
Zen-Station

Personal Wellness System

by  airheads

INSTRUCTIONS



Relax and meditate.



Relieve stress.



Sleep and lucid dreaming.



EWOT - Exercising
with Oxygen Therapy



Study and focus.

Congratulations on purchasing your Zen-Station package. If handled and maintained properly, your equipment will be making money and/or giving you good health and a feeling of well-being for many years to come.

Remove the equipment from the packing materials carefully and check your equipment within 7 days of delivery. There will be no shipping claims honored after the one week period has elapsed.

Please read the carefully before using the product and be sure to keep this manual in a safe place for future reference.

Let's identify all the parts in your package:

In the main box, you will find:

1. One (1) assembled Zen-Station
2. One (1) A/C electrical adaptor for Zen-Station
3. One (1) bag of 20 nose hoses (nasal cannulas)
4. One (1) bottle brush & 4 extra brush tips
5. One (1) 10ml bottle of lavender essential oil aroma
6. One (1) 10ml bottle of eucalyptus essential oil aroma



Zen-Station
(x1)



AC adaptor
(x1)



Nose hose
(x20)



Lavender
(x1)



Eucalyptus
(x1)



Brush & 4
extra brush tips
(x1)

Setting up the Zen-Station:

1. Unpack the Zen-Station, grasp the base of unit with one hand, grab the center part of the top with your other hand, and gently lift up the top.

Caution: The top does not lift completely off! You are just raising the top about $\frac{3}{4}$ of an inch or so until you feel it stop.

(See Diagram #1)

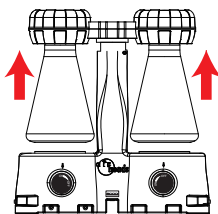


Diagram #1

2. Unscrew each of the plastic bottles by turning them in a **CLOCKWISE** direction.

WARNING! This is the opposite of what you would normally do to loosen the bottle. If you tilt the bottle as you pull it away from the unit, you will find it easier to clear the vinyl tubing and check valve that is connected to the top of the Zen-Station. (See Diagram #2)

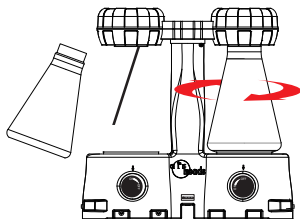


Diagram #2

3. Put about 2 inches of tap water in each bottle.
4. Add 6 to 12 drops of an aroma to the water according to how strong you wish to have your aromatherapy. Start with 6 drops, you can always add more aroma later if you find it too weak for your personal taste.
5. Lift up the top of the Zen-Station again and replace both of the plastic bottles by turning them **COUNTER-CLOCKWISE** until they are snug. Do this while keeping the liquid, clear vinyl tubing, and check valve inside the bottle. **DO NOT USE EXCESSIVE FORCE TO TIGHTEN!**
6. Push the A/C adaptor's jack into the hole located underneath the bottom of the Zen-Station base and then plug it into an electrical outlet. This A/C adaptor can be used in any country without a converter (110V or 220V) as long as you own (or purchase) a universal electrical adaptor for it. (See Diagram #3)

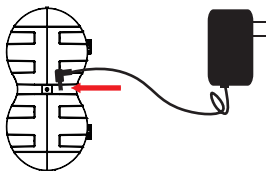


Diagram #3

7. **IMPORTANT!** The Zen-Station has a built in air pump for aromatherapy use only. If you wish to include oxygen therapy with your Zen-Station, you will need to purchase our oxygen concentrator separately. You may do so at any time by going to www.OxygenBarSales.com or calling 1.561.637.0290.

*With Oxygen Concentrator: Connect 6 foot clear vinyl tubing from oxygen concentrator "out" port to "oxygen in" port on the Zen-Station as shown on Diagram #4.

