

Cedar barrel “Professional” oval with bevel “ReBirthPro”

Operating instruction



Please carefully read these operating instructions before starting to use the mini-sauna. They contain important information about right and safe use of the equipment.

Contents

1. General directions	3
1.1. General directions for use	3
1.2. Contraindications for use	4
2. Equipment	4
3. Technical characteristics	4
4. Installation of cedar barrel	5
4.1. Installation of non-dismountable model	5
4.2. Installation of dismountable model	7
5. Connecting cedar barrel to the steam generator	12
6. Preparation for cedar barrel operation	13
7. Procedure in cedar barrel	13
8. Recommendations for use and storage	14
9. Recommendations for commercial use	15
10. Warranty	16

Dear customer!

We congratulate you on the purchase of a new cedar barrel

ReBirthPRO!

Please carefully read these operating instructions before starting to use the mini-sauna. They contain important information about right and safe use of the equipment.

Take care about the preservation of these instructions. The manufacturer does not take responsibility in case the equipment is used not for its intended purpose and the terms and conditions of the current operating instructions are not respected as well as in case unqualified repair attempts are provided to the equipment.

1. General directions

Cedar barrel “Professional” oval with bevel “ReBirthPro” is an excellent way to get rid of many illnesses and restore the body. The combination of steam mixed with medicinal herbs, which is supplied into the cabin made of Siberian cedar, has a great positive impact on human body. Cedar is known as a tree of pharmacists. Its wood produces phytoncides, which prevent growth and development of harmful microorganisms.

1.1 General directions for use:

- Phenomena of overwork;
- After severe mental and physical activity;
- Decreased functional reserves of the cardiovascular system;
- Problem skin, acne;
- Chronic dermatoses;
- Decreased immunity (frequent colds);
- Alimentary obesity;
- Diseases of the musculoskeletal system;
- Toughening up of the body;
- Diseases of the urinary tract;
- Mastopathy;
- Myomas and fibromiomas of small uterus or in the attenuation stage;
- Initial stages of hypertension;
- Neuropathy of various etiologies;
- Infertility;
- Initial stages of vascular pathology (angiopathy in diabetes mellitus, atherosclerosis, endarteritis, varicose veins);
- Digestive system disease.

2.1 Contraindications for use

- Allergies to herbs;
- Severe atherosclerosis;
- Hypertonic disease in the stage of decompensation;
- Severe heart diseases;
- Neoplasm;
- Tuberculosis in the active phase;
- Propensity to bleeding;
- Diseases of the blood system and blood-forming organs;
- Infectious skin diseases and certain skin diseases such as: weeping eczema, penfitus, etc.;
- Sexually transmitted diseases;
- Progressive glaucoma;
- Pregnancy.

2. Equipment

In the kit with cedar barrel are supplied:

- Cedar stile – 1
- Adjustable wooden seat – 1
- Lattice under feet – 1
- Exterior and interior handles – 3
- Wooden bolt to lock the door – 1
- Condensate drain container– 1
- Triangles – 2
- Operating instruction – 1

3. Technical characteristics:

Characteristic	Standard
Dimensions (L, H, W), in	39 1/3 * 51 1/5 * 30 4/5
Wall, lid and bottom thickness, in	1 4/5
Weight, lbs	220.5
Internal volume, qt	898
Volume in packing, qt	1585

4. Installation of cedar barrel

4.1 Installation of non-dismountable model

The installation requires a regular, or an electric screwdriver.

Installation of triangles

At the top edge of the cedar barrel, on the side of the lid opening, a hole is drilled in the middle (Pic. 1).

The triangle must be placed on the cedar barrel so that the wide part of the triangle is perpendicular to the cutout of the lid, and the drilled hole is precisely in the center, under the triangle (Pic. 2).



Picture 1



Picture 2

Then, when the lid is open, the triangle must be centered, so that the sloping surface of the triangle fits snugly against the lid (Pic. 4).



Picture 3



Picture 4

Next, without releasing the triangle, turn the screw under the cover, thereby fixing the triangle (Pic. 4).

