



Aroma Sauna



- *Easy to Use*
- *For health and body renewal*
- *Most Compact portable system*





Introduction

Portable family sauna bath , a personal portable sauna requiring no installation, no plumbing and no specialized electrical hookups.

Sauna bath which originated from Finland has been popular among many areas especially north Europe, Japan, Australia, USA and now it's popular in the world for its outstanding function; beauty – and health – prevention and rejecting senility.

The portable sauna bath was produced in an excellent combination of ancient ways of bathing and modern science and technology.

The Healthier You Are, The Happier You Are

Ancient Traditional Way of Treatment

Since the dawn of civilization mankind has recognized the importance of eliminating Harmful Toxic waste from the body through perspiration.

Over the ages various methods have been developed to induce heavy sweating without the necessity of strenuous physical exertion.

In the ancient orient, health-conscious individuals built earthen domes that could be heated from the outside with burning wood, thereby originating the concept of the modern sauna. So strong was their belief in the curative powers of these relaxing heat bathe that medical practitioners of the time advised patient to spend regular sessions inside the ceramic domes to purge their systems of the poisons that contributed to then poor health. Obviously that advised still make good sense.



THE MANY BENEFITS OF AROMA SAUNA

1) Discharging waste matters harmful to the body

AROMA SAUNA with 45 degrees Centigrade makes you sweat from the core of your body thus discharging harmful matters such as lead, cadmium, nickel, cholesterol, salt, lactic acid, etc. This can help the body to resist illness.

2) Weight – Loss

Use of **AROMA SAUNA** will help to discharge excess body fluid, subcutaneous Fat as well as salt out of the body. This would balance your weight through the consumption of the calories, thus controlling obesity.

3) Less Stress

Stress occurring from the continued tension of the nervous system is a major factor to poor health. **AROMA SAUNA** has the effect of expanding the capillary vessels and increasing the blood circulation, resulting in overall calming effect. The calm and comfortable environment will also have the effect of dissolving your stress

4) Cosmetic Effect

It improves the metabolic functions, stimulates the sebaceous glands, removes subcutaneous dirt and discharges the fat of the sebaceous glands. This will keep the skin moist, smooth and glossy.



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5) Solution to Lack of exercise

For people who are unable to exercise regularly, **AROMA SAUNA** presents the ideal solution. As 10 to 30 minutes use of **AROMA SAUNA** makes you perspire the same amount as if you had run for 10km.

6) Better function of the Digestive system

AROMA SAUNA stimulates the blood circulation and activates the stomach, liver and all other intestines. Therefore it eliminates chronic indigestion and promotes metabolism, thus preventing arteriosclerosis and superannuating of the skin.

7) Better Kidney Function

AROMA SAUNA builds up the function of the kidneys to filtrate as much as 2000 times of blood per day and discharging the waste matters out of the body. This is possible because unburdens the kidneys by discharging the effect out of the body in the process of sweating. Once you have had the use of **AROMA SAUNA** it will become apparent that your kidneys have become more active.

8) Healing soothing and preventing effects

AROMA SAUNA gives great assistance to hemorrhoids by heating the body and the expansion of the blood vessels, facilitating circulation. It also soothes the painful part of any injury. It allows the movement of leucocytes, thereby strengthening the resistance to virus attack. It helps the skin growth, thus reducing the recovery time of an injury.

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GERANIUM

– Hormonal balancer and relaxing oil. A mild cleansing and beautifying properties useful for all skin types. Balancing and calming action on the nervous system, useful for PMS, irritability and sudden mood changes.

LEMONGRASS

– Uplifting. Effective as a natural insect repellent. Ideal for deodorizing and cleaning.

PEPPERMINT

– Known for its decongestant, stimulating and refreshing properties. Treat digestive upsets, travel sickness, indigestion and flatulence. Helps repel insects when used as an air freshener while relieving headaches.

LAVENDER

– An extremely versatile oil. Relieves migraine and insomnia, promotes relaxation. When diluted can heal burn, bites and sores.

AROMA SAUNA ESSENTIAL OILS

With the effect of using AROMA SAUNA with some of the popular pure essential oils such as Lavender, relieves migraine and insomnia promotes relaxation. Peppermint, know for its decongestant, stimulating and refreshing properties. Treat digestive upsets, travel sickness, indigestion and flatulence. Lemongrass acts as uplifting, effectives as naturals insect repellent.

