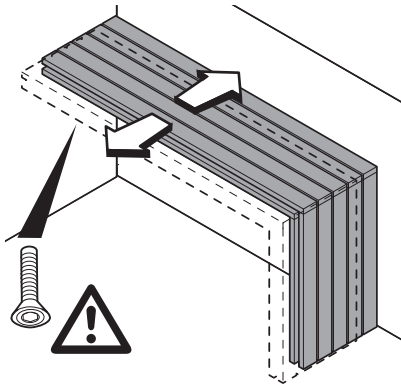



Jacuzzi® sauna



It is possible to detach the bench from the wall, to significantly increase the user sitting space.

 **Always use a safety screw. Please consult the installation manual.**

the sauna

The sauna allows you to relax both physically and mentally, to keep stress at bay and provides temporary escape from daily life. Having a sauna regularly, also helps eliminate toxins, enhances skin cell renewal and helps to maintain a fresh-looking, healthy, reinvigorated complexion.

In addition it is true to say that whilst having a sauna, you loose weight, although, this is only due to the loss of liquid through sweating.

Even muscles benefit, particularly after intense physical exercise: perspiration helps eliminate the lactic acid which is formed during physical activity (ensure you leave approximately half an hour between physical activity and taking a sauna).

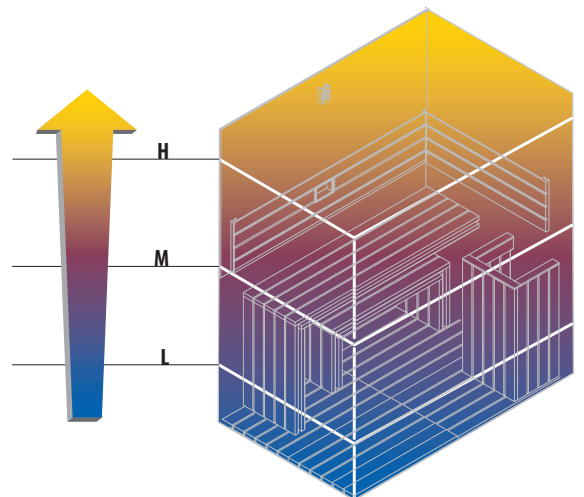
The positive benefits of taking a regular sauna last approximately a week, although the frequency of use is subjective: according to an ancient theory, one to two saunas per week, preferably consistently and regularly allow the body to completely attune to the stimulation provided by the sauna and allow the body to draw on the benefits.

In any case, the most important guiding factor is that it is your choice to to take a sauna and that you feel completely comfortable.

Sauna duration is subjective; normally, a sauna lasts approximately 10-15 minutes, after which you take a cold shower and relax; you can then have another sauna (even two). Refer to the details in the Chapter "Using the sauna".

The sauna has been designed and built according to the main characteristics of steam baths based on the Scandinavian tradition. Of these, one of the most important is the microclimate that is created inside the sauna room as a result of the exchange between the fresh air (which enters from below the heater) and the air present inside (which rises towards the ceiling when heated):

For this reason, the internal temperature varies depending on the location in the sauna; the temperature is higher (H) towards the ceiling - which is where the temperature probe is located - whereas the temperatures become lower (M/L) towards the floor.



We recommend adjusting the temperature based on your needs and how you feel. Consider the values displayed by the instruments as an indication.

programmes

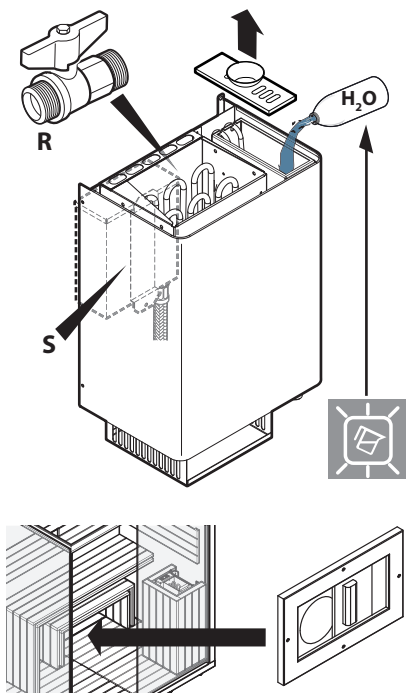
The characteristics relative to each programme are quoted based on optimal environmental conditions (~ 22-25 °C).

