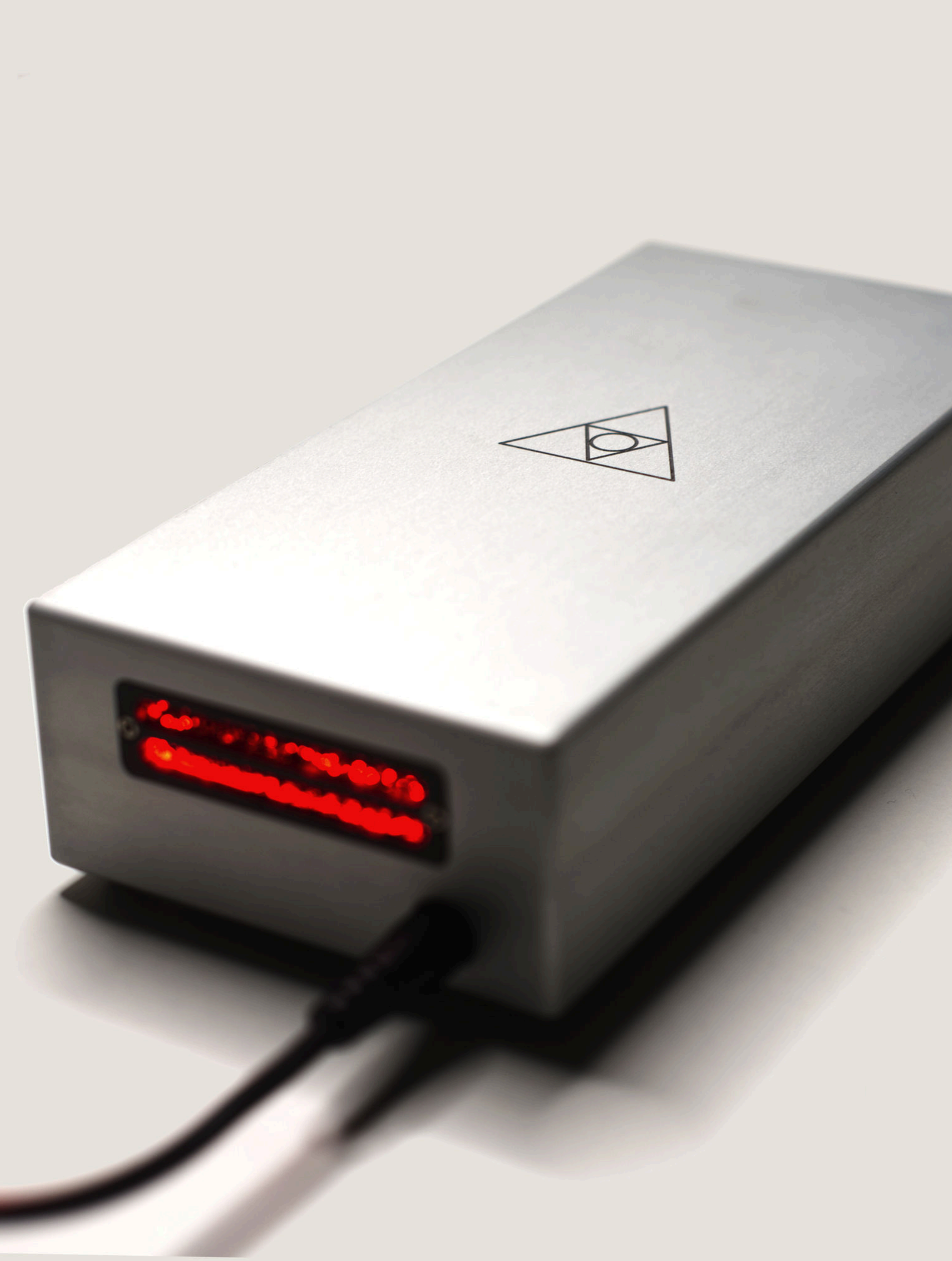

FOREST AIR
HOME USER MANUAL

Breathe Deep | Breathe Easy

Welcome to Using Your Forest Air Home

Forest Air is a wellness technology designed to enhance environmental and lifestyle well-being. It is not intended to diagnose, treat, cure, or prevent any disease. To see the setup and usage in action, watch our short video manual, simply click here →

Video Manuals

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1. Safety & Precautions

Your safety and comfort are our top priorities. Forest Air Home is safe for all ages when used responsibly. These simple guidelines will help you get the best experience from your sessions.

