

Bedienungsanleitung b-intense® Infrarotkabinen

Operating Instructions
b-intense® infrared cabins

230 Volt

inkl. Anschlussplan der b-control Steuerungen
incl. installation manual of the b-control units

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IMPORTANT SAFETY GUIDELINES. PLEASE READ CAREFULLY AND KEEP SAFE FOR LATER USE.

Welcome to the world of health and wellbeing of **b-intense®** infrared cabins!

We are pleased to welcome you as a **b-intense®** customer. Congratulations on the purchase of your **b-intense®** infrared cabin, we extend our thanks for the trust you have placed in our product. With **b-intense®** you bought a high quality product. Some of the obvious USPs of the **b-intense®** products are the intensive effect and the high manufacturing quality. We place great value on modern design, reduced structures in the arrangement and integration of intuitive technology elements, and the selection of modern colours and materials.

The heart of our **b-intense®** infrared cabin is the infrared technology. The **b-intense®** infrared heater, especially developed and designed by **b-intense®**, is not comparable with conventional infrared technologies. With this patented technology we offer our customers the effective and full-spectrum health promoting effect in long-studied and independently tested composition. Due to the particular innovation of the spliced, high quality protective glass the **b-intense®** heater is 100% hygienic.

The name b-intense® stands for an intense experience of wellness and health and encourages you to enjoy life with all its advantages and with all your senses.

We wish you great pleasure and enjoyment every time you use your exclusive **b-intense®** infrared cabin and, to ensure you get the best use from your purchase, we would like to make you familiar with a few operating instructions.

Please read these instructions carefully before installation and first use of your new **b-intense®** infrared cabin and keep them safe.

Your b-intense® team

General safety guidelines

The **b-intense®** infrared heaters have been tested by TÜV Austria and positively evaluated by the Austrian Institute of Technology Seibersdorf.

All electrical components comply with CE safety regulations. Check the **b-intense®** heaters for any foreign bodies before use to prevent accidents. The **b-intense®** heaters comply with the relevant safety regulations for electric heating appliances. In case of damage of any kind to the heaters, do not start your infrared cabin and consult a professional engineer to repair the damage or to replace parts of the system.



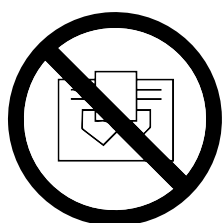
Made in Austria



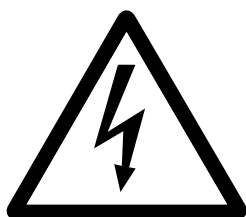
Observe safety instructions before use.



Store and operate in a dry environment.
Humidity must not exceed 60%.
Not condensing.

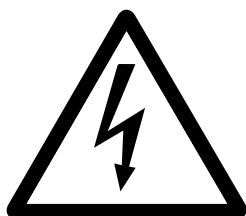


Safety Warning: Never cover an infrared heater!
Make sure that the heater is not covered and no items are put on it.
Covering the infrared heater may cause a fire hazard.

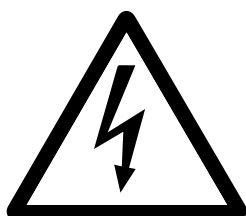


Follow all safety instructions in this manual! Work on the electrical wiring must only be carried out by a qualified electrician. Turn the b-intense® cabin off first and always unplug it before repair and maintenance or cleaning work is carried out!
There is a danger of electric shock!

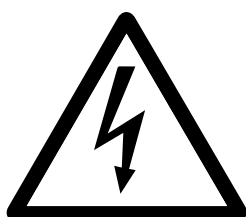
General safety information



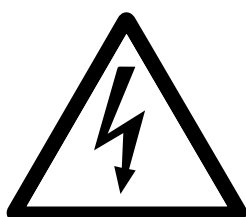
Check the required power supply. The operating voltage is announced on the nameplate on the control and the infrared heaters.



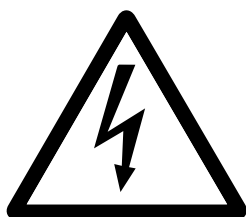
1. The IR cabin must only be operated on an earthed shockproof socket, which was installed and checked by a lincensed electrical company.
2. The used socket must only be operated with a fault-current circuit breaker (FI) with a trip current of max 30mA and a circuit breaker (safety device) of max 16A.
3. The used socket should be easily accessible after installation.
4. The IR cabin must not be operated on a multiple socket (fire hazard).
5. If used commercially, a professional annual check of the electrical installation must be ensured by the operator.



Only original b-intense® component parts are safe for use. The use of not certified components can lead to damages or injuries. Waranties and guarantees expire with the use of not certified components.



Plugging the cabin in and out is only permitted by pulling the plug, which is connected to the cable. Don't pull the cable itself, this could damage the cable and lead to an electric shock.

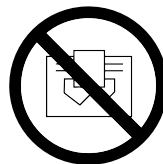


Using this device next to other devices should be avoided, for it could lead to incorrec operation. If it is necessary, all affected devices should be monitored, to secure regular operation.

General warning notices



Ensure that liquids do not come into contact with the heaters or with the timber facings.



Make sure that the heater is not covered and that there are no objects placed on it.



Avoid any contact with the heater while it is in operation and immediately afterwards. The high surface temperature of the heater can cause burns.



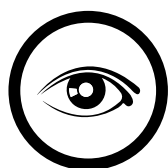
Make sure that your hair does not touch the heater while it is in operation. Tie your hair up to leave your back uncovered.



Allow the infrared heater to cool down for 10 minutes before re-starting the cabin.



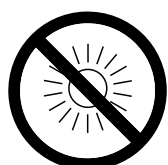
Children are not allowed to play with the device or to carry out any cleaning or maintenance work.



When used as intended, no safety goggles are required.



Persons with limited sensation of heat, persons under the effects of alcohol, drugs, tranquilizers, are not allowed to use the cabin.



Do not use the cabin within 24 hours after sunbathing or using an artificial UV source (e.g. sun bed).



If you feel burning or pain in the radiated area, reduce the intensity of the back heater immediately.



We recommend a warm shower and applying a nurturing, moisturizing lotion onto the still warm skin after the infrared application.



If you experience any discomfort, stop your infrared treatment immediately! If overheating occurs or if you feel the temperature is too high, you can reduce the radiation intensity or open the door and switch on the ventilation.



Exchange electronic components solely with original components of the manufacturer. All repairs must be performed by a qualified engineer authorized by **b-intense®**. The electrical components must not be opened.



Consult your doctor independently concerning your infrared treatment after operations, in case of illness, injuries, pregnancy or in the case of plastic or medical implants, as well as where there is a risk of overheating, such as persons with cardiovascular diseases or when taking medication.

Special note: Use by children

Children until the age of 7 may not use the infrared cabin. Children over the age of 7 years as well as adolescents, who can follow instructions of operating personnel, are allowed to use the cabin under supervision. The heat settings must be adapted to the needs of children and adolescents by the supervising adult. Adjust the headrest, so the radiation doesn't impact the back of the head directly.

Special note: Red back

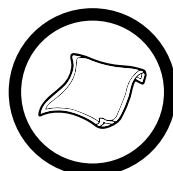
A distinct redness in the exposed back area is normal and desired, and happens due to the increased blood circulation. If the redness is still visible more than 3 hours after application, reduce the radiation intensity or the duration of use the next time.

For questions or ambiguities please write a message to office@b-intense.at.

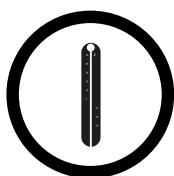
General application notes



b-intense® infrared cabins can be used by the whole family.



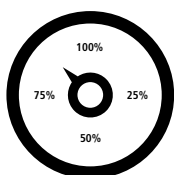
Use a towel while sitting in the cabin.



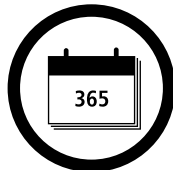
The temperature in the **b-intense®** infrared cabin reaches between 25° and 40°C.



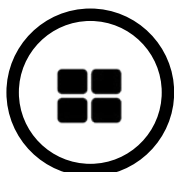
A **b-intense®** infrared cabin doesn't need preheating. Just sit down, switch it on and enjoy immediately.



Regulate the **b-intense®** infrared heater intensity and adjust the additional features according to your needs via the control unit.