NB: To guarantee an optimum performance, the power supply must correspond to the nominal value (230 V ~).

Jacuzzi® remote control system

Where the Jacuzzi® remote control system is installed, it is possible to activate the programmes via a computer or smartphone; these devices can be configured and used according to the instructions provided within the manual which comes with the system itself.

preliminary operations



Bio sauna

This is a gentle sauna at a temperature of between 45°C and 55°C with relative humidity (RH) of 25%-35%.

This programme allows you to enjoy a pleasant, refreshing sauna, similar to a South Tyrolean hay bath, without extensive effort and provides the opportunity to breathe in all those aromatic oils; this programme is particularly recommended for those who cannot tolerate the smallest amount of aerobic effort that the dry heat sauna demands, providing identical health benefits.

It is also suitable as a substitute for the Finnish sauna.

Roman Sauna

The Roman Sauna operates at a temperature of between 60°C and 70°C and the relative humidity (RH) is approximately 20%-25%. It is effective and beneficial for blood circulation, helps to reduce muscle tension and stress, and induces intense sweating.

Finnish Sauna

This is a traditional sauna, also referred to as a "dry sauna", in which the temperature reaches between 80°C and 90°C, while the relative humidity (RH) is very low.

Firstly, you must switch on the heater before a session, so that the applicable area, the walls and benches reach a comfortable temperature thanks to the heating up of the air.

This pre-heating time depends on the program selected and the room temperature (*a lower typical programme temperature and a higher room temperature require a shorter pre-heating time*). In any case, refer to the "thermometer" located on the display: the typical temperature of the selected programme is reached when all sectors are illuminated.



When switching on the heater for the first time, you may note that the heat emits residue, resulting from the manufacture of the heater itself: you must simply ventilate the area before using the sauna.

■ Before a bio sauna and/or a Roman sauna session, check that there is a sufficient amount of water in the steamer tank; if it requires filling, fill it up, leaving 10 cm from its opening.

⚠ If, during bio sauna or Roman sauna programmes, the "water pitcher" key lights up on the display, this indicates that the tank is empty and the steamer is off (the heater under the stones still remains on). In order to continue using programmes, wait at least 5 minutes, until the heating element has sufficient time to cool down, fill up the tank and re-activate the programme by pressing the "water pitcher" key a second time.

■ If an automatic water filling tank (S) is installed, instead of checking the steamer water level, check that the water supply system and/or the tap (R) are open.

Ensure that ventilation is present by opening the small window on the wall, under the bench.

■ Turn on the main switch: the system will enter into "awaiting instructions" mode and the ON/OFF display key will light up white.

programme activation



■ Press the ON/OFF key: it will light up blue and the keys relative to the programmes and the alarm key will simultaneously light up: the display is ready to receive instructions.

NOTE:

- This mode lasts approximately one minute, after this time, if no key has been pressed, the system reverts to "awaiting instructions" mode.
- The activation of any key is indicated by an acoustic signal.
- If an audio kit is installed (optional), the keys relative to the audio system, will also light up on the display.

■ Select one of the three programmes and activate it by pressing one of the indicated keys (once pressed, the key will turn blue):

WARNING: perform the following procedure if the Jacuzzi® remote control system has been installed: press the key of the program selected, wait for it to go dim and press again within 20 seconds.

each programme can last 6 hours



- **Bio sauna** (the "water pitcher" key lights up and an acoustic signal sounds: check that there is water in the steamer and re-press the "water pitcher" key; if you do not press the key, the steamer will not be activated and the programme will be carried out in "dry run" mode.).



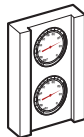
- **Roman Sauna** (the "water pitcher" key lights up and an acoustic signal sounds: check that there is water in the steamer and re-press the "water pitcher" key; if you do not press the key, the steamer will not be activated and the programme will be carried out in "dry run" mode.).



- **Finnish sauna**

■ Every programme can be interrupted at any time by pressing the key relative to the programme itself.

It is also possible to switch from one programme to another, by first deactivating the programme in progress.



The relative humidity varies greatly dependent on distribution of temperature values within the sauna; the values indicated by the hygrometer are therefore approximate.



When using the Finnish sauna for the first few times, you may note the presence of steam condensation on the inner sides of glass: this is caused by wood humidity (moisture in wood) and, with use, will eventually disappear.