General Safety & Device Handling:

- Keep the device away from heat sources, open flames, and flammable materials.
- Do not open, alter, or modify the device.
- Disconnect the unit from power before cleaning or performing any maintenance.
- Avoid direct viewing into any light source inside the device.
- Use only the supplied or compatible cannula for personal air delivery.
- Do not connect the device to medical oxygen or any other gas sources.
- Replace the cannula regularly.
- Keep tubing and cables away from heat, sharp edges, or pets.
- Keep the device out of reach of small children and animals when not in use.
- Do not cover the air outlets or place objects on top of the unit.

Operating Conditions:

- Suitable for indoor or outdoor use in dry, well-ventilated areas.
- Avoid rain, moisture, or any contact with standing water.
- Do not use in direct sunlight or in environments above 35 °C / 95 °F.
- After approximately one hour of continuous use, allow the device to cool for about one hour, especially in warm environments.

Personal Use & Comfort:

- Begin with shorter sessions to allow yourself to become familiar with the experience.
- You may stop a session at any time if you feel the need.
- Ensure you are seated or lying comfortably during use.
- Use the cannula only as described and avoid pulling or bending it excessively.

Medications:

If you take prescription or chemical medications, consider leaving some time between taking them and using the device. Any changes to medication or concerns about interactions should always be discussed with a qualified healthcare professional.

Pregnancy:

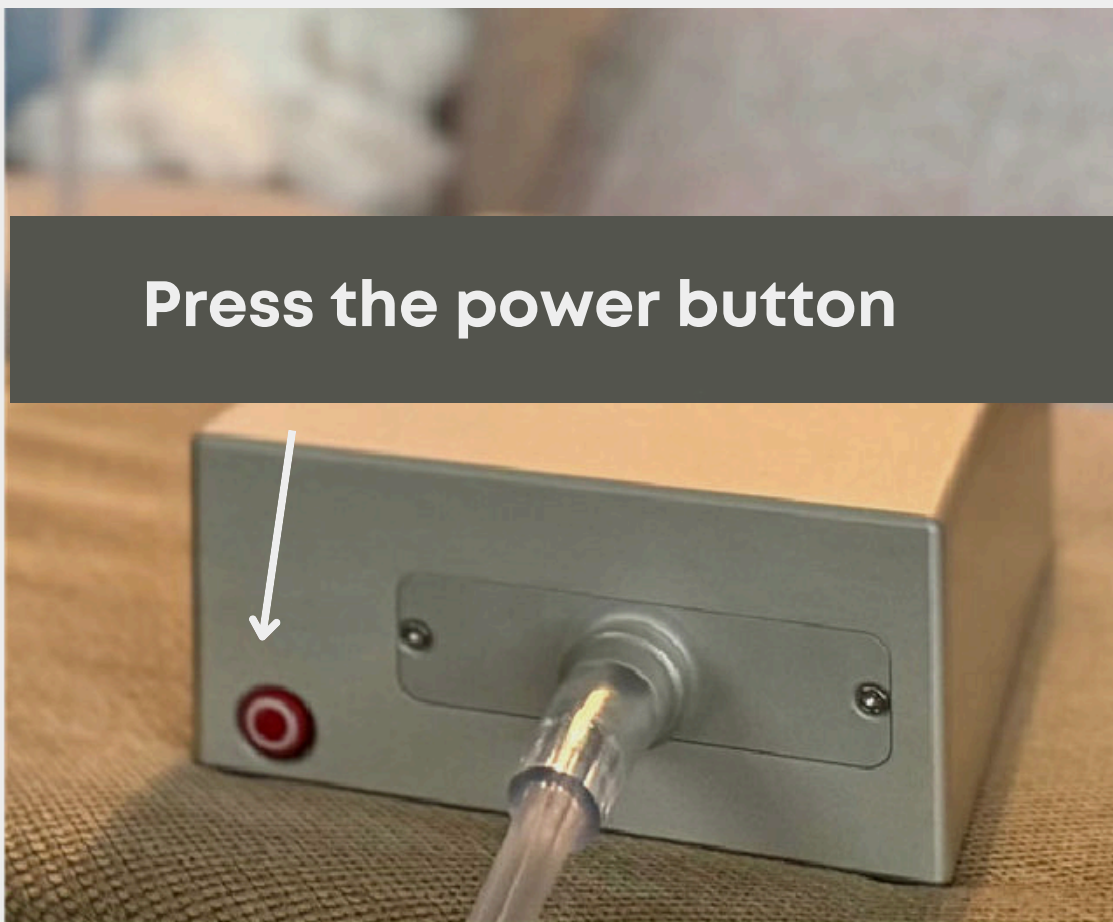
If you are pregnant, please consult your healthcare provider before using the device, particularly if you plan to combine your session with essential oils or other sensory elements. Some users enjoy Forest Air during pregnancy, but personal guidance is always recommended.

