAL)	Page 6
	3.3 MENU SETTINGS	Page 6
	3.4 HOW TO USE THE PUSH BUTTON/JOG DIAL	Page 7
	3.5 MAIN MENU SYMBOLS	Page 7
	3.6 ADVANCED SETTINGS SYMBOLS	Page 8
	3.7 GRAPHICS INTERFACE AND CHECK CURRENT CLIMATE CONDITIONS	Page 9
CHAPTER 4	USE AND SETTINGS	Page 11
	4.1 SAUNA/BIO-SAUNA ON/OFF	Page 11
	4.2 LIGHT ON/OFF	Page 11
	4.3 SELECT FINNISH SAUNA OR BIO-SAUNA FUNCTION	Page 11
	4.4 SET TEMPERATURE	Page 11
	4.5 SET AUTOMATIC START-UP	Page 12
	4.6 SET TIMER	Page 12
CHAPTER 5	ADVANCED SETTINGS	Page 14
	5.1 SELECT LANGUAGE	Page 14
	5.2 TIME	Page 14
	5.3 DATE	Page 14
	5.4 STAND-BY MODE	Page 14
	5.5 SCREEN-SAVER	Page 14
	5.6 CHILD LOCK/CONTROL LOCK	Page 15
	5.7 HEATING TIME	Page 15
	5.8 OPERATING DATA	Page 16
	5.9 DISPLAY BRIGHTNESS	Page 16
	5.10 HOLIDAY-HOME MODE	Page 16
CHAPTER 6	COLOUR-THERAPY FUNCTIONS	Page 17
CHAPTER 7	TROUBLE-SHOOTING	Page 18
CHAPTER 9	USING YOUR SAUNA/BIO-SAUNA	Page 19

Please Note: For information about the sauna tradition and how to get the very best out of it, please look at page 19 of this manual.

1. INTRODUCTION

1.1 PURPOSE OF THE MANUAL

This manual has been designed for your sauna/bio-sauna with the intention of providing a guide to its proper use and maintenance.

In order to use your sauna correctly, please read this operating and maintenance manual carefully before starting it up for the first time.

Keeping your sauna/bio-sauna in good working order depends largely on effective cleaning and maintenance and therefore it is extremely important to learn how to clean and maintain it properly.

We have only provided basic information about the functions of the sauna and how to use it because only experience can teach you how to get the best out of it and to exploit its full potential for meeting the needs of your body.

This sauna has been built in compliance with the safety standards prescribed by the following directives.

- 2006/95/EC – general electrical safety;
- 89/336/EEC plus 93/68/EEC (EMQ) – electromagnetic compatibility; requirements prescribed by the standard CEI 64-8 (IEC 60364);
- 2011/65/EU – RoHS Directive.

On the basis of our on-going quest for improvement, your sauna may present some variations that are not referred to in this manual, but any differences are minor and of no great importance.



The manufacturer reserves the right to take legal action against anyone who makes unauthorised modifications to the sauna.

1.2 SAUNA/BIO-SAUNA IDENTIFICATION DETAILS

All the necessary information for identifying your sauna/bio-sauna, the type, model, electrical power, voltage, registration number, year of construction, manufacturer and CE markings, is shown on the plate attached to the heater wall inside the sauna.



1.3 MANUFACTURER'S IDENTIFICATION DETAILS

Your sauna has been entirely manufactured and distributed by

EFFEGIBI S.R.L.
 Via Gallo 769, 47522 Borello di Cesena (FC)
 Tel. +39 0547/372881 - Fax +39 0547/372924
 info@effegibi.it - www.effegibi.it

1.4 KEY TO SYMBOLS

When consulting this manual, whenever you find these symbols, read the accompanying information very carefully because it is of vital importance for using your sauna properly. Failure to follow the instructions can cause damage to people or property.



HAZARD – WARNING

Indicates a major hazard which, if ignored, may put personal health and safety seriously at risk.



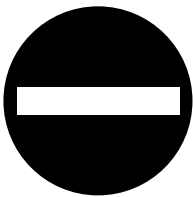
CAUTION-PRECAUTION

Indicates that it is necessary to behave in such a way as to avoid accidents and/or cause damage to people or property.

N.B.

N.B.

Indicates highly important technical information not to be ignored.



Prohibited action

1.5 PERMITTED USAGE

Improper operations are considered those that involve making any modifications not expressly approved by the manufacturer.



The sauna must be used exclusively in the ways and for the purposes for which it was designed. Any other usage is to be considered improper and therefore hazardous.

N.B.

The manufacturer refuses to accept any liability for injury or damage caused by improper use of the equipment.

