

### Specificație tehnică

**Model: Hocatt Ozone therapy / OZ-EXEL 1; Producător: Nume de marketing HOCATT nume certificate al companie Signature Health Limited; Tara: SUA proiectare producerea China**

Specificatie tehnica deplina solicitata	Specificatie tehnica deplina propusă
<p><b><u>Utilaiul efectueaza urmatoarele tinuri de teranie:</u></b>  hidroterapie;  CO2;  terapie cu aburi de ozon,  terapie cu aburi de oxigen, terapie cu lumina fotonica si cu spectru, terapie cu oxigen (EWOT),   terapie cu plante,  electroterapie,  ultrasonic cavitation.</p> <p><b><u>Utilaiul include urmatoarele componente:</u></b>  Sistem de control prin ecran tactil;  Sistem de generare a acidului carbonic;  Sistem inclus de monitorizare a ritmului cardiac;   Sistem integrat de control al eliminarii aburilor;   Sistem integrat de control al nivelului de ozon;   2 generatoare a cite 61,5 ug/ml de ozon;  Camera cu jet de aburi pe baza de plante;  Funcțiile de inhalare a oxigenului;  Umidificator medical integral;  Dispozitiv dublu de alimentare cu ozon;</p>	<p><b><u>Utilaiul efectueaza urmatoarele tinuri de teranie:</u></b>  hidroterapie; <b>DA</b>  CO2; <b>DA</b>  terapie cu aburi de ozon, <b>DA</b>  terapie cu aburi de oxigen, terapie cu lumina fotonica si cu spectru, terapie cu oxigen (EWOT), <b>DA</b>  terapie cu plante, <b>DA</b>  electroterapie, <b>DA</b>  ultrasonic cavitation. <b>DA</b>  <b>Ca rezultat a procedure cu Ozon:</b>  • <b>Inactivează Virușii, Bacteriile, Drojdiile, Fungii, Paraziții și Protozoarele;</b>  • <b>Stimulează sistemul imunitar, accelerează vindecarea;</b>  • <b>Curata arterele si venele, imbunatatind circulatia;</b>  • <b>Oxidează toxinele, facilitând excreția acestora;</b>  • <b>Normalizeaza productia de hormoni si enzime;</b>  • <b>Reduce inflamația;</b>  • <b>Reduce durerea, calmează nervii;</b>  • <b>Îmbunătățește funcția creierului și memoria;</b>  • <b>Îndepărtează radicalii liberi;</b>  • <b>Dizolvarea Tumorilor Maligne;</b>  • <b>Activarea sistemului imunitar;</b></p> <p><b><u>Utilaiul include urmatoarele componente:</u></b>  Sistem de control prin ecran tactil; <b>DA</b>  Sistem de generare a acidului carbonic; <b>DA</b>  Sistem inclus de monitorizare a ritmului cardiac; <b>DA</b>  Sistem integrat de control al eliminarii aburilor; <b>DA</b>  Sistem integrat de control al nivelului de ozon; <b>DA</b>  2 generatoare a cite 61,5 ug/ml de ozon; <b>DA</b>  Camera cu jet de aburi pe baza de plante; <b>DA</b>  Funcțiile de inhalare a oxigenului; <b>DA</b>  Umidificator medical integral; <b>DA</b>  Dispozitiv dublu de alimentare cu ozon; <b>DA</b></p>

Anexa 1

<p>Dispozitiv de reglare a scaunului;          Dispozitiv de reglare a suportului pentn picioare;</p> <p>Portocoale programate;          Terapia integrals a luminii;          Functie de monitorizare a activitatii Dispozitiv          Hush de masurare a nivelului apei;          Aparat pentru concentrarea oxigenului 5l/pm          (93% oxygen pur, la 5 l/pm)          Distrugator de Ozon integrat;</p> <p>Parametri, cm: 140x67x (h) 130 P          Puterea camerei 1,5 kW;          Puterea distructorului de ozon 1,1 kW          Dimensiunile exterioare a distructorului de          ozon, cm: 28x85x28; Parametrii concentrator de          oxigen, cm: 63,5x38x30,5</p>	<p>Dispozitiv de reglare a scaunului; <b>DA</b>          Dispozitiv de reglare a suportului pentn picioare;  <b>DA</b>          Portocoale programate; <b>DA</b>          Terapia integrals a luminii; <b>DA</b>          Functie de monitorizare a activitatii <b>DA</b>          Dispozitiv Hush de masurare a nivelului apei; <b>DA</b>          Aparat pentru concentrarea oxigenului 5l/pm          (93% oxygen pur, la 5 l/pm) <b>DA – 1 buc</b>          Distrugator de Ozon integrat; <b>DA</b></p> <p>Parametri, cm: 140x67x (h) 130 <b>DA</b>          Puterea camerei 1,5 kW; <b>DA</b>          Puterea distructorului de ozon 1,1 kW <b>DA</b>          Dimensiunile exterioare a distructorului de          ozon, cm: 28x85x28; <b>DA</b>          Parametrii concentrator de oxigen, cm:          63,5x38x30,5 <b>DA</b></p>
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# HOCATT™

Product of Signature Health LTD

**Hyperthermic Ozone Carbonic Acid Transdermal Technology**



*\*tablet and tablet holder not included.*

## MODEL: HOCATT Plus

<b>HOCATT Modalities:</b>
<ul style="list-style-type: none"> <li>• <b>Whole Body Hyperthermia (Sauna):</b> <ul style="list-style-type: none"> <li>- Steam</li> <li>- Far Infrared</li> </ul> </li> <li>• CO<sub>2</sub> / Carbonic Acid Sauna</li> <li>• <b>Ozone (Transdermal + Auxiliary Functions)</b> <ul style="list-style-type: none"> <li>- Ozone Sauna (full-body transdermal)</li> <li>- Cupping + Breast Cupping (localized transdermal)</li> <li>- Vaginal Insufflation (systemic)</li> <li>- Ozone Water (for drinking)</li> </ul> </li> <li>• Frequency Specific Microcurrents</li> <li>• Concentrated Oxygen Breathing <i>(for passive Exercise with Oxygen)</i></li> <li>• Photon Light &amp; Colour Technology</li> <li>• Essential Oil Infusions</li> </ul>
<b>External Components:</b>
<ul style="list-style-type: none"> <li>• 1 x 5 LPM Oxygen Concentrator (<math>\pm</math> 93 – 97% concentrated oxygen)</li> <li>• 1 x High-Volume Ozone Destructor <i>(for ozone destruction after session).</i></li> </ul>
<b>Additional Features:</b>
<ul style="list-style-type: none"> <li>• Luxury Smith Chamber <i>(fiberglass chamber with special ABS coating)</i></li> <li>• Auxiliary Ozone Functions can also be used separately <i>(outside of a sauna session)</i></li> <li>• 1 x Adjustable Seat</li> <li>• 1 x Adjustable Foot Rest</li> <li>• 1 x No1 Ozone Generator <i>(for ozone sauna)</i></li> <li>• 1 x No2 Ozone Generator <i>(for simultaneous auxiliary ozone functions)</i></li> <li>• 1 x FSM Foot Plate Set and 1 x FSM Electrode Set</li> <li>• 1 x Electric CO<sub>2</sub> Regulator <i>(for a CO<sub>2</sub> cylinder - CO<sub>2</sub> cylinder is not included. This needs to be rented.)</i></li> <li>• 1 x Water Resistant Heart-Rate Monitor</li> <li>• 1 x Full Colour Touch Screen Controller</li> <li>• 1 x Reusable Oxygen Cannula <i>(for concentrated oxygen breathing)</i></li> <li>• 1 x Oxygen Humidifier <i>(for concentrated oxygen breathing)</i></li> <li>• 4 x Flow Meters <i>(for setting the oxygen, ozone and CO<sub>2</sub> flow rates)</i></li> </ul>
<b>Accessories and Consumables:</b>
<ul style="list-style-type: none"> <li>• 5 x Neck Capes</li> <li>• 3 x Glass Funnels (for cupping)</li> <li>• 3 x Breast Cupping Sets (S,M,L)</li> <li>• 1 x Bag of Disposable Vaginal Catheters (50 pcs)</li> <li>• 1 x HOCATT Silicone Tube Set</li> <li>• 3 x Water Dispensing Bottles</li> </ul>



# HOCATT™ EXTERNAL COMPONENTS

## 5 LPM Oxygen Concentrator:

Concentrates oxygen from the air into  $\pm 93 - 97\%$  pure oxygen. Feeds concentrated oxygen to the HOCATT's two ozone generators and also passes oxygen through the humidifier into the oxygen breathing apparatus, so concentrated humidified oxygen may be inhaled during the HOCATT session.



## High-Volume External Ozone Destructor:

This high-volume ozone destructor is unique to the HOCATT. It allows for ozone destruction after a HOCATT session by removing steam from the chamber and passing it through multiple activated carbon filters. This prevents a large cloud of the ozone-oxygen steam from being released into the room when the chamber doors open.





Product of Signature Health LTD

## HOCATT Plus & Platinum Operating Manual



### SUPPLEMENTAL DOCUMENTATION

Please visit <https://hocatt.com/legal> to view the warranty and returns policy.

Before using your HOCATT, please read this **Operating Manual** in its entirety, as well as the accompanying **User Guide**. For Platinum models please read the **HUGO Operating Manual** as well.

The latest versions of the Operating Manuals and the User Guide have been sent to you via email, along with examples of a Client Consultation Form and a Client Session Tracking Sheet.

