

FOREST AIR

HOME USER MANUAL

CLICK ON CONTENTS FOR FAST SEARCH:

1. Introduction
2. How Forest Air Works
3. Who Can It Help?
4. The Health Benefits
5. Possible Detox Reactions
6. General Precautions
7. Set-Up
8. Coherent Breathing
9. Post-Session Care
10. Daily Use of Forest Air Home
11. Energizing Your Water
12. General Maintenance
13. Storing the Device
14. Warranty: Our Promise To You
15. Ordering Parts and Accessories
16. Technical Specifications
17. CE Declaration & Conformity
18. Contact Information

1. Introduction:

Welcome to Your FOREST AIR HOME

The quality of the air we breathe has a profound impact on our physical and mental well-being. The Forest Air Home is designed to deliver an enhanced breathing experience—providing oxygen that is more bioavailable for your cells to use.

In today's world, we often lack access to environments that truly support cellular health. The Forest Air Home offers a simple, science-backed way to reconnect with the kind of air that supports deep restoration. In just 30 minutes, you can experience the equivalent of hours spent in nature—right from your home, office, or wellness space.

This manual will guide you through the setup and use of your Forest Air Home device, helping you integrate it easily into your daily routine.

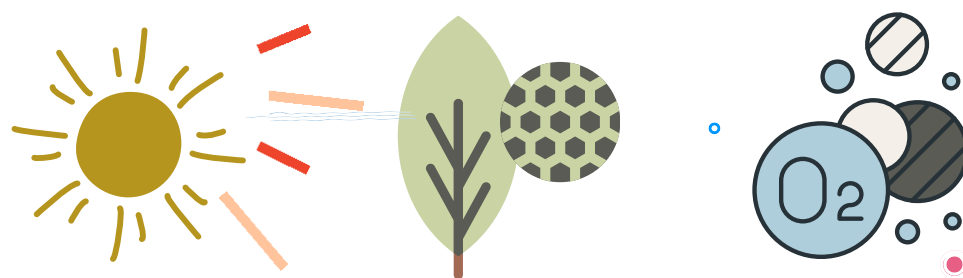
We're honored to support you on your path to better health with Forest Air.



2. How the Device Works

Our devices replicate a vital process found in photosynthesis, restoring high-energy breathable air, even in polluted or indoor environments. Unlike conventional oxygen therapies that focus only on increasing oxygen levels, Forest Air devices prioritize the quality of the oxygen you breathe.

In nature, when plants absorb excess sunlight, they transfer this energy to oxygen molecules. During this process, life-giving photons (red light particles) are released, creating energized air that supports our health and well-being.



Our technology mimics this natural process by using a photosensitizer as a catalyst and a special light system that emits specific wavelengths. This combination revitalizes the surrounding oxygen, making it more bioavailable and beneficial to breathe.

For more information and to gain a deeper understanding of how our technology works, please don't hesitate to contact us. Since its invention in 1987, this technology has been extensively studied, with numerous research papers and reports from thousands of people worldwide highlighting its remarkable benefits. Also refer to the science overview.

3. Who Can It Help?

CHRONIC ILLNESSES:

Particularly for those with respiratory conditions like COPD or asthma. The Forest Air Home enhances lung function, improves oxygen uptake, and makes breathing easier and more effective.

INDIVIDUALS WITH SLEEP ISSUES:

Activated oxygen promotes relaxation and supports better sleep, making it ideal for those with insomnia, sleep apnea, or other sleep disorders.

ATHLETES AND PHYSICAL RECOVERY:

By enhancing oxygen delivery and reducing lactic acid buildup, the Forest Air Home aids in performance and recovery, making it a valuable tool for athletes.

COPORATE WELLNESS PROGRAMS:

Companies looking to promote health and well-being among their employees will find the Forest Air Devices an excellent addition to their wellness initiatives (we recommend the Forest Air Pro for this purpose).

WELLNESS PROFESSIONALS:

From holistic therapists to wellness centers, the Forest Air Home is a powerful tool for enhancing client care and therapeutic outcomes. It can be used in conjunction with other modalities or as a standalone device, supporting overall health and vitality (we recommend the Forest Air Pro for this purpose).

