

VEDANA®
THERAPEUTIC CARE UNIT

User Guide
of control panel

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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 MiaPlus[®] screen is equipped with the 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[®]:

- › Select one of the BainUltra[®] pre-programmed experiences or sessions
- › Activate aromatherapy system
- › Activate thermotherapy and change temperature
- › Activate chromatherapy and select color
- › Activate Light Therapy[®] system
- › Personalize session settings for 4 different users
- › Lock controls when Vedana is not in use
- › Change screen contrast
- › Choose language


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 Experiences
 - ▶ Freedom
 - ▶ Harmony
 - ▶ Wonder
 - ▶ Love
- 3 Sessions
 - ▶ Vivere
 - ▶ Echo
- 4 Cares
 - ▶ Aroma
 - ▶ Thermo
 - ▶ Chroma
 - ▶ Lumino
- 5 Settings
 - ▶ Users
 - ▶ Lock
 - ▶ Contrast
 - ▶ Language
 - ▶ Reach us

Press the  or  arrow keys to navigate through the functions.



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

Preprogrammed experiences and sessions

SELECT ONE OF THE PREPROGRAMMED EXPERIENCES OR SESSIONS:

Freedom, Harmony, Wonder and Love experiences last 15 minutes, while Echo and Vivere sessions last 30 minutes. You can choose between Play, Pause, or Stop options.

When an experience or a session is selected, aromatherapy, thermotherapy, chromatherapy and Light Therapy® are activated. To activate sound therapy, you need to pair your Bluetooth enabled device (phone, tablet, etc.) to the Vedana and select the pre-recorded music we have available on our Website. You also have the possibility to listen to your own relaxing music.

The Vedana soundtracks can be downloaded from the bainultra.com/vedana page.

To view the graphic timeline of each individual experience and session, go to page 14 of this Guide.

TO PAIR YOUR DEVICE FOLLOW THESE STEPS

1. The Bluetooth Module inside the Vedana is called **in.stream 2**.
2. Open the Bluetooth settings on your device.
The location of the settings will depend on the device you are using.
3. Make sure Bluetooth is on.
4. Select “**in.stream 2**” in the list of discoverable Bluetooth devices detected nearby.
5. When prompted, enter : **5555** as the PIN Code

PIN Code = 5555

6. Once the pairing is done, select **in.stream 2** and when connected is displayed, the **in.stream 2** will be ready to start playing the selected music.

Start simultaneously the music on your device and the session or the experience on the Vedana Control selecting **Play**. To stop the session, select **Stop**. Once paired, you can enjoy your music even when your Vedana is off.

For more details, consult the **Vedana Owner's Manual**.

Aroma

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

INTENSITY

Intensity 1: low

Intensity 2: medium

Intensity 3: high

For more details on the Nebulizer/Essential Oils Diffuser, consult the **Vedana Owner's Manual** - 2019 Edition, p.22.

Thermo

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 the size of the room and the construction materials used to built the Vedana space. When you reach the desired temperature, press **Activate** and then **Comfort**, and the temperature will remain steady.

Chroma

This function activates the **chromatherapy** that uses color to provide increased comfort to body and soul.

To use the **Chroma** function, press the ► **Menu** key until the **Chroma** function appears on the screen.

THE CHROMA FUNCTION FEATURES 9 OPTIONS:

- › **Off** – Deactivates the chromatherapy function.
- › **Violet** – Detoxifying: Stimulates the immune system and reduces anxiety.
- › **Blue** – Relaxing: Reduces blood pressure and stress. Good for cramps and inflammation.
- › **Green** – Calming: Relaxes the entire body and stabilizes emotions.
- › **Yellow** – Fortifies: Aids in digestion and elimination. Increases brain activity.
- › **Orange** – Soothing: Stimulates the respiratory system and soothes muscles and joints.
- › **Red** – Energizing: Stimulates blood flow and wakes up the senses.
- › **Scan** – Fades from one color to the next.
- › **Pause** – Pauses colors as they fade in Scan mode.

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.

Chroma (cont'd)

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**.

Deactivate

To turn off the **Chroma** function, select **Off**.

Lumino

Turn on the **Light Therapy**[®] module by selecting **Activate**. To turn it off, simply press **Deactivate**. Select the desired option using the ▲ or ▼ arrows.

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.

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**. Repeat these steps for each user.



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

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.

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**.

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.

Reach 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 Oasis for Personal Care®!



