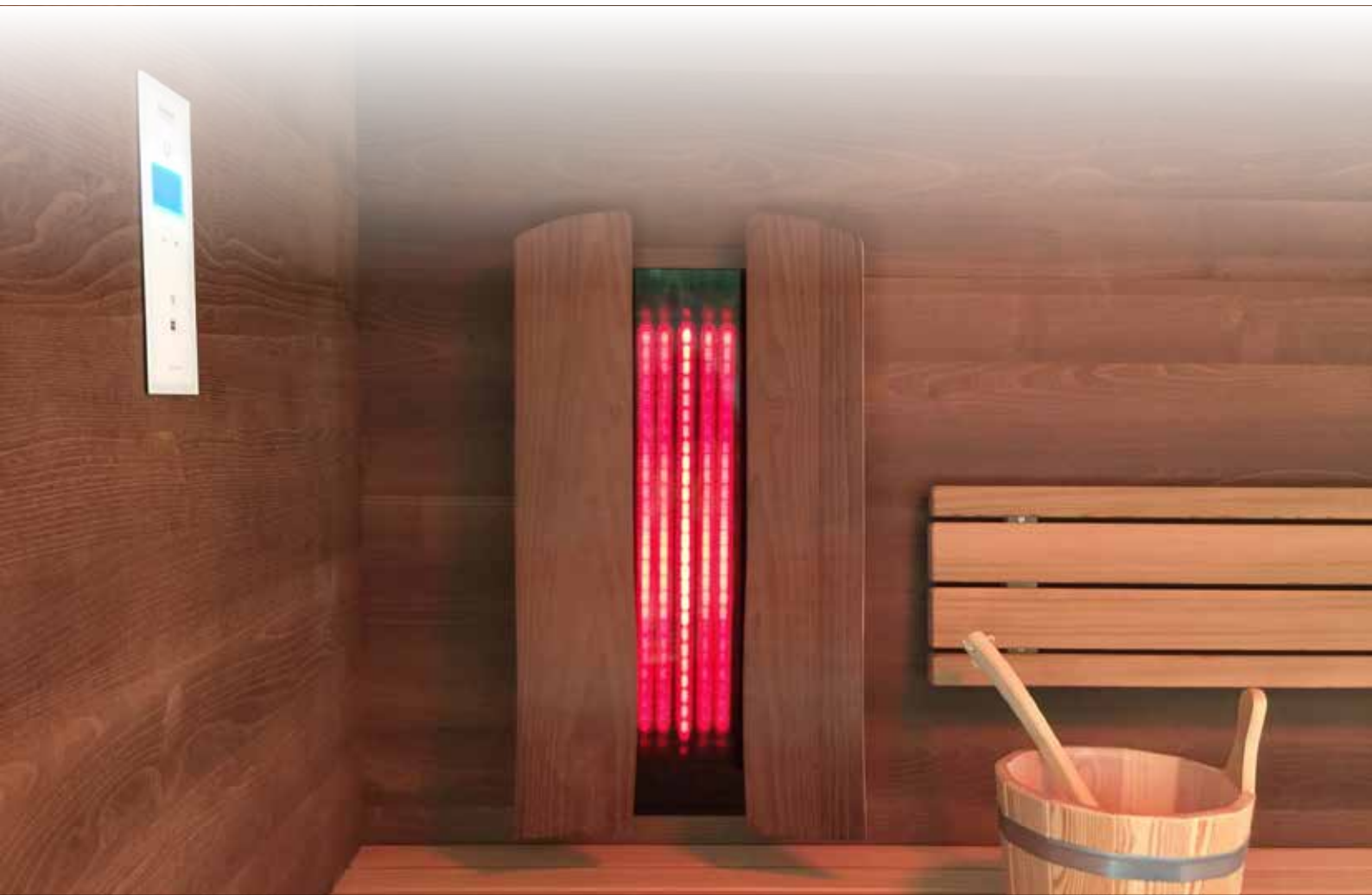


Operating Instructions b-intense® infrared set

BRAND NEW
with the
b-intense® user
programs



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

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

Congratulations on the purchase of your **b-intense®** infrared set. We are pleased to welcome you as a **b-intense®** customer. We appreciate your decision in choosing a **b-intense®** infrared product and extend our thanks for the trust you have placed in our products. With **b-intense®** you bought an Austrian quality product. **b-intense®** gmbh develops and produces high quality infrared cabins. One of the obvious USPs of the **b-intense®** products lies clearly in the design and manufacturing quality. We place great value on feelings of freedom through large glass surfaces, reduced and clear structures in the arrangement and integration of our technology elements, and the selection of modern colours and materials.

The heart of our **b-intense®** infrared application 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 – often the No1 decision-reason.

We wish you a great pleasure and enjoyment every time you use your exclusive **b-intense®** infrared set 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 set and keep them in a safe place!

From the team at b-intense®

This b-intense® infrared set can consist of:

- › 1 (2) backheaters
- › 1 power unit
- › 1 control unit
- › 1 (2) connection cable for the heaters
- › 1 power lead
- › 1 connection cable for control unit

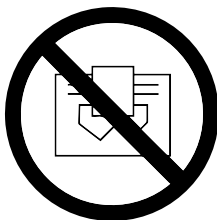
General safety guidelines

The b-intense® deep thermal 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, before use, for any foreign bodies, to prevent accidents. The deep heaters comply with the relevant safety regulations for electric heating appliances. If there is damage of any kind to the heaters, do not start your infrared application and consult a professional engineer to repair the damage, or to replace any parts in the system.