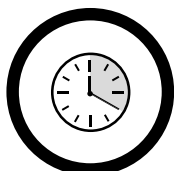
You can enjoy your **b-intense®** infrared cabin daily.



The **b-intense®** infrared control units offer pre-installed user programs, e.g. back, heatload or slim. See detailed description on page 51.



A lukewarm shower is recommended after every infrared application. We also suggest applying a nurturing, moisturizing lotion.



We recommend infrared sessions of approx. 30-50 minutes, depending on personal well-being, or a **b-intense®** infrared program. After 60 minutes the cabin switches off automatically.



Mind your fluid balance and drink a glass of water before and after each use of the infrared cabin.



The infrared radiation must strike the skin directly. Sit in the cabin with the upper body naked, so that your spine is positioned directly in front of the back radiator, and lean back. Usually, sweating starts after 10-15 minutes. Adjust the neck support, so that the radiation does not hit the back of your head directly.

Scope of application of b-intense® infrared cabins

b-intense® infrared cabins consist of infrared radiators, control units and additional equipment for local, non-contact heat application via back and front heater to reduce muscle tension and to help in the treatment of pain and tension therapies, to increase the body's defenses and gain a positive effect on the skin.

Intended application

- › The **b-intense®** infrared cabin is intended for infrared therapy according to the specified purpose.
- › The product is intended for private use.
- › Commercial use must be agreed upon with **b-intense®**.
- › Intended application also includes fully reading and understanding the associated documentation and in particular these „safety instructions“.

Not intended application

- › Every use that doesn't comply with the intended application is not intended and therefore prohibited.
- › The product must only be used with **b-intense®** licensed components. **b-intense®** is not liable for any damage occurring through unintended use. The risks of unintended use lie within the operator/user.

General safety guidelines and use of the b-intense®

- › Read the Operation Manual thoroughly including the medical advice.
- › Always check the **b-intense®** cabin for visual damage.
- › Ensure the conformity of the electric connection with the specification on the nameplate.
- › Ensure the proper connection and inspection of the shockproof socket.
- › Ensure the proper protection and connection to a fault-current circuit breaker (FI) of the socket.
- › Please do not locate the **b-intense®** in wet rooms, only in dry rooms (no condensing humidity).
- › Never cover the infrared heaters!
- › Keep easily flammable substances and fluids away from the infrared heaters.
- › Don't leave the **b-intense®** operating unsupervised.
- › In case of visual damage of the cabin contact **b-intense®**.
- › Never open the electrical components of the **b-intense®**.
- › In case of damage on the supply cable disconnect the **b-intense®** from the power supply and contact **b-intense®**.
- › Don't modify or adapt the **b-intense®**!

Notes for safe use

- › Use the **b-intense®** infrared cabin according to the intended purpose defined in the operation manual.
- › The **b-intense®** infrared cabin must be used with naked and at first dry back.
- › The **b-intense®** infrared cabin MUST NOT be used without headrest and backrest.
- › Open wounds, scars e.g. must be covered in the applicated areas.
- › The surrounding temperature should not be lower than 18°C during application.
- › Warm the **b-intense®** infrared cabin up to 25–28°C before starting for ideal results.
- › Adjust the neck support so the back of your head rests centrally.
- › Use less intensity (max. 50%) in the back heater in the beginning of the application for at least 5 minutes.
- › Raise the intensity of the back heater after heating up in small measures (5-10% per 5 minutes), so you always feel a pleasant warmth in the back.
- › Reduce the intensity of the back heater for the last 5-10 minutes of application about 10% per 2 minutes.
- › Enable enough air circulation between the back and the heater.
- › Be careful not to touch the surface of the heater with your back.
- › Watch out for a burning or painful feeling in the exposed area. Reduce the intensity if necessary.
- › The **b-intense®** infrared cabin is not intended for face application. Make sure to keep a safe distance to the front heater and do not look directly into the heater for more than 9 minutes. Use safety glasses if necessary (at least protection level 4-4 according to EN171).
- › Always use a towel for sitting.
- › Clean the cabin according to the instructions.
- › NEVER cover the infrared heaters or their ventilation system.

Pay attention to all safety notices and application notes for your own safety!

Medical mode of action

Infrared radiation (IR radiation) is part of the electromagnetic spectrum. The most important natural source of IR radiation is the sun, about 54% of the solar radiation reaching the earth's surface is IR radiation. In addition, the human skin is increasingly exposed to artificial IR sources in the cosmetic and wellness sector, but also in the medical field. The application of electromagnetic radiation for heat application is widely used.

Infrared rays are absorbed by the uppermost skin layers and converted into heat. IR exposure is therefore perceived as heat. Due to the thermal stress on the skin, the body reacts with heat defense reactions which are triggered gradually. The physiological response to heat depends on the tissue temperature, the duration and extent of the temperature increase, the ambient temperature and the size of the irradiated area.

The human organism is able to keep its core body temperature relatively constant regardless of fluctuations in ambient temperature. This is due to an efficient thermoregulation system, which acts as a negative feedback system to counteract deviations in the actual temperature value by more than $\pm 0.1\%$ of the setpoint. When heated, there is an increase in skin circulation and sweat secretion. As the vessels dilate, more blood can pass from the body core to the skin surface, the blood cools the skin and dissipates the heat. Deeper skin layers are not heated directly by infrared radiation, but by heat conduction. The increased production of sweat results from the subsequent evaporation at the skin surface to cool down and is therefore an important thermoregulatory mechanism. In addition, sweat also contributes to the optimal moisture supply of the skin.

Warnings and contraindications

Although every application of heat basically involves the risk of damaging the skin, infrared radiation offers the advantage of contactless heat transfer, thus the natural defense reaction is least affected.

Normally, unpleasant sensations or slight pain in the irradiated area, which are already noticeable prior to burns, lead to behavioral changes (we move away from the source of radiation), thus we are protected by our own natural averting reactions. In case of reduced or missing pain sensation, e.g. also under the influence of alcohol and drugs, intake of tranquilizers and pain medication, thermal damage cannot be excluded.

In addition, persons who suffer from certain diseases and who are exposed to radiation may be at risk, even if the conditions are normally considered as harmless. These include groups of people with limited thermoregulatory mechanisms, such as those suffering from cardiovascular diseases and diabetes mellitus type 2.

The susceptibility to heat-related conditions is also increased when taking some medications (e.g. diuretics, antihistamines, antiepileptic drugs, etc.), for those suffering from Sjögren's syndrome and skin diseases (e.g. ichthyosis, anhidrotic ectodermal dysplasia) because in these cases sweating and thus the cooling effect on the skin is impaired.

In the case of extensive scars, too little heat may also be dissipated due to the reduced vascular supply. Special caution is also required in the case of diseases which lead to increased metabolic activity and thus increased heat generation (status epilepticus, malignant hyperthermia). Scars in the applied area should therefore be covered.

Since the DNA repair mechanism may be impaired, we advise against infrared application in the hours following sunbathing or solarium.

Elderly people react particularly sensitively to higher temperatures. This also applies to children. The chance of overheating is particularly high for small children due to the bigger body surface compared to the body volume.

In case of acute injury/inflammation, the application of heat may lead to an increase in symptoms and should therefore be avoided.

