VEDANA™

OASIS FOR PERSONAL CARE™

User Guide
of control panel

Table of contents

Main characteristics

SIMPLICITY AND EASE OF USE
The MiaPlus™ control panel is very easy to use. Simply push the ◀ and ▶ **Menu** keys to navigate through the main functions and the ▲ and ▼ arrows to select your options.
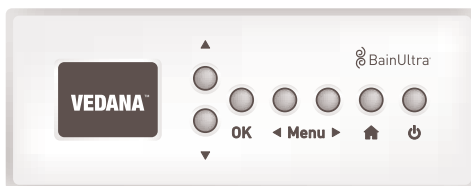
SHARP, CLEAR SCREEN FROM ANY ANGLE
The new MiaPlus screen is equipped with the latest Organic LED technology, which produces a sharp, clear function and option display from anywhere, regardless of your angle or of light conditions.

MAIN FUNCTIONS
The functions and options of the MiaPlus let you fully customize your Vedana™:

→   Change temperature of Thermotherapy
→   Select duration of each treatment independently
→   Activate Sound Therapy™ system (MP3 player)
→   Choose color of light (chromatherapy)
→   Activate Light Therapy™ system
→   Activate aromatherapy system
→   Select a BainUltra® preprogrammed session
→   Personalize session settings for 4 different users
→   Lock controls when Vedana is not in use
→   Change screen contrast
→   Choose language
→   Activate/deactivate audio welcome message

Keys and functions

START KEY
Press the ⏻ key to start the control system. Therapies will not begin until start key is pressed. Each therapy must be started individually.

OFF
Press the ⏻ key to stop all Vedana™ therapies and turn off the MiaPlus™ control panel.

HOME
Press this key to return to the beginning of the function setting cycle. The Vedana logo appears on screen by default.

ARROWS
Press either of these keys to navigate the options of each function.

Press the ▲ key to go up.

Press the ▼ key to go down.

OK
Press this key to accept the selected options and settings.

◄ Menu ►
Press either of these keys to navigate the main menu of the MiaPlus control panel.

To go to the next function, press the **Menu ►** key. Functions are displayed in the following order:

1 Vedana logo
2 Thermotherapy® (activate)
3 Thermotherapy (settings while activated)
4 Duration (Thermotherapy)
5 Sound (MP3 player)
6 Duration (sound)
7 Chroma (chromatherapy)
8 Duration (chroma)
9 Light (Light Therapy™)
10 Duration (light)
11 Aroma (aromatherapy)
12 Intensity (aroma)
13 Duration (aroma)
14 Preprogrammed sessions (experience)
15 Users
16 Save (custom)
17 Lock
18 Contrast (screen contrast)
19 Language
20 Home (audio message)
21 Contact us

Press the ◄ or ► arrow keys to navigate the functions.

Thermotherapy

This function lets you activate your Thermotherapy. Select `Activate` (press **OK**), and the `Comfort` option will appear. This allows you to set the desired temperature inside your Vedana.

TO INCREASE TEMPERATURE
Press `Activate`. When you reach the desired temperature, press `Comfort`.

TO REDUCE TEMPERATURE
Press `Deactivate`. The Vedana does not have a cooling function, so the temperature decrease depends on your Vedana space insulation. When you reach the desired temperature, press `Activate` and then `Comfort`, and the temperature will remain steady.

Duration (Thermotherapy)

This function allows you to program the Thermotherapy time from `5` to `45 minutes`.

To select the time, you must first activate the Thermotherapy function. Then press the ▶ **Menu** key until the `Duration` function appears.

Use the ▲ and ▼ arrows to select the desired time.

Pressing **OK** is optional.

Use the ◀ **Menu** ▶ arrows or the 🏠 key to return to the main Vedana screen.

Sound

This function provides access to Sound Therapy™ and Euphonia™ system controls. Select the `Sound` function by pressing the arrow keys until the `Sound` function appears.

TEN OPTIONS ARE AVAILABLE:

→ `Stop`
→ `Play/Pause`
→ `Next`
→ `Previous`
→ `Volume`
→ `Playlist`
→ `Mode`
→ `Source`
→ `Equalizer`
→ `Speakers`

Use the ▲ and ▼ keys to select these options.

Stop

Press `Stop` to turn off the system.