2. Set up

Setting up Forest Air Home is simple. Follow these steps before your first use:

1. **Unbox carefully:** Remove all components and save the packaging for future storage.
2. **Placement:** Set the device on a flat, stable surface with good air circulation. Avoid direct sunlight or heat sources.
    - If placing it on glass, use a towel underneath to minimize vibration.
3. **Connect power:** Insert the power supply into the back of the device.
4. **Attach the cannula:** Connect one end of the nasal cannula to the nozzle.
    - For new cannulas, allow the device to run for 1–2 minutes before starting your session to clear residual air.
5. **Power on:** Press the red button to begin generating activated oxygen.

! ***Important: After each 1-hour session, allow the device to cool for one hour before using it again.***



3.Daily Use

Personal Use:
Once your cannula is connected and you're seated comfortably, breathe naturally through your nose. You may leave the cannulas attached to the machine for your next session.

Professional or Shared Use:
If using Forest Air Home in a practice or shared space, provide each client with their own labeled cannula for hygiene. Store them in a clean, dry area between sessions.

Recommended Session Duration:

- **General well-being**: 30 minutes daily minimum
- **Professional sessions**: Minimum 30 minutes, ideally 1 hour, once or twice weekly. (For higher capacity, consider the Forest Air Pro.)
- **For longer sessions:** some users prefer up to 1 hour, depending on personal comfort.

Best Time of Day:
Use the device at a time that feels right for your rhythm — morning for focus and energy, or evening for deep relaxation.

4. Using Essential Oils

This Step is OPTIONAL.
Follow these simple steps to keep your device clean and functioning properly:

1. Turn on the Forest Air device first to ensure air is flowing outward.
2. Place a few drops of essential oil in the end of the cannula (never inside the device).
3. While the device is running, gently attach the cannula to the nozzles. This prevents oils from entering the device and protects internal components.

Important Notes

- Always use high-quality essential oils intended for aromatic or personal use.
- Some essential oils may not be suitable for children, sensitive individuals, or those with fragrance sensitivities.
- If you're unsure which oils to use, feel free to contact us for general guidance on safe options and reputable brands.

Please Remember

Forest Air does not diffuse essential oils directly and is not designed for therapeutic aromatherapy. The use of oils is purely optional and intended to enhance the sensory atmosphere of your session.

5. Coherent Breathing

To complement your session, you may choose to incorporate **coherent breathing** — a gentle, steady rhythm that many people find supportive for feeling more centered and relaxed.

How to Practice:

- **Inhale** through your nose for 5 seconds.
- **Exhale** through your mouth for 5 seconds.
- **Continue** at a comfortable pace, allowing your breath to naturally settle into a smooth rhythm.