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<b>CONTACT US: +27 (83) 356-1654</b>	

# IMPORTANT INFORMATION

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## LEGAL DISCLAIMERS

THE HOCATT IS NOT A MEDICAL DEVICE. IT HAS NOT BEEN EVALUATED OR APPROVED BY THE FDA OR NDF, AND WE DO NOT CLAIM ITS INTENDED USE TO TREAT, CURE, PREVENT OR DIAGNOSE ANY DISEASE OR MEDICAL CONDITION.

Though we will be glad to supervise the use of our equipment, we do not aim to treat, cure, prevent or diagnose any disease or medical condition. The information provided in this manual is for educational purposes only and should not be used as a substitute for professional medical advice. We cannot be held responsible for any health issues you may have, and we cannot be held responsible for deterioration in any ailments you have.

The manufacturer, distributor or any marketing agent cannot accept liability for any injury or fatality in relation to the use of this equipment. The user agrees to use the product at his/her own risk, and a parent/guardian takes responsibility for the fragile/minors. It is the user's responsibility to acquaint him/herself with any risks associated with their physical or medical condition, as well as any side effects or risks associated with the medications they are taking, and to consult a medical practitioner if in doubt.

## POWER SPECIFICATIONS

HOCATT Chamber:	220 VAC, 7.0 A, 50 Hz, 1500 W	Dimensions:140x67x130 cm L W H
External Ozone Destructor:	220 VAC, 5.0 A, 50 Hz, 1100 W	Dimensions: 28x28x85 cm L W H
Oxygen Concentrator:	220 VAC, 2.2 A, 50 Hz, 480 W	Dimensions: 38x30,5x63,5 cm L W H
CO <sub>2</sub> Regulator Heater:	220 VAC, 0.7 A, 50 Hz, 150 W	Dimensions:It depends on the bottle volume

## ELECTRICAL

- **IMPORTANT** – YOU MUST USE SURGE PROTECTORS. IF THE HOCATT IS NOT PLUGGED INTO A SURGE PROTECTOR THEN IT IS AT YOUR OWN RISK IF A SURGE OF ELECTRICITY DAMAGES THE MACHINE. Connect the surge protector to your wall socket or extension lead, and plug the HOCATT's power cord directly into the surge protector. This may help you to avoid any electrical interruptions that may take place. We recommend that you unplug the HOCATT chamber when it is not in use.
- **IMPORTANT** – The power supply for the external ozone destructor must be plugged directly into the HOCATT chamber. The HOCATT itself, as well as the oxygen concentrator and CO<sub>2</sub> regulator heater must be connected directly to wall outlets (with surge protectors).

# ⚠️ WARNINGS & SAFETY PRECAUTIONS ⚠️

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## **HOCATT Equipment:**

- **WARNING** – To prevent the risk of burn: Ensure the steam compartment does not fill with water during a session or pre-heat. If this happens the water in the steam compartment will start to boil and will make the foot rest very hot.
- **WARNING** – To prevent the risk of fire: DO NOT smoke near the oxygen concentrator (oxygen in high concentrations is flammable).
- **WARNING** – To prevent the risk of fire: DO NOT use ether near the HOCATT, as ozone and ether form a reactive (explosive) mixture.
- **IMPORTANT** – Always ensure that the electrical cables are dry and not exposed to water spillage or leakage (be cautious when filling up the water bottle so as not to spill water on the electric cables or power adapter), and make sure that all leads are intact – inspect the leads before use to be sure that they have not been damaged or severed (i.e. exposing the wires inside).
- **IMPORTANT** – You must read the oxygen concentrator’s manufacturer provided manual before operating the oxygen concentrator. Failure to follow the instructions therein will void the warranty.
- **IMPORTANT** – The maximum weight limit for the HOCATT seat is 350 lbs (160 kg).
- **CHECK** – The unit should be secured on a flat surface and the 2 rear wheels locked.
- **CHECK** – Ensure that the area around the unit is dry and non-slippery.
- **ACTION** – Always assist clients when they get in and out of the chamber to prevent them from slipping or losing balance.
- **CHECK** – There should always be someone (yourself or an assistant) in the room with the client during their session to monitor vital signs, ensure that the neck blanket or towel around the neck is secure, and to safely help the client exit the chamber in case of discomfort or panic.
- **IMPORTANT** – If any of the equipment malfunctions during a session, or if anything happens to the client during a session, press STOP immediately. Wait 40 seconds for the destructor to remove the ozone before opening the doors and assist the client out of the chamber. In the case of an emergency, press STOP immediately, open the doors and assist the client out of the chamber as quickly as possible. Avoid ozone inhalation.
- **IMPORTANT** – If for any reason the external destructor does not start running, wait 3-minutes and then have the client cover their nose and mouth with a handkerchief before opening the chamber doors, and have them get dressed in a different room.

## INHALATION OF OZONE

**WARNING** – Inhalation of ozone in high concentrations or for prolonged periods of time can be hazardous to one’s health. The recommended ozone concentrations for the HOCATT are required in order for the Transdermal application of Ozone to be beneficial. However, these levels are **not** suitable for inhalation.

For this reason, the HOCATT comes with a large, high-volume, external ozone destructor. This is not a requirement, and we are the only company that provides this feature.

### **IMPORTANT:**

1. CHECK – The client’s **face area** should always be 100% insulated around the neck using a neck blanket and/or a towel.
2. CHECK – **Never** run a session with the chamber doors **open** and the oxygen concentrator on – this will release a high concentration of ozone into the room.
3. CHECK – The destructor removes most of the ozonated steam at the end of a session. However, it is still advisable to have **good ventilation** flowing through your HOCATT room – especially if your HOCATT is used by many clients each day, and the room is small (it should not be smaller than 10 x 10 ft). Open the windows and doors, use standing fans and install extractor fans.
4. ACTION – If for any reason the external destructor does not start running, wait 3-minutes and then have the client cover their nose and mouth with a handkerchief before opening the chamber doors, and have them get dressed in a different room. The HOCATT technician should also cover their nose and mouth before opening the doors.
5. ACTION – If any ozone has been inhaled, it is advisable to drink Vitamin C and in the case of an emergency a Vitamin C IV may be required.

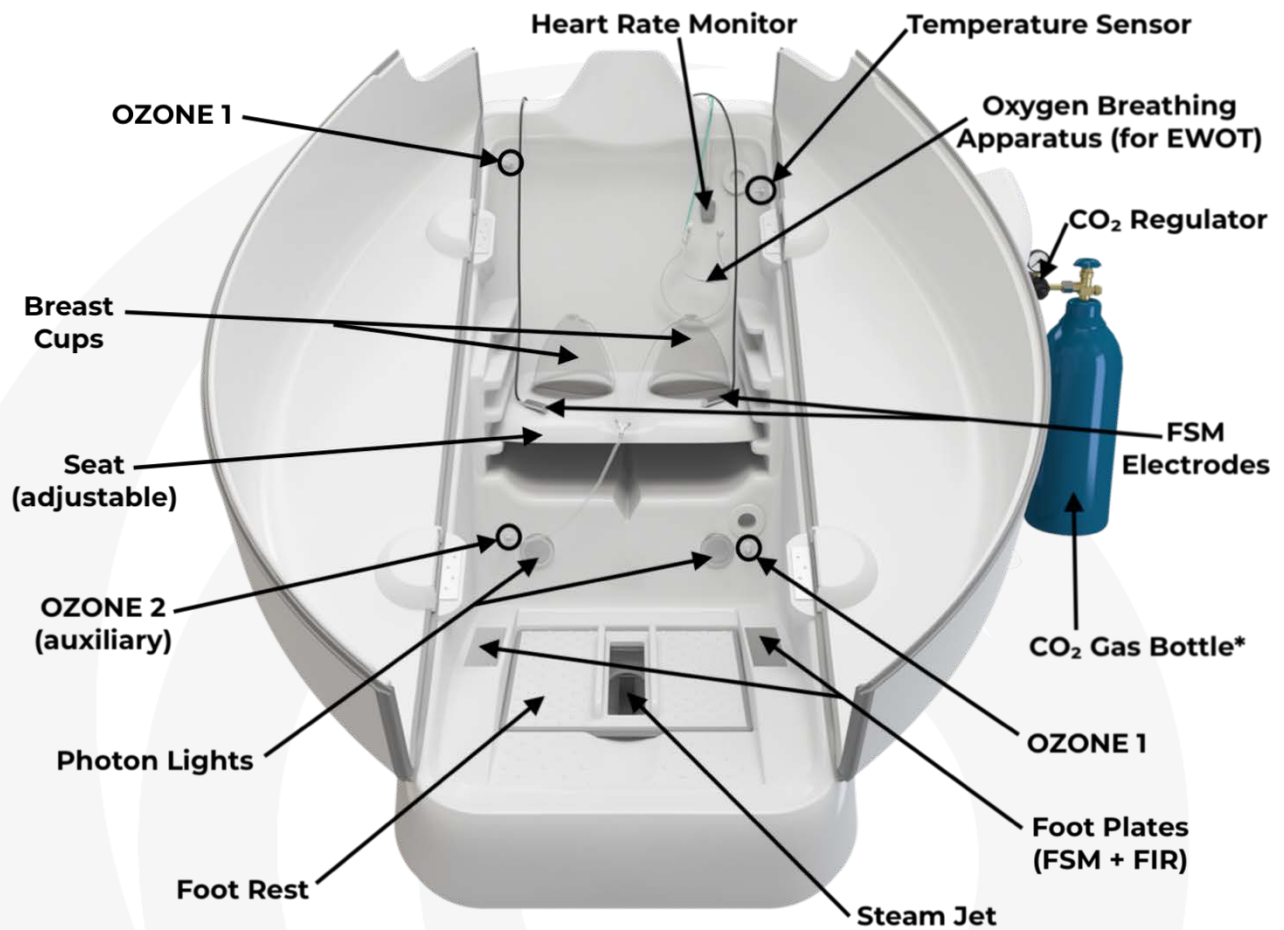
### **Effects of excessive ozone inhalation include:**

Irritation of the respiratory system and mucous membranes, coughing, post-nasal drip, dizziness, headache, fatigue, swollen eyes.