■ The temperature inside the sauna room (approximate and measured near the ceiling) is displayed by the "thermometer" symbol on the keypad; this is divided into three sectors, which, when turning on (progressively) indicate an increase in temperature. The typical temperature of the selected programme is reached when all sectors are illuminated.



■ Each programme has a predefined light colour (the shown symbol lights up); specifically designed to heighten those feelings of well-being and relaxation that Sasha offers. Refer to the Chapter "Cromodream® for more detailed information.



■ An hourglass is provided to help you time your session in the sauna; the time needed for the sand to drop to the bottom of the hourglass is approx. 15 minutes.

using the sauna



Ensure that you have sufficient time: a cycle (in addition to actual session time) requires approximately two hours. Indulge yourself in the benefits which can only be provided by this rhythmic juxtaposition between hot and cold. In any case, trust your body entirely: its your body that ultimately defines sauna duration, frequency and how it figures in your life.

■ Do not have a sauna immediately after eating: after a meal, it is best to wait at least three hours so that your body has time to digest the food; if you have not eaten, a light snack is appropriate so as to not put pressure on the body in terms of digestion.

■ Try and only drink before (particularly after intense physical exercise) and/or after having a sauna (even between one sauna and the next, if you are planning on having more than one); if possible, do not drink liquids during the sauna, otherwise you reduce the purifying effects.

Drinking a hot herbal tea before having a sauna prepares the body for sweating.

■ **Ensure that you have removed any rings, necklaces, etc. especially if they are made of metal; the aforementioned may become extremely hot when exposed to the high sauna temperatures.**

Do not wear glasses - they will immediately become misty upon entering the sauna.

It is possible to wear contact lenses even if the surface can become hot and dry: in such an instance, it is advisable to repeatedly close your eyelids in order to keep the actual lenses moist.

Do not, under any circumstances, bring mobile telephones, digital hand-held devices, etc., into the sauna with you; if nothing else, they compromise the idea of relaxation!

■ Have a shower, as hot as you like; this is an important stage in order to remove fat residues and any cosmetic products from the skin. Dry yourself well: skin must be completely dry.

You can extend the above stage by immersing your feet in hot water for some time (approximately 5 minutes in water with a temperature of 40 °C).

Initially, a sauna session may last approximately 8-12 minutes; this can be extended (15 minutes). In every instance, listen to your body and your intuition: the sauna session is not a competition to see who can last the longest (the specified sauna "time" only acts as a guide, if you feel the need to leave after only five minutes, then do).

■ If seated, always place a towel under where you are seated, on your back and under your feet.

You will not require head covering, as the heat of the sauna will not damage your hair in any way.

Naked (**seeing as every clothing type, particularly synthetic clothing, hinders perspiration**) sit or lie on the preferred bench, bearing in mind that the further from the ground you are, the higher the temperature, subsequently the greater the sweating; initially, it is best to use the lower bench in order to gradually get used to the temperature.



ATTENTION! Do not hang towels on the wooden heater cover: they may catch fire!





■ If possible, a couple of minutes before leaving the sauna, gently pour water onto the stones in order to swiftly increase the heat and air humidity, subsequently increasing perspiration; if desired, pour your preferred essence into the water first.



ATTENTION! Do not pour the essences or oils directly onto the stones: they may catch fire!

If you are having a bio sauna or Roman sauna, do not pour the essences or oils directly into the steamer water; use the semi-sphere container on top of the steamer lid.

With time and practice, you will learn how to maintain the correct relative humidity, by pouring the correct quantity of water onto the stones in order to ensure suitable air exchange.

This profusion of heat is not to everybody's liking: at first, try experimenting with a small amount of water, and progressively adapt your method.

■ In any case, a couple of minutes before leaving the sauna, occupy a seated position (on the lowest bench) so that your body can adjust to a vertical position.

■ Once you have finished your sauna, your body needs oxygen: breathe lightly, preferably through your nose and walk around in a relaxed, easy manner (do not remain completely still as the blood in the dilated vessels "drops" to below average levels). Do not await until you feel the first cold shivers before having a refreshing shower!

■ Cold water is the best thing to restore normal body temperature and to remove all perspiration residue from the skin:

- using the shower and following blood flow direction, begin with your outer right foot going right up to the groin, before changing direction to go back down the inner side;
- follow this process with the left foot and leg.
- Continue with the right arm, the left arm, bowels, stomach, before proceeding to the face and head;
- lastly, concentrate on the back and spine.

