MetaChamber

" Your Personal Sauna "

INSTRUCTION
&
REFERENCE

Form 94006 – Revised June 11, 2003/ ISO Reference 7.2.2

DISCLAIMER:

The MetaChamber is a Personal Sauna. Any information presented within this manual is for educational or reference purposes only. The content of this manual is not intended for diagnosis or treatment of any ailment or disease and shall not be considered as a substitute for professional health care consultation. One should always seek the advice of a personal physician or other qualified health professionals regarding any medical condition or when making major changes in medications, personal exercise routines, dietary habits or using un-prescribed treatment or treatments of any type or kind. Review the Contraindications as listed in this Manual before using the MetaChamber. The MetaChamber is a serious piece of equipment that performs at the same high level as those models used in professional spas. If in question, please check with your personal physician or other qualified health professionals before using the MetaChamber.

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COMPONENT LIST AND SETUP INSTRUCTIONS FOR THE METACHAMBER

Thank you for making the MetaChamber your choice as a personal sauna. The MetaChamber will allow you to enjoy the many benefits offered by professional spas but within the privacy of your own home or office. The mobility and lightweight of the MetaChamber allows you to take it with you on vacation or when you visit your weekend retreat. It is the sauna that can go "Anywhere / Anytime".

MetaChamber Components	
Item Description	**Quantity**
Bath Towels	**2**
Curtain / To Enclose Open End of Dome	**1**
Four Section MetaPad	**1**
MetaChamber Control Unit	**1**
MetaChamber Headrest	**1**
MetaChamber Instruction / Reference Manual	**1**
MetaChamber Lower Dome	**1**
MetaChamber Upper Dome	**1**
Power Cables / Cords - Electrical	**2**

SPECIFICATIONS

Dimensions: 5 feet, 9 inches (adjustable)
Weight: 32kg.
Electrical: 220-240V 50/60Hz Max Power: 960W

SAFETY

Each and every component utilized in the manufacture and assembly of the MetaChamber meets or exceeds all regulatory and industry standards. The MetaChamber has been thoroughly tested and granted an acceptance label by an internationally recognized testing facility. All temperature and timing control circuits have been designed and engineered to meet the highest standards, with safety being a demanded requirement.

The MetaChamber is manufactured and assembled by a high technology Company / Organization that has met the requirements for certification as set forth by the International Organization for Standardization or ISO, with headquarters in Geneva, Switzerland. ISO is a worldwide federation of national standards bodies with representatives from over 130 countries. The primary mission of ISO is to promote the development of

standardization through out the world as related to the exchange of goods and services and to develop a cooperative intellectual, scientific, technological and economic environment that establishes a verifiable high level of quality. .

The MetaChamber is UL and CE certified and meets or exceeds international safety standards.

INSTRUCTION FOR USE LABEL

Please verify that the label as showing below is attached to your MetaChamber in such a position as to be easily identified and read.

INSTRUCTIONS

The MetaChamber is a professional piece of equipment that is designed to be a personal sauna. Any and all benefits as gained from using the MetaChamber are listed within the Instruction and Reference Manual.

CAUTION:
Have you read and fully understand the Disclaimers, Contradictions and Cautions as listed within the Instruction and Reference Manual? If, for any reason, you feel bad, nausea, dizziness, and other discomforts or do not feel in control while using the MetaChamber, immediately turn it off at the control box. Keep control box within reach when using the MetaChamber. Do not use near water. Always use a grounded electrical receptacle.

Set up the MetaChamber following the instructions in the Manual.

Set the Temperature on the Control Box. First session should be set no higher than Position 5.

Temperature Settings in Degrees Celsius and Fahrenheit / By Switch Position

1	2	3	4	5	6	7	8	9
43C	46C	49C	52C	55C	57C	60C	63C	66C
110F	115F	120F	125F	130F	135F	140F	145F	150F

Set the Timer on the Control Box. First session should be no longer than 10 minutes.

If the timer is to be set for a session to last over 30 minutes, the temperature setting should be set at the No. 1 position.

Once you are familiar with your new MetaChamber you will discover the time and temperature settings that meet your requirements or needs. ENJOY!

PLACE THE CONTROL UNIT IN A POSITION THAT ALLOWS THE ON/OFF SWITCH TO BE EASILY REACHED.