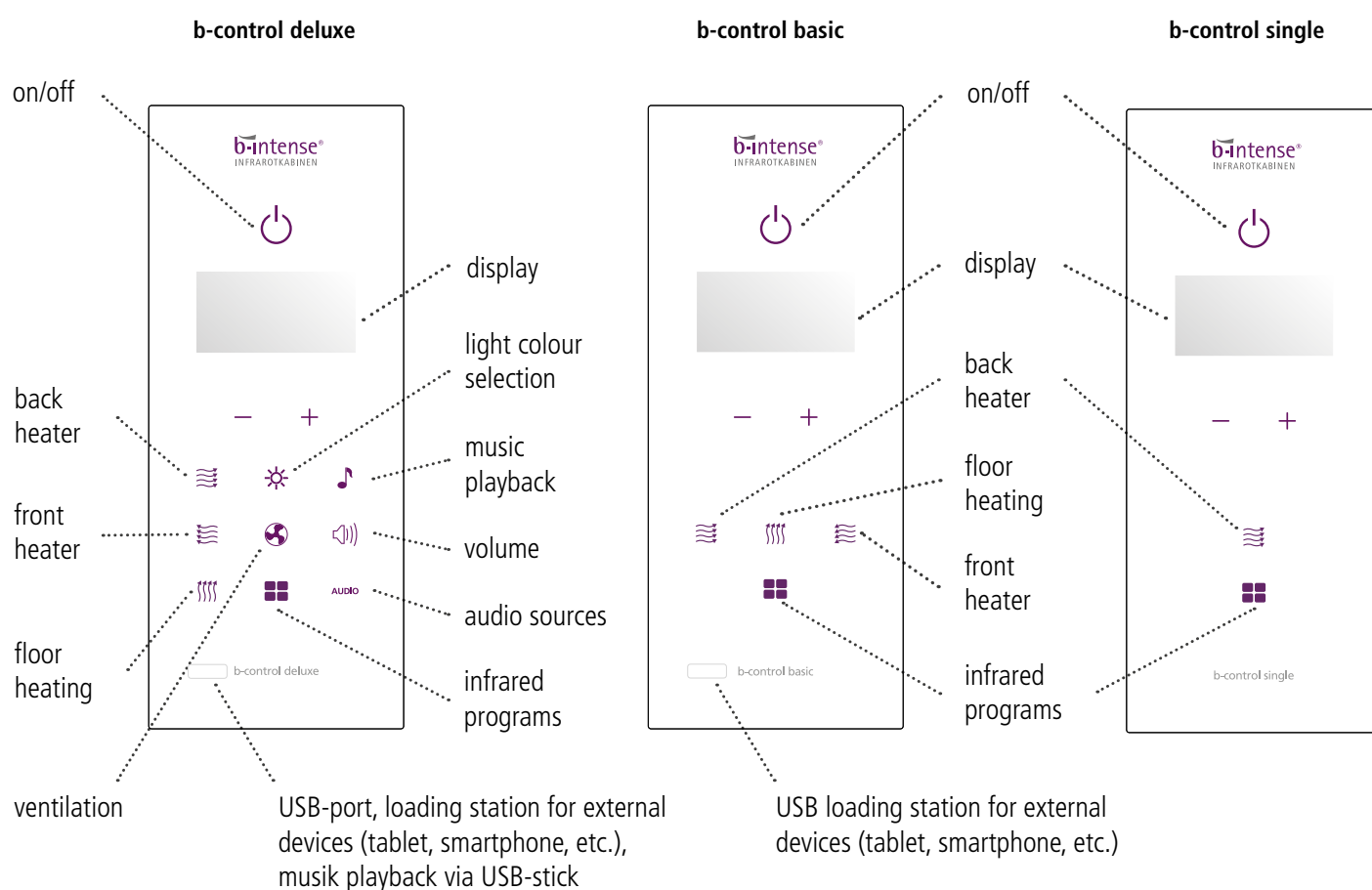
Erythema ab Igne (heat melanosis)

Chronically higher skin temperatures can lead to pigment changes, which are known as Erythema ab Igne (EAI). The red-brown, net-like skin changes have a good prognosis and mostly are a cosmetic diversification and no serious damage. Reddened skin is normal to a certain degree and should decrease in 1-2 hours after finishing the application. The infrared cabin should be avoided until the natural skin tone is fully recovered. In case of reddening of the skin for over 12 hours a doctor should be consulted. The skin structure could change permanently and a heat melanosis could manifest, should the application continue despite the skin changes.

Operation of the b-control units

Every **b-intense®** infrared cabin is equipped with a control system which was developed specifically for heat application through infrared heaters. The b-control operating panel is always positioned close to the user seat. The control panel has a digital display. During the entire application the values in your cabin can be read on this display as follows:

- › Session runtime in minutes
- › Current cabin interior temperature in Degrees Celsius







Starting up your b-intense® infrared cabin





Press the power button  for 1 second to activate your **b-intense®** infrared cabin. By switching on, the following basic settings are automatically activated:

- › The back and front heater active within 2–3 seconds. The front heater heats up to 80% of its output, the back heater to 50%. The front heater can be adjusted at any time via the control panel. The back heater can be increased after the 5 minute warm-up phase and reduced from the start. The limit of 50% during the first 5 minutes allows the body to adjust optimally and gently to the heat supply and to increase the efficiency of the application.
- › LED coloured light (only included in b-control deluxe control unit)
- › Floor heating at 100%

Control elements and functions on the control panel

	Function	Operation
	Back heater	Press the button once to adjust both backheaters at once, choose the intensity using the buttons +/- . Press the button again to activate the regulation of only the right back-heater (R), adjust the intensity using the buttons +/- . Press the button again to activate the regulation of only the left backheater (L), adjust the intensity using the buttons +/- . Notice: single person cabins only have one back heater, therefore the option of individual adjustment of the heaters is not available.
	Front heater	Press the button once to adjust both frontheaters at once, choose the intensity using the buttons +/- . Press the button again to activate the regulation of only the right front-heater (R), adjust the intensity using the buttons +/- . Press the button again to activate the regulation of only the left frontheater (L), adjust the intensity using the buttons +/- . Notice: single person cabins only have one front heater, therefore the option of individual adjustment of the heaters is not available.
	Floor heating	Press the button once to activate the function foot warmth, adjust the intensity with the buttons +/- .
	Infrared programs	Press the button once to reach the menu of the b-intense® infrared programs. For operation see more on page 51.

Additionally features of the b-control deluxe

	Fan (fresh air system)	Press the button several times to choose between the functions ON – AUTO – OFF. The AUTO function activates the fan as soon as the internal temperature of the cabin exceeds 40°C.
	LED coloured light	Press the button once to activate the LED coloured light, select the preferred colour with +/- .
	Music	Press the button once to activate Music Playback from the Micro SD card (in the power module). Choose a file using the buttons +/- .
	Volume	Press the button during Audio Playback to adjust the volume using +/- .

AUDIO

Audio*	Choose from several options to listen to the music of your choice: <ul style="list-style-type: none"> › Music directly from the integrated Micro SD card › via the external AUX port: You need a 3,5 mm AUX cable to connect to your additional device (AUX cable is not enclosed) › via Bluetooth: Connect the control unit to your external device (smartphone, tablet). Select the music using your music player on your external device. The music selection for the Bluetooth function can't be made via the control. It only works through your music player. › via USB stick (not enclosed)
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* The b-control deluxe plays mp3 and wav files. The memory size of the used USB stick should not exceed 32GB and must be formatted in FAT16 and FAT32 file system. There cannot be more than 3000 music files in the main directory.

Effects of wellness supplements

The b-control enables integration of several additional features into the heat application. The following functions are available:

LED Mood light

Light affects our mood and promotes the general well-being of people in different ways, depending on the colour of the light. The **b-intense®** coloured light system is a product made in Austria. The elegant light bar is placed straight in the cabin ceiling and spreads the selected coloured light very pleasantly. In addition, there is an indirect light as background lighting for the cabin. The functions Light and Music are operated via the **b-intense®** controls.

The human organism unconsciously reacts to colours, physiologically (concerning the body) and psychologically (concerning the soul). The effect of colours is a very individual matter, although the physiological effects are prominent in the **b-intense®** infrared cabin.

The **b-intense®** colour light offers different options to choose from. Our recommendation: Choose only one colour per infrared application to achieve the best result.

VIOLET for creativity & meditation.

BLUE for energy & vitality.

Tip: Use the colour blue especially in the morning.

RED for relaxation & peace.

Tip: Definitely use the colour red for application right before going to bed.

YELLOW for motivation & concentration.

GREEN for harmony & balance.

TURKIS for relaxation & inspiration.

WHITE for good mood and reading pleasure.

Sound application

Music has a direct effect on our nervous system and state of mind. Two speakers are integrated into the cabin ceiling to ensure the best sound, whether you play the music from the SD card (included, with 10 songs in MP3 format) or your USB stick. Use the Bluetooth function to play music from your smart device (smartphone, tablet,...).

Functions of the USB-port

- › Charging station for external devices like mobile phone, tablet
- › With b-control deluxe: music playable in MP3 and wav format

Listening to music via Bluetooth

Would you like to listen to music from your smartphone in the cabin? Simply connect your smartphone with your infrared cabin via Bluetooth. This function can only be used with an Bluetooth capable external device. This function is only usable in cabins equipped with the b-control deluxe control unit of the latest generation.