Muscle and joints recovery from bone fractures relax due to the heat, resulting in a quicker recovery of muscular function.

You would be pleased of the preventing effect to

- ✓ RHEUMATISM
- ✓ NEURALGIA
- ✓ ARTHRITIS
- ✓ ACHE
- ✓ ATHLETES FOOT
- ✓ DERMAL-DISEASES
- ✓ LISTLESSNESS.
- ✓ INSOMNIA
- ✓ LUMBAGO
- ✓ GENERAL ACHES & PAINS
- ✓ IMPOTENCE
- ✓ PALSY
- ✓ FLU etc.



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The Versatility of Essential Oils in Aromatherapy

WHAT ARE ESSENTIAL OILS?

Essential oils are concentrated aromatic liquid substances extracted from any array of plant sources: - flowers, fruits. Leaves, barks, grasses, seeds and gums from trees. These extracted oils contain powerful therapeutic properties. The best essential oils used in Aromatherapy should be 100% pure and natural.

WHY USE ESSENTIAL OILS?

Each type of oils possesses anti-bacterial and fungicidal, antiseptic and disinfectant qualities in varying degrees. Their simplicity and strength lies in their therapeutic ability to address the body, mind and emotions simultaneously. For example, they can enhance concentration and memory, relieve headaches and insomnia, stimulate appetite and aid digestion, relive arthritic and rheumatic pains, aid respiratory problems like sinus and asthma, aid skin repair like acne, scarring, insect bites and stretch marks, promote confidence and well-being, allay sadness, alleviate stress and uplift spirits.



HOW TO USE ESSENTIAL OILS?

BATH

– Add 3-6 drops to warm bath. Soak for 15 minutes. Foot or hand baths may be prepared using proportionately smaller amounts in a warm basin of water.

MASSAGE

– Blend choice of essential oils, with a carrier/base oil. To 100ml of carrier oil, add 20-40 drops. For just one massage, pour a little carrier oil into a glass bowl and add just 2-3 drops of required oil. (carrier oils are cold pressed vegetable, nut or seed oils e.g. Jojoba, Grape Seed)

INHALATION

– Add a few drops to a basin of steaming water and then place a towel over your head and the basin. Breathe deeply the vapors for a few minutes. Alternatively, add 1-2 drops to a handkerchief and hold it near nose.

ROOM VAPORIZATION

– Fill the saucer of your ceramic vaporizer, heated by a candle, with warm water along with 2-3 drops of the oil. Top up saucer with water as required, do not allow to go dry.

Other ways of using essential oils include; room spray, showers, compresses, hair tonic, sauna, toners, cleansers, scrubs, moisturizers, lotions and pot pourri.



AROMA SAUNA PACKING BOX



AROMA SAUNA BROCHURE PG 1/2



Aroma Essential Oil



**Model: JYS-A3
Size: L x W x H
CM: 113 x 87 x 112**



Foot pump included

**Heating Power: 900W
Boiler Cap: 1.8L
Pump Weight: 1.00kg**

BYRAM INTERNATIONAL PTE LTD
188A Rocher Road, Bldg. 1/Fage, Singapore 168433
Tel: (65) 6327 4127 Fax: (65) 6336 9229
E-mail: byram@pacfic.net.sg
URL: www.byram.com.sg

Authorized Agent:



AROMA THERAPY



- Relax your pore and tired muscles
- Relieve joint or muscles
- Convenient to use in any place
- Relieve your cold
- Clean and nourish skin very well
- Improves sleeping quality
- Keep fitness and healthy life

TRY NEW FEATURES FOR YOURSELF

Fully self contained portable unit, no plumbing wiring. It runs on normal household power supply and feature with rotary timer. New improved steam evaporator to ensure maximum steam circulation. Maintenance free, wipes, clean and built rugged specification for tough everyday use. Automatic power cut off.

DIRECTION FOR USE

1. Connect the lower hole of the bathtub with pedal inflator and pump it up till cylinder of bathtub is inflated, please don't overfill the air.
2. Just fill the steam evaporator with 1.8litres of water to the level indicated. Add essential oil 3-5 drops maximum of your choice.
3. Connect the evaporator's main plug into the power switch, it starts working.
4. You may start to take a bath after the steam has entered the bathtub for 3-5 minutes. Steam bath for 15-20 minutes.
5. Clean away the moisture inside the bathtub and leave it to dry after using.
6. Please do not wash the evaporator in water or with any chemical or detergent.



