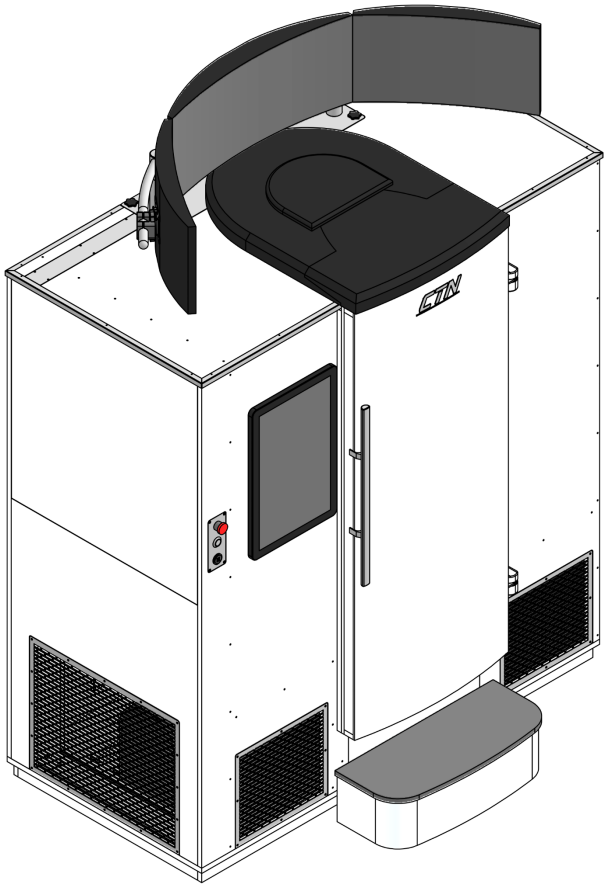
CTN.FI

RECOVERY TECHNOLOGIES

e°CABIN™

Electrically Powered Cryotherapy Cabin

User Manual



European Union
European Regional
Development Fund

Investing
in your future

EAS
Enterprise Estonia

TABLE OF CONTENTS

TABLE OF CONTENTS **2**

INTRODUCTION **3**

SAFETY PRECAUTIONS **4**

TECHNICAL INFORMATION **5**

DIMENSIONS, ELECTRICAL 5

EXTERNAL COMPONENTS 6

ASSEMBLY INSTRUCTIONS **7**

INSTRUCTIONS FOR USE **10**

TURNING ON THE CABIN 10

PRECOOLING CYCLE 11

DRYING CYCLE (OPTIONAL) 13

TREATMENT SESSION & SETTINGS 14

AFTER USAGE 18

ADDITIONAL SETTINGS AND FEATURES **19**

SYSTEM CLOCK 19

UNITS OF MEASUREMENT, LANGUAGES AND UPDATES 20

LIFT CALIBRATION 20

ONBOARD KEYBOARD 20

SET UP WI-FI 21

IO ADMINISTRATOR VIEW 21

USING YOUR MEDIA 22

CREATE NEW USER 23

TEAMVIEWER 23

MAINTENANCE INFORMATION **24**

MONTHLY USER MAINTENANCE 24

YEARLY MAINTENANCE (Professional support required. Please consult with the service and support team): 24

CONTACT AND SUPPORT **25**

ANNEX **26**

UNBOXING INSTRUCTIONS 26

INTRODUCTION

Thank you for choosing Cryotech Nordic! We sincerely appreciate your business and hope that you are satisfied with your purchase. Our team will gladly assist you in case you need support using or maintaining the e°Cabin.

The e°Cabin™ by Cryotech Nordic (CTN) is a revolutionary electrically powered recovery cabin built for both professional and home use. It has been designed and developed in Finland by experienced cryo engineers.

Please read this manual carefully before operating the e°Cabin. The manual consists of easy to follow step-by-step guides to help you safely set up and use the e°Cabin. This User Manual is an integral part of the product, please keep it within easy reach for reference purposes.

This user manual contains important safety information and instructions for the assembly, operation and maintenance of the e°Cabin, which must be taken into account. Non-compliance with the safety information and instructions can lead to danger for people, the environment, endanger the e°Cabin and its functions, and lead to the loss of claims for damages of any kind.

If the e°Cabin is subject to demolition, the product and its components must be disposed of in accordance with the environmental regulations.

Scan this QR code to access tutorial videos and download the latest e°Cabin user manual.

European Union
European Regional
Development Fund

Investing
in your future

EAS
Enterprise Estonia

SAFETY PRECAUTIONS

Symbols used in this manual:

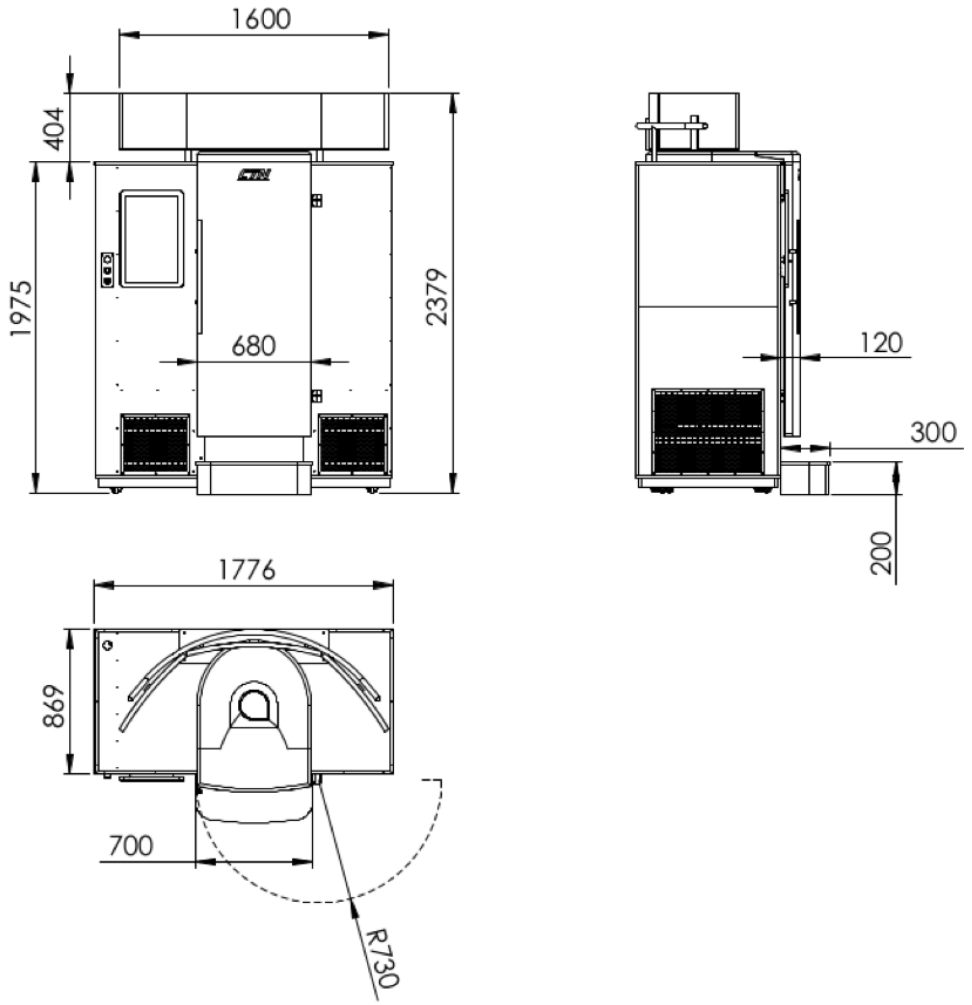
WARNING: Precautions that must be observed to prevent injuries or death.	**CAUTION:** Precautions that must be observed to prevent damage to the unit.