* Notice: Please consider, that this information on the **b-intense®** colour light only concerns cabin models which are equipped with LED coloured light.

Infrared programs

Five infrared programs are available in a **b-intense®** infrared cabin, from which you can choose according to your daily condition and time budget. Starting with a short heat load, vitalization and regeneration to the classics back and slim, you will surely find the right program.

Please note that these preset programs always only represent a statistic portion. They serve as an "introduction" and therefore are rather moderate in the intensity. In the course of time you will notice how your own body reacts. The optimal choice of program depends on your personal well-being. Enjoy the programs which are developed by infrared experts and increase the effectiveness of your **b-intense®** application. Alternatively, you can control the heaters individually as before and thus adapt them to your daily condition. If you want to adjust the intensity level as too hot, reduce the intensity by pressing the back heater symbol and the minus symbol. If you want a higher intensity level, you can adjust it by pressing the back heater symbol and the plus symbol. The entire infrared program is adjusted accordingly.

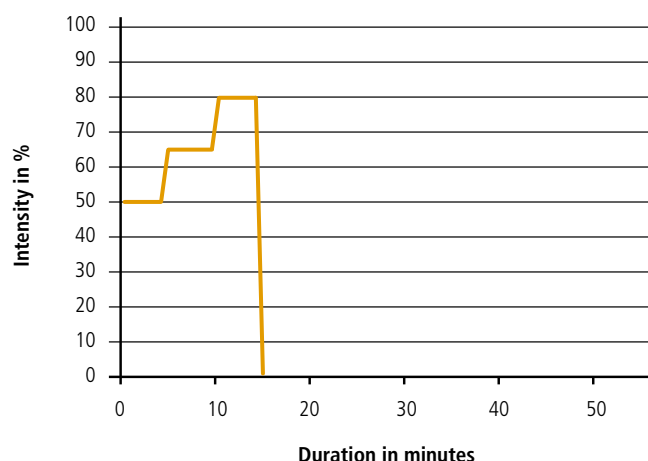
Please share your experiences with us and send us an email to office@b-intense.at.

Description of the b-intense® infrared programs

Heatload

Duration: 15 minutes – Light colour: blue

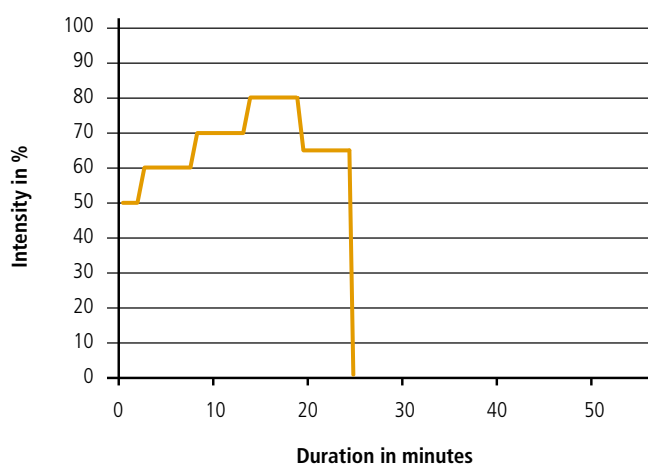
The program „heat load“ is an optimal preparation for sports or subsequent treatment (for example massage). The relatively short, intense heat input is an adrenergic stimulation, activates and provides heat to the distribution in the whole body. Connected with a prompt, sport-specific preparation, the program „heat load“ may reduce the risk of injury and improve intramuscular coordination. Exercises of physiotherapeutic concepts can also work out more efficiently.



Vitalisation

Duration: 23 minutes – Light colour: yellow

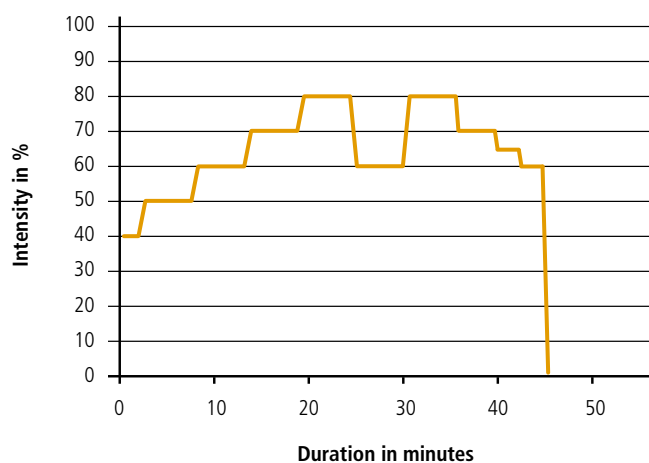
The **b-intense®** user program "revitalization" stands for more vitality and energy for the day. The intense heat input at the back activates our organism. The onset of sweating indicates the beginning of the warming of the body shell. Besides activation, the focus is on the provision of heat energy for hours. You gain strength and energy for the whole day with the "revitalization" program. Accordingly, it is recommended to start with this program for a successful day.



Back

Duration: 44 minutes – Light colour: yellow

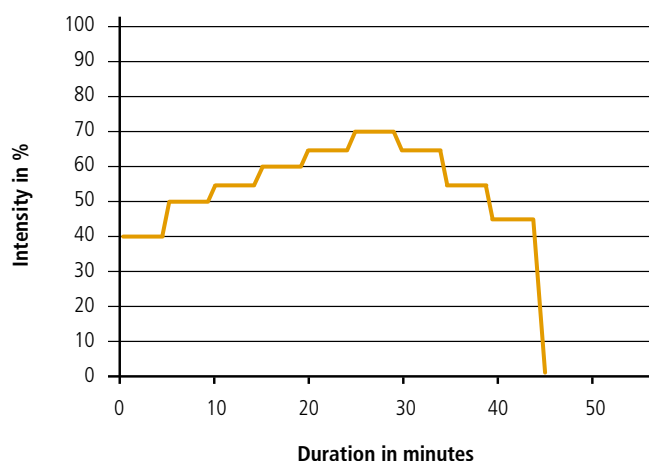
„Back“ is the extensive and beneficial program to relieve tension in the back. The course of the increase in radiation intensity is specifically designed so that a higher proportion of the applied heat can reach the back muscles using the direct heat conduction. The focus is on muscle relaxation and pain relief in the back area. We sit and a lot stand in our daily life, especially the back and neck area is strained. With the **b-intense®** user program „Back“ we can provide relief and relaxation.



Regeneration

Duration: 45 minutes – Light colour: green

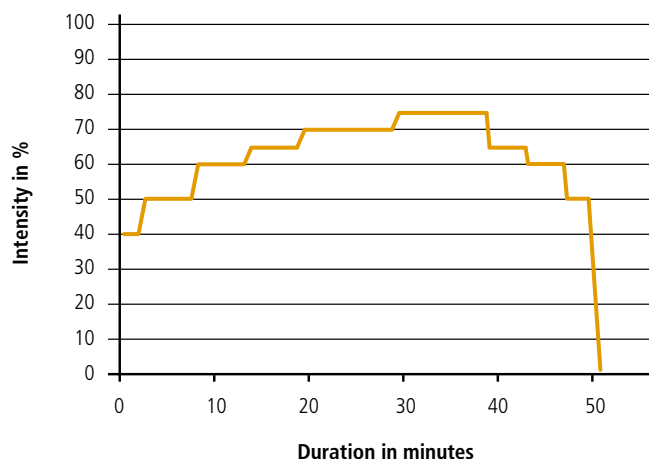
We designed the program „regeneration“ for recreation and for inner peace after exertion, stress and noise. A slow increase of the radiation intensity to average values with subsequent reduction of heat intensity avoids adrenergic stimuli, aims at mild heating of the body shell, soothes and relaxes. The focus is on a detoxification of the muscular structure and an improvement in tissue repair. This program is suitable after sport as well as in the evening. After a long, especially physically strenuous day this program is especially recommended to let go and relax. We recommend changing to red light in the evening.



Slim

Duration: 51 minutes – Light colour: yellow

The **b-intense®** infrared program „Slim“ can be used to supplement diets and weight loss. The gradual increase in the intensity of radiation on high values aims at an efficient blood circulation in the back area. The following maintaining of a high intensity level and the extension of application time provide maximum heat input. The focus is on increasing the metabolism and increasing the tissue flushing (perfusion). As a result these dietary measures may support weight loss. (Note: No every diet aims at losing weight.)