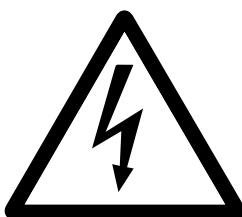


Made in Austria



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.



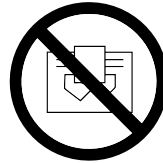
Follow all safety instructions in this manual! Work on the electrical wiring must only be carried out by a qualified electrician. Turn the b-intense® application off first and always unplug it before repair and maintenance or cleaning work is carried out!
There is a danger of electric shock!

General warning notices

The **b-intense**[®] sauna set is only designed for single use in a sauna!



Make sure 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 have your back completely free.



Do not stare at an infrared heater for more than 10 minutes.



The infrared application should not be used within 24 hours after UV irradiation from an artificial source (e.g. solarium) or sunbathing.



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



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



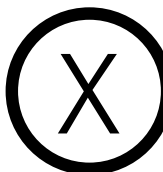
Consult your doctor independently concerning your infrared treatment after operations, in case of illness, injuries, pregnancy or in the case of plastic or medical implants, as well as where there is a risk of overheating, such as persons with cardiovascular diseases or when taking medication.



Children and persons with reduced physical, sensory or mental abilities may only use the infrared application when they are supervised by a person responsible for their safety. Children are neither allowed to play with the application nor to carry out any repair, cleaning or maintenance work.



Only exchange electronic components with original components of the manufacturer. All repairs must be performed by a professional qualified by **b-intense**[®]. The heater may only be opened by a licensed electrical contractor.



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.

Note: Infrared used by children

Children under the age of 7 may not use the infrared application. Children over the age of 7 as well as adolescents, who can follow instructions of operating personnel, are allowed to use the application under supervision. It is recommended that the supervising adult or personnel lowers the intensity of the heaters to the specific needs of children and adolescents. Adjust the headrest, so the radiation doesn't impact the back of the head directly.

Note: Red back

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

Information about redness of the skin and erythema ab igne (EAI)

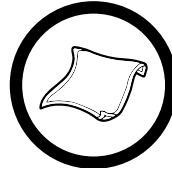
Chronically higher skin temperatures can lead to pigment changes, which are known as Erythema ab igne (EAI). The red-brown, net-like skin changes have a good prognosis and mostly are a cosmetic diversification and no serious damage. Reddened skin is normal to a certain degree and should decrease in an hour after finishing the application. The infrared application should be avoided until the natural skin tone is fully recovered. In case of permanent reddening of the skin 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.

In the event of any questions or need for clarification please write an email to office@b-intense.at.

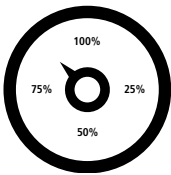
General application notes



b-intense[®] infrared application can be used by the whole family.



Please, use a towel while sitting in the cabin.



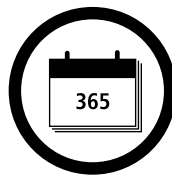
Regulate the intensity and all additional functions of your **b-intense**[®] infrared application on the b-control panel according to your needs.



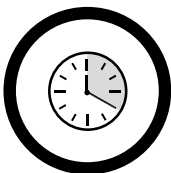
A **b-intense**[®] infrared application has no warming up time. Sit down, turn on and enjoy immediately.



The **b-intense**[®] infrared control units offer pre-programmed infrared programs for selection such as back, heat load or slim. See detailed description starting on page 8.



Enjoy your **b-intense**[®] infrared application with pleasure if you want on a daily basis.



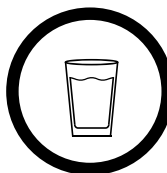
We recommend infrared sessions of approx. 30-50 minutes, depending on personal sensation or the choice of a **b-intense**[®] infrared program. After 60 minutes the application switches off automatically.



After use, a tepid shower is recommended. We recommend additionally to cream the skin with a caring and moisturizing lotion.



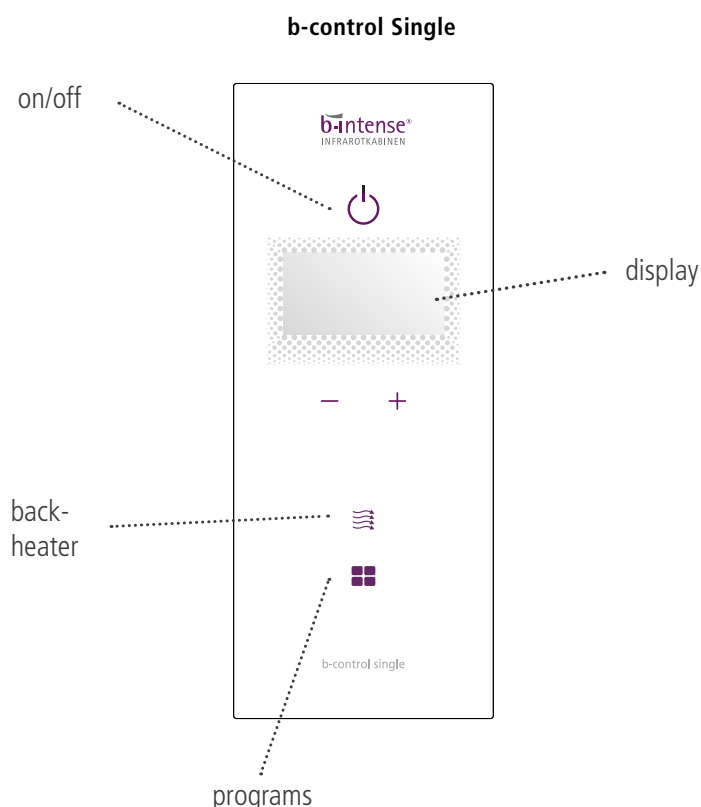
Take a seat with your back directly to the backheater and lean back. After approx. 10-15 minutes you will begin to transpire, gently but intensively.