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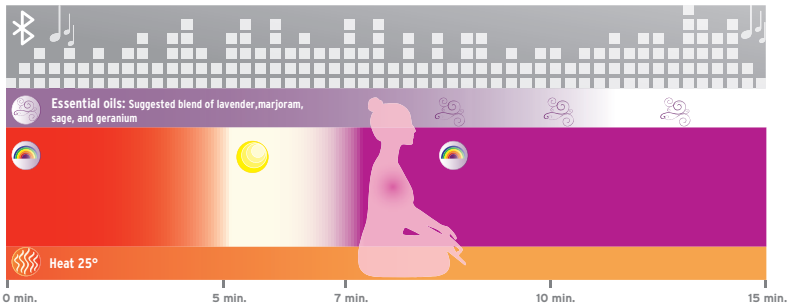
EXPERIENCES & SESSIONS

THERAPY TIMELINES

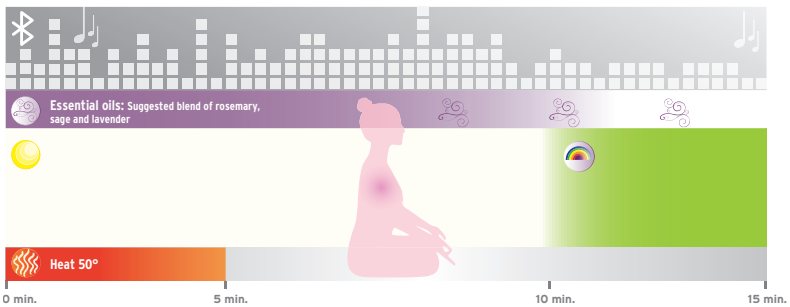
The following graphics outline the sequence for each therapy as they run through the chosen experience.

Experiences

Freedom



Harmony



THERMOTHERAPY



AROMATHERAPY



CHROMATHERAPY



LUMINOTHERAPY

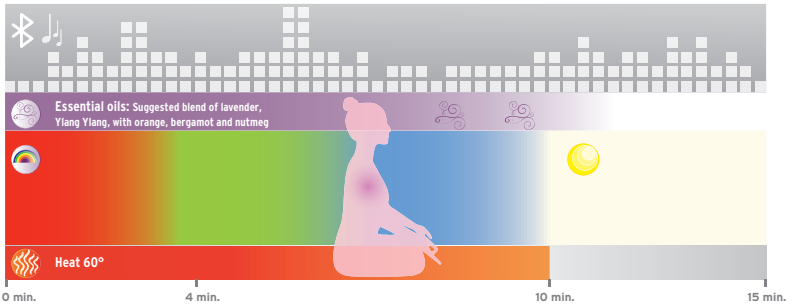


SOUND THERAPY

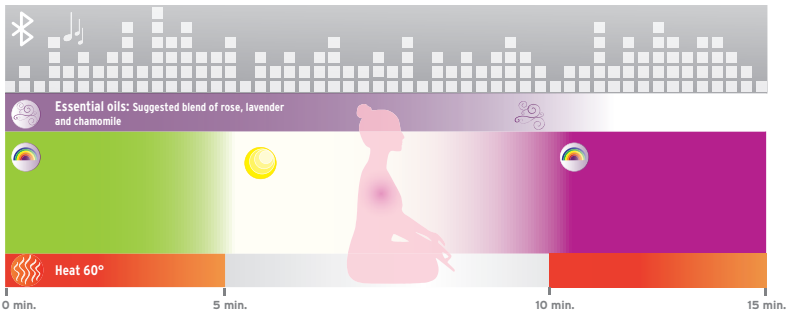
NOTE

The blend of essential oils are presented as suggestions only. Feel free to try them or create your own rejuvenating blend according to your inspiration and desired benefits.

Wonder



Love



THERMOTHERAPY



AROMATHERAPY



CHROMATHERAPY



LUMINOTHERAPY



SOUND THERAPY

EXPERIENCES & SESSIONS

THErapy TIMELINE

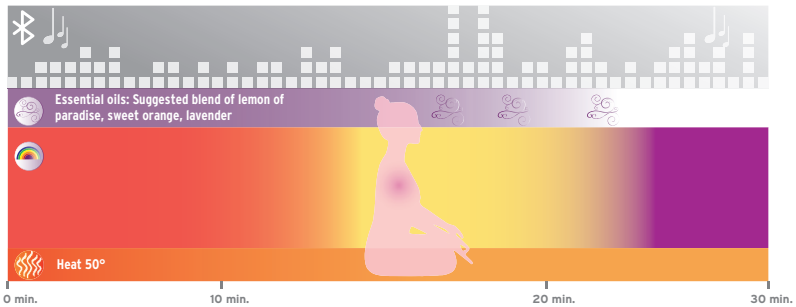
The following graphics outline the sequence for each therapy as they run through the chosen experience.

Sessions

Echo



Vivere



THERMOTHERAPY



AROMATHERAPY



CHROMATHERAPY



LUMINOTHERAPY



SOUND THERAPY