Since the equipment contains live electrical components and hot surfaces, all servicing and/or maintenance operations must be carried out by properly qualified personnel with knowledge of the necessary precautions.

2. SAFETY WARNINGS

Read this manual carefully before using the sauna/bio-sauna.



We recommend seeking medical advice before using the sauna/bio-sauna.



Children under three years of age must not use the sauna/bio-sauna.



Children over three years of age may use the sauna/bio-sauna but only when supervised by an adult and after seeking medical advice.



The sauna/bio-sauna must not be used by anyone suffering from serious heart disorders, internal inflammation, contagious diseases, epilepsy or who wears a pacemaker.



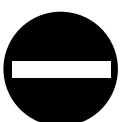
Pregnant women may use the sauna/bio-sauna under medical supervision.



Carefully read and follow all the safety instructions and hazard warnings issued by the authorities of individual countries.



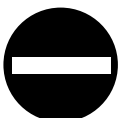
Use of the sauna/bio-sauna by people (adults or children) with impaired physical, sensorial or mental capacities that may prevent the sauna being used in total safety must be supervised or given special instructions.



Use of the sauna/bio-sauna for any purposes other than those for which it has been specifically designed is strictly prohibited.



Always carry out the prescribed checks, inspections and scheduled maintenance.



Do not, for any reason, remove the adhesive labels fixed to the sauna/bio-sauna. If these deteriorate, order replacements.



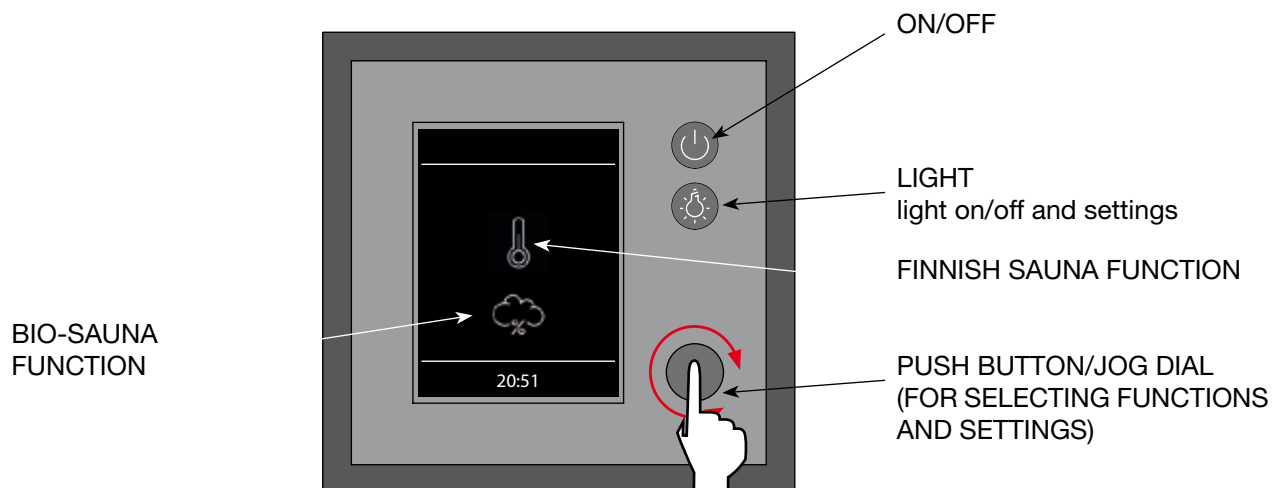
Always inspect the sauna before starting it up.

N.B.


The first few times the sauna is used, you may notice some steam condensate on the inner glass of the door. This is due to the natural moisture in the wood and it will disappear with use.

3. CONTROL PANEL

The control panel allows the user to drive the sauna/bio-sauna functions.



3.1 ON/OFF BUTTON

To switch the sauna/bio-sauna heater on and off, press the button  for 3 seconds.

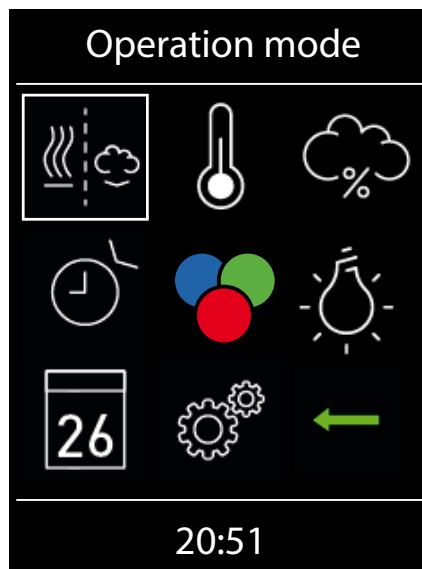
The sauna/bio-sauna will switch on with the previous settings (temperature, timer, etc.).