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



b-control single: Operating instructions

In the middle of the control panel you will see the digital display. During the entire period of use the current values in your application can be read in this field. In the standard display you will be informed about the previous runtime. The preset total running time of your infrared heater is 60 minutes.



Starting up your b-intense® infrared application

You can turn on your **b-intense®** infrared application by touching the  button (for approx. 1 sec.). When switched on, the heater/s are activated within 2-3 seconds. The heater/s start to operate at 50% of their total power. This can only be increased after a 5-minute warm-up phase has ended, but can be adjusted downwards from the start. The limitation to 50% during the first 5 minutes enables the body to optimally and gently adjust to the supply of heat and to increase the efficiency of the application.

Function	Property
 Heater	Pressing once operates the heater(s), set the desired intensity with +/- buttons. If you are using two heaters: Pressing it again only operates the right heater (R), set the desired intensity with the +/- buttons. Pressing it again only operates the left heater (L), use the +/- buttons to set the desired intensity. Note: the option of different emitters is not available for one user station, as there is only one heater available.
 Infrared programs	By touching this symbol once you enter the menu for the b-intense® infrared programs. Read more about them on page 8.

b-control units: infrared programs

The heaters and wellness supplements in the **b-intense**[®] infrared application can be operated individually. In addition, five infrared programs are available in a **b-intense**[®] infrared application, 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 represent only a statistical center. They serve as an "entry point". 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, move your back slightly away from the heater and reduce the intensity by pressing the minus symbol. If you want a higher intensity level, you can adjust it by pressing the plus symbol. The entire infrared program is adjusted accordingly.

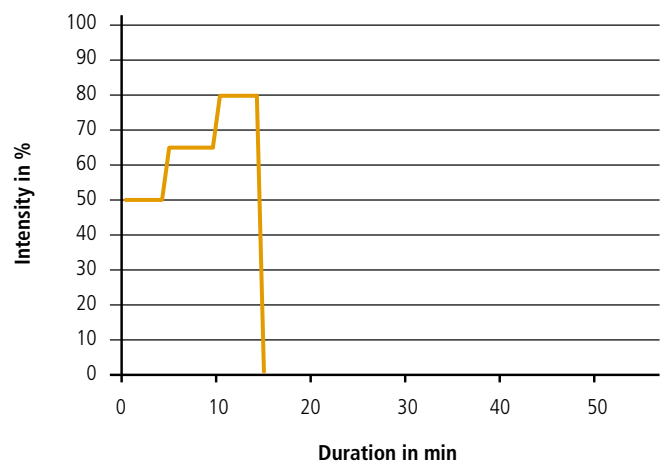
Please share your experiences with us and send us an email to office@b-intense.at

Description of the **b-intense**[®] infrared programs

Heatload

Duration: 15 minutes – colour: blue

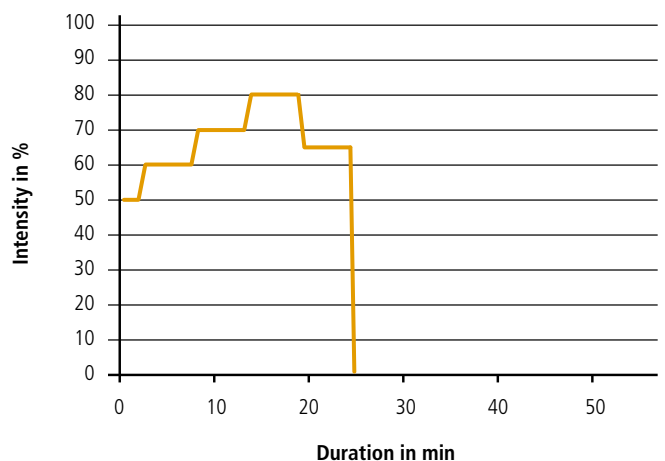
The program „heat load“ is an optimal preparation for sports or subsequent treatment (for example massage). The relatively short, intense heat input is an adrenergic stimulation, activates and provides heat to the distribution in the whole body. In connection with a prompt, sport-specific preparation,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