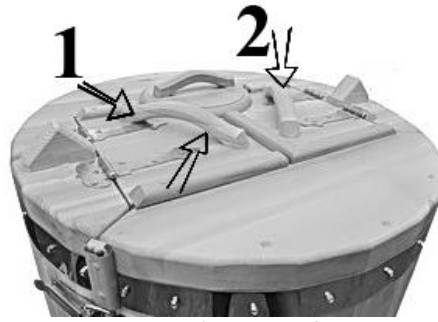
Check the attachment of the triangle - it should not move away from the door. Install another triangle on the other side.

Installation of outer lid handles

After installation of triangles (Pic. 5) for the convenience of opening top lids install handles on cedar barrel lids (Pic. 6).



Picture 5



Picture 6

The holes are drilled in the lids, in the places where the handles must be installed. It is necessary to place the handles on the lids, so that the drilled holes are precisely in the center of the ends of the handles and are located under the handles (Pic. 7).

Next, lift the lid and hold the handle, pressing it against the drilled holes (Pic. 8)



Picture 7



Picture 8

Then, without releasing the handle, tighten the screws under the lid (2 screws per 1 handle), then the fixing the handle (Pic. 9) Next, insert the plugs into the screw holes (Pic.10)



Picture 9



Picture 10

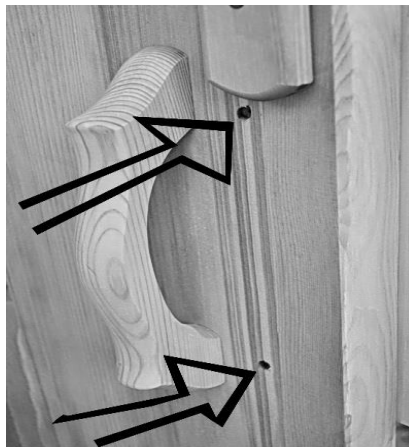
Check the attachment of the handle - it should not move away from the lid. Install second handle.

Installation of the door handle

For convenience of opening the door, a handle is installed on the cedar barrel (Pic. 13). The holes are drilled in the door, at the place of installation of the handle (Pic. 11)



Picture 11



Picture 12



Picture 13

The handle must be placed on the door, so that the drilled holes are precisely in the center of the ends of the handle and are located under the handle. Further it is necessary, without releasing the handle, to tighten the screws on the back side of the door (2 screws per 1 handle), thereby fastening the handle. Next, insert the plugs into the holes (Pic. 12) Check the attachment of the handle - it should not move away from the door.

4.2 Installation of dismountable model

The installation requires:

- regular, or an electric screwdriver
- 12 mm. wrench
- tightening strap (7 meters) - sold in auto repair and construction shops
- sharp knife
- sealant for wood, or aquariums
- wood glue PUR501 (included with the barrel)

Dismantling:

1. Remove the plastic plugs on the cover along the perimeter of the barrel as at the picture 14-15.



Picture 14



Picture 15

2. ! Carefully! remove the screws under the plugs (Pic.16, 17).



Picture 16



Picture 17

3. Remove the top cover (Pic. 18)

4. Remove the lower two hoops as it is shown on the picture 19 (remember their order)

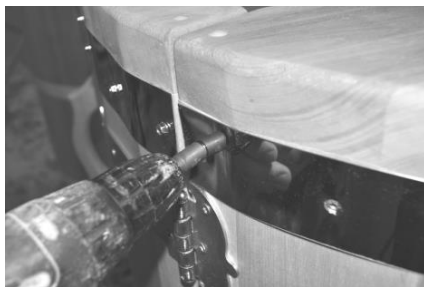


Picture 18



Picture 19

5. Remove the screws on the upper hoop, from the door and up to the middle of the barrel on both sides. There is no need to remove the screws on the door.