3.2 LED SWITCH (optional)

Press the button  to switch the optional LED lighting inside the sauna/bio-sauna on and off.

3.3 MENU SETTINGS

Turn the push button/jog dial to access the menu, as shown below.
The first screen will also show the quick-set symbol for the Finnish sauna or bio-sauna functions.



3.4 HOW TO USE THE PUSH BUTTON/JOG DIAL

To view a function turn the jog dial to the left/right. Each function has its own symbol.

Press the dial for a short time to switch on the function selected.

Turn the dial to change the setting. When selected the setting symbol changes colour from white to green.

Press the dial to save the new setting. After pressing the dial the previous window will appear.

3.5 MAIN MENU SYMBOLS



Choose the type of function

Choose either the Finnish sauna or bio-sauna.



Start up the Finnish sauna
(submenu for types of function).



Start up the bio-sauna
(submenu for types of function).



Temperature
Set the required temperature.



Humidity
(function not provided)



Automatic start-up
Setting for automatic switch-on.



Lighting
Switch on and set the additional LED lighting



Timer
Can be programmed for daily or weekly timing.



Advanced settings
Submenu to access additional settings:
e.g. language, time, date, etc.



Infrared lamps
Switching on and off.



Back
Return to the previous menu

N.B.

During use the ON / OFF button on the control panel functions as the HOME button, making it possible to return quickly to the main menu. To do this just press the button briefly. Any settings not yet confirmed (saved) will then be lost. If the jog dial is not turned for about 20 seconds, the system will automatically return to the initial screen. Any settings not saved will be lost. The built-in battery ensures all the settings remain saved in the system menu even if the power is disconnected. If any extension modules are connected the system will recognise these and they will appear, together with the relevant symbol, on the main menu.

3.6 ADVANCED SETTINGS SYMBOLS

The Advanced Settings submenu enables some additional settings to be made. These usually have to be made just once or occasionally.

To access this submenu go to the symbol  on the main menu and press the jog dial briefly.



Choose language

Set the control panel language. 18 languages are available: DE, EN, FR, RU, ES, NL, IT, PL, SL, FI, TR, CZ, RO, BG, HU, HR, SK, DK.



Time

Set the current time.



Date

Set the day, month and year.



Stand-by mode

Set the time interval after which the display switches to stand-by mode.



Screensaver

Set the time interval after which the system goes into sleep mode to save energy. The system can be brought to life again just by pressing or turning the jog dial.



Child lock / control lock

This makes it possible to lock the system down completely using a PIN number control. In this mode it is only possible to switch off the heater and switch on the lighting. See below for some important information about this function.



Heating time

Set the desired heating time. If in private use this amounts to a maximum of 6 hours, for business use it is 12 hours.



Operating data

To check the time remaining before technical assistance will be needed and contact data if required.



Display brightness

The display can be set to three different levels of brightness.



Holiday-home mode

Used to limit access to just a few functions using an individual PIN number.



IMPORTANT INFORMATION ABOUT THE CHILD LOCK/CONTROL LOCK FUNCTION

The system can be locked down using the special settings accessed with a 4-figure PIN number. If the controls are locked it is only possible to switch off the heating or switch on the lighting. Any other attempted settings will need the PIN number to be entered.

Procedure for setting the control lock to zero:

After a button is pressed, other than the lighting button, the PIN number will be requested. Do not change the 4 zeros displayed. Confirm the first zero using the push button/jog dial. Hold down the push button/jog dial over the second zero, at which point the first two zeros show green and the cursor will remain underneath the third zero while the dial is being held down.

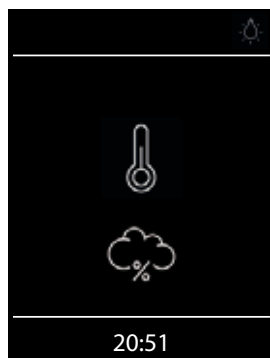
After about 40 seconds, the four zeros will once again show in white. Now confirm all four positions as zero again. The lock will be removed after leaving the PIN entry window.

3.7 GRAPHICS INTERFACE (GUI) AND CHECK CURRENT CLIMATE CONDITIONS

The high-tech graphics interface makes it possible to make all the settings quickly and easily on the display and also to check the current climatic conditions while the sauna is in operation.

The graphic symbols displayed in different colours enable the current operating status to be checked at a glance.

During setting, an explanation of each symbol will appear in one of the 18 languages.