Play

To listen to music, select `Play`. Press `Play/Pause`. The musical selection will begin with the last song heard in the previous session. Press `Play/Pause` again to pause the music.

Next/Previous

These keys let you change songs from within a selected `Playlist`.

Volume

To change the volume of your MP3 player, select Volume in the Sound menu by pressing **OK**. Press ◀ to return to the Sound menu.

Playlist

This menu lets you select from the MP3 player's preprogrammed musical files. Select Playlist in the Sound menu. Press **OK**.

TWO OPTIONS ARE AVAILABLE IN THE SOURCE MENU:
- → Songs preselected by BainUltra® named BU List
- → Your personal selection as identified on your SD card named Pers List

Select All using the arrows to listen to songs in the programmed order. Press **OK**. Select the desired file using the arrows to listen to preprogrammed musical content only. Press **OK**. To return to the Sound menu, press ◀ .

Mode

THIS MENU LETS YOU LISTEN TO MUSIC IN THREE MODES:
- → Shuffie
- → Repeat
- → Continual

Select Continual to hear every song in the file in order. Press **OK**. Select Shuffie to hear the songs in the selected file in Shuffie (no particular) order. Press **OK**. Select Repeat to listen to the same song continuously. Press **OK**. Press ◀ to return to the Sound menu or to go to the File menu.

SOURCE

This menu lets you select an audio source. The default audio source is the BU List (musical selection by BainUltra®). You can use an SD card to listen to your own musical selections. However, you can connect the MP3 player to an auxiliary source, such as a multipiece sound system or some other source. Select Source in the Sound menu using the arrows. Press **OK**.

THREE OPTIONS ARE AVAILABLE:

→ BU LIST
→ PERS LIST
→ EXTERNAL

Use the arrows to select BU LIST, PERS LIST or EXTERNAL, then press **OK**. Press ◀ to return to the Sound menu.

Speakers
....

This menu lets you activate or deactivate the audio player speakers. Select Speakers in the Sound menu using the arrows. Press **OK**. The Vedana™ speakers are activated by default.

YOU HAVE TWO OPTIONS:

→ Activate
→ Deactivate

Select Activate to listen to music through the speakers. Press **OK**. Press **OK**. Press ◀ to return to the Sound menu.

Equalizer

This menu lets you adapt the sound to the type of music being played. Various options are available. Use the keys to select the type of sound you want. Press **OK**. Press the **OK** key to return to the Sound function menu.

Duration (Sound Therapy™)

You can adjust the duration from 5 to 45 minutes or select Continual mode.

Chroma (color)

This function uses color to provide increased comfort to body and soul.

To use the Chroma function, press the ▶ key on the menu until the Chroma function appears on the screen.

THE CHROMA FUNCTION FEATURES 9 OPTIONS:

→ Deactivate – Deactivates the chromatherapy function.

→ Violet – Immunizing and relaxing. Boosts the immune system, detoxifies the body, and reduces stress.

→ Blue – Soothing and relaxing. Reduces arterial pressure and hyperactivity and soothes the soul.

→ Green – Provides calm and balance. Relaxes the entire body and stabilizes emotions.

→ Yellow – Digestion and creativity. Helps digestion and regularity and calms brain activity.

→ Orange – Healing and pain relief. Boosts respiratory system and soothes aching muscles.

→ Red – Stimulating and exciting. Activates circulation and wakes up the senses.

→ Scan – Fades from one color to the next.

→ Pause – Pauses colors as they fade in Scan mode.

Deactivate

To turn off the Chroma function, select Deactivate. Press **OK**. Use the ◀ **Menu** ▶ arrows or 🏠 key to return to the main Vedana™ screen.

CHOOSING A COLOR

Choose the desired color using the ▲ and ▼ arrows. Use the ◀ **Menu** ▶ arrows or the 🏠 key to return to the main Vedana screen.

Scan

SELECTING SCAN

Select the Scan option using the ▲ and ▼ arrows.

PAUSING A COLOR

To pause a color when chromatherapy is in Scan mode, select Pause. Use the ◀ **Menu** ▶ arrows or the 🏠 key to return to the main Vedana screen.

Duration (color)

You can adjust the duration from 5 to 45 minutes or select Continual mode.