Many users enjoy pairing this breathing pattern with Forest Air, as it can help create a calm and present atmosphere during the session.

6. After Your Session

When your session is complete, switch off the **power** on the device. Take a moment to pause, breathe, and notice how your body feels — calm, balanced, and more at ease.

After-Care & Storage

- Drink a glass of clean, energized water (avoid tap water) to support hydration.
- If used in a practice setting, label and store each client's cannula separately for next time.
- **Allow the device to cool for one hour before the next session**.
- Unplug the power cord and wipe the surface with a soft, dry cloth to remove dust or moisture.
- Check that cannulas are dry before storing.
- Keep your device in a cool, dry place away from sunlight and heat.
- For longer breaks, cover it with a soft cloth or use the original packaging to keep it dust-free.
- Avoid wrapping the power cord around the unit.

Proper after-care ensures each Forest Air session feels fresh and effortless, while helping your device perform at its best for years to come.

7. How to Energize Your Water

The Forest Air Home not only revitalizes your breathing air — it can also energize your water.

Some users enjoy using the device to create water with a lighter, fresher, or more vibrant sensory quality.

How to Energize Water

1. Cut the end of a cannula and place it into a glass or bottle of water.
2. Let the activated oxygen flow through the water for 10 minutes.
3. Remove the cannula and enjoy your energized water within an hour.

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

8. General Maintenance

Proper care helps maintain your device's performance and longevity.

Daily Care

- Wipe the surface with a soft, dry cloth to remove dust.
- Avoid harsh cleaners or moisture.

Filter Cleaning

- Once a month, remove the dust filter and rinse it under warm water.
- Allow it to dry completely before reattaching.

Cannula Hygiene

- Each user should have their own cannula.
- Replace cannulas every 3 months, or sooner if needed, especially during respiratory infections.

Component Check

- Regularly inspect the power cord and connectors for wear or damage.
- Always use original Forest Air components. Contact us if replacements are needed.

Maintenance Service

- Schedule a professional maintenance check every 5 years to ensure optimal operation.

9. Warranty

We believe in the quality and craftsmanship of every Forest Air Home and support your purchase with a **24-month statutory warranty**, starting from the date you receive the product. This warranty applies in accordance with applicable consumer protection laws and covers any material or manufacturing defects.