# OVERVIEW OF PARTS AND FEATURES

## HOCATT (front)



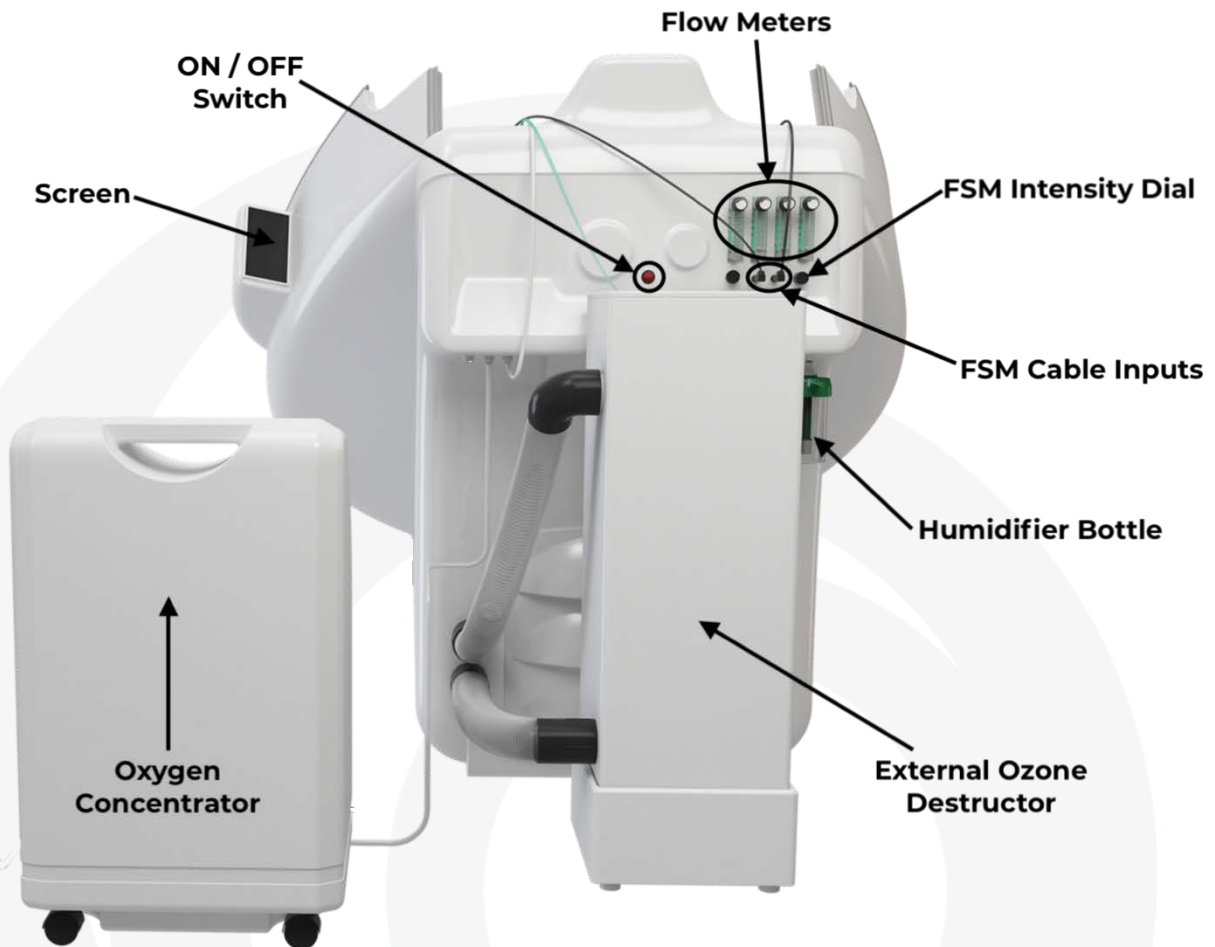
*\*CO<sub>2</sub> Gas Bottle is not supplied with the HOCATT. This needs to be rented from a local supplier.*

## HOCATT Accessories







<p><b>FSM Electrodes</b></p>  <p><b>NOTE:</b> these are NOT included in the <b>Platinum</b> models.</p>	<p><b>CO<sub>2</sub> Regulator &amp; Heater</b></p> 
<p><b>Oxygen Breathing Apparatus</b></p> 	<p><b>Water Bottle</b></p> 

# OVERVIEW OF PARTS AND FEATURES

## HOCATT (back)



## HOCATT Accessories (cont.)

<p><b>5 x Neck Blankets</b></p> 	<p><b>Catheter Pack (50 pcs)</b></p> 
<p><b>3 x Breast-Cup Sets (S, M, L)</b></p> 	<p><b>3 x Breast-Cup Connections</b></p> 
<p><b>2 x 50mm (diameter) Glass Funnels</b></p> 	<p><b>1 x 60mm (diameter) Glass Funnel</b></p> 



# MAINTENANCE & CLEANING

## FREQUENCY SPECIFIC MICROCURRENT (FSM) & HEART RATE CABLES

Do NOT pull/yank on the heart rate monitor OR FSM electrode cables! Handle this equipment with care, and **please ask your clients to be very gentle** when you hand them the heart rate monitor or electrodes – especially the heart rate monitor. These cables are very delicate and are easily damaged when handled roughly.

## CARBON FILTERS ON THE DESTRUCTOR

The carbon filters on the destructor will only need to be replaced when they are no longer working properly (about every 3+ years).

## OXYGEN CONCENTRATOR

**IMPORTANT** – Read the oxygen concentrator manufacturer’s manual before use.

Most portable oxygen concentrators will last for around 4 to 7 years or more, depending on how often it was used and how well it was maintained. Maintenance for the average portable oxygen concentrator is very minimal, and usually only consists of cleaning a filter. The filter (grey sponge) on the side of the oxygen concentrator should be cleaned every 2 months. Remove the filter, run it under warm water and leave it to dry before replacing it.

## DISTILLED WATER

We recommend that you use store-bought distilled water. The manufacturer’s Warranty does not cover any damages to the HOCATT that result from using water that is not distilled. Regular tap water contains natural minerals, as well as chemicals to kill bacteria. Not all of the chemicals can be filtered out with regular water filtration systems. Any chemicals or minerals in the water will pack onto the elements inside the steam generator (kettle).

### What is distilled water?

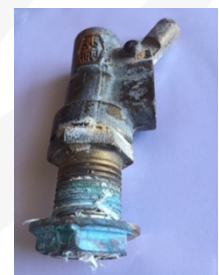
Distilled water is NOT the same as filtered water! Distilled water has gone through rigorous filtration and distillation processes. Distillation involves the boiling of water and then condensing the steam into a clean container. Distilled water is not only stripped of contaminants and chemicals, but it is also stripped of any natural minerals.

### What about reverse-osmosis water?

Reverse osmosis filtration involves many different filters, and it does remove minerals, chemicals and contaminants from water – however, most reverse osmosis systems have a final filter that **re-mineralizes** the water. Using reverse osmosis, or any other kind of water that is not distilled water, will void the Warranty.



*Before (new)*



*After mineral damage*

## REFILLING THE WATER BOTTLE

The blue water bottle feeds water to the steam generator / kettle through the Water Dispenser system located behind the chamber (see image below).

1. When the blue bottle is empty, remove it from the Water Dispenser.
2. Unscrew the cap on the bottle and fill the bottle with distilled water.
3. Close the inner seal on the cap, then screw the cap back onto the bottle.
4. Place the bottle upside down in the Water Dispenser, with the seal positioned over the spike.

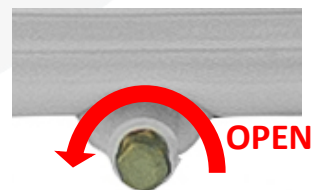


## DRAINING THE WATER

Draining the water from the HOCATT chamber:

**This water must be drained at least every 2 sessions, preferably after each session,** as the steam condenses into water that, along with the client's sweat, runs down the walls and collects inside the steam compartment (the area underneath the foot rest). If this water sits in the steam compartment for too long, it can leave stains.

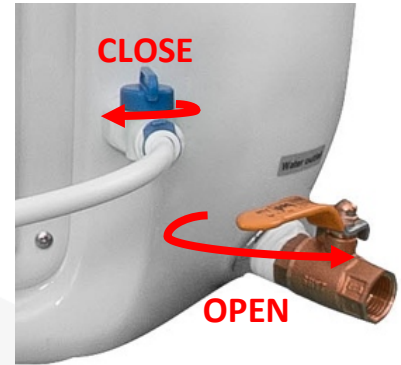
1. This outlet is located behind the HOCATT, at the bottom-middle of the chamber (underneath the water dispenser).
2. Place a flat container underneath the outlet and unscrew cap "A" (anti-clockwise).
3. In order to drain ALL the water, you can ask someone to **carefully** lift the front of the HOCATT until there is no more water coming out of the outlet.
4. Replace the cap and screw it back on (clockwise).