PEOPLE IN ENVIRONMENTS WITH POLLUTION:

The Forest Air Home supports detoxification and helps clear mucus, making it particularly beneficial for those living in polluted urban environments.

4. The Health Benefits

ENHANCED CELLULAR ENERGY:

Activated oxygen boosts mitochondrial function, increasing ATP production and cellular energy.

ANTI-INFLAMMATORY EFFECTS:

Reduces inflammation, aiding in recovery and reducing pain.

IMPROVED RESPIRATORY HEALTH:

Enhances lung function, particularly beneficial for individuals with COPD or asthma.

BETTER CIRCULATION:

Improves blood flow, supporting cardiovascular health.

SKIN HEALTH:

Promotes cellular rejuvenation, leading to a healthier complexion.

STRESS REDUCTION:

Helps the body achieve a parasympathetic state by improving Heart-Rate Variability (HRV) and promoting healing.

ENHANCED IMMUNE FUNCTION:

Supports the immune system by improving oxygen levels and reducing oxidative stress.

BETTER SLEEP:

Assists those with sleep disorders in achieving deeper, more restful sleep.

5. Possible Detox Reactions:

LIGHT HEADEDNESS:

As your body adjusts to increased oxygen absorption, you may feel a bit light-headed. This is temporary and usually subsides quickly.

INCREASED MUCOUS PRODUCTION:

Your respiratory system may begin to clear out accumulated mucus, leading to a runny nose or phlegm. This is a positive sign that your body is detoxifying.

MILD HEADACHES:

Some users experience mild headaches as their body's detoxification system activates. Ensure you are well-hydrated and consider reducing session length if needed.

SKIN REACTIONS:

The elimination of toxins through the skin can result in minor irritations or breakouts. These are usually short-lived and will pass as your body adjusts.

DIGESTIVE CHANGES:

You may notice changes in your digestion, such as increased bowel movements or mild nausea, as your body processes and eliminates toxins.

TEMPORARY WORSENING OF SYMPTOMS:

Some people may notice their existing symptoms intensify before they improve. This is a natural part of the body's healing process. These symptoms are generally mild and short-lived.

6. General Precautions

Your safety and comfort are our top priorities. While the Forest Air Home is designed to be gentle and nurturing, there are a few considerations to keep in mind:

GENERAL SAFETY:

The Forest Air Home is safe for people of all ages. However, it's important to listen to your body, especially if you're new to using the device. Begin with shorter sessions to gauge how your body responds. You can end the session at any time if necessary.

PREGNANCY:

If you are pregnant, please consult your healthcare provider before using the Forest Air Home, particularly when it comes to using essential oils. While we have received positive feedback from pregnant women who have used the device, we understand the importance of caution.

MEDICATIONS:

It is recommended to use the device a few hours after taking chemical medications. These medications can influence brain chemistry in unnatural ways that may interfere with the device's natural rhythm restoration process, potentially reducing their effects. Any reduction in medication should only be done under the guidance of a trusted medical professional.

7. Set up

Place the device on a stable, flat surface in a calm, comfortable area with space for air circulation. Avoid glass surfaces or use a soft barrier like a towel to minimize vibrations.

UNBOX CAREFULLY:

Remove components gently and keep the packaging for future storage.

Cannula attachment:

Attach the cannula to the nozzle.