Freezing water has the best "toughening" effect on the body, however warm water can also be used.



■ Immersing yourself in a bath of cold water also helps heighten the effects of the sauna: once immersed (maximum, 10-20 seconds), try to breathe lightly, without restraining your breathing.

If you suffer with high blood pressure, only use sponge baths or showers.

■ At this stage, you may have a foot bath using hot water in order to speed up body acclimatisation; subsequently, you may also continue applying cold water in order to enhance the effects of temperature variations on the vascular system and then proceed to have another hot foot bath (these temperature extremities must not cool you down excessively).



■ Relax: wrap yourself in a soft bath robe and lie down on a bed until sweating ceases and the heart restores a normal beat.

To maximise the purifying effect, only drink liquids once you have finished your sauna session: drink approximately 1-2 litres of liquids rich in mineral salts and/or herbs (not sugary); they will help the body to restore correct hydration levels. When you feel the need, drink liquids.

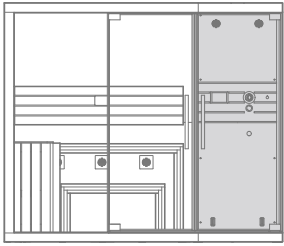
■ If the sauna session lives up to your expectations, you may have another one or two saunas, following the above described procedure; however, always listen to what your body is telling you.

■ Do not undertake physical activity during and after the sauna.

contraindications

- The aim of a sauna is to provide relaxation and comfort incorporated in the wellness concept that the treatment provides; to fully enjoy the benefits in complete safety, before using the sauna, it is recommended that you seek the advice of your doctor.
- If you suffer from rheumatisms, avoid the cold immersion stage following the sauna.
- The sauna is not recommended for those with cardiovascular disorders, acute inflammations, epilepsy and those with pacemakers. It is also not recommended for those with colds and/or flu.
- Pregnant women may only use the sauna under the strict supervision of their doctors.
- Do not use the sauna during a recuperation period following surgery.

Refer also to the Chapter "Warnings".



Jacuzzi.hammam



The Hammam ritual creates a state of wellness, reducing the harmful effects of daily stress; it is enjoyable and beneficial at any time of the year, be it in winter to prevent discomfort related to the cold conditions and to provide relief to muscles, be it in summer, to lower body temperature, refreshing the body, and to provide a healthy glow (or enhancing this glow where already present), seeing as it thoroughly cleanses the skin.

The hammam additionally stimulates the replenishment of water present within the body and keeps respiratory passages unobstructed by keeping them moist. This is important seeing as we live in environments which are generally too dry; the hammam also promotes vasodilation and consequently, improved skin nourishment.

Hammam duration is subjective; normally, a full hammam session lasts approximately 35-45 minutes, which can be divided into intervals of showers or water spates, in order to refresh the skin. Refer to the details in the Chapter "Using the hammam".

programmes

The characteristics relative to each programme are quoted based on optimal environmental conditions (~ 22-25 °C / relative humidity = 40-60 %). NB: To guarantee optimum steam-generator performance, the power supply must correspond to the nominal value (230 V ~).

Jacuzzi® remote control system

Where the Jacuzzi® remote control system is installed, it is possible to activate the programmes via a computer or smartphone; these devices can be configured and used according to the instructions provided within the manual which comes with the system itself.

Tepidarium

This programme, characterised by average vapour pressure levels and a temperature of approximately 38 °C, can be considered the initial step towards building up to a real humid vapour bath. The low temperature enables initial heating up of the body and the opening of skin pores.

Hammam

Normally associated with massages, the hammam allows for relaxation and genuine wellness. The vapour pressure levels are high, whilst the temperature is within the range of 42 °C.

Calidarium

It is the programme with the highest temperature (approximately 46 °C) and vapour pressure levels are close to 100%. Sweating is intense, resulting in natural disintoxication of the body.

Note regarding operation of the hammam and the scale-removal cycle

A "steam cycle" is understood to mean the activation of one of the available programs

Activating the hammam depends on how many times the various different programs have been run already. If it is between 40 and 60 times, when pressing the button for one of the programs, the water-pitcher symbol on the display flashes (a blue light) for a few seconds. This means that a scale-removal cycle should be run (but the hammam function can still be used).