### Draining the water from the Steam Generator:

It is good practice to completely drain the steam generator **every week** and let it remain empty for **at least a day**, e.g. if the HOCATT is in use during the weekdays, then drain the water completely on a Friday after the last session and fill it again on Monday morning before your first client arrives.

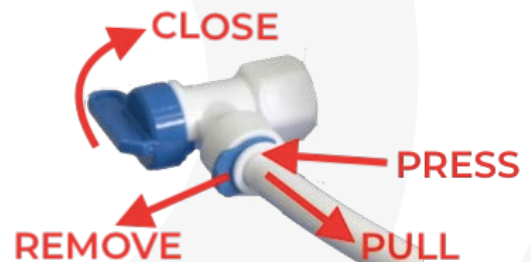
1. This outlet is located behind the HOCATT, on the bottom right corner of the chamber.
2. Place a container underneath the outlet, close valve "C2" and open valve "B".
3. In order to drain ALL the water, you can ask someone to **carefully** lift the front of the HOCATT until there is no more water coming out of the outlet.
4. Close the valve "B".



### Draining the water from the Water Dispenser:

It is good practice to also drain the water dispenser when you drain the steam generator.

1. Remove the Blue Bottle from the Dispenser.
2. Close valve "C1" and remove the blue clip.
3. Press in the white ring while pulling out the tube.
4. Place a container underneath the outlet to collect the water, and open valve "C1".



### Draining the water from the External Destructor:

There is a water outlet located at the bottom left corner of the destructor (to the left of the large lower tube). The destructor should be drained at least once a week (professional use) and every 2 weeks (personal use).

1. Place a flat container underneath the outlet and open the valve (anti-clockwise).
2. It is OK if little to no water drains (it depends on the frequency of use and your location).
3. When there is no more water coming out of the outlet, then close the valve (clockwise).



## CLEANING THE HOCATT

**IMPORTANT** – DO NOT use Ammonia-based cleaning products!

Clean the HOCATT between or after sessions using your own solution of **distilled water** and **3% H<sub>2</sub>O<sub>2</sub> (Hydrogen Peroxide)**. Fill an empty spray bottle with 2 parts distilled water and 1 part H<sub>2</sub>O<sub>2</sub>, *i.e. for every 2 cups water, add 1 cup H<sub>2</sub>O<sub>2</sub>*.

1. Give the HOCATT a wipe down with a cloth to soak up all the water that has collected inside the chamber.
2. Also use a drying towel for the steam compartment (area underneath the foot rest) – use the towel to push the water into the drain and soak up any excess water. If this water sits in the steam compartment for too long, it can leave stains. Remember to drain the water from the steam compartment at least every 2 sessions, preferably after each session (see instructions for “Draining the Water” on page 7).

**WARNING:** *if the steam compartment fills up with water during a session / pre-heat, then that water will start to boil and will make the foot rest very hot! If this happens, then the client may burn themselves on the foot rest.*

3. Next, spray down the interior with your **water & H<sub>2</sub>O<sub>2</sub>** solution, and wipe it clean with a towel.
4. Remember to clean the:
  - **Back rest**
  - **Seat** (remember to also soak up the water that collects underneath the seat)
  - **Doors**
  - **The 3 tubes**
  - **Foot rest area & FSM foot plates**
  - **Steam compartment (area underneath the foot rest)**
5. If used, also clean the:
  - **FSM electrodes:** after cleaning, place the electrodes upside down on a paper towel to absorb any moisture that might have entered the fittings (where the wires are plugged into). You may also apply some W-D40 spray to the fittings to prevent rusting. Place the electrodes upside down on some paper towel/tissues so that they may dry.
  - **Breast cups / glass funnels**
6. **IF A CATHETER WAS USED FOR ANY REASON, THROW IT AWAY! NEVER RE-USE CATHETERS!**

# OPERATING INSTRUCTIONS

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## HOCATT PREPARATION & SAFETY CHECKS

1. CHECK – Ensure that there are no wet and slippery areas – clean any water from the floor and place a **non-slip mat** cushion on the floor in front of the chamber for clients to step on, so that they do not slip getting in/out of the chamber.
2. CHECK – Ensure the wheels are locked.
3. CHECK – Ensure adequate ventilation (see warning “Inhalation of Ozone” on page 3).
4. CHECK – Ensure that the wall connections are all secure and that the HOCATT is connected to a surge protector.
5. ACTION – Turn on the oxygen concentrator, destructor and HOCATT chamber.
6. CHECK – Make sure that the water bottle has enough distilled water for a session.
7. CHECK – Make sure the humidifier bottle at the back of the chamber has enough distilled water (between the upper and lower level). If the water level is too low, unscrew and open the humidifier bottle and add required amount of distilled water, and then screw the humidifier bottle back into place.
8. ACTION – Open the valve on the CO<sub>2</sub> bottle and check the gauge to see if there is still CO<sub>2</sub> in the bottle.
9. CHECK – See that the heart rate monitor is working correctly.
10. OPTIONAL – Add essential oils to the session: lift the lid of the metal steam jet (located in the middle of the foot rest) and place some gauze into the cavity. Add some drops of essential oil to the gauze and then close the steam jet. **\*DO NOT USE CITRUS BASED ESSENTIAL OILS.**  
**WARNING:** *Make sure that the steam jet is COLD before touching it.*
11. CHECK – Ensure that the top of the metal steam jet (the side with the sieve) is facing straight up at all times. If the steam jet is skew then the steam will be directed onto the foot rest or steam compartment during the session, and this may cause surface damage to the foot rest or steam compartment area over time. Any damage caused as a result of not adhering to the usage instructions in this manual will void the warranty.  
**WARNING:** *Make sure that the steam jet is COLD before touching it.*
12. OPTIONAL – Attach auxiliary apparatus to the *Ozone 2* (auxiliary) tube, if the client wishes to use an attachment. (*NOTE: the Ozone 2 (auxiliary) tube is located behind the right calf when sitting in the chamber*).
13. OPTIONAL – If the client wishes to use the FSM electrodes during the session, then ensure the electrodes are connected to the FSM inputs behind the chamber.



## GENERAL SETTINGS FOR THE FLOW METERS

### Oxygen Concentrator:

Switch on the oxygen concentrator, and make sure the flow meter is set to roughly 2.5L/min  
(NOTE: never put the Oxygen higher than 3L/min).

### Behind the Chamber:

In order to adjust the flow meters behind the HOCATT chamber, both the HOCATT and the oxygen concentrator should be switched on, and the CO<sub>2</sub> valve opened.



CO <sub>2</sub> :	5L/min <i>(a session must be started in order to set the CO<sub>2</sub> to flow meter)</i>
Ozone1&2:	300ml/min <i>(when not using a catheter or funnel/cups with Ozone 2)</i>
	-OR-
Ozone1:	400 – 500ml/min <i>(when using Ozone 2 for auxiliary functions)</i>
Ozone2:	Consult the User Guide <i>(when using Ozone 2 for auxiliary functions)</i>
Oxygen:	2.5L/min <i>(do not set the Oxygen higher than 3.0L/min)</i>

## DESTRUCTOR SETTINGS

Make sure that the timer on the destructor is set to 40 seconds (default).

1. On the HOCATT screen, select “system information”, and then “destructor”.
2. Check that the destructor is set to run for 40 seconds. If it is not, then change it to 40 seconds.

## PRE-HEAT & GETTING THE HOCATT READY

DO THIS 10 MINUTES BEFORE THE CLIENT IS DUE TO START THEIR SESSION.

1. CHECK – Make all the necessary adjustments.

### Checklist:

- Turn of foot rest.
  - Level of the seat. **IMPORTANT** – The maximum weight limit for the HOCATT seat is 350 lbs (160 kg).
  - Attach funnel/ cups/ catheter if the client wishes to do cupping/ Vaginal Insufflation.
  - Add essential oils (if the client wishes).
2. CHECK – Make sure that the oxygen concentrator, destructor and HOCATT are all turned on, and that the valve on the CO<sub>2</sub> cylinder is open.
  3. CHECK – The Welcome Screen appears on the HOCATT.
  4. ACTION – Touch anywhere on the Welcome Screen, and it will go to the Main Menu.
  5. ACTION – Select “Pre-Heat”.
  6. CHECK – Ensure that the chamber doors are **closed properly** and **cover the top** opening (where the client’s head will stick out) **with a towel** to prevent the steam from escaping during the pre-heat.
  7. ACTION – Select “Start”, to begin the pre-heat (*NOTE: the pre-heat is set for 10 minutes and this time **cannot** be changed. However, you can stop the pre-heat before the 10 minutes are up if the chamber reaches the target temperature sooner.*)
  8. ACTION – After about 7 minutes (the average time required to adequately heat the machine), ask the client to undress in a restroom or behind a curtain, and wrap a large bath towel around themselves (*NOTE: the client should undress completely, as the more skin exposed to the steam the better, and then cover themselves with their towel.*)
  9. CHECK – The temperature inside the HOCATT should be around 40°C before you assist the client into the chamber because you will lose steam (i.e. the temperature will drop) while the client is getting in.
  10. **IMPORTANT** - DO NOT run the pre-heat continuously, as continuously heating the unit to 45°C may cause the element to burn out.
  11. **WARNING** – To prevent burning/injury, be careful not to touch the steam jet during or right after a pre-heat/ sauna session.