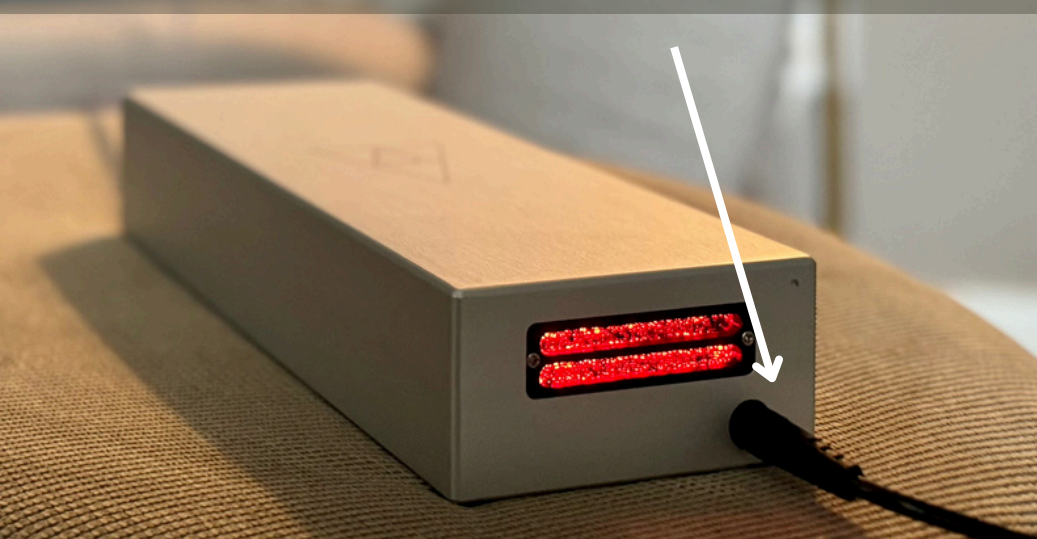
POWER ON:

Connect the power supply and press the red button to turn the device on.

FOR NEW CANNULAS: Allow the device to run for 1-2 minutes before using it. This will allow old air from the cannula to pass, which will allow for a more pleasant experience.

WARNING: Please allow the device to cool down for one hour after using it for an hour before using it again.