Preheating (only with b-control deluxe)

Duration: 15 or 30 minutes, until 28°C are reached – no coloured light

Select one of the "Preheating" programs, if you want to preheat your **b-intense®** infrared cabin. All radiators are at maximum power and warm the interior of the cabin up. After the time has run out or a temperature of 28°C is reached, the program automatically switches to the normal operating mode and you can use your cabin. You can either select a program or set the radiators as desired individually.

Note: We recommend this program if the room temperature is too cold for you. DO NOT use the cabin during this program.

The optimal choice of program depends on your personal well-being. Enjoy the user programs determined by infrared experts and increase the effectiveness of your time in the **b-intense®** cabin. Always remember that you should adjust the radiator as individually as possible. In case you do not want to use a program, adjust the intensity as desired at any time.

The special program PREHEATING

Applications in your **b-intense®** infrared cabin have the best effect when the cabin temperature of is in the thermo-neutral zone of 28-38°C. Therefore we recommend our customers to heat the cabin up to this temperature before starting a **b-intense®** user program. This program is only available in **b-intense®** models equipped with the b-control deluxe.

The preheating time is very short and can be utilised to get ready for the cabin.

Preheating 15: 15 minutes


Preheating 30: 30 minutes

Timing-examples:

1-person cabin, starting temperature 21°C: 28°C in 14 minutes

2-people cabin, starting temperature 21°C: 28°C in 6 minutes

Activating the PREHEATING program

Press the program symbol  and you enter the selection menu of the **b-intense®** infrared programs. Choose between preheating 15 and preheating 30 and enter with the program button.

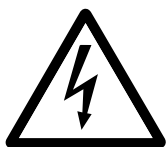


Ensure that nobody is inside the cabin while preheating.

Status display

The display changes automatically to the status display of the PREHEATING program:

- › Remaining time of the program
- › Current temperature in the cabin
- › Warning message* "DO NOT USE!"




*** Warning note:** The cabin must not be used for application during the PREHEATING program! Ensure that nobody is inside the cabin while preheating. The warning is also visible on the display. The display flashes to draw attention to the warning. Failure to observe this warning may result in overheating or combustion!

Finishing the program PREHEATING

After reaching a temperature of 28°C or after the chosen time the program automatically switches to the normal operating mode. The cabin is now ready for your application.

Program selection in a 1-person cabin

Press the program button  and enter the **b-intense®** infrared program menu. With the symbols + and – you can choose your favourite program. Confirm the desired infrared program by pressing the program button and enjoy your infrared application.

The b-intense® program selection contains

b-control deluxe

1. PREHEATING 15
2. PREHEATING 30
3. HEAT LOAD
4. VITALISATION
5. BACK
6. REGENERATION
7. SLIM

b-control basic

1. HEAT LOAD
2. VITALISATION
3. BACK
4. REGENERATION
5. SLIM

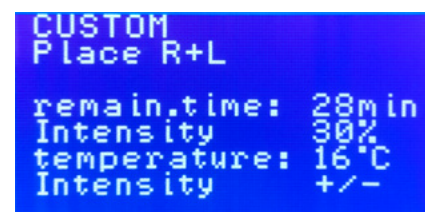
b-control single

1. HEAT LOAD
2. VITALISATION
3. BACK
4. REGENERATION
5. SLIM

Program status display

After activating one user program as described, the display shows you the current status of the chosen program and informs you about:

- › Name of the program
- › Remaining time of the program
- › Current intensity of the back heater in the program progress
- › Current temperature in the cabin (only for b-control deluxe)
- › Adjustment of intensity course of the program (–20% ... +20%, +/- = 0%)




Example of the program status display

Ending the program

You can always end your user program. Press the On/Off button for this purpose. The program ends and the back heater is set to default intensity.

Programs selection in a 2-person cabin

In a 2-person cabin you can choose a different program for each seat. Thus you can enjoy the heat for two; the program is, however, tailored to your needs.

Press the program button  and with the symbols + and – you can choose your favourite program. Press the program button again to assign your selected program to one or two seats. Choose the setting with the +/- buttons accordingly:

- "R/L": Program is activated on both seats
- "R": Program is activated only on the right seat
- "L": Program is activated only on the left seat

After setting the program for one seat, press the program button  and navigate via +/- to the desired program to assign it to the second seat. By pressing the program button again the chosen program will be assigned to the remaining seat.

The program selection contains

b-control deluxe

1. PREHEATING 15
2. PREHEATING 30
3. HEAT LOAD
4. VITALISATION
5. BACK
6. REGENERATION
7. SLIM

b-control basic

1. HEAT LOAD
2. VITALISATION
3. BACK
4. REGENERATION
5. SLIM

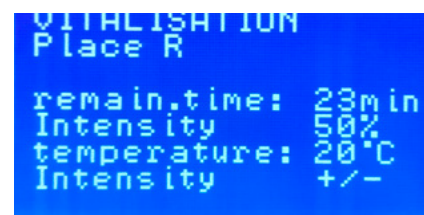
b-control single

1. HEAT LOAD
2. VITALISATION
3. BACK
4. REGENERATION
5. SLIM

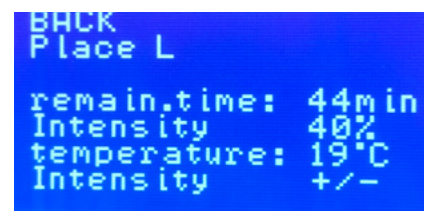
Program status display

The display shows you the current status of the chosen program and informs you about:

- › Name of the program
- › Remaining time of the program
- › Seat assignment for the program*
- › Current intensity of the back heater in the program progress
- › Current temperature in the cabin (only for b-control deluxe)
- › Adjustment of intensity course of the program (–20% ... +20%, +/- = 0%)



Example status display for the seat "Right"



Example status display for the seat "Left"

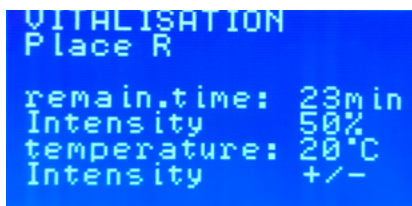
* The **note R** shows the status for the right seat, the **note L** shows the status for the left seat, the **note R/L** shows the status for both seats, if a program is assigned for both seats. Press the program button to view the status of the other seat.

Ending the program

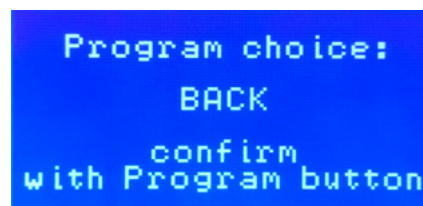
You can always end your user program. Press the On/Off button for this purpose. The program ends and the back heater is set to default intensity.

b-intense® program intensity adjustment

If the intensity of the chosen program is too low or high, you can increase/reduce the intensity by pressing the symbols + and -. Decide according to your experience and condition.



VITALISATION
Place R
remain.time: 23min
Intensity 50%
temperature: 20°C
Intensity +/-



Program choice:
BACK
confirm
with Program button

Information on coloured light

The light colour is set according to the first chosen user program. The predefined colours are mere suggestions. To change colours press the colour light symbol and choose the desired colour.

Other applications during b-intense® programs

You can customize the other functions of your infrared cabin, such as the music application, the fan and the LED colour light at any time during the program. The display automatically sets back to the program status display 10 seconds after the last button was pressed.

Changing the b-intense® infrared programs

You can end or change an infrared program at any time. To do this, select the program at your user seat with the program symbol and press the ON/OFF button. The user program is ended. To select another program, press the program symbol, select a suitable infrared program and confirm the selection as usual with the program button.

Finishing the b-intense® infrared programs

The programs end automatically after the preset time. The back heaters will turn off, the front radiators reduce their performance by 50%. After all selected programs are finished or the duration of 60 minutes has passed, the cabin will deactivate itself automatically after a remaining time of 5 minutes.

The diffused light has a follow-up time of 10 minutes. Therefore, you can complete the application and calmly leave the cabin. After 10 minutes the light switches off and the cabin enters the usual standby mode.