Picture 20



Picture 21



Picture 22

6. Remove the screws located under the lower hoop, along the perimeter, as in the picture 23.

7. Carefully uncouple the two side halves of the barrel as it is shown in the picture 24.

8. Mark the bottom with a pencil, where the side halves join. Remove the bottom. (Pic. 25)



Picture 23



Picture 24



Picture 25

Assembly:

1. Apply glue to the joints of one side of the barrel as on the pictures 26-27.
2. Insert the bottom in the groove of one half of the barrel, considering the pencil marks made when dismantling the barrel (Pic. 28)



Picture 26



Picture 27



Picture 28

3. Apply glue to the groove of the bottom and to the side walls of the second half of the barrel with an even, uniform strip (Pic. 29)
4. Apply glue to the side walls of the first half, into which the bottom is inserted (Pic. 30-31)



Picture 29



Picture 30



Picture 31

5. Attach the second half of the barrel to the bottom precisely into the groove (Pic. 32).
6. Pull the two side halves together with a tightening strap as it is shown in the pictures 33-35



Picture 32



Picture 33



Picture 34



Picture 35

7. Insert the screws into the bottom, under the lower hoop (Pic. 37,38).



Picture 36



Picture 37

8. Place the two lower hoops in the same positions, as they were before the barrel was dismantled and secure with the clamping screws.

9. Apply glue to the upper joint of the barrel with an even, uniform strip as it is shown in the picture 38.

10. Put the cover back on and tighten the screws (Pic. 39).



Picture 38



Picture 39

11. Insert plastic screw hole plugs (Pic. 40).

12. Tighten the screws along the perimeter of the upper hoop, as before (Pic. 41).



Picture 40



Picture 41

13. Remove the tightening strap.
14. Apply the sealant to the inner joint between the bottom and the side parts as it is shown in the picture 42.