Connect the power supply
to the back of the device



Press the power button



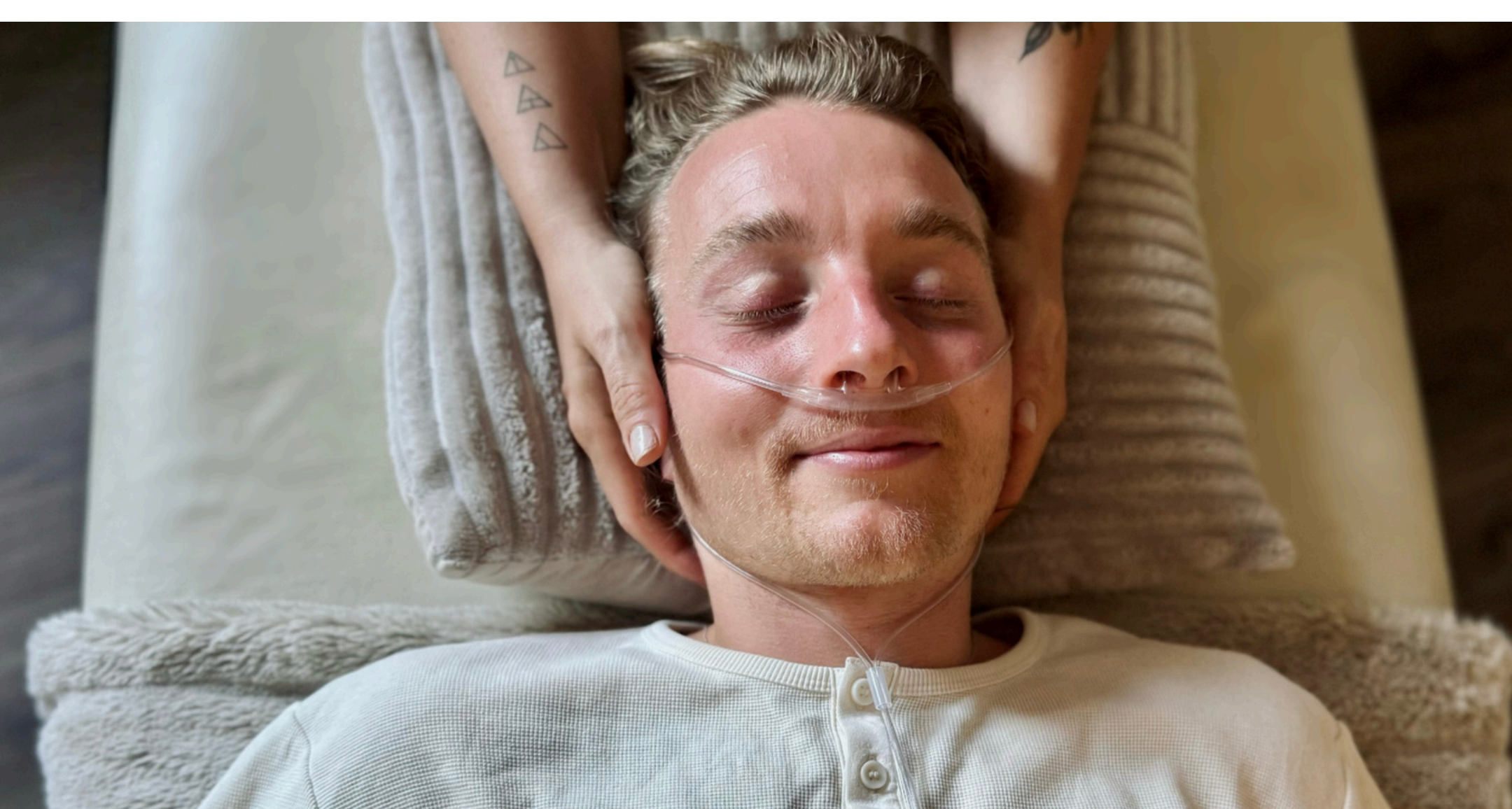
8. Coherent Breathing

For an even more profound experience and better results, consider incorporating breathing exercises, such as coherent breathing.

Coherent breathing involves inhaling and exhaling slowly and evenly through the nose, typically with a 5-second inhale and a 5-second exhale. This practice can further intensify the effects of the Forest Air Pro, enhancing your relaxation and rejuvenation.

Coherent breathing is also known to improve Heart Rate Variability (HRV), a key indicator of the body's ability to adapt to stress. By promoting heart-brain coherence, where the heart and brain operate in harmony, this breathing technique supports overall well-being and emotional balance.

This breathing exercise is not required to experience the benefits of your Forest Air, but we have received positive feedback on combining both for enhanced effects.