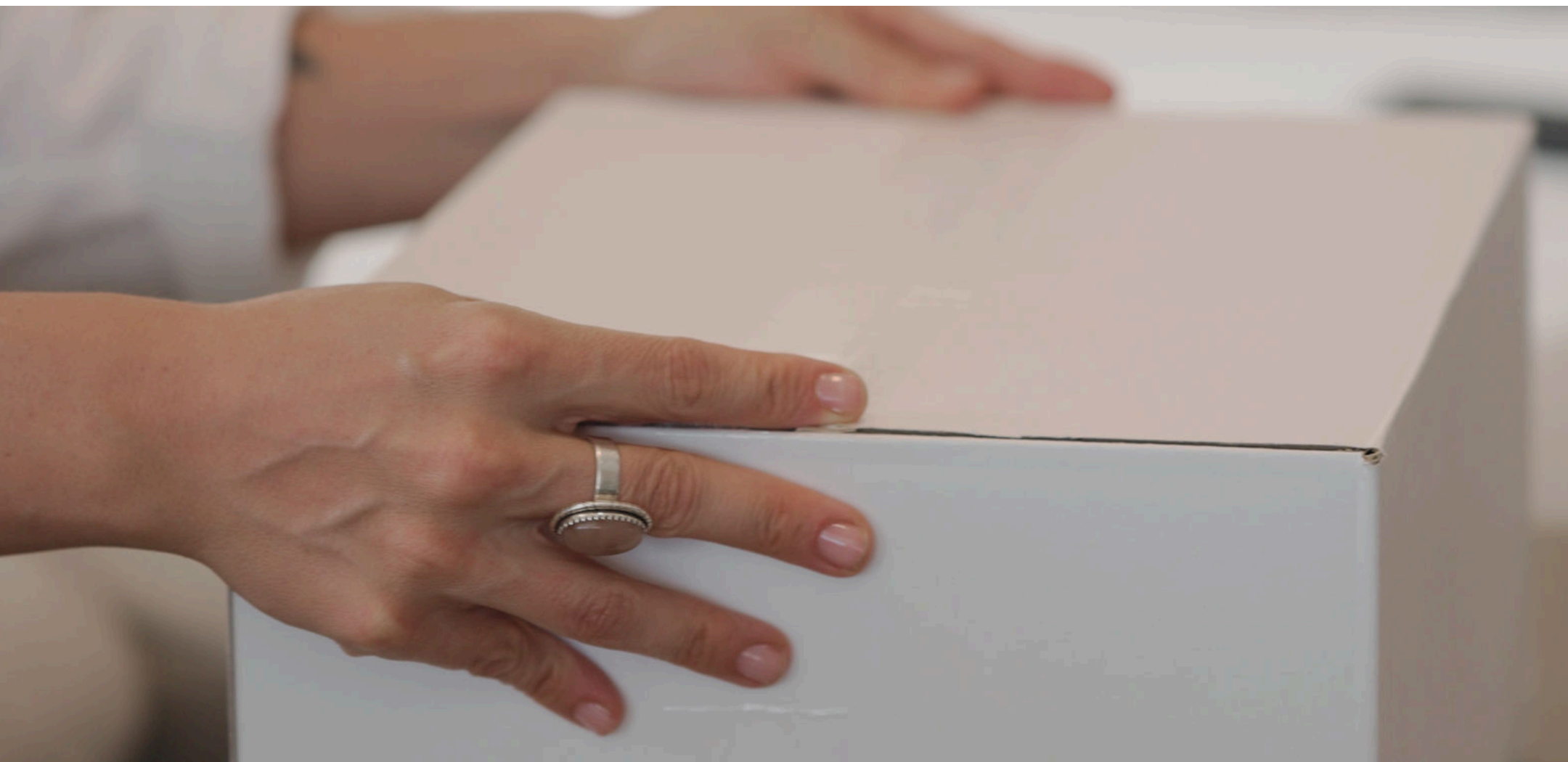
What's Covered:

- Manufacturing defects in materials or workmanship.
- Free repair or replacement for covered issues.

Not Covered:

- Damage from misuse, neglect, or unauthorized modification.
- Normal wear and tear (including cannulas and filters).

How to Make a Claim:
Contact us with your proof of purchase and a short description of the issue. We'll ensure your Forest Air continues to support you for years to come.



10. Ordering Parts

To keep your Forest Air Home performing at its best, replacement parts and accessories are available.

Nasal Cannulas:

- Medical-grade, latex-free. Replace every 3 months or as needed.
- We can help you find local or cost-effective options.

Filters & Maintenance Kits:

- Maintain airflow and cleanliness with genuine Forest Air parts.

To order, please reach out to us directly.

11.Technical Specifications & Certifications

Electrical Data

Rated voltage: 100–240 V AC
Rated frequency: 50/60 Hz
Rated adapter voltage: 12 V DC
Power consumption: 0.3 A
Rated input current: 1 A

Manufacturer

SOE Health Ltd
42D Derby Road, Beeston, Nottingham, NG9 2TG, United Kingdom

EU Authorized Representative

Dr. Sarah Johnston
Schulstraße 6, 54634 Metterich, Germany

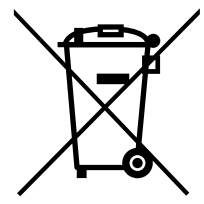
Compliance

This product complies with EU Directives 2014/30/EU (EMC), 2014/35/EU (LVD), 2011/65/EU (RoHS), and 2012/19/EU (WEEE).

It carries the CE mark. CE

Disposal

Dispose of this device in accordance with local electronic waste regulations.



12. Contact Info

For questions about maintenance, service, or repairs, please contact our support team at:

📧 **info@forestair.life**
🌐 **www.forestairforeverywhere.com**