Vitalisation

Duration: 23 minutes – colour: yellow

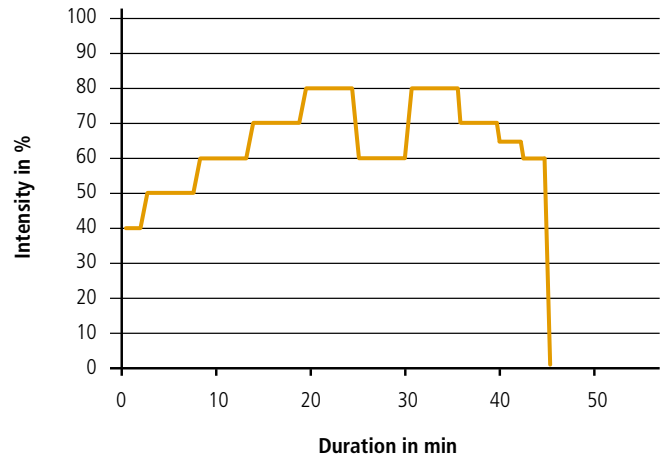
The **b-intense**[®] user program "revitalization" stands for more vitality and energy for the day. The intense heat input at the back activates our organism. The onset of sweating indicates that the warming of the body shell has begun. The focus is in addition to the activation on the provision of heat energy for hours. With the "revitalization" program you get strength and energy for the whole day. Accordingly, it is recommended to start with this program in a successful day.



Back

Duration: 44 minutes – colour: yellow

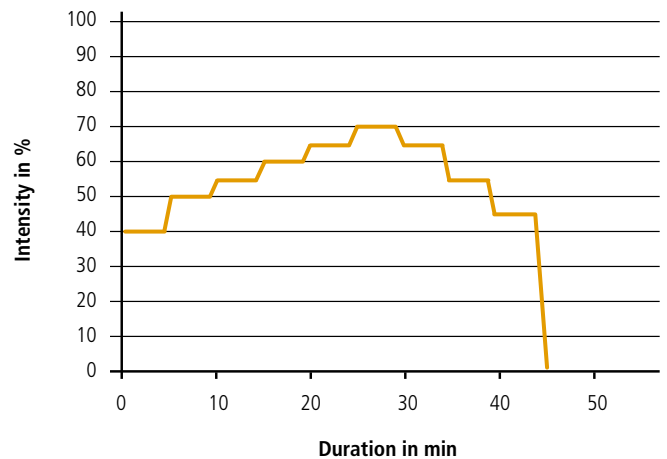
„Back“ is the extensive and beneficial program to relieve tension in the back. The course of the increase in the radiation intensity is selected so that a higher proportion of the applied heat can reach the back muscles using the direct heat conduction. The focus is on muscle relaxation and pain relief in the back area. We sit and stand in our daily lives quite a lot, especially the back and neck area suffers from wrong movements and too little physical activity. With the **b-intense**® user program „Back“ we can provide relief and relaxation.



Regeneration

Duration: 45 minutes – colour: green

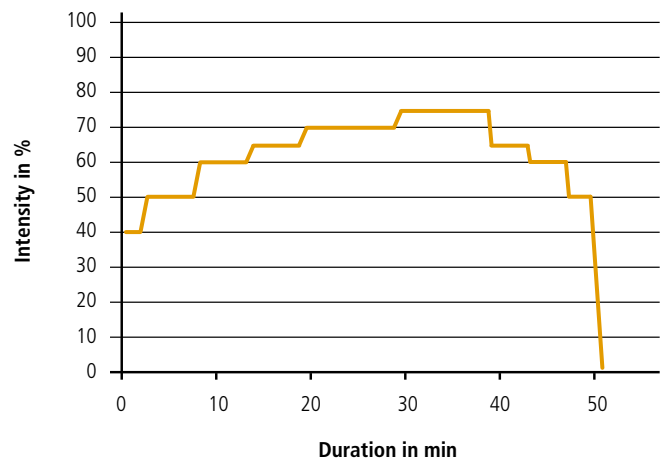
For recreation and for inner peace after exertion, stress and noise, we designed the program „regeneration“. A slow increase of the intensity of radiation on average values with subsequent reduction in two stages avoids adrenergic stimuli, aimed at a mild heating of the body shell, soothes and relaxes. 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 recommended especially to let go and relax. When choosing this program in the evening we recommend changing to red light.




Slim

Duration: 51 minutes – colour: yellow

The **b-intense**® user program „Weight loss“ can be used to supplement diets and weight loss. The gradual increase in the intensity of radiation on high values aimed at an efficient blood circulation in the back area. The following assuring of the high intensity level and the extension of the program 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 has the aim to loose weight.)



Login in a 1-person application

Press the program symbol  and enter the **b-intense**[®] program menu.

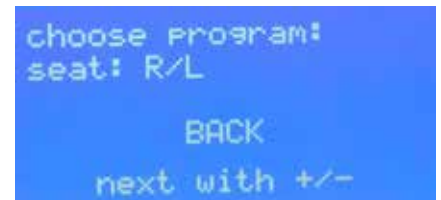
With the symbols + and – you can choose your favourite program. Confirm the desired infrared program with the program button.