WARNING
Remove jewelry and/or other metal items from your body below the chin.
Wear warm and dry socks or shoes, gloves, underwear and a scarf/buff to protect sensitive body parts.
Do not use body creams, oils or other skin products before the session. Make sure to dry your body before the session if you are sweating.
Cryotherapy can cause various side effects (skin redness, irritation, numbness, frostnip etc., generally temporary). Use at your own risk.
Cryotherapy should be avoided if the patient has a high blood pressure, a heart disease, skin infections, cold allergies, metal implants, pacemakers or history of other illnesses, is pregnant or underage. Cryotherapy is known to decrease heart rate and increase blood pressure. Always consult a doctor and/or physician before cryotherapy and use the e°Cabin at your own risk.
Do not stand on the device.
Do not touch electrical components with wet hands.

CAUTION
Only use accessories and replacement parts authorized/provided by CTN. Contact the Support team for help and ask a qualified technician to fit the parts.
All electrical work should be performed by a qualified technician according to local regulations and instructions given in this manual.
The device must be powered by a dedicated power supply and the correct voltage and circuit breakers must be used.
The device should be positioned on a hard vertical surface that is capable of supporting its weight.
Only qualified personnel with proper refrigerant removal/ servicing equipment should handle the maintenance and disposal of the refrigerant components.
Periodical maintenance should be performed according to the Maintenance Information paragraph.

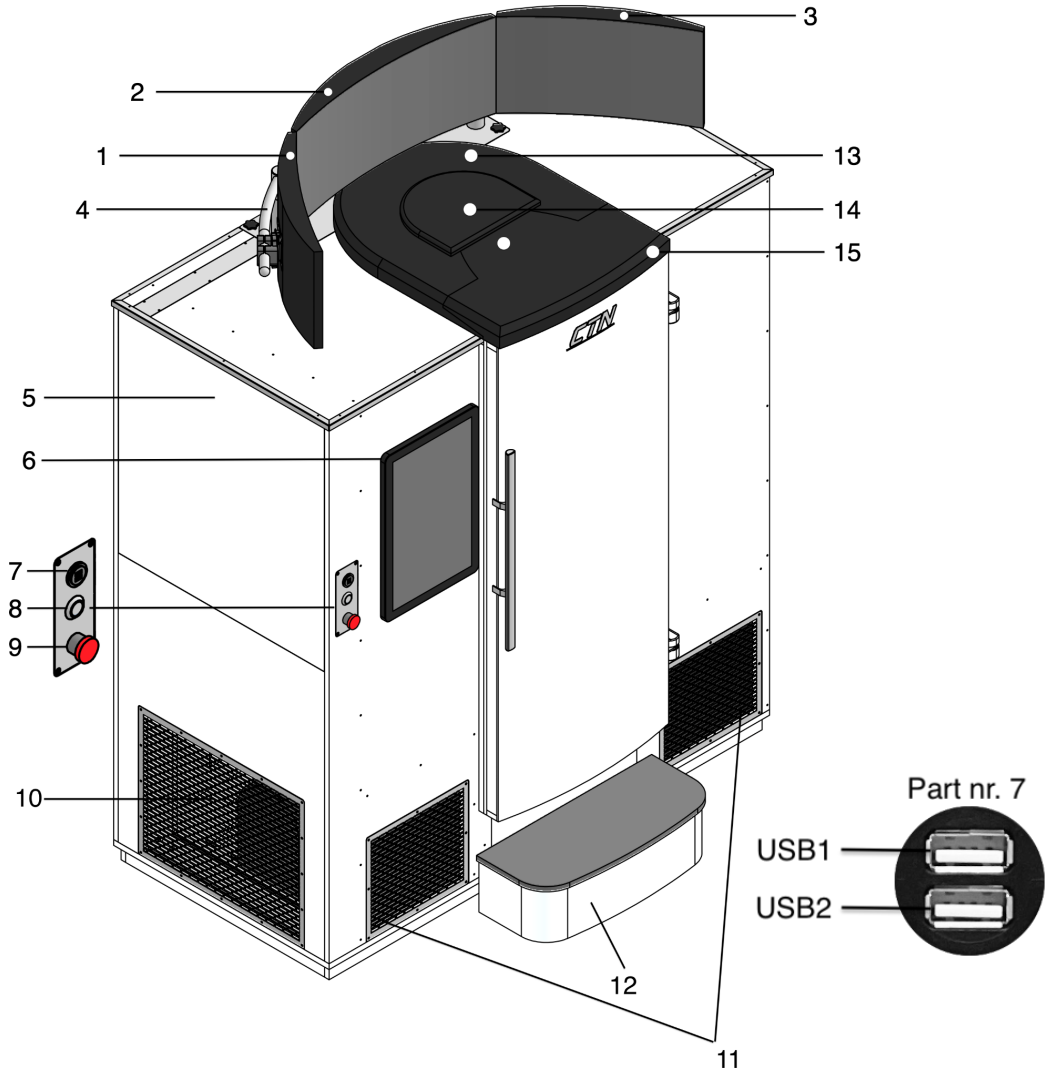
TECHNICAL INFORMATION

DIMENSIONS, ELECTRICAL



Dimensions (fully assembled, door open)	Length: 2076mm / 81.73″ Width: 1644mm / 64.72″ Height: 2379mm / 93.66″
Weight	700 kg / 1543 lbs
Power consumption	3,2 kW/ hr
Main voltage (single phase)	208-240V, ≥16A fuse
Mains frequency	50 / 60 Hz
User interface screen	24″ UHD touch screen
Media screens	2 x 27″; 1 x 34″
Generated operating temperature	-20°C – -40°C / -4°F – -40°F

EXTERNAL COMPONENTS

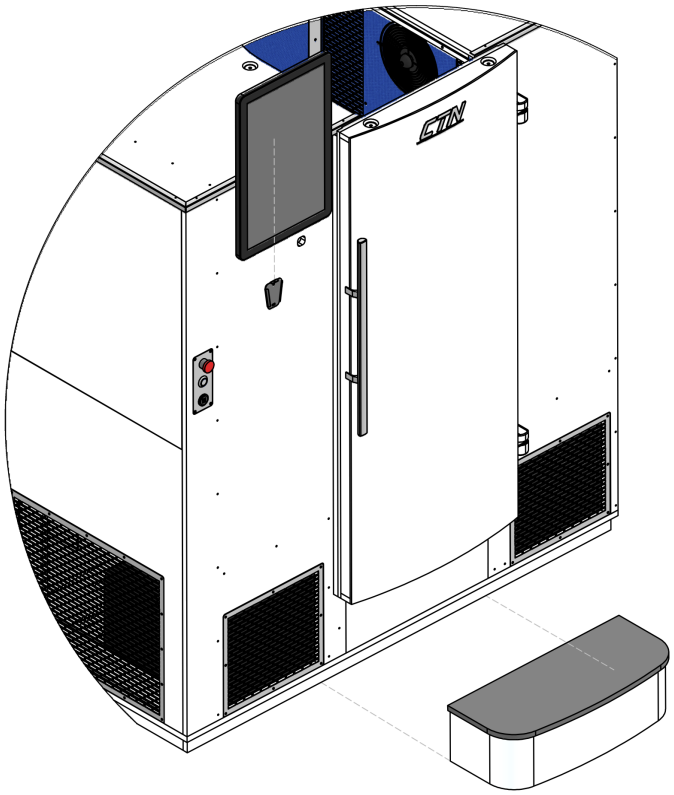


Part nr.	Part name	Part nr.	Part name
1	Monitor 1	9	Emergency switch
2	Monitor 2	10	Air vent cover+filter, side
3	Monitor 3	11	Air vent cover+filter, front
4	Monitor frame	12	Doorstep
5	Left side upper panel	13	Cabin cover
6	Main monitor	14	Head-opening cover
7	2x USB port	15	Door cover
8	On/Off button	15	