Initial display (stand-by mode)

In stand-by mode the display shows the thermometer symbol for the sauna heater. When the bio-sauna function is on, the cloud symbol for the evaporator also appears.

The related “%” symbol shows that the humidity sensor is connected and working to regulate the humidity according to the relative humidity of the air.

The lighting-on symbol, a light-bulb, appears at the top right of the screen. The current time of day appears at the bottom.

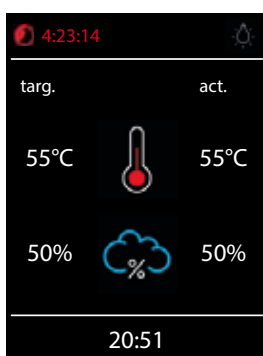


When the sauna is switched on the thermometer symbol flashes red while the sauna is heating up, after which it glows fixed red.

The time remaining before the sauna switches off automatically is shown top left.

It is possible to stop the heating-up process manually at any time simply by pressing the OFF button briefly.

The blue cloud symbol shows that the bio-sauna is operating. After it has been switched off the drying programme starts up automatically unless this has been deactivated during set-up.



Checking climatic conditions

It is possible to check the actual and the theoretical set temperature and humidity both while the sauna is in operation and in standby mode. To do this, press the push button/jog dial for about 3 seconds.

For about 5 seconds the display will show the actual and theoretical temperature and humidity.

If a sensor has not been installed on the bench, the temperature will be read from the heater.

If a humidity sensor has not been installed, the time setting will be shown.

N.B. The readings displayed are those measured directly at the sensor. Given the widely differing temperature distribution inside the sauna cabin, the readings can show marked variations, compared with, for example the reading from wall-mounted thermometer. We therefore recommend trying the sauna to check the temperature is as required.

4. USE AND SETTINGS

4.1 SAUNA ON/OFF

Press the On/Off button on the control panel for about 3 seconds. After switching on, the display will show the heating function as active. The lighting will be switched on at the same time.

To switch off the sauna, press the On/Off button again.

After the Bio-sauna has been used the drying programme will run, unless this has been deactivated, for the set time, up to a maximum of 30 minutes. The sauna will then switch off automatically.

The drying programme can be stopped before it is finished just by pressing the On/Off button briefly.

N.B.: after the bio-sauna has been switched off, the heater will keep working for 15 minutes.

4.2 LIGHTING ON/OFF

Press the lighting button on the control panel to turn the lighting in the sauna on and off.

4.3 SELECT FINNISH SAUNA OR BIO-SAUNA FUNCTION

Using the jog dial press the symbol  in the main menu and then select the required function.



To start up the Finnish Sauna or



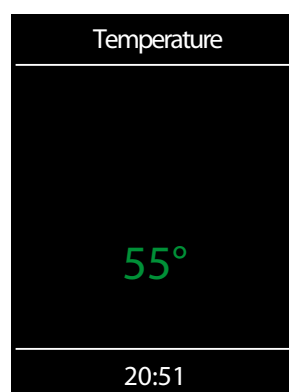
To start up the bio-sauna function

4.4 SET TEMPERATURE

Using the jog dial press the temperature-set symbol in the main menu. A new window will open displaying the last saved temperature setting. Turn the push button/jog dial to set the new temperature.

Press the push button/jog dial again to save the setting and leave the window.

This setting can also be made while the sauna is in operation.

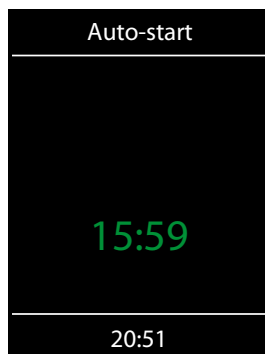


4.5 SET AUTOMATIC START-UP



This function makes it possible to set the start-up time in advance, up to 24 hours ahead. Using the jog dial press the automatic start-up symbol in the main menu. A new window will open displaying "--:--" Turn the push button/jog dial to set the hour first, confirming this by pressing the dial again. To set the minutes turn the push button/jog dial and then press it again to save the required time and leave the menu. To the bottom right on the initial screen the time set will flash, displaying this as the set time rather than the time left to run from when it was set.

To turn the automatic start-up function off, press the On/Off button briefly. The flashing time setting, bottom right, will disappear.



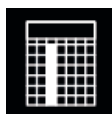
4.6 SET TIMER



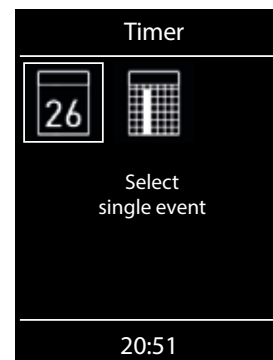
It is possible to start the sauna up automatically using the time pre-set for certain climatic conditions. There are two ways of doing this.