## ASSISTING THE CLIENT AS THEY ENTER THE CHAMBER

1. ACTION – Remove the towel covering the top opening of the chamber and open the doors carefully so as to not place any strain on the door hinges.
2. ACTION – Help the client into the chamber, and then carefully close the doors. DO NOT put pressure on the doors when they are open. **IMPORTANT:** The Warranty on the chamber / cabinet body is one (1) year. **However, damage to the doors, the hinges of the doors, or the chamber as a result of excessive weight or stress on the doors and/or hinges is NOT covered by the Warranty.** You should always open the doors carefully, and clients should never put any weight on the open doors at any time – especially when entering or leaving the sauna chamber. The doors are custom made for each chamber. If they are damaged you may have to replace the entire chamber.
3. **WARNING** – To avoid burning or injury, tell the client to be careful not to place their feet on/over the steam jet as they enter the chamber. Remind the client to **keep their feet apart** during the session to avoid the steam as it rises from the steam jet, this is especially important for clients without feeling in their feet / legs, as they will not know if they are being burned by the steam. It is recommended that the client places their feet on the metal foot plates, so that they may experience the FSM and Far Infrared modalities, and this will also keep their feet away from the steam jet.
4. ACTION – Once the client is settled inside the chamber, ask the client to:
  - Keep their feet apart (to the sides / on the foot plates).
  - Uncover their body as much as possible (if they entered with a towel on).
  - Not cover the thermostat with their body, as this may interfere with temperature reading.
  - Locate the auxiliary attachment if the client has opted to use one.
  - Hold onto the FSM electrodes and/or attach the heart rate monitor to their finger, and to make sure that their finger is dry when they put on the heart rate monitor – if the client's finger is too wet, it can interfere with the reading from the heart rate monitor (*NOTE: carefully pass the FSM electrodes and HRM to the client through the top opening around the client's neck, and ensure the cables have enough slack*). **IMPORTANT** – Do NOT pull/yank on the heart rate monitor and the FSM electrodes! Please handle this equipment with care. **Ask your staff and clients** to be very gentle with these items.
5. ACTION – To prevent inhalation of the ozonated steam, place a neck blanket over the client's head and secure it around their neck. If the client finds the neck blanket to be uncomfortable, you can use large towels instead. (see page 3, "Inhalation of Ozone")
6. ACTION – Place the oxygen breathing apparatus around the client's and ensure that the airflow from the oxygen breathing apparatus is directed to the nose and mouth.
7. ACTION – Turn on any ventilation fans, open doors and windows as necessary to ensure air movement to disperse any small amounts of ozone that may have leaked into the room between previous sessions.
8. **IMPORTANT** – Ask the client to notify you immediately if they need to get out! As soon as you press "stop" to end the session, the destructor will run for 40 seconds. This way you can have the client safely out of the chamber in less than a minute, without exposing them or the room to a large volume of ozone when opening the chamber doors.



## STARTING A SESSION: Default & Recommended Settings

The default settings are **set at recommended levels for persons with no special medical or physical conditions**. These levels are based on the norm in the wellness industry and should be applicable for the majority of individuals.

**You can change the parameters before the session, as well as at any time during the session.** You can also pause the session at any point should the client wish it.

### Main Control Buttons:



**START** a session.



**STOP** a session.



**PAUSE** a session.



**INCREASE**

**OR** a session.

**DECREASE** selected parameters.

### CO<sub>2</sub> Screen Settings:

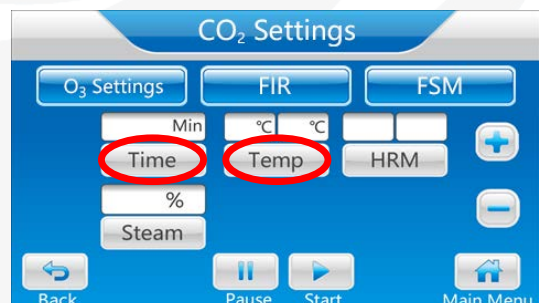
1. In the Main Menu, **select “Control Screen”**.
2. On the Control Screen, **select “CO<sub>2</sub> Settings”** to set the CO<sub>2</sub> time and temperature.



3. **Time:** 3 (default) – 8 minutes (maximum)

*NOTE: start off at 3 minutes and gradually build the client up to longer periods of CO<sub>2</sub>.*

The number of minutes set for CO<sub>2</sub> is subtracted from the total time displayed on the control screen, i.e. if the time on the control screen is set to 30 minutes, and you set the CO<sub>2</sub> for 3 minutes, then there will be 27 minutes left of the session after the 3 minutes of CO<sub>2</sub>.

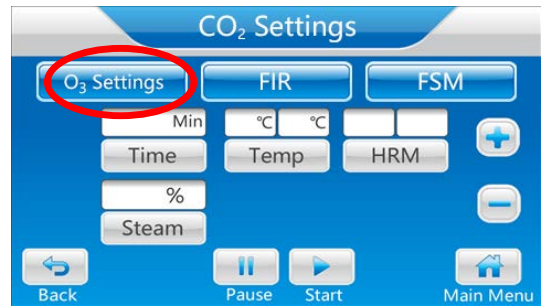


4. **Temperature:** 37 (default) – 42°C

*NOTE: high temperatures can cause discomfort and irritability, but it is recommended to increase the heart rate. Always work within your client's comfort levels.*

## Ozone Screen Settings:

1. **Select “O3 screen”** to return to the control screen, and set the following parameters for the transdermal Ozone:



2. **Session Time:** 20 – 30 (default) minutes

3. **Temperature:** 37 (default) – 42°C

*NOTE: high temperatures can cause discomfort and irritability, but it is recommended to increase the heart rate. Always work within your client’s comfort levels, and try to gradually build them up to higher temperatures over time.*



4. **HRM:** 120 bpm (default) – please see the User Guide.

5. **Steam:** 100%

*NOTE: the steam should remain at 100%, as it regulates the rate of the temperature increase.*

6. **Ozone 1 + 2:** 50 (default) – 100%

7. **FIR:** On (default)

*NOTE: if the client does not want to do FIR, you will only be able to de-select it once the session has started.*

To adjust the intensity of the FIR, locate the FIR dial behind the HOCATT chamber, and turn the dial anti-clockwise to decrease the intensity, or turn the dial clockwise to increase the intensity.



8. **FSM:** None selected (default)

*NOTE: please see the next page for instructions on how to select an FSM program.*

9. **PEMF:** See page 17 for instructions on using HUGO PEMF during the session.

*NOTE: the PEMF modality is only available in the HOCATT Platinum models.*

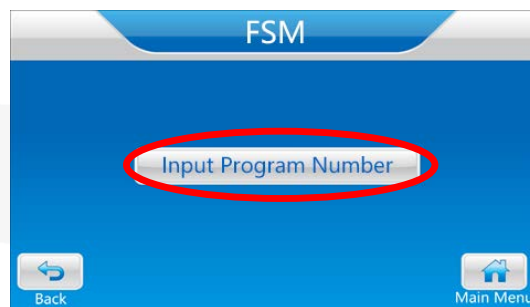
10. Once you have set all the parameters you can start the session.

## FREQUENCY SPECIFIC MICROCURRENTS (FSM)

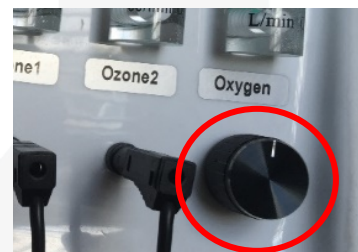
We recommend using the FSM during a sauna session. However, it can also be administered as a stand-alone modality – please see page 19 for those instructions.

### Choosing an FSM Program During a HOCATT Session:

1. When the client is sitting comfortably inside the chamber, instruct them to place their feet on the metal foot-plates, and **carefully** pass the FSM electrodes to the client underneath the neck blanket (*NOTE: do **NOT** let the client tug on the cables – make sure that the cables have some slack after passing the electrodes to the client*).
2. In the Control Screen, select “FSM”, then select “input program number”.



3. Use the *FSM Program List* on page 20 of the User Guide to find the desired program number.
4. Enter the program number, then select “OK”.
5. You will be returned to the Control Screen. The FSM will start when you start the sauna session.
6. If at any point during the HOCATT session the client wants to stop the FSM and then continue it later, you can select “FSM” and press the “Pause” button. Press the “Start” button to resume the FSM.
7. Adjust the intensity of the frequencies by turning the dial behind the HOCATT chamber.



## AUXILIARY OZONE FUNCTIONS

We recommend using the auxiliary ozone functions during a sauna session. However, they can also be administered outside of a sauna session as stand-alone modalities.

### Using the Auxiliary Ozone function During a HOCATT Session:

1. Before starting the session, attach auxiliary attachment to the *Ozone 2* tube inside the chamber (*NOTE: the Ozone 2 (auxiliary) tube is located behind the right calf when sitting in the chamber*).
2. Set the *Ozone 2* flow meter (behind the chamber) to the recommended setting.
3. When the client is sitting comfortably inside the chamber, start the session and ask them to apply the chosen auxiliary attachment to the desired area.
4. Please consult the User Guide for more information on the auxiliary ozone functions.

## USING HUGO HIGH-INTENSITY PEMF WITH THE HOCATT PLATINUM

The instructions on this page apply only to the HOCATT Platinum models. If you have a HOCATT Plus you can ignore this page.