Note: We recommend immediately ending the application in case of any uneasiness during application.

Cleaning and care of the **b-intense®** infrared cabin

We recommend you to clean your **b-intense®** cabin after every contact with a user.

1. Unplug your infrared cabin from the main power supply before cleaning.
2. Ensure that no liquid enters the **b-intense®** infrared heater.
3. The cabin must never be cleaned using a water hose, pressure washer, steam cleaner or splashing water.
4. The seat and backrest are made of artificial leather and are easy to clean with a damp cloth. Since the leather upholstery uses industrial synthetic leather, it can also be cleaned with medical disinfect for surfaces.

General cleaning of the **b-intense®** infrared cabin

Cleaning and care

Caring for your **b-intense®** infrared cabin on a regular basis ensures proper and hygienic flawless use. Pay attention to the following guidelines:

- › Position the **b-intense®** infrared cabin on a dry, even floor.
- › Never wet clean your **b-intense®** infrared cabin.
- › Never use a pressure washer or a steam cleaner for external cleaning.
- › If possible, use the recommended cleaning and disinfecting agents.
- › Always use a dry towel underneath while you're seated.

Recommended cleaning agents

- › Artificial leather: **b-intense®** recommends a mild, lukewarm soap sud
- › Cabin walls: **b-intense®** recommends a mild, lukewarm soap sud
- › Cabin ceiling and floor: **b-intense®** recommends a mild, lukewarm soap sud
- › Glass: **b-intense®** recommends a standard glass cleaner without special features
- › Metal components: **b-intense®** recommends a mild, lukewarm soap sud

Use a lint-free microfiber cloth for cleaning. Never use abrasive or pungent detergents! Disconnect the **b-intense®** infrared cabin from the power supply for cleaning.

Cleaning artificial leather

Wiping the material with a regular wet cotton cloth is sufficient for basic cleaning. In case of stronger contamination, a mild soap sud can be added, but should be tested on a hidden spot first. Remove the remainder with a cotton cloth and lukewarm water afterwards and dry the surface with a soft towel. Abstain from the use of products which contain grease, oil, dissolver, alcohol or abrasive products. Stains such as oil, grease, coffee, ink or textile discoloration have to be removed immediately, otherwise they can enter the material. The artificial leather should not be cleaned chemically. Only use fade resistant textiles while seated on the artificial leather.

Glass door and glass components

Use regular glass cleaner and a lint-free microfiber cloth for the glass components.

External cleaning

Clean the external areas of the **b-intense®** regularly. We recommend cleaning at least once a month. Remove dust from the ceiling of the **b-intense®** at least monthly.

Inner cleaning

Clean the **b-intense®** regularly. We recommend cleaning at least once a week. Use the recommended cleaners and cleaning aids. Additionally, use a soft brush for persistent contamination of the leather. Don't use any abrasive products, they can lead to hard and brittle leather.

Control panel

Wet a microfiber cloth with a glass cleaner to clean the control panel. Dry the surface with a dry microfiber cloth. Never wet clean the control panel.

Infrared heaters

Before cleaning, ensure that the infrared heaters have cooled down completely. Wet a microfiber cloth with a glass cleaner to clean the infrared heaters. Dry the surface with a dry microfiber cloth. Never wet clean the infrared heaters.

Maintenance instructions

The **b-intense®** infrared cabin requires no special maintenance. The infrared lamps are not subject to aging and have full power until the end of their lifetime. Original spare parts can be ordered via **b-intense®**.

Disposal of the b-intense® infrared cabin

1. Ensure that the cabin is been disconnected from the power supply.
2. Dismantle the cabin in reverse order of the assembly instructions.
3. Dispose of the individual parts in accordance with the waste separation (Waste Electrical Equipment Ordinance) in the respective country.

Certificate of Warranty

Should you experience any unexpected faults or damage with your **b-intense®** infrared cabin, you are covered for claims under the following guarantees:

- › The infrared lighting tubes come with a 10 year warranty (for PRIVATE use only) starting on the date of purchase, provided that any defect is not due to external damage or handling by unqualified persons. All other parts of the **b-intense®** cabin come with a 2 year warranty, starting with the date of purchase, provided damage or faults are not related to external influences or incorrect handling. Independent fitting or repairs, other than those specified in this manual, are excluded from the warranty. General wear and tear in principle is not covered by guarantee.
- › The scope of the guarantee for professionally installed replacement parts corresponds to that of the original warranty provided for the functioning of the cabin parts from the date of purchase. In addition, the minimum provisions apply under the statutory warranty from the date of installation.
- › Proof of purchase of the equipment must be provided with any claim under the guarantee by presenting the original receipt (delivery note or invoice).

b-intense® GmbH | Am Jungferenberg 17, A-2201 Gerasdorf bey Vienna

Declaration of conformity

We hereby declare the compliance with the enjoined european guidelines.

CE = Communauté Européenne

according to the low-voltage directive 2006/95/EG (replaces 73/23/EEG)
EMV guideline 2004/108/EG (replaces 89/336/EEG)

for the products:

IR-cabin control / b-control deluxe / b-control basic / b-control single

b-intense® GmbH

branch office of CB-Capital Beteiligungs- GmbH

Am Jungferenberg 17

A -2201 Gerasdorff by Vienna, Austria

These operating instructions have been subject to the official approval of an international verified inspection body. Information contained herein is not a substitute for medical advice. If necessary, please consult medical advice prior to infrared application.

Printing and typesetting errors excepted.

KEEP THESE INSTRUCTIONS SAFE FOR FUTURE REFERENCE AND HAND THEM OVER WITH THE B-INTENSE® INFRARED CABIN IF THERE IS A CHANGE OF THE USER OR OWNER.

Do not hesitate to contact us for further questions!

Your **b-intense®** team

b-intense®
INFRARED SAUNAS

b-intense® GmbH

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CB-Capital Beteiligungs- GmbH
Am Jungfernberg 17
A-2201 Gerasdorf by Vienna, Austria

office@b-intense.at
www.b-intense.at

Annex

Transportation and storage

Transportation of the b-intense® infrared cabin

The **b-intense®** infrared cabin must be transported on pallets by a transport company suitable for pallet transport and fragile goods. In case of visible damage to the packaging, please contact the **b-intense®** office immediately. The cabin must not be assembled until release.

Storage of the b-intense® infrared cabin

The storage of the **b-intense®** infrared cabin should be as short as possible and not exceed one month in order to be able to complete the **b-intense®** quality check quickly. The stored product must remain on the pallet until the final installation.

Placement of the b-intense® infrared cabin

After the assembly (see specific applicable **b-intense®** assembly instructions), the **b-intense®** infrared cabin is ready to be plugged in with a 3 meter long connection cable. The best location is close to a socket, which will also be easily accessible after the assembly of the cabin. Ensure that there are no tripping hazards near the **b-intense®** infrared cabin.

Please consider the following recommendations for installation and storage:

- › The cabin must be stored and installed indoors.
- › The ambient temperature of the **b-intense®** infrared cabin should be at least 18° C (room temperature) and at maximum 35° C.
- › The optimal humidity should not exceed 60%. If this is not possible, suitable ventilation of the space to be used must be arranged.
- › The cabin must be protected from any direct water spray and from wet or damp from the floor. Condensation in the room where the cabin is sited must be prevented and adequate ventilation must be ensured.
- › Ensure that the floor surface for the cabin is flat and level, although minor irregularities in the surface can be offset by the adjustable feet fixed to the underside of the cabin base.
- › A gap of at least 2 cm between the wall and the cabin has to be considered.
- › The distance from the cabin roof to the ceiling above should be at least 10 cm.

Please observe the following safety-relevant parameters:

- › The horizontal minimum distance of the back-heater to burning materials is 10 cm.
- › The horizontal minimum distance of the front-heater to burning materials is 30 cm.
- › The heaters must not be covered.
- › The power circuit must be secured using a fault-current circuit breaker (FI) with a trip current of 30mA.

Assembly b-control units

Warning



Visually check the b-intense® infrared cabin regularly. In case of visible damage unplug the b-intense® from the power supply and contact us via office@b-intense.at.



Before working on the controller, the power supply must be switched off on all poles (pull the main plug) and prevented it from being switched on.



The use of components not licensed by b-intense® can cause higher electromagnetic emissions or reduce the electromagnetic immunity of the device and lead to improper operation and is therefore prohibited.