Single start-up, for daily start-up



Weekly timer, to programme weekly start-up



To program daily start-up, press the symbol  in the main menu and then press the symbol  again.

In the submenu set first the day, then the month and the year, rotating and pressing the push button/jog dial in confirmation.

Set the start-up time in hours and minutes in the next window. Then set the required function (Finnish or bio-sauna) and finally, the required humidity and temperature. The submenu will close after this last step. The program set (the date and time, for example 15/01 and 18:30) will be displayed bottom right on the initial screen. To cancel this setting briefly press the On/Off button.

The programming will now disappear as it will if the sauna is switched on manually.

For the weekly timer, press the symbol



The submenu will open showing the days of the week, from 1 to 7.

N.B. if the symbols are white no program is available. Green symbols mean that a program has already been set for this day of the week.

Choose the day of the week for which you would like to program start-up, for example, choose 1 for Monday, and press the push button/jog dial.

N.B. it is possible to program up to 4 start-ups for each day. The sauna can be programmed to stay on for a maximum of 12 hours. After 12 hours the regulations prescribe a 6-hour break.

Subsequent programming can only begin after these 6 hours have elapsed. If you would like a shorter break between start-ups, set the running time to less than 12 hours.

It is also possible to set the required temperature or humidity at any time.

Choose a start-up program from the 4 on offer and press the push button/jog dial.

1. Set the required start-up time (hours and minutes), for example 9:30.
2. Set the required heating time (hours and minutes), for example 3.30.
3. Set the required function, Finnish or bio-sauna.
4. Set the required temperature.
5. Set the required humidity.

After the last step the display will again show the days of the week with the day on which start-up has been programmed in green. Repeat the above steps for each subsequent program. The next programmed start-up day/time, for example Monday, 9:30, will be shown flashing to the bottom right of the initial screen.

Cancelling / changing the weekly timer

To cancel or change a saved program, access the weekly timer via the main menu.

1. Select the relevant day of the week.
2. Select the program to be changed.
3. Make the required changes (start-up time, heating time, climate) or
4. Cancel the setting by setting the start-up time to "-- " then press the push button/jog dial twice.
5. The display will return to the view of the days of the week.

N.B. when the timer is active, the next start-up time will always be shown flashing to the bottom right of the screen. This is also the case if more than one start-up times have been programmed, such as a combination of a single start-up and weekly timer.

5. ADVANCED SETTINGS

The Advanced Settings submenu enables some additional settings to be made. These usually have to be made just once or occasionally.

To access this submenu go to the symbol  on the main menu and press the jog dial briefly.

5.1 SELECT LANGUAGE

It is possible to change the language for the previously set mode. Select a new language from the submenu and briefly press the push button/jog dial to confirm your choice. All text will now be displayed in the new language.

5.2 TIME

It is possible to set the current time. Rotate the jog dial, set the hours and minutes and confirm your setting by pressing the dial.

5.3 DATE

It is possible to set the date - day, month and year. Rotate the jog dial, set the day, month and year and confirm each setting by pressing the dial.

After the last setting, the year, the display will return to the previous menu.

5.4 STAND-BY MODE

This sets the length of time after which the system will go into stand-by mode if no buttons have been pressed. In stand-by mode the brightness of the display is reduced to the minimum and only the current time will show in large type. Simply turn the jog dial or briefly press the On/Off or lighting button to bring the system out of stand-by mode.

5.5 SCREEN-SAVER

This sets the length of time after which the system goes into sleep mode. In sleep mode the screen is switched off. Simply turn the jog dial or briefly press the On/Off or lighting button to bring the system out of sleep mode. This setting is only possible if the sauna heater is switched off.

5.6 CHILD LOCK/CONTROL LOCK

It is possible to lock down the system completely to protect it against unauthorised access.

Lock-down is protected by an individual 4-figure PIN number.

To lock the system down, select the relevant symbol and briefly press the push button/jog dial.

A new window will appear showing "0000". Now it is possible to enter your own PIN number in place of the 4 zeros. Turn the jog dial to select a number and briefly press the dial to confirm your choice then move on to the next zero.

After entering the last number of the PIN over the 4th zero, the system will return to the initial screen and the controls will be locked.

No settings are now possible.

For safety reasons, with the lock on it is possible to interrupt the heating process, if this is underway, by switching off the sauna heater and it is also possible to switch on the sauna cabin lighting.