The **b-intense**[®] program selection contains:

b-control basic

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

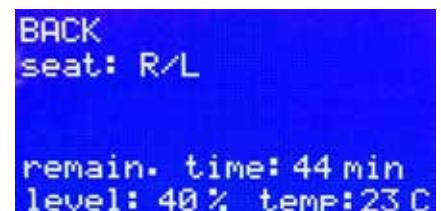
- The display then starts from the beginning and you can click through the program selection again.
- If a program should be logged in unintentionally, you can change within 10 minutes. After a running time of 10 minutes no more program change is possible. Then you have to switch off the application and after the “10 minute cool-down phase” you can restart the application.



Program login:

After deciding for one user program, you have to wait 5 seconds, then the program logs in automatically. Now the display shows you the current status of the chosen program and informs you about:

- › Name of the program
- › Choice of seat for the program*
- › Remaining time of the program
- › Current intensity of the program progress
- › Current temperature




* The note R/L indicates that you have selected the program for the entire application. There is no other display presentation in 1-person application.

Program selection in a 2-person application

In a 2-person application 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. Select a program and assign your selection to one place:

→ „R/L” for both seats at the same time, „R” for right and „L” for left and this is how it works:

Press the program symbol  and enter the **b-intense®** program menu.
With the symbols + and – you can choose your favourite program.

The b-intense® program selection contains:

b-control basic


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

- The display then starts from the beginning and you can click through the program selection again.
- If a program starts unintentionally due to long residence time in the menu, please switch the application off and on again, and select the desired program.



In the standard overview you can see the program chosen for both seats “R/L” together. If you want to select a different program for each seat, please proceed as follows.

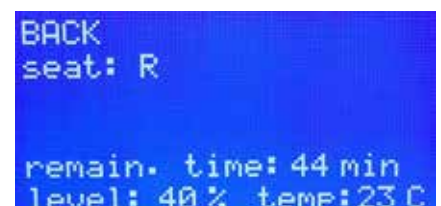
After reaching your favourite user program, you:

1x Press  : program symbol for „R” (person, who sits on the right side)

2x Press  : program symbol for „L” (person, who sits on the left side)

Program Login:


After deciding for one user program for one seat, you have to wait 5 seconds, then the program logs in automatically. Note: It does not make any difference if you start with „R” or „L”. The second user can even sit later and then start his desired program. Now the display shows you the current status of the chosen program and informs you about:



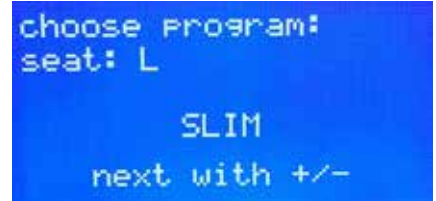
- › Name of the program
- › Choice of seat for the program*
- › Remaining time of the program
- › Current intensity of the program progress
- › Current temperature

*The **note R** shows you the current status for the right place, the **note L** shows the current status for the left seat. The **note R/L** shows you the status for both seats, in case you chose the same program for both seats.

After that you can choose the user program for the second seat:

Press again the program symbol . You will directly get into the program selection and can now choose the program for the second seat with the symbols + and -.

After deciding for one user program for one seat, you have to wait 5 seconds, then the program logs in automatically.




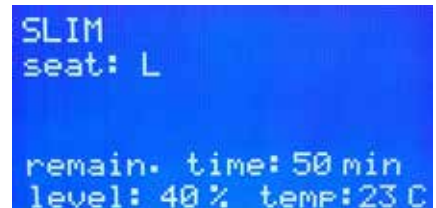
```
choose program:
seat: L

SLIM
next with +/-
```

Status display of the different seats

After choosing the program for the second seat you can see your choice for 10 seconds. Then the display switches to the status of the first chosen seat.

If you want to see the status of the second seat, please press 1x on the program symbol . After ten seconds it changes back.

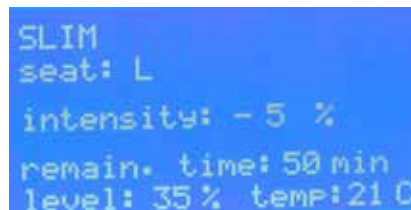


```
SLIM
seat: L

remain. time: 50 min
level: 40 % temp: 23 C
```

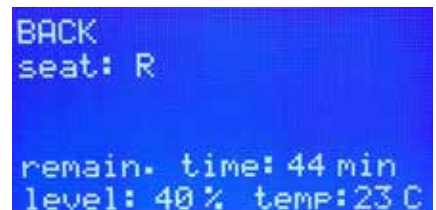
How to change the intensity of the b-intense® user program

In case the intensity of the chosen program is too low or high, you can increase/reduce the intensity just with pressing the symbols + and -. Decide according to your experience and mood. As you know, we experience heat differently every day.



```
SLIM
seat: L

intensity: - 5 %
remain. time: 50 min
level: 35 % temp: 21 C
```



```
BACK
seat: R

remain. time: 44 min
level: 40 % temp: 23 C
```

Finishing the b-intense® infrared programs

The programs end automatically after the specified time. The back heater will turn off, the front heater reduces its performance by 50%. When all selected programs have been completed, the application runs for five more minutes. Then it turns off.

Prior finishing the b-intense® infrared programs

By switching off the cab, the programs may be terminated prematurely. However, for the health effective effect, we recommend to perform the selected programs to the end.

Siting your b-intense® infrared application

Your **b-intense**® infrared application comes with a 3 meter long power lead. The perfect installation site is therefore located near to a power socket. The set-up should take place where the infrared application is later to be used. Furthermore the power socket used for the application must be accessible from all sides.