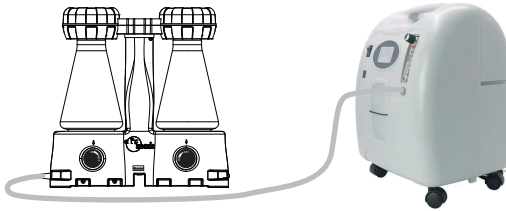


Diagram #4

8. Connect a 3 foot length of clear vinyl tubing to each of the nose hose "in" ports in the front of the Zen-Station. (See Diagram #5)

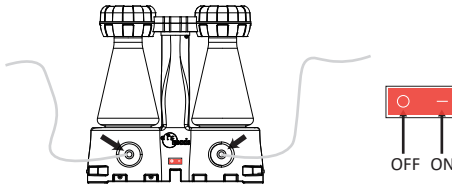


Diagram #5

9. The other end of these 3 foot lengths of clear vinyl tubing will get pushed inside the base of your nose hose. (See Diagram #6)

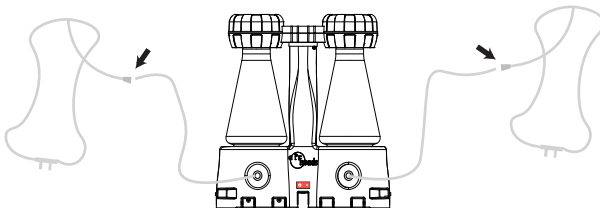
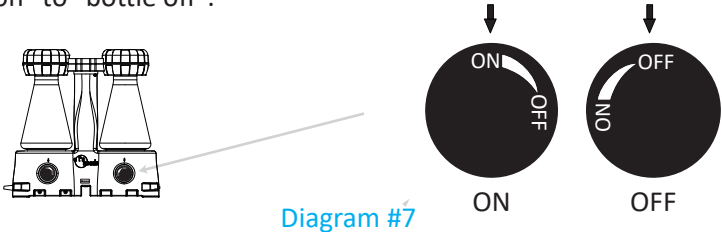


Diagram #6

10. You may control the flow of air (or oxygen) to each bottle with the control valves on the other side of the Zen-Station.
(See Diagram #7)

IMPORTANT! DO NOT USE FORCE WHEN TURNING CONTROL VALVES!

NOTE: The blue knobs only turn a quarter of a turn from "bottle on" to "bottle off".



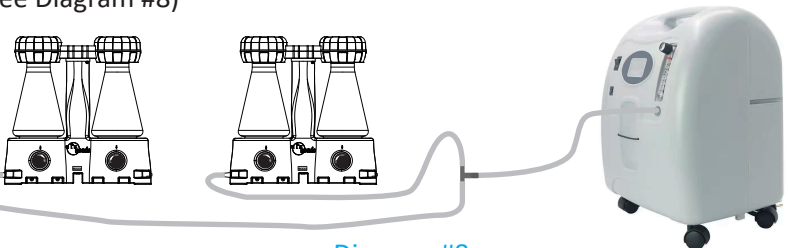
11. You are now ready to plug in and turn on your Airheads air pump (or oxygen concentrator) and put on your nose hose.

*You can learn how to put on a nose hose by going to:
www.oxygenbarsales.com/how

12. To learn how to use and/or acquire your other therapies, i.e. oxygen, sound, and chromotherapy, visit: www.zenstations.com

How to Connect TWO Zen-Stations

Each Zen-Station package is self-sufficient for Aromatherapy only. If you wish to add oxygen therapy, and use multiple Zen-Stations linked together, connect each of the Zen-Stations with your desired length of clear vinyl tubing between them, then connect each end of your oxygen concentrator's "T flow system" to the open port of each unit. (See Diagram #8)



Operating the Zen-Station

1. To run the Zen-Station indefinitely (with no timer), just turn on the red air-pump button (See Diagram #5).
2. Choose your bottle colors by pressing each individual button on top of the Zen-Station until you reach your desired color therapy.
3. Put on your nose hose and breathe normally.

WARNING! Always make sure that you have at least one aroma bottle's air flow in the "on" position at all times while having the internal air-pump running (See Diagram #7). If you have both bottles in the "off" position you will eventually destroy your machine and void your warranty!