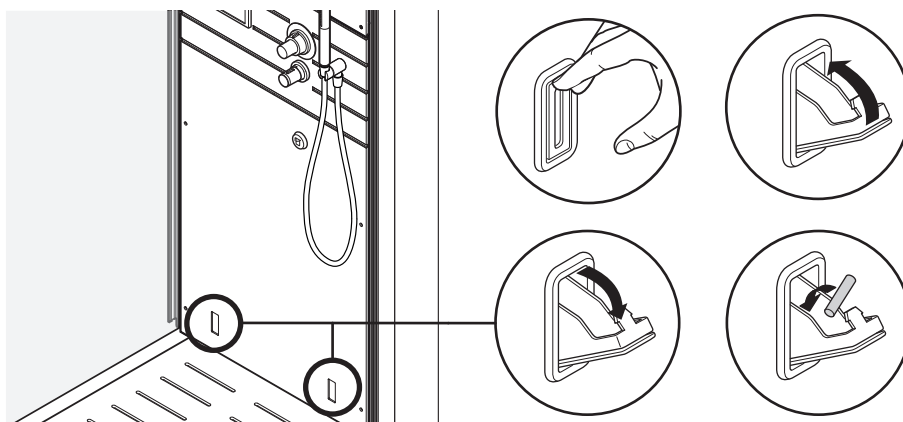
However, when the maximum number of steam cycles (60) has been reached, the function is no longer available (the water-pitcher symbol flashes white). You must run a scale-removal cycle.

As an exception, the scale-removal cycle can be delayed and the hammam function can continue to be used a certain number of times.

Always refer to the "Scale-removal cycle" section.

preliminary operations

■ If desired, you may enrich the steam bath using your own preferred essences or suitable scented oil sticks: remove the dispenser from its housing, as indicated, and insert one oil stick per dispenser; or use a few drops of your preferred essence. Re-close the dispenser, pressing it down until it locks.



The oil sticks are available from Jacuzzi® Service Centres; we advise cutting the oil stick into two pieces, and placing one in each dispenser.

programme activation



■ Turn on the main switch: the system will enter into "awaiting instructions" mode and the ON/OFF display key will light up white.

NOTE: when the appliance is powered, you must wait several minutes before using the hammam (the thermometer symbol flashes when the ON/OFF button is pressed); this time period allows the control system to initialise the electronic management system.



■ At the end of this phase (the thermometer symbol stops blinking), press the ON / OFF button: the blue button light switches on and the programme keys - alarm and water softener keys - simultaneously light up. Now the key panel is ready to receive input commands.

NOTE:

- This mode lasts approximately one minute, after this time, if no key has been pressed, the system reverts to "awaiting instructions" mode.

- The activation of any key is indicated by an acoustic signal.

- If an audio kit is installed (optional), the keys relative to the audio system, will also light up on on the display.

■ Select one of the three programmes and activate it by pressing one of the indicated keys (once pressed, the key will turn blue):

Warning: perform the following procedure if the Jacuzzi® remote control system has been installed: press the key of the program selected, wait for it to go dim and press again within 20 seconds.

each programme lasts approximately 45 minutes



- Tepidarium



- Hammam



- Calidarium

■ After a few minutes, steam will be released from the nozzles.

■ Every programme can be interrupted at any time by pressing the key relative to the programme itself.

it is also possible to switch from one programme to another: first deactivate the programme in progress, wait for the "thermometer" symbol to stop blinking and then choose the desired programme.



■ Once the selected programme has been activated, the "thermometer" symbol on the key panel indicates the cabin temperature: the symbol is divided into three sections that light up progressively to indicate temperature increases. When the final stage temperature lights up, the ideal temperature relative to the selected programme, has been reached.



**ATTENTION! The emerging steam has a temperature nearing 100 °C!
Do not rest legs on the steam outlet, keeping them at least 40 cm from the outlet nozzles (dispenser).**



■ Each programme has a predefined light colour (the shown symbol lights up); specifically designed to heighten those feelings of well-being and relaxation that Sasha offers. Refer to the Chapter "Cromodream® for more detailed information.

using the hammam

Indulge yourself in a quasi-surreal world where time does not feature. The hammam provides a means of escapism, an opportunity to take yourself away from stress and tiredness.