If there are any other attempts to use the sauna a PIN number will be requested.

To unlock the system, briefly turn the jog dial to bring up the request for the PIN number.

Now enter the PIN number entered previously and the system will unlock.

Setting the control lock to zero

After one button, except the one for lighting, has been pressed, the PIN required screen will appear. Do not change the 4 zeros displayed. Using the push button/jog dial, confirm the first zero, hold the dial over the second at which point the first two zeros will be green with the cursor under the third zero while the dial is being pressed.

After about 40 seconds, all four zeros will once again be shown white. Now confirm all four positions as zero again. Once the PIN entry window has disappeared, the lock will be removed.

5.7 HEATING TIME

This sets the time for the sauna heater to function, limiting the heating time.

For private use, this is limited to a maximum of 6 hours. For business use it is possible to set the heating time up to 98 hours and 59 minutes,

although it is also possible to limit the heating time for saunas in business use to a maximum of 6 or 12 hours.

Using the push button/jog dial, press the symbol  and set the required heating time (hours and minutes) in the submenu. After confirming the minutes setting the system will return to the previous menu.

After the sauna heater has been switched on, the remaining operating time will be displayed top left. This makes it possible to find out immediately how much longer the heater will be on.

Remember that after the bio-sauna has been operating, the drying program will start up and the sauna heater will continue to function for up to 30 minutes. The time allowed for the drying program can be changed in the basic set-up menu.

To do this, contact your specialist retailer or installer.

The operating time is set in steps of +/- 1 minute and it is possible to start from 00.01 (1 minute).

5.8 OPERATING DATA

IT IS POSSIBLE TO CHECK THE OPERATING DATA AND BASIC INFORMATION ABOUT THE SYSTEM.



Firmware – This allows you to check the current version of the firmware for the control panel and the power section. Turn the push button/jog dial to move between the two displays. “Panel Vx.xx” – control panel firmware; “Mod-LS Vx.xx” – power section firmware (x indicates a number). Press the push button/jog dial to return to the previous menu.



Technical assistance schedule – it is possible to check how much time, in hours, is left before the next routine maintenance (technical assistance) session is due. This schedule is set during installation and configuration.



Contact details – it is possible to access the manufacturer’s contact details. These details are also displayed in the event of problems.

5.9 DISPLAY BRIGHTNESS


It is possible to set the display brightness at one of three levels.

5.10 HOLIDAY-HOME MODE

This function makes it possible to limit access to just a few main settings using an individual PIN number. All the other settings will be locked and their symbols hidden.

The following settings are possible in locked status:

- Sauna ON / OFF
- Lighting ON / OFF
- Select type of function - Finnish sauna or bio-sauna
- Set temperature
- Set humidity

To activate this function press the symbol . A window will open displaying “0000”. Enter your PIN number in the place of the four zeros. Turn the jog dial to select a number and briefly press the dial to confirm your choice then move on to the next zero. After the fourth number has been entered the system will return to the initial screen and the other settings will be locked.

If you want to stop entering your PIN, press the On/Off button briefly.

To unlock the other settings turn the push button/jog dial. The main menu will open with the symbol  in the last position.

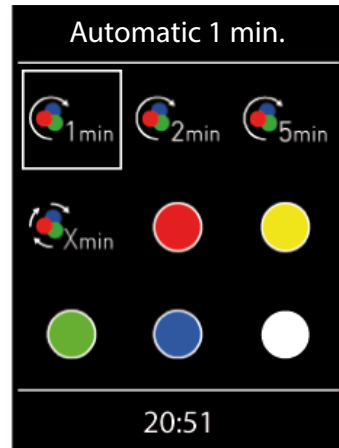
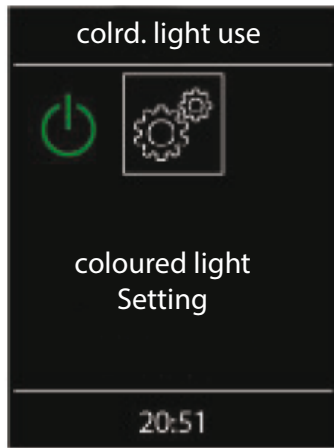
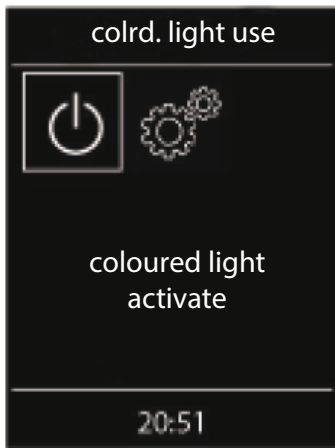
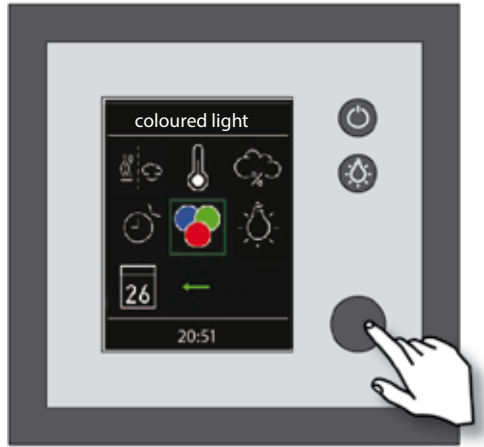
Press this symbol and the window requesting your PIN number will open, again displaying “0000”. Now enter your PIN number to unlock all the settings.