During regular operation the heaters can reach high surface temperatures, which can cause burns when touched.



Only original b-intense® components (IR heaters, fan, sensor, etc.) must be connected to the control system. Spare parts have to be ordered from b-intense®.



Visually check the cabins installation before the first use (there should be no brittle wood, no broken glass, no nails or screws sticking out, the cabin should stand stable and not loose).

Annex

Scope of delivery of the b-control units

b-control deluxe

- › display
- › power module
- › power cord
- › display connecting cable
- › temperature sensor
- › fan

b-control basic / b-control single

- › display
- › power module
- › power cord
- › display connecting cable

Assembly of the control units

The following describes the installation and connecting steps of the b-control units. Please also note the attached assembly instruction.

1. Lay the cable for the front heater in the floor, the ends of the cables including their plug pins and the grey bow (= connection to the control unit FRONT/BACK) have to point to the control box and to the power module. These plugs will be plugged into the power module (control box). This handling ensures that the ends of the cables are connected correctly to the accurate socket of the front heater. (Please double check!) The cable of the front heater is marked with a red dot. This marked cable spot will be connected to the plug.
2. The power module (control box) will be attached to the backside of the inspection board above the already prepared boreholes using the provided screws (except for the model face-2-face: attached at the backside of the cabin).
3. Plug the fan connection cable into the intended plug socket.
4. Connect the plugs of the LED light bar, the diffused light and the speakers into the intended plug sockets.
5. To enable the use of the audio input in the control unit (available for option "for all senses"), the 3.5 mm jack socket on the back of the control unit must be connected to the AUX input of the control box using the enclosed cable.
6. Connect the temperature sensor cable into the intended socket.
7. Connect the plugs for the cabin floor heating (available for option „warm feet“) on the base plate and link the connection to the control box using the intended plug.
8. Connect the control box and the power module using the enclosed cable.
9. Plug the enclosed network cable into the power module.
10. Check the firm location of all connectors.
11. Plug the power plug into a verified shockproof socket.

Possible error causes

The control unit cannot be turned on:

- Is there a supply voltage? Check your circuit breaker.
- Has the power lead been unplugged? Plug in the power lead.
- The power lead from the power module to the control panel is not plugged in properly.

Control can be turned on, heaters do not warm up, temperature on the display > 140 °C (temperature sensor only included for b-control deluxe):

- Temperature sensor defective or not plugged in.

Control can be turned on; cabin temperature is displayed correctly but heaters do not warm up:

- Is the heater power set to 0? Adjust performance via touch control panel.
- Is the heater bulb faulty? Contact the **b-intense®** service engineer.

In case you cannot solve the problem, please contact your b-intense® distributor or customer adviser.

Technical data

Technical data b-control deluxe controls

Dimensions of power module:	310 x 200 x 50 mm
Dimensions of control unit (front):	220 x 92 mm
Cut-out for the control unit:	215 x 82 mm (depth 20 mm)
Power module:	Protection class 1, Protection type IP20
Mains supply:	230 VAC 50-60 Hz max. 2500 Watt protection at least 13A, max. 16A, FI circuit breaker with trip current 30 mA recommended
IR Heater output:	4x 230 VAC max. 4A
Cabin floor heating output:	1x 230 VAC max. 4A.

The total connected heater load must not exceed 2500 Watt!

Fan output:	12V max. 200mA
Reserve output:	230 VAC max. 4 A (activated and deactivated by switching the cabin on and off)
Temperature reading:	PT1000 sensor
AUX IN:	Audio stereo input, 3.5mm jack plugs
Speaker output:	max. 2x 15 Watt RMS at 4 Ω

Technical data b-control basic / b-control single controls

Dimensions of power module:	310 x 200 x 50 mm
Dimensions of control unit (front):	220 x 92 mm
Cut-out for the control unit:	215 x 82 mm (depth 20 mm)
Power module:	Protection class 1, protection type IP20
Mains supply:	230 VAC 50-60 Hz max. 2500 Watt protection at least 13A, max. 16A, FI circuit breaker with trip current 30 mA recommended
Reserve output:	230 VAC max. 2 A (activated and deactivated by switching the cabin on and off)
IR Heater output:	4x 230 VAC max. 4 A

The total connected heater load must not exceed 2500 Watt!

Technical data LED colour light system and diffused light

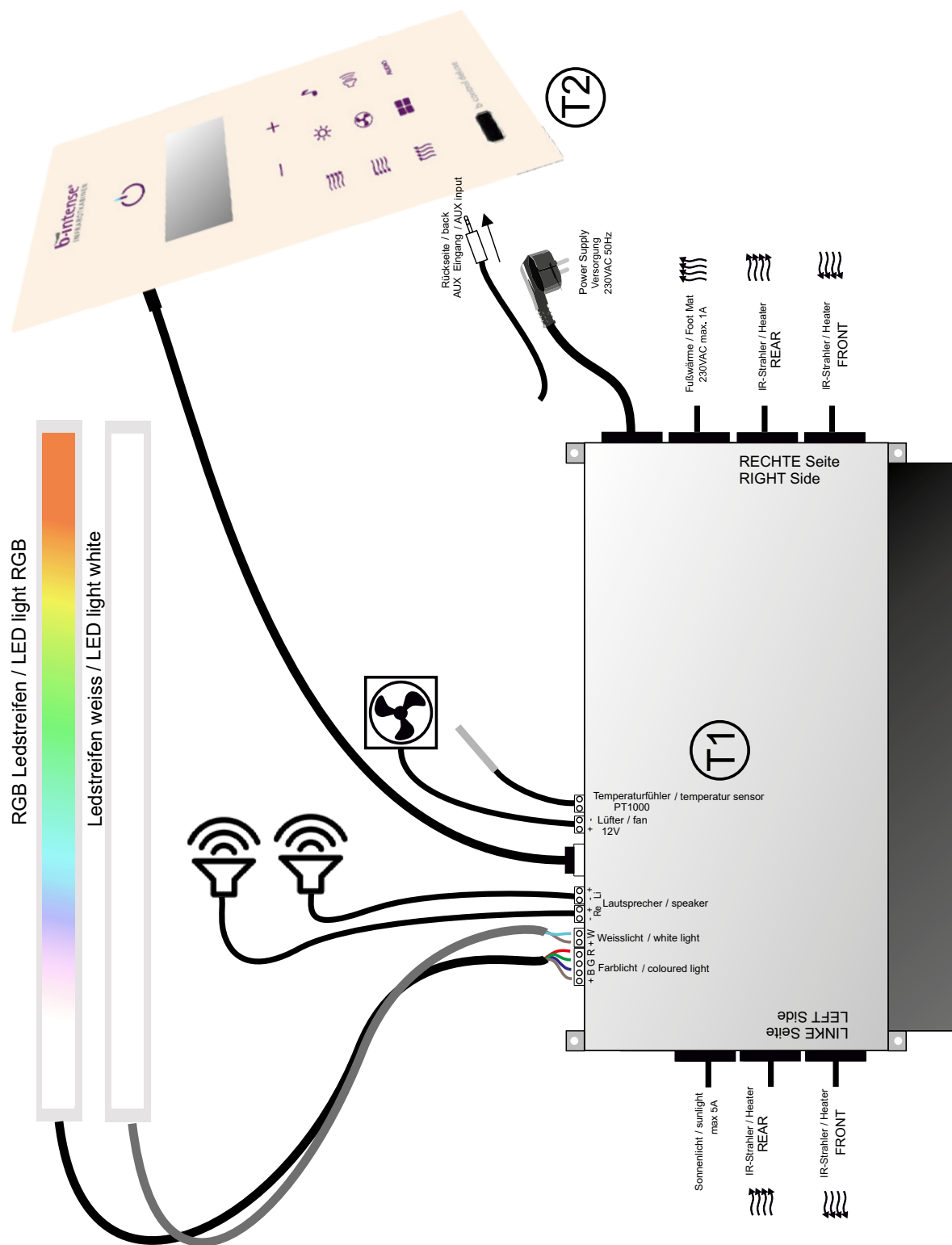
Aluminium profile silver	Diffuser	LED RED	LED GREEN	LED BLUE	LED RGB	Warm-white LED Kelvin	
Length: 774mm	satined	25 lm	170 lm	37 lm	323 lm	X	
Length: 1214 mm	satined	43 lm	290 lm	62 lm	395 lm	X	
Length: 1314 mm	satined	47 lm	315 lm	67 lm	429 lm	300 lm	3.000
Length: 1458 mm	satined	51 lm	339 lm	73 lm	463 lm	429 lm	3.000