AROMA SAUNA BROCHURE PG. 2/2



Portable Steam Sauna design to incorporate the benefits of aromatherapy

Yes, we can find many ways in our everyday activities to incorporate the benefits of aromatherapy. Essential oils are rapidly absorbed into the blood stream via the skin or via inhalation. They are known to have powerful physiological effects on the body and can influence blood pressure, regulate nerve function, aid digestion and have potent anti-bacterial properties, to soothe away tension, improve concentration and lift depression, to fight infection, speed healing and reduce inflammation.

It is also known that essential oils can affect our mental and emotional states. We respond to smell emotionally that we respond to other senses, because the olfactory nerves pass directly from the nose to the limbic system, which is the emotional center of the brain. The six essential oils are undiluted, very concentrated and it works especially with our Portable Steam Sauna which make them invaluable as part of a holistic aromatherapy treatment.

Now immerse yourself in the soft, invigorating warmth of an Aroma steam bath and enjoy the luxury of a health spa in the comfort and convenience of your own home. Imagine the moist, swirling steam surrounding your body, allowing daily tension and stress to just melt away. Add a few drops of scented essence and breathe deeply. You will feel like a new person. We cater suitable kind of aromatherapy for skin.

The pleasures of steam bathing have never been easier to enjoy in your own home. Having your own personal steam bath can help you sleep better.

Steam bathing contributes to a brighter, healthier outlook, increases blood circulation and metabolism, and provides a haven from mental and physical stress.

Whether you are renovating, building a new home or redesigning your bathroom, adding a Portable steam bath to showers is a simple proposition. All you need is 240-volt power and the system is virtually maintenance free.

Are you ready right now to begin dramatically accelerating your mind with information and knowledge using Aroma Steam Sauna that will result you in good health?

Steam Bath Precautions

- The effects of the steam bath on healthy are very personal. As a rule, everybody can safely enjoy the sauna if they feel ok about it. Some additional care should be taken if the bather has a history of low blood pressure or is under the influence of alcohol or drugs, since these can strengthen the effects of the steam bath.
- Everyone reacts differently to heat. Learn your limit by beginning with lower temperature and raising them gradually. Let your body tell you when it wants out, don't force it to endure uncomfortable heat. The body adapts with repeated exposure to heat. Sweat will flow more readily and the cardiovascular system functions and cools more efficiently.
- Remove jewelry before entering. Metal gets hot and heat causes capillaries and skin swell making rings and tight bracelets constricting.
- Eating before sweat bathing puts strain on the circulatory system. Do before swimming, wait an hour or two after a large meal before entering a steam bath. Also, it is best not to bathe on an empty stomach. Sweat bathing, like an exercise, uses energy and some people in a depleted condition may experience nausea or even fainting. It is also essential to avoid sweat bathing when you are too physically exhausted or after long illness.
- If you suffer from a serious illness or have an acute heart, circulatory or respiratory problem, consult a physician before sweat bathing.

Disclaimer

Check with your physician. If you do not feel comfortable in a steam bath, maybe you should do without it. This information is provided for educational purposes only. Consult your own physician regarding the applicability of any opinions or recommendations with respect to your symptoms or medical condition.

Backed by all kinds of established and increased health benefits from sauna steam. We have reviewed the literature and listed some of most significant health advantages:

- During a 10-20 minutes sauna session, your heart rate increases by 50-75%. This provides the same metabolic result as physical exercise. The increased cardiac load is the equivalent to a brisk walk. There is a minimal effect on blood pressure because the heat also causes blood vessel in skin to expand to accommodate increased blood flow.
- Blood vessels become more flexible and there is increased circulation to the extremities. During a sauna, blood flow to the skin increases to as high as 50-70% of cardiac output (compared to the standard 5-10%). This brings nutrients to subcutaneous and surface tissue resulting in glowing-healthy skin.
- Steam Saunas induces sweating to provide a comprehensive cleansing of the skin and sweat glands. Skin is the largest organ in the body. 30% of body water are passed through the skin. Profuse sweating enhances the detoxifying capacity of the skin by opening pores and flushing impurities from the body.
- When taking a steam bath, skin temperature rises to 40C. (104 F) and internal body temperature rises to about 38C. (100.4 F). Exposure to the high heat creates an artificial fever state. Fever is part of the body's natural healing process. Fever stimulates the immune system resulting in increased production of disease fighting white blood cells, antibodies and interferon (an anti viral protein with cancer fighting capability).
- Many regular steam and sauna users claim that good sweat of the onset helps relieve and ward off the most severe symptoms of cold or flu.
- Yes, it does help relief from the pain and stiffness of arthritis.
- Steam is an excellent relief for respiratory problems, such as chest congestion, bronchitis, laryngitis and sinusitis.
- It relieves tired and strained muscles after physical exertion.
- The cleansing effect of profuse perspiration helps provide healthy skin and a clear complexion.