ASSEMBLY INSTRUCTIONS

The MetaChamber has been designed for easy assembly. It can be setup and ready to use in minutes. When your session in the MetaChamber is finished, it can be easily disassembled and placed in its assigned storage area.

There are those that prefer to use personalized portable saunas set up on an elevated surface such as a large table. **This is not recommended**. The MetaChamber should be set up and used on the floor. You may desire to locate a floor location that affords a degree of privacy. This recommendation is explained in Using The MetaChamber.

1. Open the box and remove all of the contents. Identify each component of the MetaChamber.

2. Locate the Instruction and Reference Manual. It is recommended that you read each and every page of the Manual It is especially important that the Disclaimer and Contradiction Statements be read and fully understood. The **MetaChamber** is a serious piece of equipment that performs at the same high level as those models used in professional spas. If in question, please check with your personal physician or other qualified health professionals.

3. Verify that an electrical outlet of proper voltage (varies by country) is available at the location to be used.

4. Position the Four-Section MetaChamber Pad.

5. Place one of the Bath Towels on the MetaChamber Pad. Smooth out the towel making sure that wrinkles are removed.

6. Place the Headrest into position at the top of the MetaChamber Pad. The Headrest will be positioned outside of the MetaChamber domes.

7. Place the two MetaChamber dome sections at the bottom of the MetaChamber Pad, positioned so that the open ends face the top of the Pad.

8. Locate the power sockets on the back edge of each MetaChamber Dome. When the domes are assembled together, the sockets will be in a side-by-side position.

9. Using one of the supplied Power Cords, connect the Upper Dome to the appropriately marked socket in the rear of the Control box.

10. Using the second supplied Power Cord, connect the Lower Dome to the appropriately marked socket in the rear of the Control box.

11. Set the MetaChamber Control Box to its lowest setting. This can be adjusted when you are ready to use the MetaChamber.

12. Plug the MetaChamber into the electrical outlet (check for proper voltage and grounding).

13. Verify that the red LED's on the front panel are lit.

14. Place the Control Unit in such a position as to be easily reached when using the MetaChamber.

15. Use the supplied End Curtain to enclose the MetaChamber and retain heat.

Setup is complete. You are now ready to enjoy the MetaChamber, Your Personal Sauna.

USING THE METACHAMBER

Have you read and do you fully understand the Disclaimers and Contradictions as listed within the Instruction and Reference Manual? If, for any reason, you feel bad or do not feel in control while using the MetaChamber, immediately turn it off.

1. Infrared Radiated Heat is most effective when it can contact bare skin. Considering this, it is best to get undressed before using the MetaChamber. This is why the recommendation was made to find a location that offers a degree of privacy.

2. It is recommended that your first session in the MetaChamber be of a shorter time period. You can then slowly work into longer sessions.

3. Place a towel next to the MetaChamber. This will be used when you are finished with your session.

4. **Place the Control Unit so that it is within reach at all times. The ON/OFF switch should be within easy reach.**

5. Set the temperature setting on the Control Box. For your first session the MetaChamber should not be set at a temperature setting higher than five (5). **Warm-up time will be from three to five minutes, depending on Temperature Setting.**

Temperature Settings / By Switch Position – Drop Curtain in Place

1	2	3	4	5	6	7	8	9
43C	46C	49C	52C	55C	57C	60C	63C	66C
110F	115F	120F	125F	130F	135F	140F	145F	150F

6. Set the timer on the Control Box. For your first session the MetaChamber should not be set at over ten (10) minutes. The maximum time that the MetaChamber can be set for is sixty (60) minutes.

7. It is now time to enter the MetaChamber. Slide the Upper Dome back so that it is resting on top of the Lower Dome. Sit on the Bath Towel covered MetaPad and gently pull the Upper Dome back and over your body by gripping the frontal trim as you lie down. Touching the MetaChamber heating surface will feel **HOT** to the touch but will **NOT BURN** the skin.

8. Position your head on the Headrest so that you are comfortable. The Headrest is positioned outside of the MetaChamber domes. Close the Drop Curtain to retain the heat within the MetaChamber. It is now time to relax and enjoy the soothing heat of the MetaChamber. Did you turn on your favorite music before entering the MetaChamber? **Do not have your head inside the MetaChamber for prolonged periods**. **Remove immediately if feeling faint or dizzy.**

9. When the session is over, the timer will beep and the MetaChamber will automatically shut off. Push back the upper dome and exit the MetaChamber.