ASSEMBLY INSTRUCTIONS

Please follow the step-by-step instructions in this paragraph to complete the final assembly of the e°Cabin.

Step1. Carefully remove all of the packaging materials from the included items.

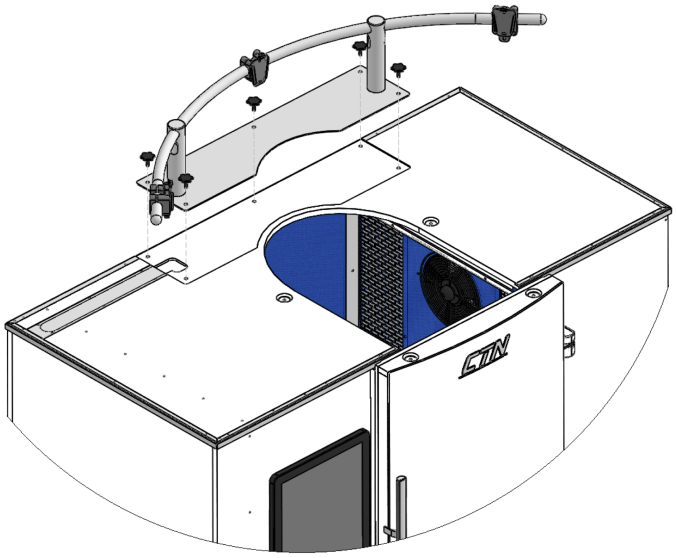


Step2. Slide the main monitor (part nr. 6) into its holder on the wall. Connect the 3 pre-installed cables (Display, USB and Power) to the monitor.

Step3. Place the doorstep (part nr. 12) to its position. It will be secured to its position by magnets.

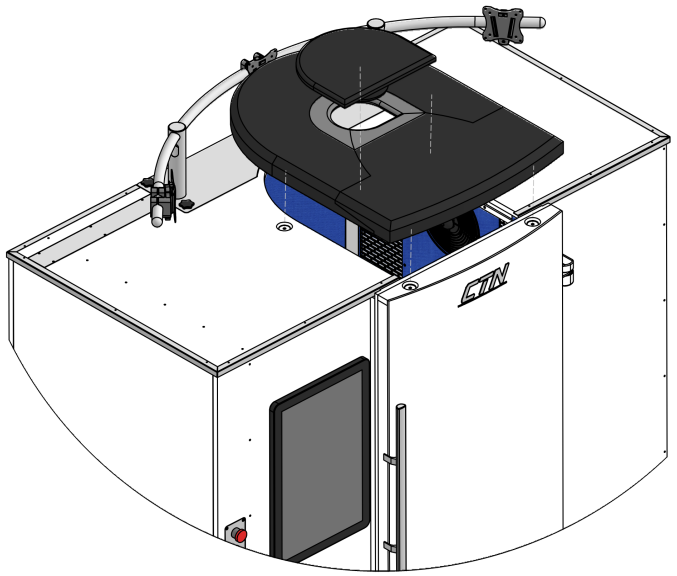
Step4. Place the monitor frame (part nr. 4) on top of the cabin. Feed the 6 pre-installed cables at the top of the cabin (1x monitor power, 2x DisplayPort, 1x HDMI, 1x speaker power, 1x 3,5mm audio cable) through the holes of the monitor frame.





Step5. After successfully routing the wires, use the provided thumb screws to securely attach the frame to the e°Cabin.

Step6. Attach the top covers (parts nr. 13-15), made to avoid the cold air from exiting the e°Cabin. Simply attach the covers to the cabin as shown below.

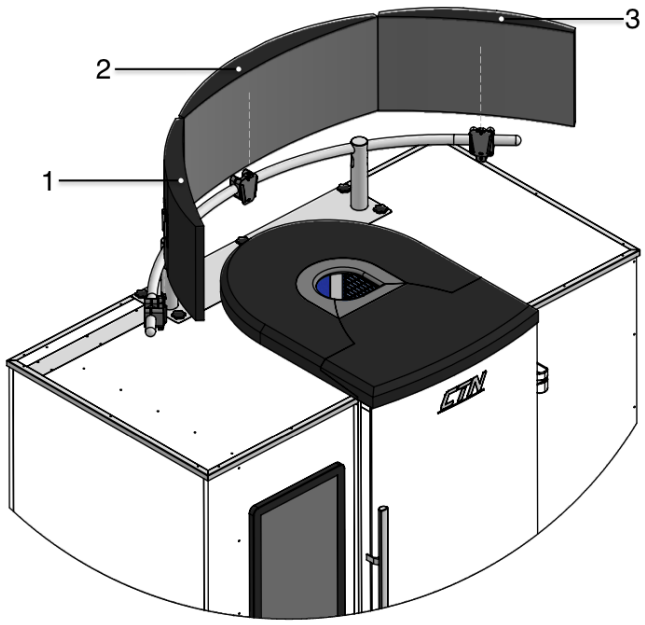


- Parts 13 and 15 will be held on by 4 magnets, of which 2 are located at the top of the door and 2 on the top of the cabin.

- Carefully check that the door closes without any disturbance and that the covers seal the opening properly.

Recommendation: It is easier to attach or detach the head-opening cover (part nr. 14) if the door is open.

Step7. Attach the monitors to the pre-installed monitor mounts on the frame.



- It is easier to safely and correctly line up the monitors if done by 2 people.

- Each monitor has a numbered label on the back side to help identify its position on the frame.

Step8. Connect the cables to the monitors:

Monitor 1: DisplayPort, Monitor power

Monitor 2: DisplayPort, Monitor power

Monitor 3: HDMI, Monitor power

- The DisplayPort and HDMI cables have numbered labels attached to help identify which monitor they should be connected to.

Step9. Place the speakers behind or next to monitors 1 and 3. Connect the 3.5 mm audio cable and the power plug to the speakers.

Step10. Use zip ties to tie cables to the monitor frame for a cleaner install.

INSTRUCTIONS FOR USE

Please follow the step-by-step instructions in this paragraph to learn everything you need to know to use the e°Cabin for the very first time!

TURNING ON THE CABIN

CAUTION: If the e°Cabin was shipped on the pallet backside down, DO NOT turn on the e°Cabin until at least 12 hours have passed since lifting the cabin into an upright position.