Setting holiday-home mode to zero

Press the push button/jog dial on the symbol for about a minute and the 4 zeros will appear. When you confirm these the screen requesting the PIN number will close and the holiday-home setting will be cancelled, unlocking all the functions.

6. COLOUR-THERAPY LIGHT FUNCTIONS

Select the colour-therapy light symbol in the menu and press the push button/jog dial. This brings you into the colour-therapy light functions menu enabling you to switch it on an off and select other settings.



Automatic 1 min.
All the colours run continuously within this timeframe



Continuous function green



Automatic 2 min.
All the colours run continuously within this timeframe



Continuous function blue



Automatic 5 min.
All the colours run continuously within this timeframe



Continuous function white



Set duration for each colour
The 4 main colours appear in succession for the set time



Dawn simulation (duration 15 min.)



Continuous function red



Coupled coloured light
In this function the colour-therapy light switches on to synchronise with the sauna function.



Continuous function yellow

7. TROUBLE-SHOOTING

Error messages are shown directly and clearly on the display, making it easy for the user to identify the error and search for a solution.

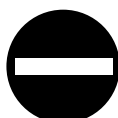
On the screen the error message alternates with the saved contact details to enable you get immediately in touch with the company to solve the problem.



PROBLEM	CAUSE/SOLUTION
Nothing showing on the display	<ul style="list-style-type: none"> No electric power /Check fuses On/Off button set to off /Check the button and set to on No link between the control panel and power supply / Check that the cable is properly housed The control panel is in sleep mode / Turn or press the push button/jog dial.
Temperature sensor not working	<ul style="list-style-type: none"> No connection to the temperature sensor / check cable and connections. Sensor broken / Replace the sensor
Thermal fuse blown	<ul style="list-style-type: none"> No connection / Check cable and connections (cable break, loose connection or similar). Fuse blown because of over-heating / Identify the cause of the over-heating, change the fuse (a replacement fuse is attached to the control panel).
Lack of water	<ul style="list-style-type: none"> Not enough water in the evaporator / Fill up with water. Wait for the set filling time to elapse, otherwise the system will be go into forced shut-down! For automatic filling / Check the water supply, check the fixed water-supply connection FWA01.
No bus communication	<ul style="list-style-type: none"> Check the cabling between the control panel and the power feed. Restart the control system, inform the customer assistance service.
Error unknown	<ul style="list-style-type: none"> Restart the control system, inform the customer assistance service.



For any problems not listed in the table above, call your approved assistance centre.



Never, under any circumstances, attempt any repair work that is not included in the “SOLUTIONS” column of the above table.

9. USING YOUR SAUNA

The origins of the sauna are lost in the mists of time.

It began as one of the purification rituals common to many ancient religions. Its therapeutic and aesthetic benefits were known to the Ancient Greeks, but it was primarily the Baltic people, particularly the Finns, who developed it as a supreme source of wellbeing that has spread all over the world.

The sauna is quite simply a bath of very warm, dry air taken in a closed environment in which a special appliance heats and dehumidifies the air.

THE BENEFITS

The sauna has extraordinary relaxing and detoxing properties, with positive influences on both body and mind. There is no more effective way of banishing nervous tension and soothing anxiety because the sauna stimulates the natural process of restoring physical and mental balance.

The skin is purified as sweating eliminates acids and toxins. The autonomic nervous system is stimulated, improving overall metabolism.

On the beauty front, if you team the sauna with a healthy diet you will get even better cellulite reduction and skin toning results.

The beauty dividend is made equally obvious by the deep-cleansing action that leaves your skin looking clear and glowing.

THE PROCESS

Get ready for your sauna with a warm shower and dry yourself thoroughly.

Step into the sauna.

Make yourself comfortable. Remember that the temperature is higher on the upper benches.