10. The MetaChamber, Your Personal Sauna, will cause you to perspire (sweat) profusely. Taking a shower after each session will remove the perspiration from your skin and add to the radiant feeling that is felt when using the MetaChamber.

11. At the end of each session, remove the bath towel from inside the MetaChamber.

12. After use, the MetaChamber Pad and Pillow should be wiped down using a mild anti-bacterial detergent. Use a clean towel to dry all surfaces.

13. Fresh towels should always be used when you are enjoying your sessions in the MetaChamber.

CAUTION:

If you have any questions as related to personal health or perhaps have a chronic health condition, check with your personal physician or other health professionals before using the MetaChamber. The MetaChamber is Your Personal Sauna and its primary function is to produce heat. Excessive heat causes blood circulation to increase, triggers a faster pulse and may have other effects. SEE THE CONTRADICTION SECTION OF THIS MANUAL FOR FURTHER INFORMATION.

- Do not allow the MetaChamber Control Box to get wet.
- Always use a GROUNDED electrical socket when plugging in the MetaChamber.
- As with any electrical appliance, never use the MetaChamber close to sprayed or open water.
- Do not enter the MetaChamber when you are already wet from taking a shower or after a swim.
- If nausea, dizziness or other discomfort is felt, immediately stop using the MetaChamber.
- Individuals with a body mass that allows the skin to make contact with the heat panels should not use the MetaChamber.
- Very tall individuals may not be able to place their complete body within the MetaChamber. This could possibly reduce the therapeutic benefit of using the MetaChamber.
- Do not use the product with the two chamber units stacked.
- If the power cord is damaged, it must be replaced by the manufacturer, its service agent, or a similar qualified person in order to avoid a hazard.

MAINTENANCE AND STORAGE OF THE METACHAMBER

The MetaChamber should be stored in a clean, dry environment. The unique design of the MetaChamber turns it into a lovely piece of furniture when it is not being used. Sliding the Upper and Lower Domes together and placing them against a wall accomplish this feat. All of the other components will fit nicely inside the two domes. To add to the attractiveness of the MetaChamber when it is not being used, place a decorative object of your choice on its surface.

After use, the MetaChamber Pad and Pillow should be wiped down using a mild anti-bacterial detergent. Use a clean, fresh towel to dry all surfaces. Fresh towels should always be used when you are enjoying your sessions in the MetaChamber.

HOW DOES THE METACHAMBER WORK?

The MetaChamber heating panels are expressly designed to produce Infrared radiated heat or energy that operates in a specific wavelength spectrum that is most acceptable to sauna applications.

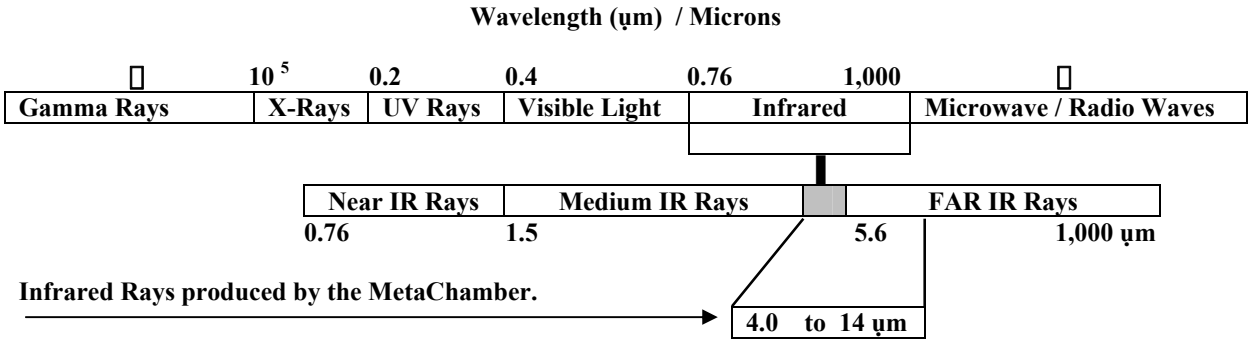
Each heating panel utilizes copper strips of a specific length and thickness that are embedded in a formulated carbon material that is baked onto a flexible fiberglass shell. The carbon material is infrared emitting. When electricity is applied to the panels, resistance between the positive and negative copper strips produces an even flow of infrared radiated heat or energy. A ceramic powder embedded cloth is bonded to the panel surface.