Step1. Connect the power cable at the back of the e°Cabin to a power outlet (rated between 208V-240V, at least 16 amp fuse)

Step2. Remove the upper panel on the left side of the cabin (part nr. 5) by unscrewing it.



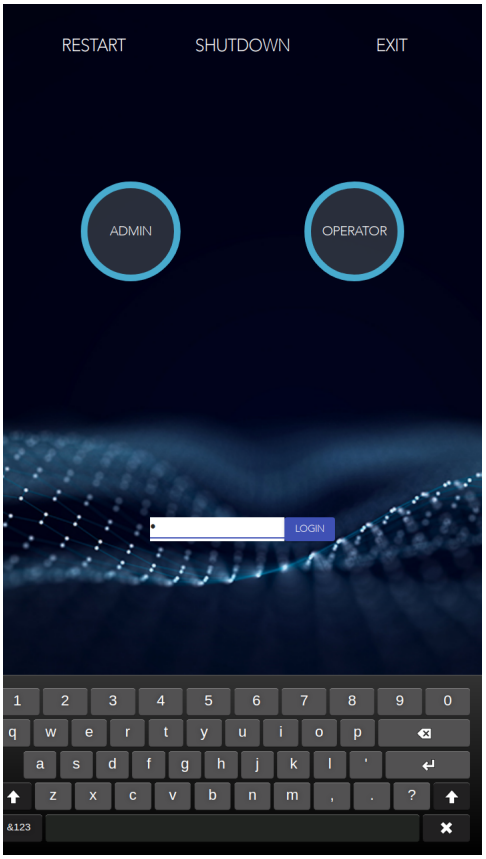
Step3. Make sure that the circuit breaker located at the bottom of the switchboard is in the upright position (the switch is on).

Step4. Release the red emergency switch (part nr. 9) by turning it if it is pressed down.

Step5. Power on the e°Cabin by pressing the On/Off button (part nr. 8). A blue led light will indicate a successful start-up.

Step6. Wait for the e°Cabin user interface log-in screen to appear. This will take a few minutes. Reattach the panel.

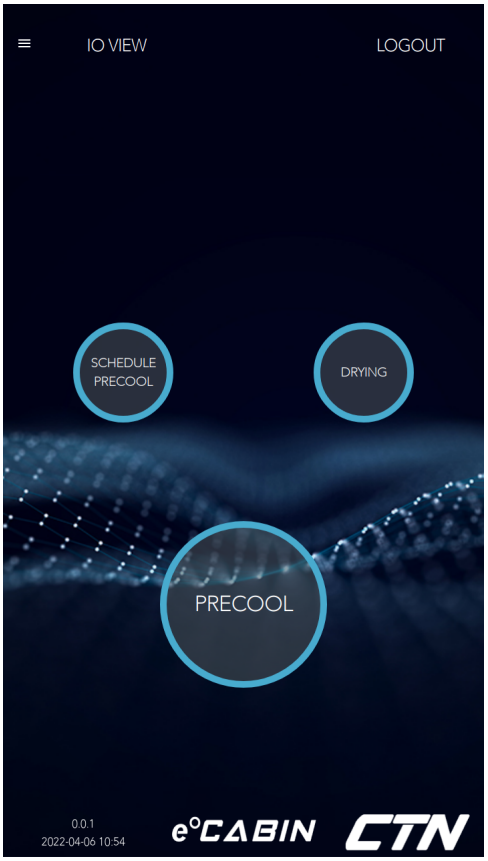
Note. Steps 1-4 are necessary only when using the e°Cabin for the first time or in case the computers do not turn on as described in steps 5-6.



Step7. Tap on the **ADMIN** or **OPERATOR** icon, then on the password field to be able to insert the password. The default password for both users is 1. Tap on the **LOGIN** button to proceed.

Recommendation: For everyday use, prefer the OPERATOR account.

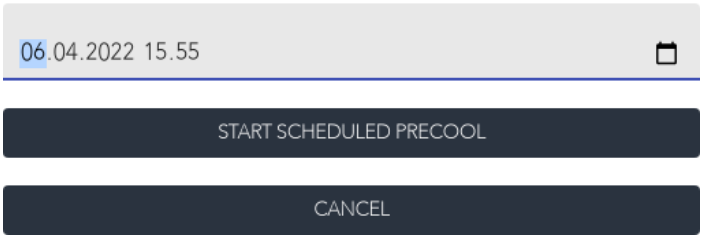
PRECOOLING CYCLE



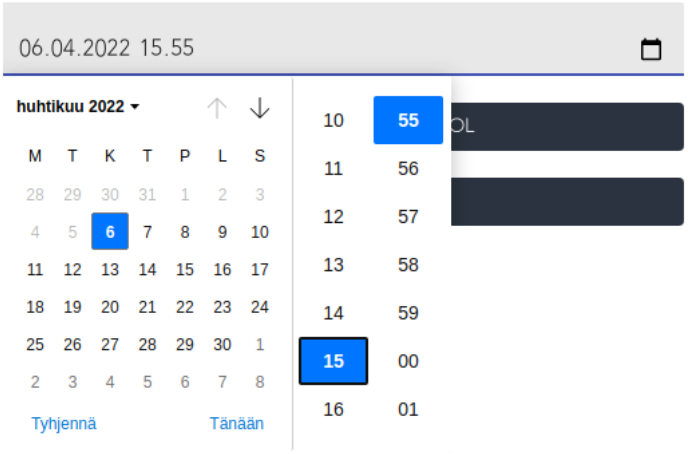
Step8. The cabin is now ready for precooling. Tap on the **SCHEDULE PRECOOL** icon to program the precooling cycle to start at a specific time or **PRECOOL** icon to begin immediately.

Note. Please refer to the Drying Cycle paragraph to learn more about the drying function.

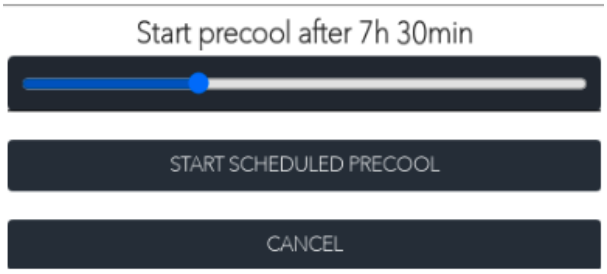
- Precooling the cabin from room temperature will take ~1,5-2 hours to complete.



- To start a scheduled precool, tap on the calendar icon  to open the calendar and choose the start date and time.

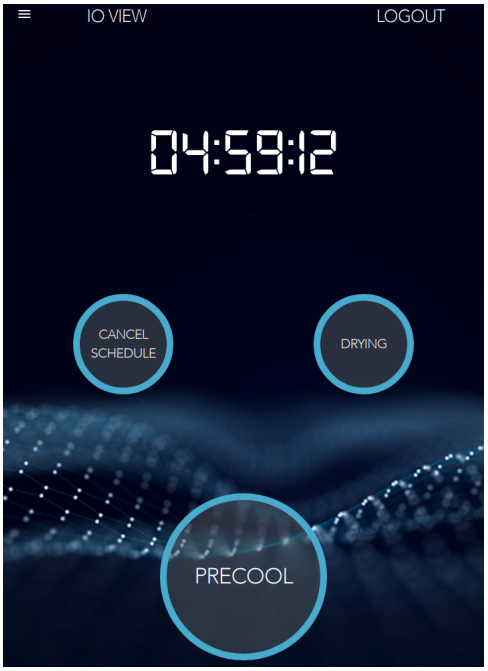


➢ If the e°Cabin is connected to the Internet, the desired start time can be chosen from a calendar selection.



