

◆ DAILY TASKS

Cold Plunge

- Wipe down interior and exterior surfaces with **natural cleaner** (distilled water + vinegar or enzyme cleaner).
 - **Clean hair catch** at open and close (2× daily).
 - Ensure **filter housing is clear** and water circulation is strong.
 - Verify **temperature (39°F–50°F)** and chiller operation.
 - **Never use chlorine or bromine.**
 - Water should be changed every **50–75 uses** or sooner if cloudy or oily.
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Infrared Sauna

- Wipe **benches, handles, glass, and floor** after every use with natural cleaner.
 - Leave **door open for 15 minutes** after last session to air out.
 - Check **heating panels** for even glow.
 - Replace towels and clean floor mats daily.
 - Never spray cleaner directly on heating elements.
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Red Light Panels

- Wipe gently with **dry or slightly damp microfiber cloth** (no sprays).
- Check **LED functionality** — all diodes should illuminate.
- Verify **power cables and mounts** are tight and safe.

Float Spa / Sensory Deprivation Tank

Purpose: Maintain a perfectly balanced, sanitary float environment using a **hydrogen peroxide-based oxidation system**—chemical-free but highly effective.

Daily Tasks

- **Hydrogen Peroxide Testing:**
 - Test water with **hydrogen peroxide test strips**.
 - Maintain **H₂O₂ level at 30–50 ppm**.
 - Ideal target: **40 ppm**.
- **Top-Up Protocol:**
 - For a 200-gallon float tank, add **2–3 oz of 35% food-grade hydrogen peroxide** daily *as needed* to maintain range.
 - Always **dilute before adding** — mix 1 part peroxide with 3 parts water in a small bucket, then pour evenly across the surface while the filtration system is on.
- **Filter & Ozone:**
 - Run **ozone + UV sanitation cycle** after every session.
 - Clean **filter basket** and skim any debris or oil film.
 - Keep water at **93.5–95°F** consistently.
- **Surface Cleaning:**
 - Wipe interior lid, handles, and control panel with **vinegar-water mix** or enzyme cleaner.
 - Dry edges and close lid only after surfaces are clean and dry.

Weekly Tasks

- Recheck **H₂O₂ levels** and log in maintenance sheet.

- Clean and inspect **filter cartridge** (replace if cloudy).
- Add ½ **cup of Epsom salt** if salinity appears reduced.
- Run **overnight ozone cycle** once per week.

Monthly Tasks

- Replace **filter cartridge**.
 - Drain and refill every **6 months or 1000 uses**.
 - Deep clean interior shell with **hydrogen peroxide + water solution (1:5 ratio)**.
 - Inspect pump, heater, and UV bulb for proper function.
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Hyperbaric Chamber

Daily Tasks

- Wipe interior and exterior with **natural cleaner**.
- Run **UV disinfection light** after every session.
- Verify **pressure (1.5–2.0 ATA)** and oxygen flow (10L producing 99% O₂).
- Ensure zippers and seals are fully lubricated and airtight.
- Replace **nose cannula after each client** (single-use only).
- Check **oxygen concentrator filter** for dust or moisture buildup.

Weekly Tasks

- Deep clean external fabric, tubing, and zipper track.
- Check **oxygen concentrator output** (10L/min consistent flow).
- Inspect for any air leaks or uneven pressurization.

Monthly Tasks

- Run full **pressure hold test** for 15 minutes at 1.8 ATA.
 - Replace **oxygen filters** every 200 hours of use.
 - Lubricate all O-rings, gaskets, and zippers.
 - Review **usage log** for consistency in session tracking.
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Compression Boots

- Wipe internal sleeves and hoses with **non-alcohol disinfectant** after each use.
 - Store hoses untangled, and **charge units nightly**.
 - Check for leaks or uneven inflation.
 - Weekly: sanitize all ports, cables, and storage bins.
 - Monthly: inspect internal air lines and replace damaged cuffs.
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Salt Room / Salt Cave

Daily Tasks

- Run **halogenerator** during every session, ensuring consistent salt particle output.
- After final session, **wipe benches, salt lamps, and floor edges** with dry microfiber.
- Check salt levels in the **halogenerator**; refill if below half.
- Sweep salt on floor gently into even layer (do not remove).
- Vacuum air vent covers and ensure **dehumidifier** is on.

Weekly Tasks

- Deep clean salt lamps, benches, and décor with dry cloth (avoid moisture).
- Replace **HEPA or intake filters** in halogenerator as needed.
- Inspect **salt bricks** for moisture spots; replace any damp or discolored bricks.

Monthly Tasks

- Perform full **halogenerator cleaning and calibration** per manufacturer instructions.
- Inspect **room humidity (40–60%)** — adjust dehumidifier as needed.
- Check ambient salt levels and top up with **medical-grade salt** if low.



APPROVED CLEANING PRODUCTS

Item	Approved Product	Use
Cold Plunge	Distilled water + vinegar mix	Tub wipe-down
Float Spa	35% Food-grade hydrogen peroxide (diluted)	Sanitizing water
Sauna	Natural wood cleaner + vinegar mix	Benches & glass
Red Light	Dry microfiber cloth	Surface cleaning
Hyperbaric	Natural enzyme spray	Fabric & plastic surfaces
Compression	Non-alcoholic disinfectant wipes	Hoses & sleeves
Salt Room	Dry microfiber only	Surfaces & lamps

Never use: bleach, ammonia, alcohol sprays, detergents, or essential oils directly on equipment.