By design, the panels radiate heat and yet they will NOT BURN when touched. Infrared heat or energy produces a radiated heat that moves as energy waves. This process, radiated heat, allows the heat generated in the panels of the MetaChamber to be absorbed by a body or object that lies within it.

WHAT IS INFRARED?

The primary source of Infrared Radiation is heat or thermal radiation. Any object that has a temperature; a temperature is anything above absolute zero (-459.67 Degrees Fahrenheit or –273.15 Degrees Celsius) radiates in the infrared range. Even an ice cube emits infrared though it is thought of as being very cold. When an object is not hot enough to emit visible light, it will emit most of its energy as infrared. A piece of hot charcoal may not give off light but it does emit infrared radiation that is felt as heat. The warmer an object is the more infrared radiation it will emit.

Infrared light lies between the visible and microwave sectors of the electromagnetic spectrum. The electromagnetic spectrum includes gamma rays, X-rays, ultraviolet, visible, infrared, microwaves and radio waves. The difference between the various types of light or radiation is their wavelength or frequency. Wavelength increases and frequency, including energy and temperature, decreases from gamma rays to radio waves.



The Infrared electromagnetic spectrum is divided into three distinct segments based on wavelength and is measured in microns or micrometers. A micron is equal to 1/1,000,000 of a meter. Near Infrared, 0.076 to 1.5 microns, is that area of the spectrum that is closest in wavelength to visible light. Intermediate / Medium Infrared, 1.5 to 5.6 microns, is that area of the spectrum between Near Infrared and FAR Infrared. FAR Infrared (FIR), 5.6 to 1000 microns is that area that is closest to the microwave area of the electromagnetic spectrum. The earth's atmosphere allows infrared rays in the 7 to 14 micron to safely reach its surface. When the earth is warmed, it radiates infrared rays in the 7 to 14 micron range with a peak output taking place at 10 microns.

Infrared is all around us. FAR Infrared radiation is experienced each and every day in the form of heat. Heat felt from the sun, the hood of a vehicle, a fire or a warm sidewalk is infrared. Household appliances, tanning beds, ham radios, cellular phones, power lines and lasers all produce infrared. Even the human body radiates infrared through the skin at 2 to 50 microns. In most human beings, the palms of the hand emit infrared energy at the 8 to 14 micron level. The micron level output of the human body works hand in hand with FAR Infrared heat or energy. Infrared waves of similar length cause a natural resonance of body cells, which is felt as warmth. It is this action that increases circulation and causes the body to perspire or sweat.

To gain maximum efficiency as a sauna, **the MetaChamber utilizes FAR Infrared Wavelengths between 4-50 microns.** The shorter wavelengths are used to cause deeper heat penetration. The balance of the required heat energy is gained from the longer wavelengths. Because the wavelengths emitted by the MetaChamber coincide with those emitted by the human body, effective heating at lower temperatures is maximized.

Infrared heat is a form of energy that utilizes a process called conversion. Conversion allows an object to be heated without heating the air between the heat source and the object. This direct heating allows the MetaChamber to operate at much lower temperatures than conventional saunas, which heat the atmospheric air. Conventional saunas must reach temperatures of over 200 degrees F to achieve the desired sweating effect. This can be very

uncomfortable for users, who often exit the sauna before they receive any therapeutic benefits. The MetaChamber, on the other hand, operates at temperatures up to 150 degrees F to provide for a comfortable, relaxing experience. Its design also allows the head to be outside of the chamber, keeping cool while the body is sweating profusely.

A SHORT HISTORY OF SAUNAS

The first recorded use of saunas was by a tribe called The Finns who lived in an area northwest of Tibet. The Finns used saunas for mental, spiritual and physical cleansing when performing certain rites during their religious ceremonies. The Finns migrated to the area now known as Finland between 5,000 and 3,000 BC. Saunas are still very popular in the European community, especially in Scandinavian countries.

Native American Indians also used saunas or sweat lodges. The design varied depending on the area that was occupied by the tribe and by individual tribes. Some of the early sweat lodges were built mostly underground while others were constructed of logs and built mostly above ground.

In 1965 Dr. Tadashi Ishikawa, an honorable associate at the research and Development Department at Fuji Medical in Japan was granted a patent for a ceramic infrared heater. This heater was used in the first medical equipment that was primarily designed for healing. Japanese medical practitioners withheld infrared thermal technology from the rest of the world until 1979, when it finally released.