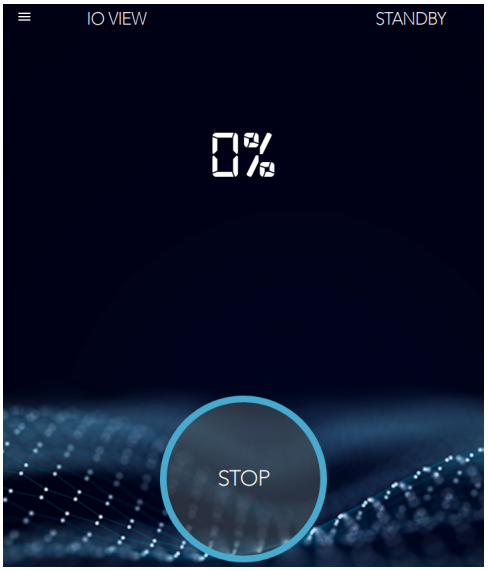
➢ If the e°Cabin is not connected to the Internet, the desired start time can be chosen by using the slider.

- Tap on the **START SCHEDULED PRECOOL** icon to activate the program.



- Remaining time until the start of the precooling cycle will then be displayed on the main screen.

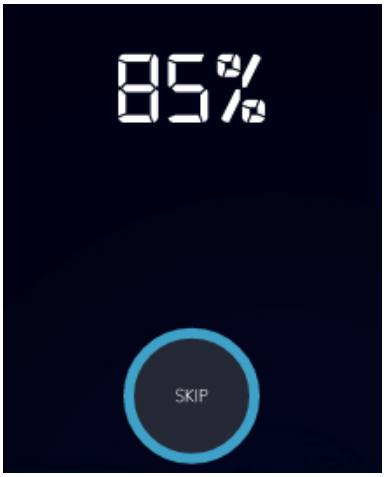
- The scheduled precooling cycle can be canceled at any time by tapping on the **CANCEL SCHEDULE** icon.



- The progress of the precooling stage will be displayed on the screen when the process has begun.

- "Precooling completed" sound will play from the speakers when the progress has reached 100%.

- Precooling can be stopped at any time by tapping on the **STOP** icon.



- When the e°Cabin has cooled down to -18°C/-0,4°F, the option to skip the rest of the precooling cycle appears on screen to proceed and begin a session. In case temperature inside rises above that target, the system will automatically return to standby stage where precooling can be activated again to further cool down the cabin.



DRYING CYCLE (OPTIONAL)

A drying cycle is recommended in case the surfaces inside the e°Cabin still feel wet after letting the cabin dry overnight with the door open, or after intensive use.

Step 8.5 (optional) Remove the head-opening cover (part nr. 14). Make sure that the door is closed and tap on the **DRYING** icon to begin the process. Remaining drying time will be displayed inside the same icon.

- By default, the drying session lasts for 4 hours.
- The drying session and the scheduled precooling function can be activated simultaneously. When the precool schedule timer gets to 0, the drying procedure will end and the precooling cycle will begin at the scheduled time.

Recommendation: If possible, reattach the head-opening cover (part nr. 14) once the drying has ended and precooling has begun.

TREATMENT SESSION & SETTINGS

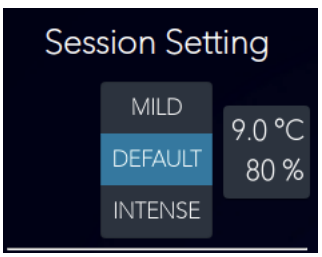


After precooling has been completed, adjust the following settings **(Steps 9-13)** on the main screen before beginning the cryotherapy session.

Note. Please refer to the Additional Settings and Features paragraph to learn how to choose the preferred temperature scale and system of measurement.

Note. Please refer to the Additional Settings and Features paragraph to learn how to add personal media files to the Music and Video selection.

Step9. Choose the preferred Session Setting:



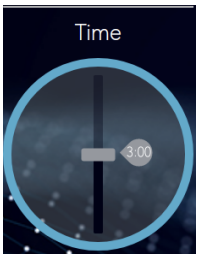
Session Setting	Target Skin Temperature	Fan Intensity
Mild	11°C/ 52°F	60%
Default	9°C/ 48°F	80%
Intense	7°C/ 45°F	100%

Step10. Choose the preferred Fan Pattern.



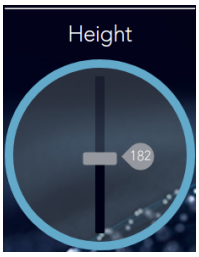
- This will dictate the first ~20 seconds of the session and should be chosen according to personal preference. The purpose of this is to help the body adapt to the cold temperature at the very beginning of the session by starting the fans from the chosen direction first. This setting will not affect the end result as fans will then be controlled by the thermal sensors.

Step11. Choose the preferred time for the session by tapping on the icon and adjusting the slider.



- The maximum and recommended session time is 3 minutes. The session will last for at least two minutes. If the skin reaches the chosen target temperature before 2 minutes, the session will automatically end at the two minute mark.

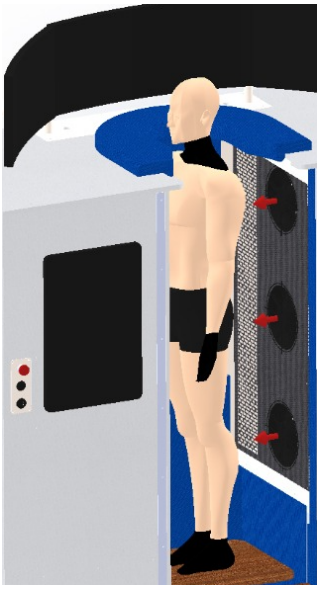
Step12. Set the height of the client or user.



- It will take a few seconds for the lift inside the e°Cabin to move.

Step13. Unattach the head-opening cover (part nr. 14) just before starting the treatment session.