### IMPORTANT:

Do not connect the HUGO power supply to the HOCATT chamber. Only the external ozone destructor must be draw power from the HOCATT. The oxygen concentrator, CO<sub>2</sub> regulator, and **HUGO driver** must be connected to wall outlets (with surge protectors).

1. **IMPORTANT** – You **MUST** read the **HUGO Operating Manual** before connecting the HUGO driver to the HOCATT Platinum chamber.
2. **ACTION** – Before starting the HOCATT session, set up your HUGO driver following the instructions on page 5 of the HUGO Operating Manual.
3. **IMPORTANT** – Included with your HOCATT Platinum are two insulated white cords with probes on either end. Ensure that the HUGO driver is powered OFF before attaching the probe connections as directed in Steps 4 – 7 below:
4. **ACTION** – Connect one end of the cord with the grey probes to the grey Probe Connector slot of **set 1** on the front panel of the HUGO driver.
5. **CHECK** – Make sure the probe is correctly lined up with the connection before inserting.
6. **ACTION** – Once inserted, twist the probe gently to the right (clockwise) to lock the probe into place. You will hear a soft click when the probe enters the locked position.
7. **ACTION** – Connect the other end of the same cord to the grey Probe Connection on the back of the HOCATT chamber. Make sure that you have inserted it correctly as per the instruction in Steps 5 and 6 above.
8. **ACTION** – Repeat Steps 4 – 7, but for the cord with the blue probes on either end.
9. **ACTION** – Locate the short ‘dummy’ cord and connect it to the Probe Connector slots of **set 2** on the front panel of the HUGO driver. Once inserted, twist the probes gently to the right (clockwise) to lock them into place.
10. **ACTION** – Get the user settled inside the HOCATT chamber and start the HOCATT session as per the instructions in this HOCATT Operating Manual.
11. **ACTION** – Half-way through the HOCATT session (i.e. 15-minutes of the session left), start the HUGO by following Steps 1 – 5 under “STARTING A SESSION” on page 7 of the HUGO Operating Manual.
12. **CHECK** – The HUGO will run for 12-minutes, so it will end 3-minutes before the HOCATT session ends.
13. **IMPORTANT** – Remember to make sure that the HUGO is properly powered down before disconnecting or connecting any probes.



## IMPORTANT REMINDERS

**IMPORTANT** – If the unit starts beeping (indicating there is not enough water), STOP the session immediately and add more distilled water. DO NOT let the unit run while the kettle is empty, as this may cause the element to burn out.

**IMPORTANT** – If any of the equipment malfunctions during a session, or if anything happens to the client during a session, press STOP immediately! Wait 40s for the destructor to remove the ozone before opening the doors and assist the client out of the chamber. In the case of an emergency, press STOP immediately, open the doors and assist the client out of the chamber as quickly as possible. Avoid ozone inhalation.

## ATTENDING TO THE CLIENT DURING A HOCATT SESSION

Throughout the session, there should always be an attendant present to aid the client.

The attendant should:

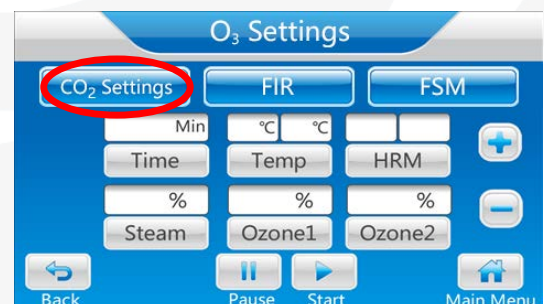
1. CHECK – Make sure there are no ozone leakages around the neck.
2. CHECK – Make sure there is a fan or other means of keeping the client's face cool.
3. CHECK – Ask the client to keep you informed of their needs, i.e. if they are thirsty the attendant must provide water, if it is getting too hot the attendant should reduce the temperature, etc. (*NOTE: you can always, at any time, adjust the temperature or any other parameter, according to the needs of the client*).
4. ACTION – Mop the client's face with tissue or paper towels when they sweat. If there is excessive sweating, the attendant can also use the towel around the neck (if present).
5. **IMPORTANT** – Keep an eye on their heart rate throughout the session and ensure that the heart limit has been set for those clients with known heart conditions and the elderly. The heart rate limit should be set to whatever limit is recommended by their cardiologist.
6. **IMPORTANT** – If the client feels any uneasiness due to the temperature being too high, lower the temperature and/or open the chamber doors for a few seconds to cool them down.
7. ACTION – If the client is claustrophobic, tell them that the chamber is completely under their control. The doors do not lock, and they can ask you to stop the session at any time to help them out of the chamber if they feel uncomfortable.
8. **IMPORTANT** – Ask the client to notify you **immediately** if they want to get out. As soon as you press “stop” to end the session, the destructor will run for 40 seconds. This way you can have the client safely out of the chamber in less than a minute, without exposing them or the room to a large volume of ozone when opening the chamber doors.
9. **IMPORTANT** – If there is any dizziness or light-headedness, **stop the session** and then open the chamber doors (preferably after the destructor has removed the ozone). Ask the client to lower their head down between the knees for a few minutes. Once they are feeling better, you should let them lie down for 10 – 15-minutes.

## ASSISTING THE CLIENT OUT OF THE CHAMBER

1. CHECK – Once the session has ended, the destructor will automatically run for 40 seconds. The destructor does make a loud noise, so before the end of the session you can tell the client not to be alarmed when it comes on.
2. ACTION – Ask the client to wrap him/ herself up using their towel.
3. ACTION – Remove the oxygen breathing apparatus and the neck blanket and/or towels from around the client's neck.
4. ACTION – If the client is wearing a heart rate monitor, ask them to remove it from their finger and CAREFULLY pass it back to you through the opening at the top of the chamber. The same applies for if the client has used the FSM electrodes. If the client used any auxiliary attachment, they can leave the attachment on the seat next to them.
5. ACTION – Once the destructor has finished running and the client has covered up with their towel, you can open the chamber doors. Ask the client to hold onto your hand while you assist them with exiting the chamber (this also ensures that they do not put stress on the door hinges). Tell the client to watch his/her step, as the chamber is slightly raised above the ground (due to the wheels).
6. ACTION – Help the client to a nearby bed or chair (as their muscles will be very relaxed) and allow them to rest and collect themselves for 10 – 15 minutes whilst drinking 35 ounces (1 litre) of rehydration water, before they go to put their clothes back on.

## RELEASING THE PRESSURE IN THE CO<sub>2</sub> PIPE

1. When you have finished with your last client for the day, close the valve on the CO<sub>2</sub> cylinder.
2. Go to the Control Screen and select “CO<sub>2</sub> Settings”.
3. Press “Start” and wait around 10-15 seconds for the pressure gauge on the CO<sub>2</sub> cylinder to drop to zero.
4. Press “Stop”. You can now switch off the HOCATT at the back of the chamber.
5. Switch off the Oxygen Concentrator and the External Ozone Destructor.
6. Unplug the CO<sub>2</sub> Regulator from the wall.
7. Switch off the main power supply.



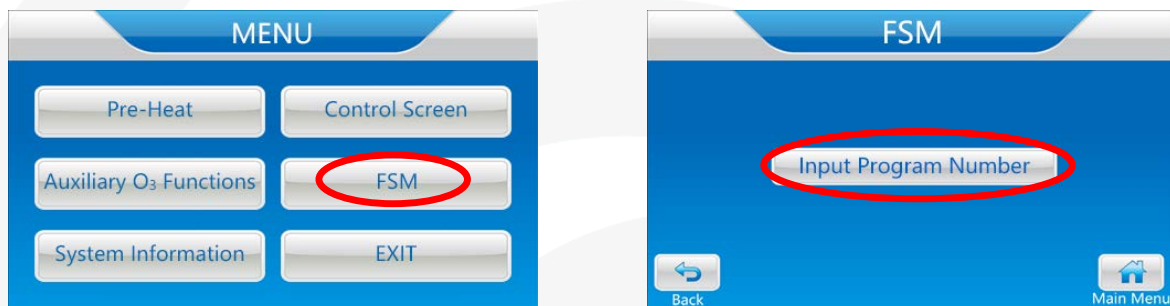
# USING FEATURES **WITHOUT** A SAUNA SESSION

## FREQUENCY SPECIFIC MICROCURRENTS (FSM)

To use an FSM program during a HOCATT sauna session, please see the instructions on page 16.

### Choosing an FSM Program (Without a Sauna Session):

1. In the Main Menu, select “FSM”. Use the *FSM Program List* on page 20 of the User Guide to find the program number for your client.
2. Select “input program number”.



3. Enter your desired program number and hit “OK”.

#### 4. **The FSM Screen:**

- **Total Time:** Indicates the total running time for the selected FSM program.
- **Cycle Time:** Indicates the duration of each frequency within the selected program.
- **Cycle:** “A” is the number of frequencies that have already finished running, and “B” is the total number of frequencies within the selected program.

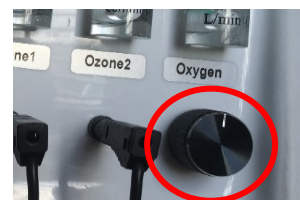


An Example: If the program you select has 24 frequencies, and the Cycle Time is set for 3 minutes per frequency, then the entire FSM session (Total Time) will last 72 minutes.