Relax, let your mind go blank and just listen to your body.

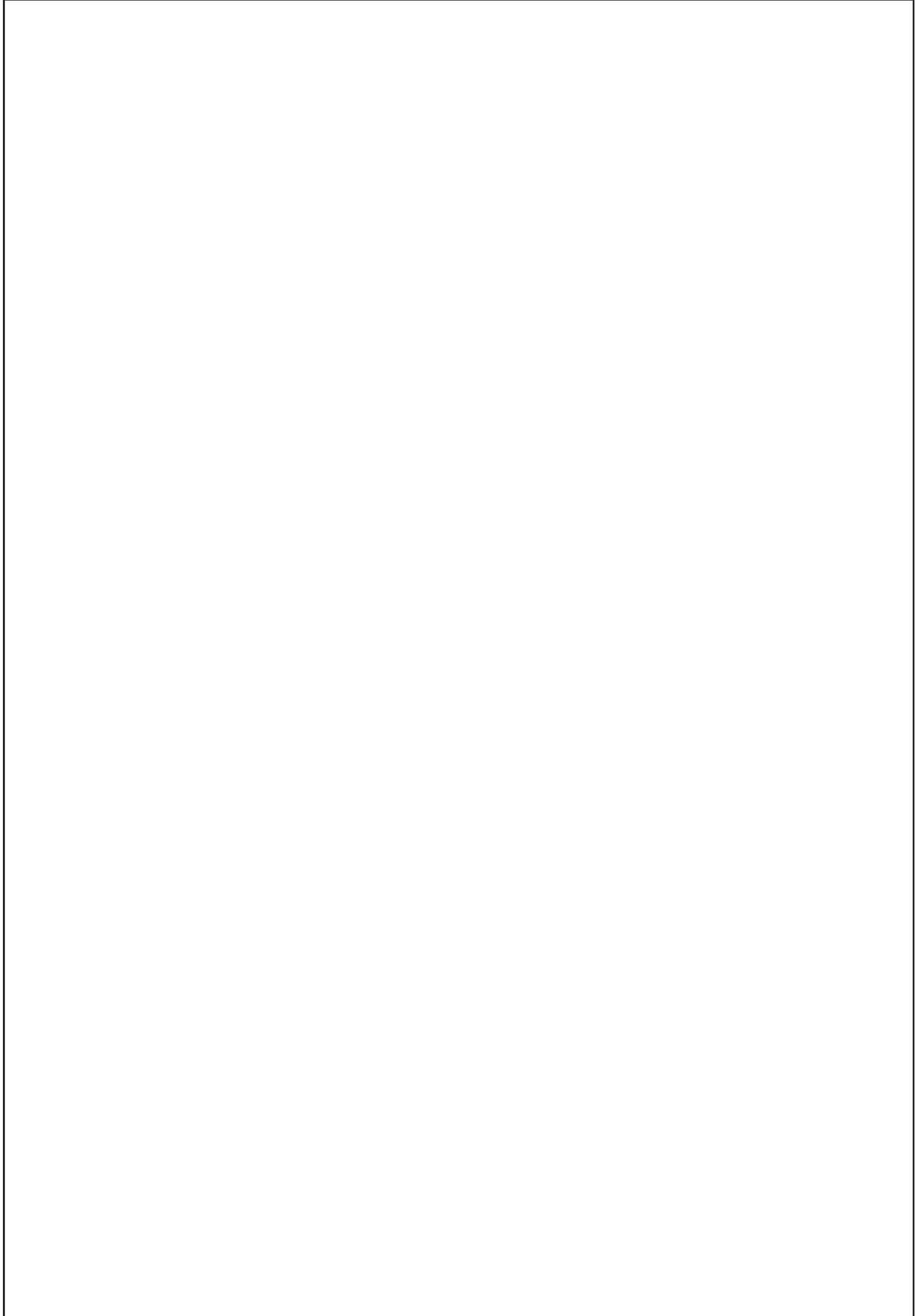
Your own body will tell you how long to stay in the sauna, normally anything from 5 to 15 minutes.

Remember that if you pour a ladle of water laced with essential oils onto the heater stones you will get a temporary increase in humidity and the perception of heat will increase noticeably for a few seconds.

When you come out of the sauna, freshen up with a cool or cold shower, then stretch out and relax for a few minutes.

We suggest you replace the liquids you have lost with water or a hot herbal tea.

After a few minutes take a second turn in the sauna.



effegibi®

Via Gallo 769
47522 Borello di Cesena (FC) - Italy
tel. +39 0547 372881
fax +39 0547 372924
info@effegibi.it
www.effegibi.it