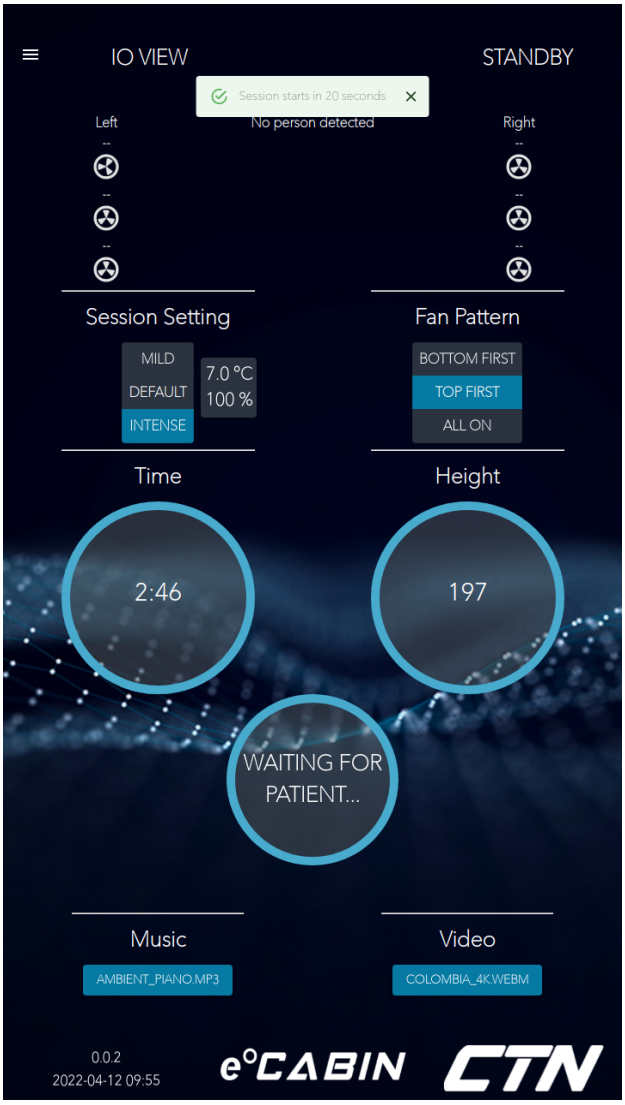
Step14. Before entering the e°Cabin, please keep the following points in mind:



- Shoes, gloves, underwear and a scarf/buff should be worn during treatment. The space inside is limited so it is recommended to dress/undress outside of the cabin.

- The correct body position for the session is facing one of the side monitors. Wind generated by the fans should target the front and back side of the body as illustrated.

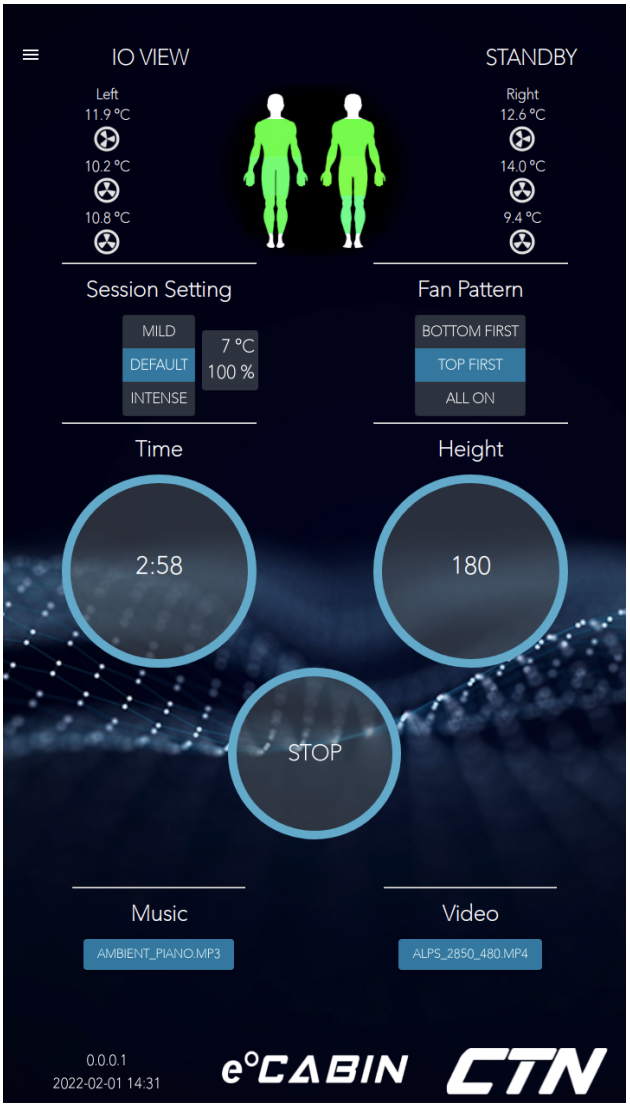
Step15. Tap on the START icon to begin the session, then enter the cabin/ ask the client to enter the cabin.



- After pressing the **START** icon, the e°Cabin will wait for 20 seconds for the user to enter the cabin and close the door. The session will start as soon as the door has been closed and the system can detect a person inside.

Recommendation: If treating a client, kindly ask them to hand you their robe before entering the e°Cabin. Then open the door for the client.

Note. If the lift height feels off/wrong once the user is inside the cabin, the lift may have to be recalibrated. Please refer to the Lift Calibration paragraph for more information.



- Skin temperature ratings and remaining time will be displayed on the main screen.

- If necessary, the session can be stopped by:
  - ➢ tapping on the **STOP** icon;
  - ➢ opening the door;
  - ➢ pressing the **EMERGENCY SWITCH** (part nr. 9).

- The session will automatically end if:
  - ➢ the maximum session time has been reached;
  - ➢ 2 minutes have passed and the target skin temperature has been detected by every thermal camera.

Step16. Exit/ have the client exit the e°Cabin when the session has ended. Close the door and reattach the head-opening cover (part nr.14) to avoid cold loss. The **START** button will reappear on the main operational screen to begin a new session.

Note. If a blocked eye icon appears on the screen while in session, one of the sensors is not getting a correct temperature reading. For example, the sensors are sometimes unable to measure skin temperature through covered body areas and will get a reading directly from the fabric, which can have a drastically different temperature compared to measurements from other sensors. In instances where sensors get improper readings, the system will automatically use correct values from other measure points instead to control the session.

Recommendations:

- If treating a client, open the door for the patient at the end of the session and hand them back their robe.
- A 5-10 minute break is recommended between each treatment session. In case the temperature inside the e°Cabin rises above -18°C due to cold loss, the system will automatically start precooling after a treatment session, which will continue until the temperature has dropped below -18°C again.

AFTER USAGE

Step17. Tap on the **STANDBY** button if there are no more treatment sessions planned for the day. The compressors will shut down and the system will revert back to standby mode.

- Start a drying cycle and schedule a precool (please refer to the Precooling Cycle and Drying Cycle paragraphs for more information), or

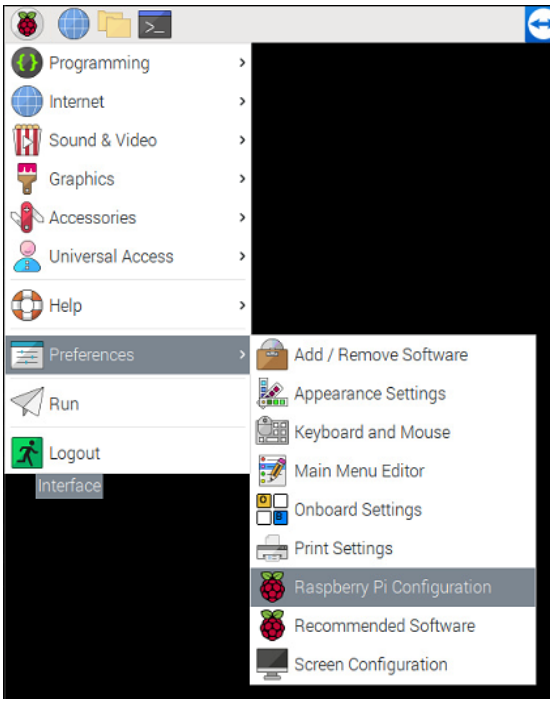
- Leave the door open to let the e°Cabin dry overnight.