According to ancient tradition, the hammam is composed of flowing "rooms", similar to those used by the ancient Romans:

■ First of all, if required, wash the bench, using the shower.

■ Leave behind anything which reminds you of the outside world, have a shower (as hot as you like) and dry yourself well.

■ Select the desired programme and allow yourself to be enveloped by the steam, sit or lie on the bench.

Humid heat has healing power; it acts as a kind of natural spray, curing problems with the nose, throat and airways; it additionally acts on rheumatic and arthritic troubles, reducing pains.



Initially, condensed water may emerge from the nozzles (dispenser); this will cease once the temperature has stabilized.

■ When desired, you may have a shower to refresh yourself and you may use a horsehair brush to re-stimulate circulation.

In every instance, listen to your body and your intuition: if you feel the need to leave after only five minutes, then do.

■ Sweating, a result of using the hammam, will be less intense than the sweating induced by the sauna, however, given that the session length is generally longer, the quantity of disposed liquids is greater.

If you have a cold and/or flu, a session in the hammam followed by an extended period of bed rest, allows for continued sweating, which helps to restore health.

■ The final stage includes spraying fresh water to re-close pores, tone muscles and inject energy throughout the entire body.

■ Before returning to reality, take your time: slowly, perhaps whilst sipping a tea and casually reading, return to the rhythm and sounds of the outside world.

■ If the hammam session lives up to your expectations, you may have another one or two hammam sessions, following the above described procedure; however, always listen to what your body is telling you.



Once you have finished using the appliance, do not turn off the main switch until the key relative to the programme that was in progress is no longer lit up with a white light (otherwise, you will interrupt the washing and emptying process of the steam generator).




contraindications

- The aim of a hammam is to provide relaxation and comfort incorporated in the wellness concept that the treatment provides; to fully enjoy the benefits in complete safety, before using the hammam, it is recommended that you seek the advice of your doctor.
- The hammam is not recommended to those who suffer from inflammatory dermatitis or psoriasis, as heat aggravates these conditions, or to those with verrucas, as they are infectious.
- Those who suffer from mycosis and/or are prone to such a condition should be cautious when using the hammam. Humid heat environments are known for their susceptibility to spread such conditions in addition to bacteria.
- The hammam is not recommended for those with cardiovascular disorders, acute inflammations, epilepsy and those with pacemakers.

Refer also to the Chapter "Warnings".

Scale removal cycle

To resolve any problems caused by the formation of scale in the steam generator, Sasha comes equipped with a function to reduce the formation of any incrustations, thanks to a specific product.

 **To guarantee thorough cleaning of the steam generator, run the scale-removal cycle every 20-30 steam cycles (see also "Delaying activation of the scale-removal cycle").**



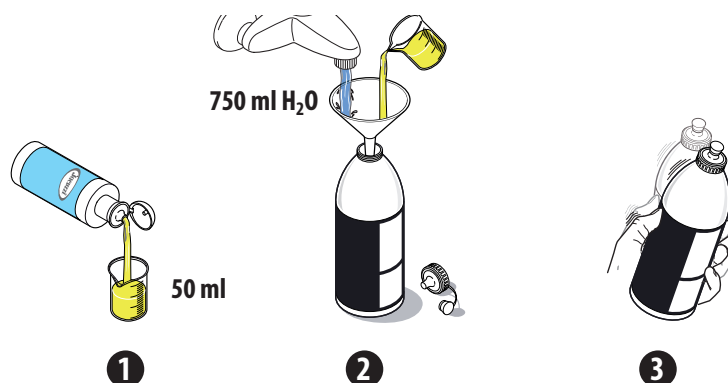
The "water pitcher" key blinks to signal needed water softening cycles (a blinking white light indicates that a water softening cycle must absolutely be performed) (also see the chapter "Troubleshooting").

NOTE: where the remote control system is present, the "water-pitcher" will also flash on the hammam display.

The cycle lasts approximately 10 hours: throughout this time, the "alarm" and audio system functions are available, but the hammam function is unavailable (manual functions can be used).

instructions

- Prepare the scale removal mixture as indicated.



- Press the "water pitcher" key and wait for it to go dark, and press it again within 20 seconds: it begins to blink signalling that approximately 2 minutes remain to pour in the scale removal product.

NOTE: if the liquid is not poured within this time frame, the function is aborted; so, if you accidentally press the "water pitcher" key, you must wait until this time has passed before exiting the function.