9. Post Session Care

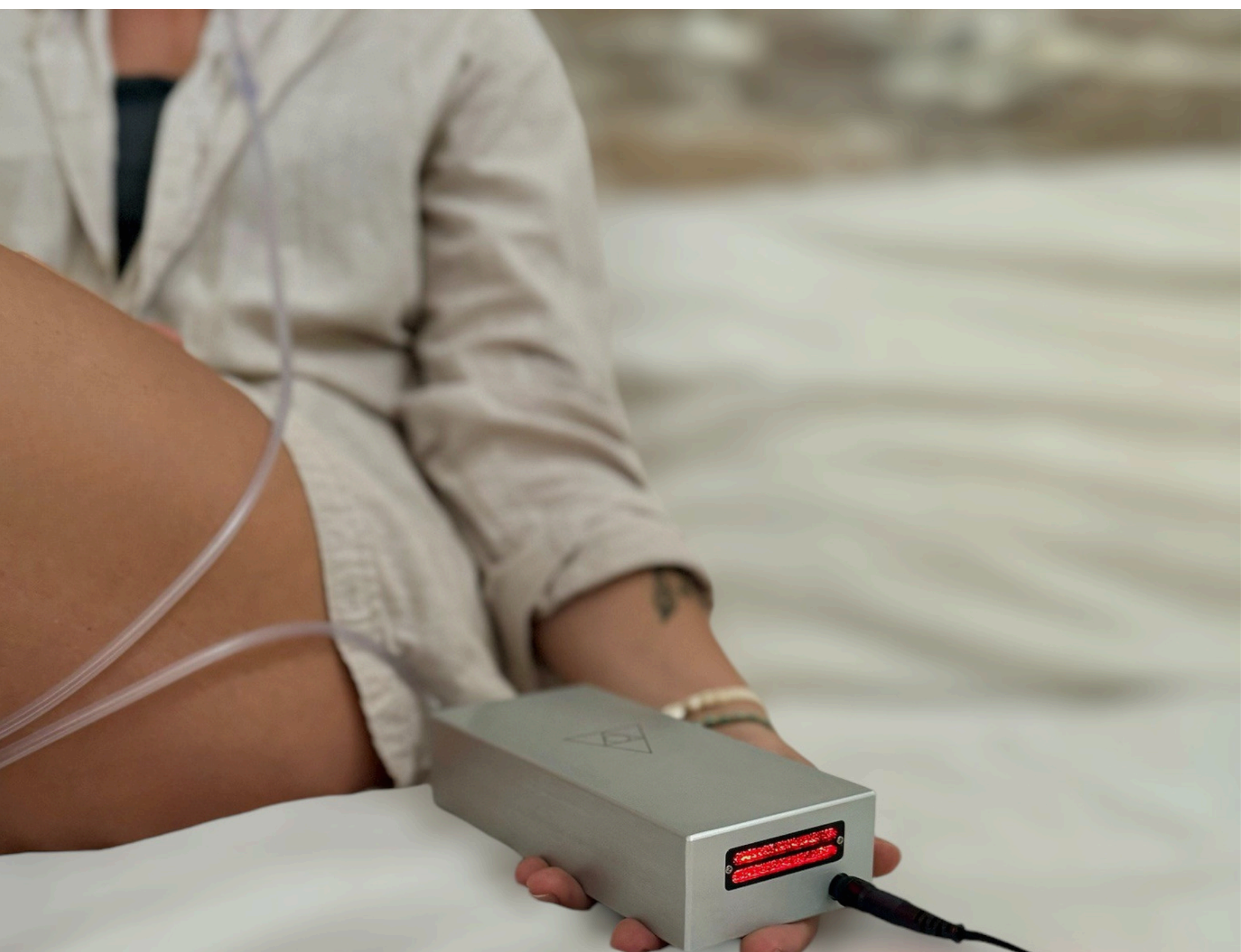
IF HAVING THE SESSION FOR PERSONAL USE:

No need to disconnect the cannulas; they can remain plugged into the machine for your next session.

IF HAVING THE SESSION IN YOUR PRACTICE:

After each session, store the cannulas in a clean, designated area until the next use. Be sure to label each cannula with the client's name to ensure proper hygiene and personalized care for their next session.

WARNING: Please allow the device to cool down for one hour after using it for an hour before using it again.



10. Daily Use for Forest Air HOME

FOR HEALTH MAINTENANCE:

Aim for at least 30 minutes of daily use to support and maintain overall well-being. Regular sessions will help keep your body in balance and your energy levels stable.

FOR CHRONIC CONDITIONS:

For those dealing with chronic conditions, increase usage to 1 hour or more, up to three times a day. Consistent, extended sessions can be more effective in managing and alleviating symptoms.

FOR PROFESSIONAL USE:

Minimum 30 minutes per session, preferably 1 hour. Recommend 1-2 times per week, with 10-20 sessions for best results. (We recommend the Forest Air Pro for Professional use)

RECOMMEND TIME OF DAY:

Use the device when it best suits your needs—morning for energy or evening for relaxation. Your preferred timing may shift as your body adjusts.



11. Energizing Your Water

The Forest Air Home not only revitalizes the air but can also energize water, enhancing its vitality. Simply place the end of a cut cannula into a glass of water, and let the energized air infuse the water for about 10 minutes.

BENEFITS OF ENERGIZED WATER:

- **Improved Hydration:** Easier absorption, leading to better hydration and cellular function.
- **Enhanced Detoxification:** Supports natural detox processes, helping flush out toxins.
- **Boosted Vitality:** Can improve energy levels, digestion, and overall well-being.

ADDITIONAL USES:

- **Plants:** Promotes faster growth and healthier foliage.
- **Pets:** Users have reported benefits like reduced inflammation and quicker wound healing.

Cut off the end of a cannula and place it in the water



12. General Maintenance

DAILY CARE:

Wipe the device with a soft, dry cloth to remove dust and preserve its appearance.