Operating the Zen-Station WITH an Oxygen Concentrator

You may have upgraded your Zen-Station package to include oxygen therapy by purchasing an oxygen concentrator. If you have not, you can always order one at www.OxygenBarSales.com or call 1.561.637.0290 for more information.

If you plan to run your oxygen concentrator with the Zen-Station, please read its instruction manual prior to using. After you have read the manual, connect the 6-foot-long piece of clear vinyl tubing from the "oxygen out" port of the concentrator to the "oxygen in" port on the side of your Zen-Station.

To run the Zen-Station indefinitely (with no timer), make sure the red air-pump button (See Diagram #5) is in the "off" position, choose your aroma, choose your bottle color(s) by pressing each button until you reach your desired color, put on your nose hose, and breathe normally.

WARNING! Always make sure that you have at least one aroma bottle in the "on" position (See Diagram #7). Failure to leave at least one aroma bottle "on" at all times while running your oxygen concentrator will eventually destroy BOTH machines and void BOTH warranties!

Setting the Timer

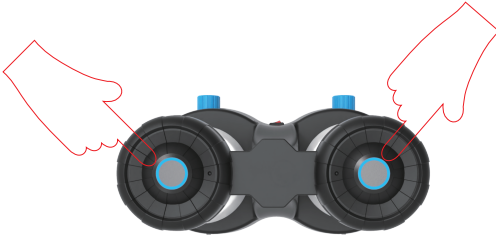


Diagram #9

As you have read above, you can operate your Zen-Station indefinitely without setting a timer, however, certain situations may call for you to time your sessions. You may opt to set the timer for 15 minutes, 30 minutes, or 60 minutes. After the timer is set, one minute prior to the end of the session the two bottles will blink rapidly together (in white light) to let the operator and user know that the session is coming to an end. When the session is over, the white blinking lights will turn off completely and the air-pump will shut down.

IMPORTANT! To set the timer, you must first make sure that the air-pump switch is in the “on” position.

IMPORTANT! To set the timer if you are using an oxygen concentrator, you must first make sure that the air-pump switch is in the “off” position.

Push the two LED lighted buttons on the top of the Zen-Station and hold them down at the same time as shown in Diagram #9.

- If you press and hold the two buttons at the same time for 2 seconds, both bottles will light up 15% brightness (in white) which will indicate the timer is set for 15 minutes. If you wish to keep this time, just let go of the buttons.
- If you hold down the two buttons at the same time for 4 seconds, both bottles will light up 50% brightness (in white) which will indicate the timer is set for 30 minutes. If you wish to keep this time, just let go of the buttons.

- If you hold down the two buttons at the same time for 6 seconds, both bottles will light up 100% brightness (in white) which will indicate the timer is set for 60 minutes. If you wish to keep this time, just let go of the buttons.

IMPORTANT! If you are using an oxygen concentrator, note that when the timed session is over, the Zen-Station's lights will shut off, but the oxygen flow to the bottles will continue until you manually shut down your concentrator. Again, DO NOT turn off all of the air-flow to the Zen-Station bottles as you will eventually destroy your machines and void your warranty!

Maintenance

Clean bottles and change out aromas at least once a week. Bottles can be cleaned with a drop of "Dawn" or any dishwasher liquid with warm or hot water. Do not put in dish washer. Most aromas will last for 40 hours of continual use, however, eucalyptus will lose some of its smell after about 3 or 4 hours of continual use. You may "boost" any weak aroma smell with a few more drops if this happens before your bottle change-out time comes.

Your oxygen concentrator will arrive with its functions preset. Do not touch the black flow knob (above the tube on the front of the unit.) When the unit is first turned on, it will sound a prolonged "beep." This is normal. If this beeping persists during its operation, and/or the unit's warning lights do not turn off, please make sure that you have it plugged into a working electrical outlet. If you have, and the beeping persists, please call Airheads to help troubleshoot the problem.

If you have any questions, please do not hesitate to give us a call Toll-free in the U.S. and Canada 1.888.622.7662 or at +1.561.637.0290 international.