Please consider the following recommendations for installation:

- › The **b-intense**® infrared application must be placed indoors.
- › The ambient temperature of the **b-intense**® infrared application should be at least 18° C (Room temperature) and at maximum 35° C.
- › The optimal humidity should not exceed 70%. If this is not possible, suitable ventilation of the space to be used must be arranged.
- › The application must be protected from any direct water spray and from wet or damp from the floor. Condensation in the room where the application is sited must be prevented and adequate ventilation must be ensured.

Please observe the following safety-relevant parameters.

- › The minimum distance of the heater to the ceiling is 50 cm.
- › The minimum distance of the heater to the floor is 10 cm.
- › 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 minimum distance between two adjacent heaters is 20 cm.

The additional information on the following pages applies to sauna installation.

Mounting

Warning



Before working on the controller the power supply must be switched off at the mains (all poles) and prevented from being switched on.



In operation, the IR heaters can reach high surface temperatures, which can cause burns when touched.



Only approved components (IR heaters, fan, sensor, etc.) can be connected to the control system.



Installation in a closed room is not permitted, there is a risk of fire due to the build-up of heat!



The simultaneous operation of sauna heaters/ovens and infrared heaters is not permitted!



b-intense® front heaters are not permitted for use in a sauna!

ATTENTION: Remove all the packaging before starting!

- ✓ Make sure that the back of the heater is not covered so the resulting heat can escape!
- ✓ Make sure that the minimum clearances are kept.
- ✓ The glass of the heater can get very hot. Take appropriate measurements to ensure that sufficient contact protection is given.
- ✓ Install the heater so that the connection cable is below!
- ✓ A minimum distance of 20cm must be maintained between the heaters.

Mounting of the backheater

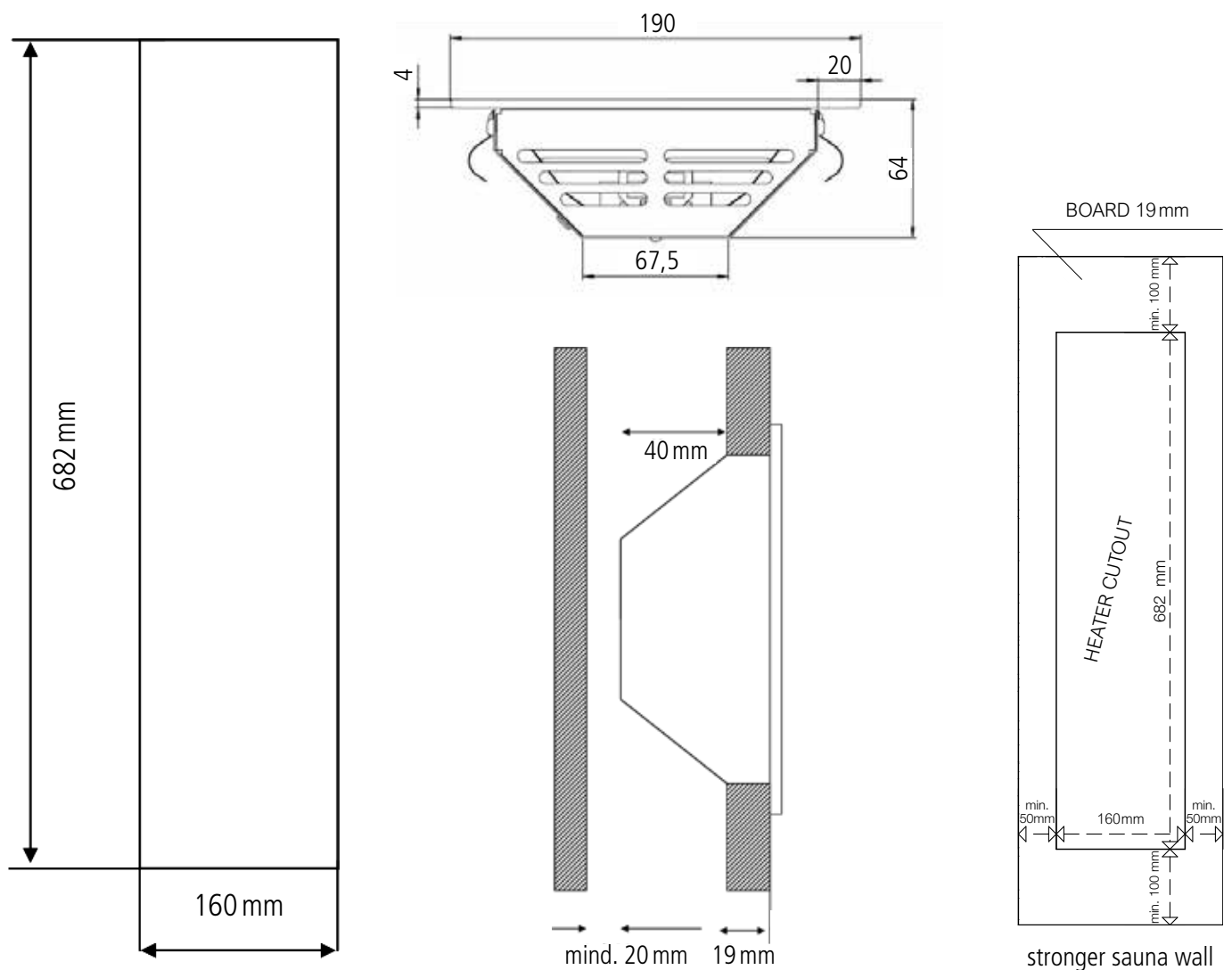
For the correct installation of the backheater, an opening in the mounting wall is necessary. See the corresponding dimensions in the drawing below.