5. You can change the Total Time by changing the Cycle Time. To do this, press the “Cycle Time” button and then use the +/- buttons to increase or decrease the Cycle Time until you reach the desired Total Time.

6. Press “Start”.

7. Adjust the intensity of the frequencies by adjusting the dial at the back of the HOCATT chamber.





# HOCATT™

## Hyperthermic Ozone & Carbonic Acid Transdermal Technology

THE HOCATT™ IS A SINGLE UNIT DEVELOPED FOR A SINGLE PURPOSE – STRATEGIC WELLNESS AND VITALITY. How does it do this? Using a combination of powerful modalities, the HOCATT™ detoxes the body, improves circulation, boosts energy, and strengthens the immune system.

### WHY IS THE IMMUNE SYSTEM SO IMPORTANT?

When it's working properly, the immune system is nature's most perfect healing network – it provides the ideal platform for the recovery of any illness or disease.

However, the immune system is not invincible! It can be weakened by things that overburden it, like heavy metals and toxins in the water we drink, the air we breathe, and the food we eat. In today's world we are all steadily exposed to toxins, and most of us remain unaware as they continue to accumulate. Eventually, the pace of incoming toxins may overtake the pace at which your body can eliminate them. When you reach this point, your body has no choice but to store some of these toxins, which it does in your fat cells. A study done in 2005 found that blood samples from newborns contained an average of 287 known toxins<sup>1</sup> – if a newborn is exposed to that many toxins, imagine how many you have been exposed to in your LIFE!

An unhealthy lifestyle like eating too much sugar, excessive alcohol consumption, smoking, lack of exercise, stress, too little sleep, and lack of oxygen also weakens the immune system. When this happens, the door is left open for disease to creep in...

This is why supporting the immune system is so important, because it's not just there to fight diseases – a strong and balanced immune system will prevent you from getting sick in the first place. With a strong immune system, everything works better! But what does this mean for you? You'll FEEL better, LOOK better, PERFORM better, you'll have more energy, focus and drive.

### HOW DOES THE HOCATT™ WORK?

The HOCATT™ delivers a combination of modalities perfectly sequenced to give a gentle, but incredibly powerful session that boosts energy, and detoxifies the body down to cellular level. The main modality is Transdermal Ozone, which is generated from pure Oxygen. You can think of Ozone as a Super-Oxygen!

1. Washington, DC: Environmental Working Group (EWG); 2005 July 14; 77p. (Online). Available: <http://www.ewg.org/reports/bodyburden2/> (2005 July 27)



## HOW DOES HOCATT™ DETOX YOUR BODY?

The HOCATT™ is 7x more effective at detoxifying the body and chelating (binding) heavy metals than conventional saunas! While relaxing in the HOCATT™, the ozonated steam covers your skin, flooding your body with Super-Oxygen products! These binds to toxins and heavy metals, making it easier for your body to excrete them, and because the HOCATT™ is also a steam sauna chamber, you get to sweat the toxins out too!

Not only does the HOCATT™ detox your body, it also stimulates the immune system and promotes healing. It improves blood and lymph circulation, and enhances all organ functions – including the production of hormones and enzymes. The HOCATT™ also reduces stress and anxiety, which is very important for immune health.

### HOCATT™ MODALITIES:

- **Transdermal Ozone**
- **CO<sub>2</sub> / Carbonic Acid**
- **Whole Body Hyperthermia (WBH)**
  - Far Infrared
  - Steam Sauna
- **High-Intensity PEMF (Pulsed Electro-Magnetic Fields)**
- **Frequency Specific Microcurrents**
- **Exercise with Oxygen Breathing**
- **Essential Oil Infusions**
- **Photon Light & Colors**
- **Ultrasonic Cavitation**

Each session is just 30 minutes long, which is another great thing about the HOCATT™ – it allows you to do everything you need to do to achieve optimal wellness and vitality, or to reach a peak state of performance, and it delivers this to you ALL AT THE SAME TIME, for just 30 minutes out of your day!

The HOCATT™ has tremendous VALUE: Not only do you receive so many modalities in one session, but because of the way these modalities support and potentiate one another – you get twice the results!

There is nothing else on the market that can do what the HOCATT™ does – and REMEMBER! You don't have to be sick to benefit: whether you're ill, an athlete looking to boost performance, or just a healthy person concerned with prevention or looking to get even healthier and detox your system, the HOCATT™ will benefit you.



This device has been evaluated and awarded CE Certification. It has not been evaluated or approved by the FDA or NDF, and we do not claim its intended use to cure any disease or medical condition.

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**HOCATT™**  
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# HOCATT™

## What makes it BETTER than the rest?

THE HOCATT™ WAS DEVELOPED FOR A SINGLE PURPOSE – STRATEGIC WELLNESS AND VITALITY. HOCATT™ takes the holistic approach, using a **combination** of powerful, natural modalities, perfectly sequenced to boost energy, enhance circulation, strengthen the immune system and detoxify the body down to cellular level.

### EXPERIENCE THE POWER OF 10

The HOCATT™ is not just one modality - there is A LOT going on in this bad boy!

#### HOCATT™ Modalities:

- Transdermal Ozone
- CO<sub>2</sub> / Carbonic Acid
- Whole Body Hyperthermia (WBH)
  - Far Infrared
  - Steam Sauna
- High-Intensity PEMF (Pulsed Electro-Magnetic Fields)
- Frequency Specific Microcurrents
- Exercise with Oxygen Breathing
- Essential Oil Infusions
- Photon Light & Colors
- Ultrasonic Cavitation

Other technologies, such as cryotherapy, hyperbaric chambers, autohemotherapy, etc. deliver great benefits. However, they can only deliver ONE single modality. Even if you were to use several of these technologies, you have to use them one at a time.

With just 30 minutes inside the HOCATT™ you get 10 modalities simultaneously! So it's actually quite unfair to compare other technologies to the powerhouse **combination** that the HOCATT™ has to offer! Any one individual device won't provide the **collective** responses that the HOCATT™ can give you.

### COLLECTIVE RESPONSE – BETTER RESULTS

HOCATT™ is the only device that simultaneously works on ALL major systems in the body. The HOCATT™ gives the body more energy that it can use right off the bat. This is not only vital for healing and recovery, but also for maintaining optimal wellness and vitality.

The **combined modalities** used in the HOCATT™ have been carefully chosen through extensive scientific consideration. They have been chosen not only because they are powerful individually, but because of how **exceedingly powerful** they become when they work together in the HOCATT™. This is why the HOCATT™ has such tremendous VALUE: in addition to receiving these 10 modalities in one session, because of the way they support and potentiate one another – you get even better results!

This device has been evaluated and awarded CE Certification. It has not been evaluated or approved by the FDA or NDF, and we do not claim its intended use to cure any disease or medical condition.

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**HOCATT™**

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## THE "SHOT-GUN" EFFECT

Always bear in mind that everyone is different. People can respond differently to different therapies, so a therapy that works for one person might not work for someone else. When a person doesn't respond to a therapy, they have to try something else and see if that works – this can be a long and expensive process. Unfortunately, most people spend a lot of time and money on the things that DON'T work before they find something that DOES work for them.

The HOCATT™ has the advantage of a "shot-gun" effect. While most people can soak up ALL the benefits of HOCATT™ therapy, there might be one or two therapies that a certain person normally won't respond to as an individual therapy. What if you know that you won't respond to one of the individual therapies? Not a problem! With its "shot-gun" effect, there will still be numerous rewards to reap. You can be sure that **something** in the HOCATT™ will work, and through its use the HOCATT™ can even help people start responding to those therapies that were not working for them initially!

The HOCATT™ gives you the opportunity to have an **affordable, yet extremely effective treatment**. Why spend more money on several separate devices or therapies, when you can get MORE benefits and a MORE powerful, collective response from the HOCATT™?

## HOCATT™ GIVES YOU MORE TIME

This is one of the many great things about the HOCATT™. It allows you to do everything you need to do to overcome a disease or challenge, or to reach a peak state of performance, and it delivers this to you all at the same time, for just 30 minutes out of your day! So in this way, the HOCATT™ gives you MORE TIME. And not just in terms of health and longevity, but literally more time in your day.

If you had to try and do all of these therapies individually, not only would you miss out on the collective benefits, but it would take hours to get through them all! Hours of precious time that some people don't have to waste. Hours that you could be spending living life to the fullest.

## HOCATT™ GIVES YOU AN EDGE

HOCATT™ puts you ahead of the game, whether it be in business, physical or mental performance, health and vitality, or quality of life. The HOCATT™ system gives you that edge. It literally puts your body in a heightened state, which allows your body to function beyond the limitations of today's world.

For the sick person, this means that HOCATT™ gives you an extreme boost in energy that your body can use to help your own immune system to heal you from whatever condition you are fighting. In other words, your body can use this energy to heal, but without the strain of having to try and make more energy on its own. In other words... the HOCATT™ gives you energy and wellness before your body has even started healing! Then on top of that, it helps you to heal faster too!

And for those without health issues, the HOCATT™ is the most powerful life enhancer and youth-protector that you will ever find!

This device has been evaluated and awarded CE Certification. It has not been evaluated or approved by the FDA or NDF, and we do not claim its intended use to cure any disease or medical condition.

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**HOCATT™**

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FEEL **GREAT**, LOOK  
**GREAT**, BE **GREAT**,  
INSIDE AND OUT!