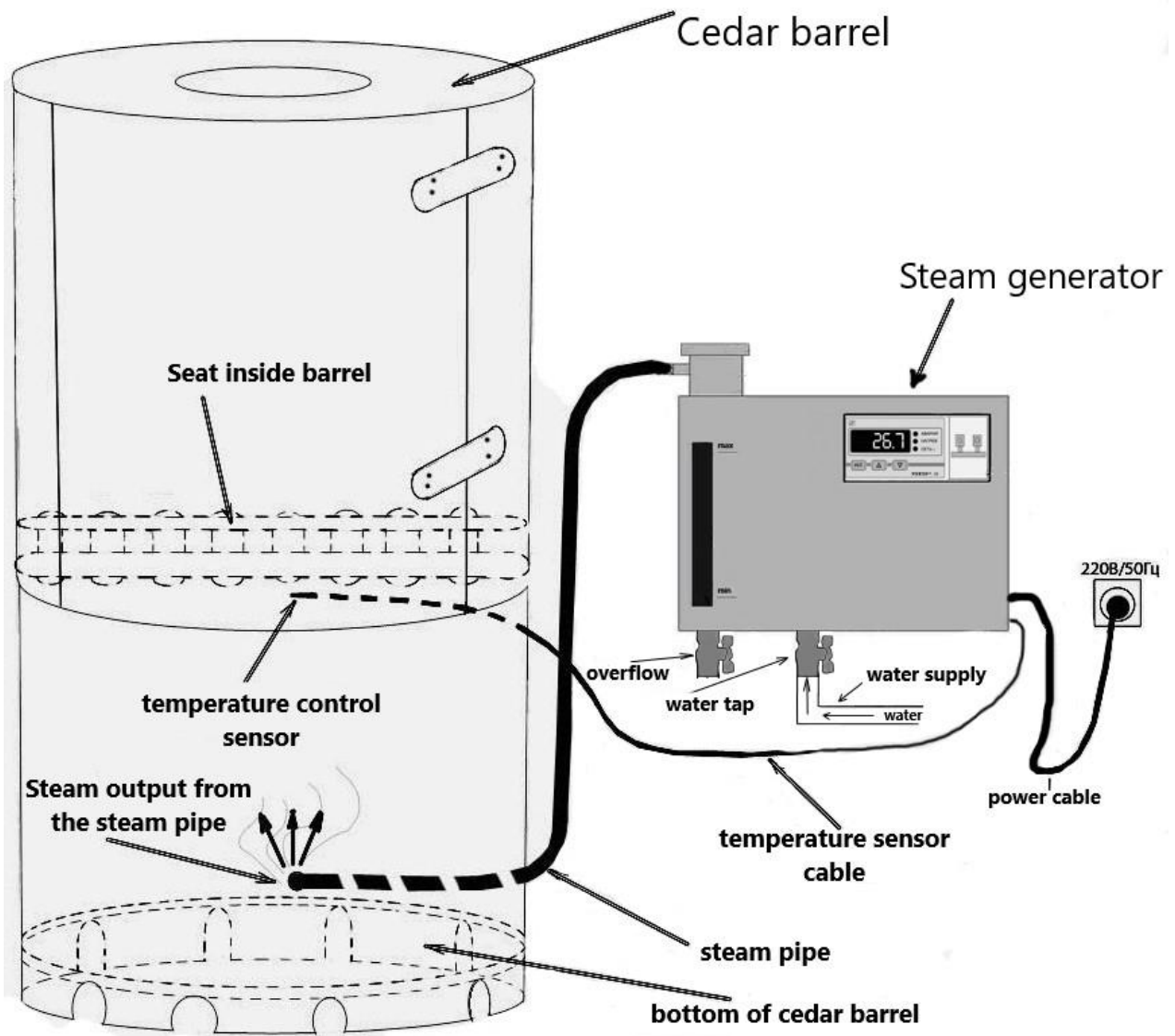


Picture 42

15. Wait for 2-4 hours.
16. Screw handles and triangles back into place, according to the manual.

ATTENTION: It is necessary to glue the barrel, only in case if it is going to be used in the same place during its whole service life. The barrel is glued once and subsequently cannot be disassembled in the same manner. If the barrel is not glued according to the instructions, cracks, deformation and other defects are possible.

5. Connecting the cedar barrel to the steam generator



1. Cedar barrel is installed in an upright position on a flat floor, in a room of at least 5 m², with natural lighting and ventilation. Room temperature from +5 ° C to +30 ° C and relative humidity not higher than 80%;

2. The steam generator must be installed on the wall next to the barrel (installation instructions and requirements are included with the steam generator);

3. Connect the steam pipe and temperature sensor from the steam generator to the barrel (installation instructions and requirements are included with the steam generator);

4. The generator is filled with water through the filling hole to the level from «MIN» to «MAX»;

5. A filter package with an herbal collection is placed in the In the filling hole and the lid is closed;

6. A small pallet with a height of 2-3 cm is placed in the vicinity of the door for drainage.

6. Preparations for cedar barrel operation

1. Sanitize the cedar barrel with a disinfectant containing no chlorine (CL);

2. Place pre-treated, grill and seat into the cedar barrel.

Adjust the seat position according to the patient's height;

3. Fill the steam generator with the amount of water specified in the manual;

4. Place an herbal collection filter package into the steam generator;

5. Put a towel or a cotton napkin on the seat, and under the feet;

6. Turn on the power supply and select the desired temperature on the electronic unit of the steam generator (recommended - 45 degrees);

7. Close the door and the lid of the cedar barrel and warm the cabin until the optimum temperature is reached, 5 to 10 minutes;

7. Procedure in cedar barrel

1. Attendants open the door and the lid of the cedar barrel and seat the patient in it. Then close the door and the lid of the barrel. The head of the patient remains outside, and the gap between the patient's neck and the barrel is eliminated with a towel;

2. The patient stays in the cedar barrel under the influence of phyto steam-mixture. The main criterion for the duration of stay in the phyto sauna is the patient's well-being, and the ability to tolerate heat without harm to health. However, the maximum duration of stay in the phyto sauna should not exceed 15 minutes. If the set temperature is too high for the patient, a member of staff with a thermostat should correct it;

3. After the procedure, a member of staff opens the door and the lid of the cedar barrel. The patient goes out and rests for 10-15 minutes;

4. After the rest, rubbing with oils or balms is recommended. Also, the cedar barrel procedure of can be combined with a session massage and various wraps.