Light

Turn on the Light Therapy™ module by selecting Activate. To turn it off, simply press Deactivate. Select the desired option using the ▲ or ▼ arrows. Use the ◀ **Menu** ▶ arrows or the 🏠 key to return to the main Vedana screen.

DURATION

You can fix the duration of Light Therapy module from 5 to 45 minutes. This menu appears only when the Light Therapy is activated.

Aroma

Turn on the aromatherapy module by selecting `Activate`. To turn it off, simply press `Deactivate`.

DURATION
You can adjust the duration of aromatherapy from `5` to `45 minutes`.

INTENSITY
`Intensity 1`: low

`Intensity 2`: medium

`Intensity 3`: high

Preprogrammed sessions

SELECT ONE OF THE FOLLOWING TWO PREPROGRAMMED SESSIONS:
→ `Echo`
→ `Vivere`

When the session is selected, everything is ready and all you have to do is simply adjust the volume. The screen will display the name of the selected session. `Vivere` takes you on an inner voyage to recharge your batteries while `Echo` leads you to a state of total abandon and contemplation. The sessions last 30 minutes, and you can choose between `Play`, `Pause`, or `Stop` options.

Users

To select the personalized function, press the ▶ **Menu** key until the `Users` function appears.

FOUR OPTIONS ARE AVAILABLE:
→ `User 1`, `2`, `3`, `4` – Save each user's preferences.

Using the ▲ or ▼ arrows, select desired personalized settings.

To configure choices, see Save. Press OK to validate your choice. Use the arrows ◀ **Menu** ▶ or the ⌂ key to return to the main Vedana™ screen.

Save

The Vedana control system lets you save up to four personalized presets. This Save function lets you conveniently preselect settings adapted to various users or purposes.

Simply set the functions and options according to your tastes and save them under User 1, User 2, etc. These personalized settings will stay saved until modified.

SELECT A USER AND SAVE PERSONALIZED SETTINGS

Press the ▶ key on the **Menu** until the Save function appears. Use the ▲ or ▼ arrows to select a user number. Press OK. Use the ◀ **Menu** ▶ arrows or the ⌂ key to return to the main Vedana screen. Repeat these steps for each user.

Lock

This function lets you lock the control system in order to prevent the Vedana from starting unexpectedly or accidentally. It is also a child safety device, as it prevents children from starting the Vedana by pressing the ⏻ key.

To activate the Lock function, press the ▶ **Menu** key until the Lock function appears. Using the ▲ or ▼ arrows, select the Activate option. Press OK to validate your choice. When you stop the Vedana, the Lock function locks the ⏻ key, making it impossible to restart the system.

To restart the system when the Lock function is

activated, press the ⏻ key. `Lock` is displayed. Press **OK**.

To deactivate the `Lock` function, press the ▶ **Menu** key until the `Lock` function appears. Use the ▲ or ▼ arrows to select the `Deactivate` option. Press **OK**.

Contrast

This function controls the brightness of the control system display screen. No matter which setting you select, the screen is always clear and easy to read from any angle, regardless of the lighting conditions of the room where your Vedana™ is installed.

NOTE: The screen automatically dims after 2 minutes.

To set the display screen contrast, press the ◀ or ▶ **Menu** key until the `Contrast` function appears.

NOTE: Use the ◀ key to access this function more quickly when you start the Vedana.

Press ▲ or ▼ until the desired percentage (%) of contrast is displayed. Press **OK** to validate your choice. Use the ◀ **Menu** ▶ arrows or the 🏠 key to return to the main Vedana screen.

Language

The Vedana control system lets you select one of the following three display languages:

→ French

→ English

→ Spanish

NOTE: The factory-selected language is English.

To choose the display language, press the ◀ or ▶ **Menu** keys until the Language function appears.

NOTE: Use the ◀ key to access this function more quickly when you start the Vedana.

Press ▲ or ▼ to select your desired language. Press **OK**. Use the ◀ **Menu** ▶ arrows or the 🏠 key to return to the main Vedana screen.

Contact us

Feel free to contact BainUltra® for any information you may need to take full advantage of your Vedana™, your Oasis for personal care™.

Simply call the following number: 1 800 463-2187.

Important: please take note of our safety advice in Vedana Owner's Manual.

Welcome to your innerself!

BainUltra®

The quest for your wellness™

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