USE ORIGINAL COMPONENTS:

Always use the original power supply and components. Contact us for replacements if needed.

CANNULA HYGIENE:

Each user should have their own cannula. Replace cannulas every three months or sooner if necessary, especially during respiratory infections.

FILTER CLEANING:

Once a month, remove and rinse the dust filter under warm water. Allow it to dry completely before reattaching. This helps maintain airflow and efficiency.

CHECK FOR WEAR AND TEAR:

Regularly inspect the power cord and connectors for damage. Contact us if any issues are noticed.

MAINTENANCE SERVICE:

Schedule a maintenance check every 5 years. Please contact your distributor for more information.

13. Storing the Device

When your Forest Air Home is not in use, proper storage is key to preserving its condition and extending its lifespan.

POWER DOWN:

Turn off and unplug the device before storing.

CLEAN BEFORE STORING IT:

Ensure the device and accessories are clean and dry to prevent moisture damage.

USE THE ORIGINAL PACKAGING:

Store in the original box to protect from dust and damage.

SAFE LOCATION:

Choose a dry, cool place away from sunlight and heat. Avoid wrapping the power cord around the device.

SHORT-TERM STORAGE:

Cover with a soft cloth if you plan to use it soon, to keep it dust-free.

14. Your Warranty

We believe in the quality and craftsmanship of the Forest Air Home, and we stand behind it with a comprehensive warranty. Each device is handcrafted with meticulous care, ensuring exceptional quality and reliability.

DURATION:

Your Forest Air Home is covered by a **two-year warranty** from the date of purchase.

COVERAGE

This warranty protects against defects in materials and workmanship. If any part of your device fails due to a manufacturing defect, we will repair or replace it free of charge.

EXCLUSIONS:

The warranty does not cover damage caused by misuse, neglect, or unauthorized modifications. It also does not cover normal wear and tear or consumable parts such as nasal cannulas and filters.

HOW TO MAKE A CLAIM:

To make a warranty claim, contact us with your proof of purchase and a description of the issue. We are committed to ensuring that your Forest Air Pro continues to serve you well.

15. Ordering Parts and Accessories

To keep your Forest Air Home in optimal condition, you may occasionally need replacement parts or accessories. Here's how to easily obtain what you need:

Nasal Cannulas:

Available in packs, made from high-quality, medical-grade materials free from harmful chemicals and latex. Replace every three months or as needed. We can help you find local suppliers for cost-effective options.



Filters and Maintenance Kits:

Maintain smooth operation with our replacement filters and cleaning tools. Contact us for more details.

16. Technical Specifications

The Forest Air Home is designed to operate continuously, ensuring that you can enjoy its benefits whenever you need them. It is also built for commercial use, meaning it is robust and reliable enough to run all day long.

Rated Voltage: 100-240V AC

Rated Frequency: 50/60Hz

Rated Voltage Adaptor: 12V DC

Power Consumption: 0,3 A

Rated Input Power: 1 A

Number of Catalysts: 2

Photosensitizer: Advanced light technology designed to enhance photon production and effectiveness

Operating Modes:

Single-user

17. CE Declaration & Conformity

SOE Health LTD

We declare under our sole responsibility that this product is in conformity with the following standards or standardised documents, in relation to electrical safety and electromagnetic compatibility 2004/108/EC.

Forest Air is a CE registered, wellness device.

Forest Air Home

EN60950:2000 EN55022:1998/A1:2000 CLASS B

EN61000-3-2:2000 EN6100-3-3:1995/A1:2001 EN50082-1:1997

Switching Power Adaptor

EN55022:2006

EN61000-3-2:2006 EN61000-3-3:1995+A1:2001+A2:2005

EN55024:1998+A1:2001+A2:2003

18. Contact Information

We want you to be completely satisfied with your Forest Air Pro. If you have any concerns or questions, don't hesitate to reach out—we're here to help.

WEBSITE:

www.forestairforeverywhere.com

PHONE, WHATSAPP & TELEGRAM:

+49 151 640 69522

EMAIL:

info@forestair.life