Technical data speaker

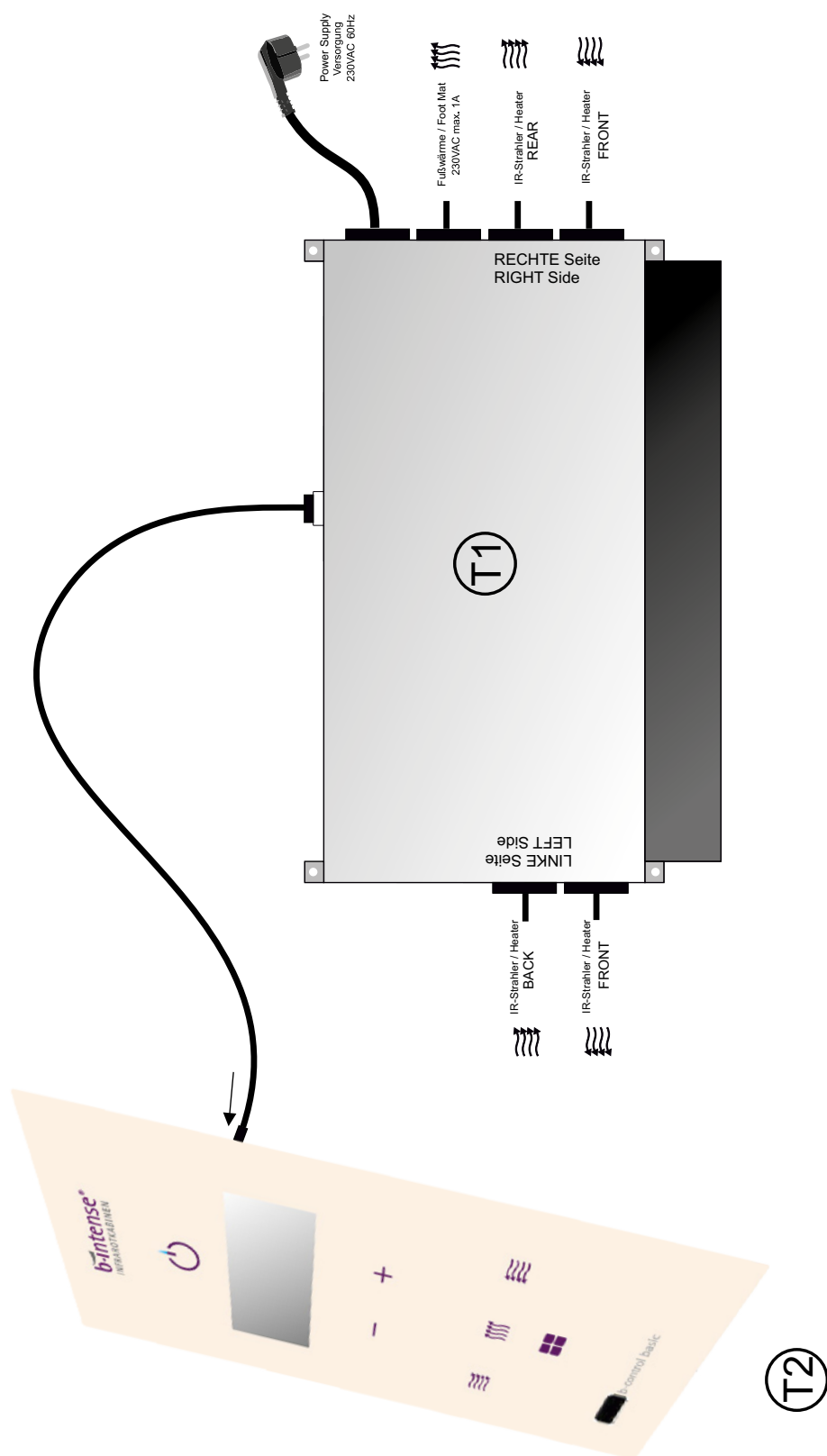
Size:	58 x 58 mm
Impedance:	8 Ω
max. output power:	20W

Annex

Connection plan b-control deluxe

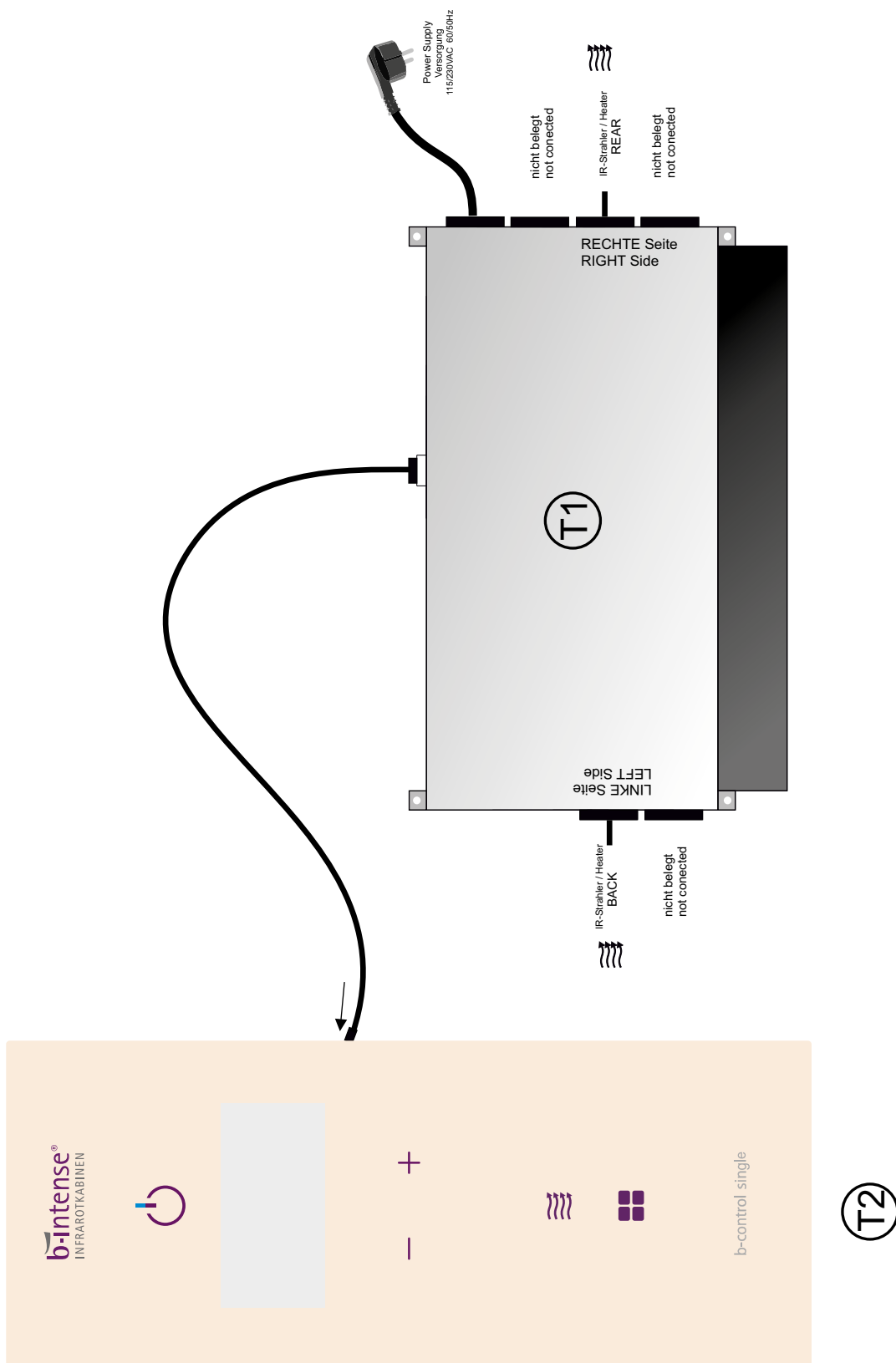


Connection plan b-control basic



Annex

Connection plan b-control single





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