Numerous forms of Infrared devices have been sold in the United States since the technology was made available. Heating panels, used by hospitals to keep newborn babies warm, was one of the first successful applications. Heat lamps and numerous other types of appliances or equipment are now used in the medical field as well as within other industries.

There are numerous types of saunas in use today. Saunas are available not only by type but also by size or occupancy capability. There are individual saunas and saunas that can hold twelve or more people. There are saunas manufactured using exotic materials and saunas that use specialized wood construction. There are gas-fired saunas, electrically heated saunas and saunas that are heated by burning wood or other material. There are dry saunas and there are wet saunas that use steam produced by throwing water on hot rocks or other material. There are infrared saunas that utilize infrared radiant energy to heat the occupant or occupants of the sauna.

Each sauna type claims to have its own advantages but the latest technology as used in infrared sauna leads one to believe that this will be the wave of the future. Individual infrared saunas such as the MetaChamber heat the body, not the mind. The head is outside of the twin domes when one is enjoying a session. The occupant of the sauna does not have to breathe ultra warm air.

By design, infrared expends 80% of its energy heating the object that is within the sauna and only 20% heating the air inside the sauna. Single occupancy infrared saunas are basically portable and can be set up in numerous locations. They can even be transported to other locations. Initial cost is also important. A single occupancy infrared sauna cost only a fraction of price asked for a custom built sauna. Many custom built saunas also require special construction permits and adding an addition due to space requirements.

CONTRAINDICATIONS:

The MetaChamber is a Personal Sauna. Any information presented within this manual is for educational or reference purposes only. The content of this manual is not intended for diagnosis or treatment of any ailment or disease and shall not be considered as a substitute for professional health care consultation. One should always seek the advice of a personal physician or other qualified health professionals regarding any medical condition or when making major changes in medications, personal exercise routines, dietary habits or using un-prescribed treatment or treatments of any type or kind. Review the contraindications as listed in this Manual before using the MetaChamber. The MetaChamber is a serious piece of equipment that performs at the same high level as those models used in professional spas. If in question, please check with your personal physician or other qualified health professionals before using the MetaChamber.

Medications
Individuals who are using prescription drugs should seek the advice of their personal physician or a pharmacist for possible changes in the drugs effect when the body is exposed to infrared energy. Diuretics, barbiturates and beta-blockers may impair the body's natural heat loss mechanisms. Some over the counter drugs such as antihistamines may also cause the body to be more prone to heat stroke.

Children
The core body temperature of children rises much faster than adults. This occurs due to a higher metabolic rate per body mass, limited circulatory adaptation to increased cardiac demands and the inability to regulate body temperature by sweating. The ability to regulate body temperature by sweating is said to occur only after a child has reached puberty.

The Elderly
The ability to maintain core body temperature decreases with age. [4] This is primarily due to circulatory conditions and decreased sweat gland function. The body must be able to activate its natural cooling processes in order to maintain core body temperature.

Cardiovascular Conditions
Individuals with cardiovascular conditions or problems (hypertension/hypotension), congestive heart failure, impaired coronary circulation or those who are taking medications, which might affect blood pressure, should exercise extreme caution when exposed to prolonged heat. [3] Heat stress increases cardiac output, blood flow, in an effort to transfer internal body heat to the outside environment via the skin (perspiration) and respiratory system. This takes place primarily due to major changes in the heart rate, which has the potential to increase by thirty (30) beats per minute for each degree increase in core body temperature.

Alcohol / Alcohol Abuse
Contrary to popular belief, it is not advisable to attempt to "Sweat Out" a hangover. Alcohol intoxication decreases a person's judgment; therefore they may not realize it when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat stress.

Chronic Conditions / Diseases Associated With A Reduced Ability To Sweat Or Perspire
Parkinson's, Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating. [5]

Hemophiliacs / Individuals Prone To Bleeding
The use of Infrared should be avoided by anyone who is predisposed to bleeding.

Fever
An individual that has a fever should not use the MetaChamber or any other type of sauna.

Insensitivity to Heat
An individual that has insensitivity to heat should not use the MetaChamber or any other type of sauna.

Pregnancy
Pregnant women should consult a physician before using the MetaChamber or any other type of sauna.