Step18. (Optional). Shut down the system by tapping on **STANDBY→LOGOUT→SHUTDOWN.** Wait for a "No signal" message to be displayed on the monitors. Then press the On/Off button (part nr. 8) to fully shut down the system. The blue led light will disappear and indicate a successful shutdown.

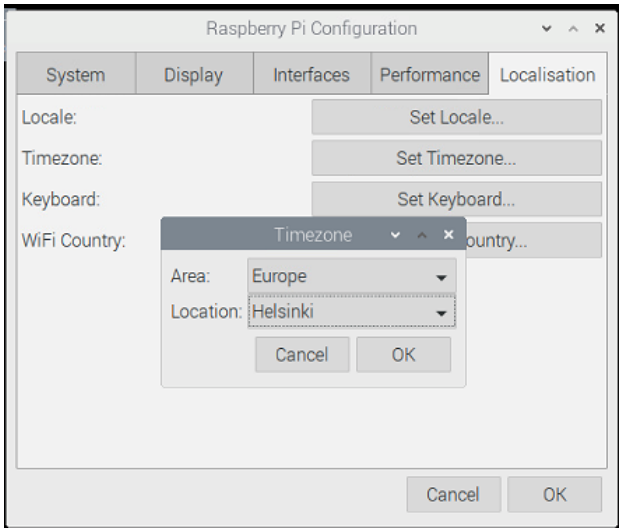
- Leave the door open to let the e°Cabin dry.

SYSTEM CLOCK

- To set the system clock, exit the e°Cabin Interface by tapping on the following icons: **STANDBY** → **LOGOUT** → **EXIT**.



- Open the Raspberry Menu, then tap on Preferences → Raspberry Pi Configuration.

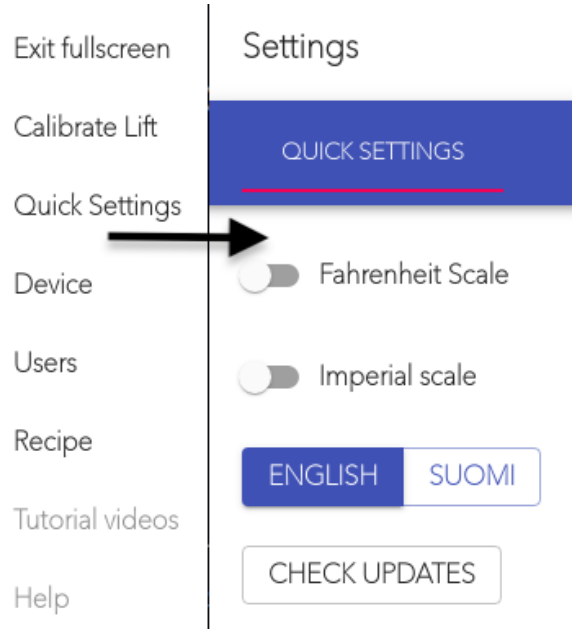


- From the Localisation tab, tap on Set Timezone..

- Select your current location and confirm by tapping on OK in both windows.

UNITS OF MEASUREMENT, LANGUAGES AND UPDATES

- Tap on the menu ☰ icon to reveal the below left side menu. Then choose Quick Settings to open the Settings menu.



- Tap on the toggle buttons to switch between the Celsius or Fahrenheit scales and imperial or metric values.

- Choose your language

- Check for system updates.

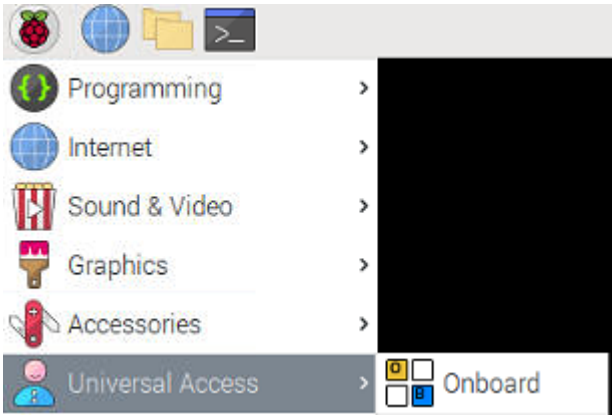
LIFT CALIBRATION

In case the lift height feels off for the user/ client, the lift may need to be recalibrated.

- Exit/ have the client exit the e°Cabin if they are inside.

- Tap on the menu ☰ icon to reveal the left side menu. Then tap on Calibrate Lift.

ONBOARD KEYBOARD



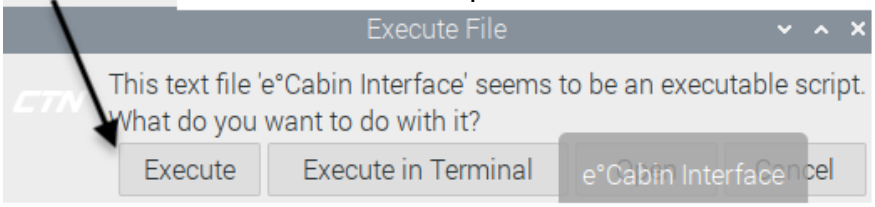
- Open the Raspberry menu, then tap on Universal Access → Onboard, to use the on-screen keyboard.

SET UP WI-FI

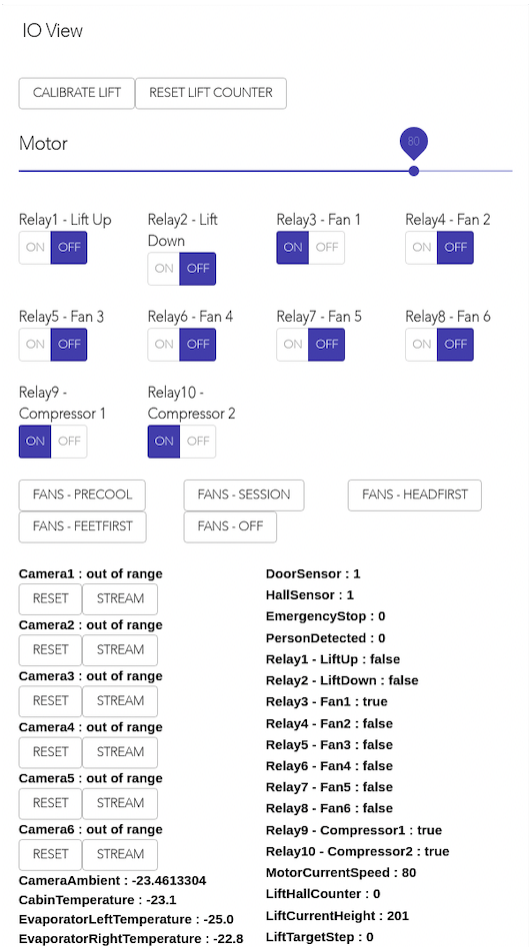
- Access the desktop of the computer by tapping on the following icons: **STANDBY→ LOGOUT→ EXIT**
- Tap on the Wi-Fi icon at the top of the desktop to choose the network.
- Open the Onboard Keyboard to be able to type in the Wi-Fi password.



- Tap on the CTN e°Cabin Interface icon on the desktop and then on “Execute” to reopen the user interface.