The heater must be mounted into the sauna-wall in an upright position. The cable must be positioned at the bottom of the heater. The wall must be flat, for the heater to be sealed within the sauna's interior (avoid to position the heater into sauna walls made of tongue- and groove-boards).

There must be a distance of at least 20mm at the back/behind the heater. The assembly-room in which the heater's case is mounted (back side of the heater) must be sufficiently ventilated (for best air circulation, it is advisable to leave space below and above the heater's case open for waste heat, which is generated in the heater case, to escape properly).

The heater fits into walls with 19mm thickness. If saunawalls are stronger, space must be cut out for the heater's waste air to be able to escape. Insulation material must be cutout generously around the heater. Distances of min. 50mm on the long sides and 100mm at the top and the bottom of the heater must be ensured.

The cutout for the heater insert is: 160 mm width x 682 mm high.



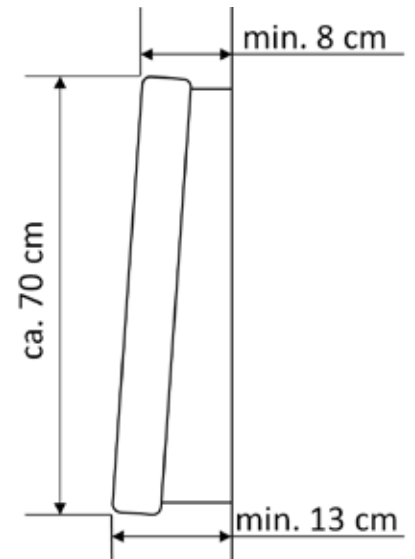
Installation of back rests

For a comfortable sitting position and to ensure a recommended minimum distance between the user's back and the heater, we recommend to use backrests offered by **b-intense®**.

In case of self-manufactured or alternative back rests please note the sketch above for the suggested distances to the heater.

Important:

The use of padded and upholstered backrests with leather or leatherette is not permitted for sauna installation. Backrests and benches used in saunas must be made of knot-free as well as resin and splinter-free woods (e.g. abachi, aspen).



Mounting of the b-control units

The b-control unit consists of a control panel, which is located in the cabin interior and a power unit that is usually mounted under the bench at the back of the cabin or on the sauna's ceiling. Two pieces of **b-intense®** heaters can be connected to the power unit. Please note the maximum connection performance with the technical data. The control unit has an automatic timer function, which switches off after a maximum of 60 minutes.

Note for installation in a sauna

In the case of a sauna installation, the control panel must be placed on a smooth 19 mm thick surface. Open gaps, such as those that could arise through tongue and groove boards, are not permitted. The control panel must be installed in the area of the lowest seat in the sauna temperature range of approx. 60° C. It is recommended not to place the unit too far away from the infrared seat (but not too close to the heater), so that the operation before or during the infrared session can be carried out pleasantly.