AROMA SAUNA INSTRUCTION MANUAL PG 1/2



PRECAUTIONS

1. Before using the E vaporator, read this manual carefully and store it for use.
2. Before connecting the appliance, ensure that the mains power supply stated on the appliance match with your main, and the mains socket is equipped with an earth.
3. Before filling the appliance when it is hot, allow the boiler to cool down for a few minutes.
4. Do not touch the appliance when it is hot, allow the boiler to cool down for a few minutes.
5. Do not touch the appliance with wet hands or feet when it is plugged into the mains.
6. Do not immerse the appliance in water.
7. Unplug the appliance before performing any maintenance.
8. Do not allow children to use the appliance or any other who do not know how to operate it.
9. Should the appliance not be in use, it is advisable to unplug it from the mains.

BYRAM INTERNATIONAL PTE LTD
156A ROCHOR ROAD, SUEY'S VILLAGE
SINGAPORE 168433
TEL: (65) 337 4127 FAX: (65) 8336 0229
E-MAIL: byram@panfoc.net.sg
URL: /www.byram.com.sg



Yes! This unique and innovative feature of the Aroma Steam Bath lets you enjoy the full health benefits of taking a pleasurable and therapeutic steam bath anywhere, anytime. Instead of being locked away in an enclosed sauna-room, you enjoy the company of your family and friends, watch your favorite TV Programs, without missing these important calls whilst taking a sauna at the same time.



The compact Aroma Steam Bath with its own steam generator allows you to enjoy the many health benefits of a steam sauna in the convenience of your home.

It inflates within minutes for use and provides up to 45 minutes of continuous steam. Storage is easy and the aroma steam bath can deflate and be packed into a small sports bag. Easy assembly and storage by using the foot-pump accessory (included in the set) the steam bath-chamber inflates in less than five minutes. You can enjoy it in anywhere you wish.

INSTRUCTION MANUAL

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AROMA SAUNA INSTRUCTION MANUAL PG. 2/2



INSTRUCTION FOR USE



A



B



C



D

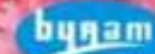


E



F

AROMATHERAPY



Portable Aroma Steam Sauna

1. Connect the air-pump (C) to the Sauna Chamber (A) and pump the air until you hear the signal sound that indicates the required air is filled up. (F). Do not over pump the air into the chamber. (Fig 1). Connect the air-stopper (D) to the Chamber's air inlet tube (Fig 2).
2. Connect the sauna Chamber (A) to the Steam generator (B) using the steam tube (E). See (Fig 3).
3. Fill the steam generator (B) with water up to the watermark line. When using the sauna with Essential Aroma oil, put one drop of aroma oil on the water.
4. Insert the plug into a suitable mains socket and turn on the mains. The POWER light will switch on.
5. Turn the TIMER knob to 10 minutes. When the steam is ready, turn the TIMER again for the desired period of time. Maximum 30 minutes at watermark level.
6. Sit inside the Sauna Chamber using a waterproof chair and zip-up the Chamber.
7. Use a hand fan to distribute hot air inside the chamber. Do not use the sauna for long periods or when uncomfortable.
8. When finished, dry the Sauna Chamber with a towel and leave it to dry before deflating.



Fig 1



Fig 2



Fig 3

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Thank You

BYRAM INTERNATIONAL PTE LTD

600 North Bridge Road, #09-06

Parkview Square S(188778)

Tel : (65) 6341-7912 Fax (65) 6341-7921

E-mail : info@byramgroup.com

Website : www.byramgroup.com