IO ADMINISTRATOR VIEW



- IO Administrator View is meant for testing and check-ups. Please contact our service and support team before testing.

CAUTION:

- **Do not leave the fans or compressors running after testing.**

USING YOUR MEDIA

To add personal media to the Music and Video selection to use during a treatment session, please follow the below steps to upload media to the system:



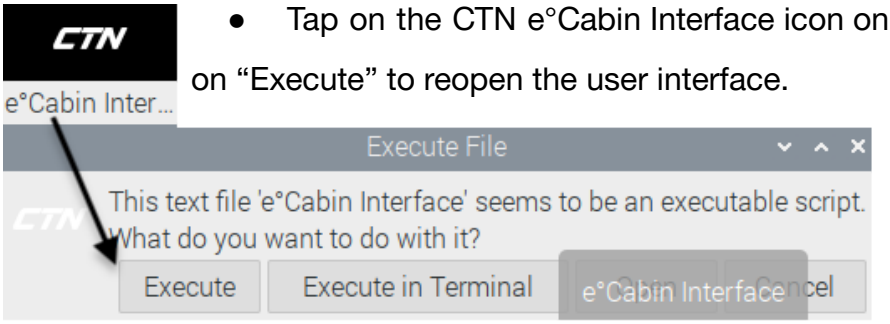
- Exit the e°Cabin Interface by tapping on the following icons: **STANDBY**→ **LOGOUT**→**EXIT**:

1) **Video:**

- Use a USB-splitter to plug a mouse and a USB drive with your video files to the USB1 port (part nr. 7 - USB1).
- Drag the MP4 or WEBM video files from the USB drive folder to the Video folder on the desktop of the upper computer.

2) **Music:**

- Plug in a USB-drive to the USB2 port (part nr. 7 - USB2) with MP3 files.
- Drag the MP3 files from the USB-drive folder to the Music folder on the main monitor.

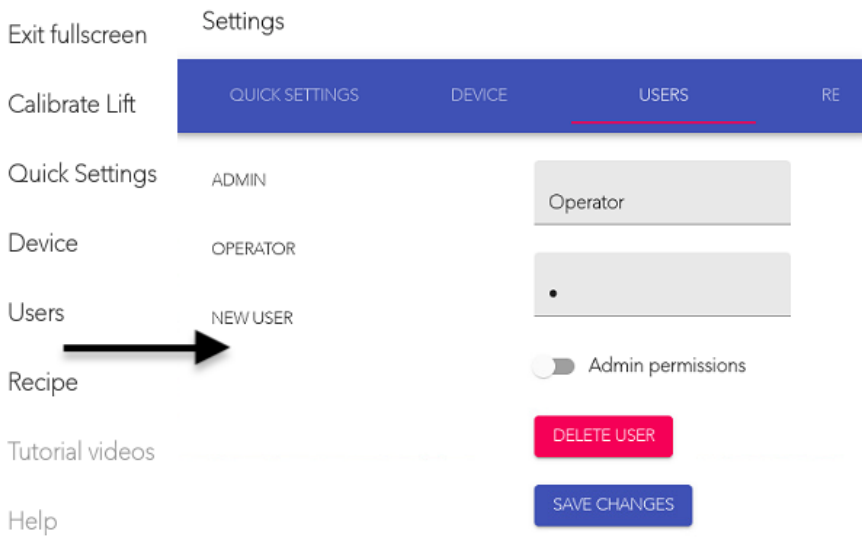


- Tap on the CTN e°Cabin Interface icon on the desktop and then on “Execute” to reopen the user interface.

- At the login screen, tap on the **RESTART** icon to restart the software and activate the changes.

CREATE NEW USER

- Tap on the menu ☰ icon to reveal the left side menu. Then tap on Users to create, modify and delete users.



TEAMVIEWER

Teamviewer is an application that can be used to offer remote assistance in case there is a software problem with the e°Cabin.

- To open the Teamviewer software, exit from the user interface and access the desktop of the computer by tapping on the following icons: **STANDBY→ LOGOUT→EXIT.**
- Tap on the Teamviewer  icon at the top of the desktop to open the software.
- Our technical support team will give you further instructions to get remote access to the e°Cabin.

MAINTENANCE INFORMATION

MONTHLY USER MAINTENANCE

1. Treat the fabric surfaces inside the e°Cabin with a water repellent spray once a month and dry any wet areas with a soft cloth.

2. Unscrew the air vent covers along with the filters from each side of the e°Cabin (parts nr. 10 and 11)

- Check the water level in the drip pan on both sides. Open the valve underneath the drip pan and let the water drain into a cup or container. Then close the valve.
- Use a vacuum cleaner and/or compressed air to clean the filters and the inside of the e°Cabin from dust.
- Reattach the air vent covers and filters.

YEARLY MAINTENANCE (Professional support required. Please consult with the service and support team):

1. Replace the air vent filters.

2. Lubricate moving parts of the lift.

3. Refrigerant pressure/ fluid checkup.

4. Compressor checkup.

CONTACT AND SUPPORT

Please connect the e°Cabin to Wi-Fi to be able to get software updates.

Due to software updates, changes in the user manual may occur. Please scan the below QR code to access the latest user manual version. If you have any questions about your e°Cabin and wish to contact us, our service and support team is happy to help you: https://ctn.fi/en/support-form/

Any feedback about the e°Cabin is appreciated and can be sent to info@ctn.fi.

Scan this QR code to access tutorial videos and download the latest e°Cabin user manual.

English is the original language. The other language versions are translations of the original.

European Union
European Regional
Development Fund

Investing
in your future

EAS
Enterprise Estonia

Cryotech Nordic Group

www.ctn.fi

info@ctn.fi

Made in Finland

User manual version: 10.2022

ANNEX

UNBOXING INSTRUCTIONS

When the shipping crate is lying on the pallet backside down, please follow **steps 1-10** to carefully unpack the cabin and lift it to its upright position.

- The following is needed for this process:
  - ➢ A forklift or 6+ people capable to lift the cabin;
  - ➢ A power drill, various torx (TX) driver bits, flat head screwdrivers;
  - ➢ Wire cutters;
  - ➢ Zip ties;
  - ➢ At least 5,5m² / 59,5 ft² of floor space is recommended for the final destination of the e°Cabin. Please refer to the Technical Information paragraph for additional measurements and requirements.

Step1. Unscrew and remove the two top panels and the support beam from the middle.

Step2. Step on the face of the cabin and remove any loose items placed on the face of the e°Cabin for the shipment.

Step3. Open the door carefully, this may require two people as the door is heavy.

Step4. Remove all of the loose items from inside the cabin.

Step5. Once every loose item is removed from the e°Cabin, carefully close the door.

Step6. Attach the support beam and the two front panels back on (this will help the crate endure the forces when lifting the e°Cabin to an upright position).

Step7. Slowly and carefully lift the e°Cabin to an upright position. Make sure that two people prevent the forward sliding motion of the crate when lifting it up.

Step8. Remove the top panels which are now front panels due to the change in orientation and the support beam.

Step 9. Remove the black foam paddings on the sides, between the cabin and the shipping crate.

Step10. Carefully drag and slide the cabin out of the box. You might need to wiggle the cabin a little from side to side to get it out of the box.

Step11. Move the cabin to the desired destination.