After each procedure:

1. Remove moisture from the inner surfaces of the phyto barrel with a cloth;

2. Disinfect the mini-sauna with a special disinfectant.

After the end of all procedures:

1. Wipe dry the moisture from all surfaces of cedar barrel;

2. Get the container from under the bottom of the mini-sauna and remove the water.

3. Pick up the wooden trailer from the floor;
4. Ventilate the barrel for 5-10 minutes;
5. Place a quartz lamp inside the mini-sauna and leave for 30 minutes;
6. Fully close the door and the lid of the cedar barrel. Only the small cover for the head opening can be left open;
7. After use leave the mini-sauna to dry indoors.

8. Recommendations for use and storage

- The room, where the mini-sauna is installed must be dry and well ventilated so that the barrel has time to dry overnight;
- Avoid contact of the wood with sweat;
- Do not use the cedar barrel for more than 4 hours continuously;
- Use only clean water or a water filter for the steam generator. The chlorine contained in the water leads to blackening of the wood;
- Dirt or stains can be removed with a hand brush dipped in warm water with a solution of a special detergent based on active oxygen;
- Do not wash and disinfect cedar barrel with chemical substances.
- To restore the original appearance, once every 1.5-2 years, it is recommended to slightly grind the inner walls, seat, armrests and ramp;
- Do not leave the cedar barrel in a free-ventilated area;
- After every 100 operating hours, the steam generator has to be flushed with scale removal solutions;
- To avoid deformation, warpage, drying, the barrel has to be properly dried by the end of the day;
- It is necessary to regularly use the barrel, there should not be any downtime for more than 7 days, as well as an intensive workload (no more than 15 procedures per day);
- If the cedar barrel is not used consistently, it is recommended to warm it up daily (10-15 minutes per day);
- Cedar barrel should be stored indoors after operation. The door and the lid must also be closed to avoid deformation of the barrel. For long-term storage, cover with a cloth.
- Cedar barrel should be placed on a flat surface;
- Open the door and cover smoothly without twisting;
- It is imperative to maintain a constant humidity inside the mini-sauna. At downtimes a wide tank with water (basin) should be placed inside the cedar barrel

and cover with a dense cloth. This is necessary to preserve the geometry: wood is deformed with frequent humidity changes.

- Never place a mini-sauna near the heating elements (radiators, batteries, pipes, heaters, etc.). The allowed distance is not less than 3 meters.
- The formation of cracks on the body of the mini-sauna is a natural process, since the tree is alive. Any crack can be removed with special glue, which can be ordered from the manufacturer.

Not allowed:

- Switch on the steam generator when a malfunction is detected;
- Switch on the steam generator without electrical grounding;
- Switch on the steam generator with the lids removed;
- Block steam outlet openings during operation;
- Open the drainage tap while the steam generator is running;
- Carry out any work with a non-deenergized steam generator.

And most importantly, you must remember that cooperage products are made from a "living" tree and, therefore, proper maintenance and care are needed!

9. Recommendations for commercial use

Combining the cedar barrel with other procedures:

1. Hydromassage - Cedar barrel with antler powder bath or medicinal herbs;
2. Cedar barrel - Therapeutic massage (manual massage from the 7th cervical vertebra up to 5th lumbar vertebra - duration of massage 20 min). Gentle massage technique provides a therapeutic effect due to the pronounced relaxation and anesthetic effect, conductivity improvement of the peripheral nerves;
3. Cedar barrel – Machine massage or massage chair;
4. Cedar barrel - Wraps (honey, chocolate, etc.);

10. Warranty

Warranty conditions for cedar barrel use

Warranty is valid for 36 months from the date of purchase of the product and implies warranty service of the product in case of defects in materials and production. In this case, the consumer has the right, among other things, to free repair of the product. Warranty is valid if you follow the operating and storage instructions described in this manual.

The warranty does not apply:

- in case of deformation of parts of the mini-sauna
- in case of formation of cracks on the body of the mini-sauna
- in the case of darkening, blackening, color change of the mini-sauna
- to any other defects related to non-compliance with the rules and operating conditions