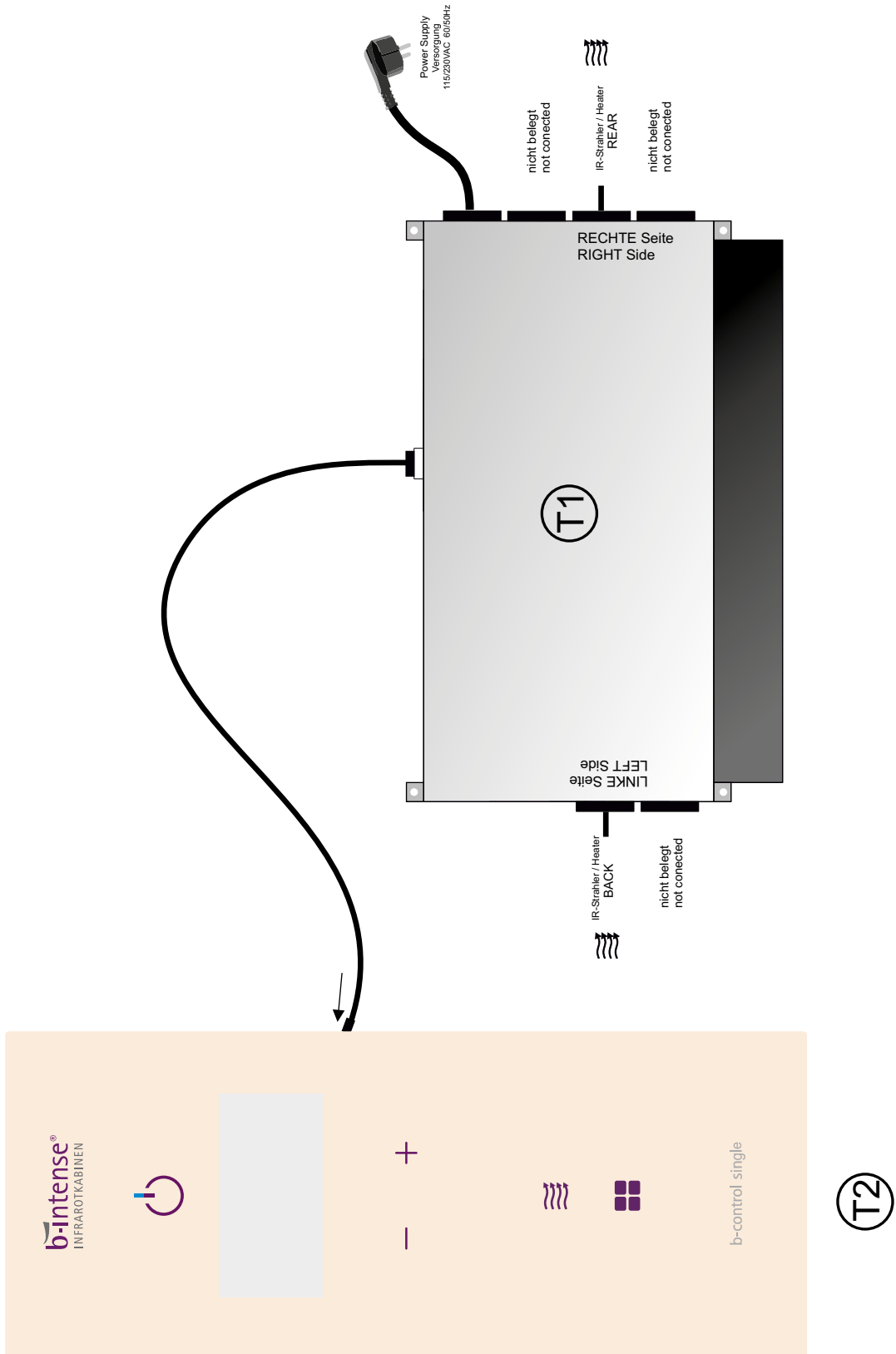
b-control data: technical data & connection plan

Technical data b-control single

Dimensions of power module:	310 x 200 x 50 mm
Dimensions of control unit (front):	220 x 92 mm
Installation cut-out for controller:	215 x 82 mm (cut-out depth 20 mm)
Power module:	Protection class 1, Protection type IP20
Mains supply:	230 VAC 50-60 Hz max. 2500 Watt Safety rating 13 A
Reserve connection:	230 VAC max. 4 A (activated and deactivated by switching the application on and off)
IR Heater connections:	4x 230 VAC max. 4 A.

The total connected heater load must not exceed 2500 Watt!

Connection plan b-control single



Commissioning and testing of the control units

Electrical connection plan

Please consider the connection plan on the previous page.

- › Connect the heater-connection cable to the provided plugs.
- › Connect the control unit with the enclosed (RJ) cable as shown in the drawing.
- › Plug the power supply lead, provided, into the power module.
- › Check all connectors are firmly located!
- › Plug the power lead into to a suitable socket outlet.



Possible causes of faults

The control unit cannot be turned on.

- Is the mains switched on? Check the consumer unit circuit breakers.
- Has the power lead been unplugged?
- The power lead from the power module to the control panel is not plugged in properly.

In case you cannot solve the problem, please contact **b-intense®**.

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

To enjoy the unique experience of your **b-intense®** infrared application for many years, you should observe the following care and maintenance instructions. There are a few simple steps to keep the **b-intense®** infrared application hygienically clean and well maintained. We recommend that you clean your **b-intense®** application after each use.

1. Disconnect your infrared application from the mains power supply before cleaning.
2. Use a damp cloth to clean, and then afterwards wipe it dry.
3. Make sure that no liquid enters the **b-intense®** heater.
4. The **b-intense®** technical elements must never be cleaned with a water hose or high-pressure cleaner, steam cleaner or spray water and generally should not be cleaned with a large amounts of water and detergent.

Certificate of Declaration

We hereby certify compliance with the European directives imposed

CE = Communauté ,Européenne

under Low Voltage Directive 2006/95/EC (Replaces 73/23/EEC)
EMC Directive 2004/108/EC (Replaces 89/336/EEC)

for products: b-control SINGLE and **b-intense®** back heater 300W

b-intense® GmbH

Zweigniederlassung der CB Capital Beteiligungs- GmbH
Am Jungfernberg 17, A -2201 Gerasdorf bei Wien

Certificate of Warranty

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

- › The infrared lighting tubes come with a 10 year warranty (for PRIVATE use only) from the date of purchase, provided that any defect is not due to external damage or handling by unqualified persons. On all other parts of the **b-intense**[®] application there is a 2 year warranty, from date of purchase, provided damage or faults are not related to external influences or handling by unqualified persons. 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 application 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 Jungfernberg 17, A-2201 Gerasdorf bei Wien

These operating instructions have been subject to the official approval of TÜV Austria. Information contained herein is not a substitute for medical advice. Where appropriate, you should seek independent medical advice about your personal use of infrared therapy.

Printing and typesetting errors excepted.

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

For further questions do not hesitate to contact us!

b-intense[®]
INFRARED SAUNAS

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