## TRANSDERMAL OZONE

The use of ozone in the HOCATT provides the many benefits iterated in Prof. Mawsouf's papers and works in concert with the other modalities to facilitate the best all the modalities have to offer for health and vitality. Ozone can be both topical and systemic and its uptake is enhanced by the action of the Carbonic Acid and Hyperthermia Therapy. Experts say the HOCATT's combination provides the greatest, fastest and easiest form of detoxification available!

### Ozone:

- Inactivates Viruses, Bacteria, Yeast, Fungi, Parasites and Protozoa
- Stimulates Immune System, Speeds Healing
- Cleans Arteries and Veins, Improving Circulation
- Oxidizes Toxins, Facilitating their Excretion
- Normalizes hormone and Enzyme Production
- Reduces Inflammation
- Reduces Pain, Calm nerves
- Improves Brain function and Memory
- Scavenges Free Radicals
- Dissolution of Malignant Tumors
- Activation of Immune System

## CO<sub>2</sub> / CARBONIC ACID

- Increases blood flow throughout the entire body
- Enhances oxygen delivery at cellular level Flushes the skin temporarily to a healthy pink color
- Stimulates warmth receptors in the skin, inhibits cold receptors
- Reconstructs functionally closed capillaries
- Decreases blood pressure
- Naturally sedates and calms the central nervous system
- Reduces stress, relaxes the muscles and the mind
- A natural anti-inflammatory compound
- A fat dissolving compound

## EXERCISE WITH OXYGEN BREATHING

- Enables the body to work at peak performance while building endurance and speed.
- Increased oxygen is the key to reducing the stress your body is under.
- An increase in oxygen slows the aging process.
- Building an oxygen rich environment wards off illness and disease.
- Enables people who have not been able to exercise at their desired performance to do so.
- Reduces pain
- Increased strength and Increase in energy levels
- Burn up to 30% more calories
- Restores lung function and O<sub>2</sub> absorption
- Improves focus and ocular issues
- Reduces Edema in capillary cells
- Improves circulation disorders, especially in the lower extremities
- Reduces Hypertension

## FAR INFRARED

- Increases blood circulation and oxygen supply to damaged tissues
- Carpal Tunnel Syndrome (CTS)
- Neutralizes blood toxicity and the walls of arteries, capillaries and veins smoothed.
- Hypertension, osteoporosis, headaches and digestive issues are all improved.
- Seven times more effective at detoxifying heavy metals, and even environmental toxins, as opposed to conventional heat or steam saunas.
- Improved symptoms for fibrocystic breast disease, attention deficit hyperactivity disorder, fibromyalgia, chronic fatigue syndrome, and much more.

## WHOLE BODY HYPERTHERMIA

- Inhibits tumor growth.
- Increases the oxygen, nutrient, hormone and enzyme supply to the affected areas
- White blood cells increase in volume and activity, increasing the body's immune efficiency
- Everything in the body works faster when the body has a high body temperature, including producing more hormones and enzymes
- Elevated Mitochondrial Function
- Decreases muscular contracture and relieves tension and pain.
- Hyperthermia increases metabolism
- Hyperthermia speeds the disposal of lactic acid and facilitates faster recovery after exercise
- Improves mental clarity

## ESSENTIAL OIL INFUSIONS

- Improve the quality of life
- Help eliminate toxins
- Reduce stress, anxiety levels
- Increase quality of sleep
- Improve blood pressure
- Reduce pain
- Enhancement of energy
- Improve short-term memory
- Prevent hair loss
- Reduce eczema-induced itching

## LED LIGHT & COLORS

- Violet calms fears and anxiety; helps relieve insomnia; it has a sedation effect on the nervous system.
- Indigo has positive effects for the eyes, ears, nose Blue fights infection and inflammation. It is good for cuts and burns. It also benefits the throat.
- Green is for the relief of headaches, ulcers, colds and flu and heart ailments.
- Yellow enhances mental concentration. It aids in the relief of indigestion, heartburn, and constipation. It affects the liver and intestines.
- Orange is for asthma and bronchitis—the entire respiratory system.
- Red stimulates circulation of blood and flow of adrenaline. It increases energy. The blood and reproductive system react to red.

## FREQUENCY SPECIFIC MICROCURRENTS

- Analgesia
  - Anti-inflammatory Influence on blood flow and lymph transport
  - Edema reduction
  - Acceleration of regeneration
  - Activation of Metabolism through temporary cAMP formation
- 

## ATHLETIC PERFORMANCE BENEFITS

- Enhances performance qualitative and quantitative
- Prolongs a career thru prevention and preservation
- Produces higher endurance and stamina
- Reduces physical and emotional stress
- Reduces muscle spasms and pain
- Strengthens and rebuilds musculoskeletal system
- Higher energy production
- Breaks down lactic acid in muscles, excess adrenaline in the muscles
- Protects the skin against the sun's impact and prevents skin cancer
- Enhances great skin tone and helps prevent stretch marks
- Prevents varicose veins in athletes
- Reduces swelling and inflammation in injuries
- Strengthen joints and muscles

## ANTI-AGING / DETOX / WELLNESS

- Improves chronic digestive issues
- Improves impaired liver function
- Improves chronic headaches
- Improves ongoing skin conditions
- Improves stiff, aching joints and muscles
- Improves respiratory difficulties
- Improves allergies
- Improves low energy and fatigue

# HOCATT™ FAQ

## QUESTIONS

## ANSWERS

1

**What is ozone?**

Ozone is enhanced oxygen. It has an additional oxygen molecule — you can think of ozone as SuperOxygen!



ozone = O<sub>3</sub>

2

**Is it safe?**

It is indeed safe! Ozone is an age-old natural healing modality and a well-researched therapy, with numerous studies published in medical journals worldwide, including esteemed journals such as PubMed. Ozone has outstanding safety records and astonishing efficacy in virtually all categories of disease due to its anti-oxidant stimulation and energy production capabilities. It has been deemed one of the safest treatments with the fewest side effects. The HOCATT™ is safety certified bearing the CE approval. All the modalities have been shown to be safe.

3

**Who is a likely client for the HOCATT™?**

EVERYONE! Those who: are well and want to maintain or improve performance; want to lose weight; want to improve appearance or slow the hands of time (anti-aging); have auto-immune disease; are suffering from parasite infestation; have acute and chronic pain and need relief; want to ensure faster post-operative recovery; have been told there is no other solution. The HOCATT™ is so versatile that almost everyone can benefit from the HOCATT™.

4

**How long are sessions?  
How many do I need?**

HOCATT™ sessions are usually 25-30 minutes. Most protocols recommend 2-3 sessions per week, but some cases do require daily sessions initially. A couple of sessions per month are recommended for even the healthiest clients looking to maintain and increase their vitality.

5

**What if I get too hot?**

If at any point during the session you get too hot, the temperature can be lowered, or the session can be stopped. All features of the HOCATT™ can be increased or decreased to suit your level of comfort.

6

**Do I have to use all of the modalities?**

You do not have to do all of the modalities if you do not wish to. You can select which modalities you want before the session starts, and during the session you may also ask for any of the modalities to be switched off or on.



7

**Will HOCATT™ interfere with my current medication(s)?**

In most cases the HOCATT™ is very complementary to conventional medications, often enhancing their efficacy. HOCATT™ also promotes the absorption and bio-availability of nutrients when taking vitamin/mineral supplements. We have even seen many cases where chemotherapy patients using the HOCATT™ not only experience reduced side effects, but also an enhanced efficacy of the chemo. Please consult your doctor about your concerns before starting HOCATT™ sessions.

8

**What is cupping and Vaginal Insufflation?**

**Do I need to do it during my session?**

The HOCATT™ has a second ozone generator dedicated to auxiliary attachments for OPTIONAL ozone **cupping** or **Vaginal Insufflation (VI)**, during or outside of a HOCATT™ session.

Using a glass funnel / set of breast cups focuses a high concentration of ozone over a specific problematic area.

VI is recommended for endometriosis, ovarian cysts, and vaginal infection (yeast / fungal, bacterial, viral). Often these infections decrease fertility, so ozone VI's are highly recommended for those who are looking to fall pregnant. To do the ozone VI, you insert a catheter about 5cm into the vagina.

9

**Is HOCATT™ safe for pregnant and/or breastfeeding women?**

HOCATT™, and especially the VI modality, is actually recommended for those who are planning or trying to fall pregnant, and it is safe for breastfeeding women. However, as with most anything, it is advised that you not use the HOCATT™ during the first 3 months of pregnancy, as it is during this time that the fetus is most vulnerable.

10

**Can I use the HOCATT™ if I am menstruating?**

HOCATT™ is contraindicated during menstruation, as it dilates arteries and may increase the blood flow (i.e. you might mess on your towel). If you choose to do HOCATT™ anyway, it is advised that you keep on your underwear and a sanitary pad/tampon. **DO NOT DO VAGINAL INSUFFLATIONS WHILE MENSTRUATING.**

11

**What are the contraindications?**

**Transdermal Ozone:**

- Thyrotoxicosis
- G6PD deficiency
- Porphyria
- Vitiligo
- 1<sup>st</sup> trimester of pregnancy

**CO<sub>2</sub> / Carbonic Acid:**

- Hypotension

**Heat / Sauna:**

- Fever
- Menstruation
- Active bleeding
- Taking blood thinners
- Recent heart attack
- 1<sup>st</sup> trimester of pregnancy
- Hypotension (keep temp. < 38°C)
- Elevated blood alcohol/drug levels

# HOCATT™

## WHAT TO EXPECT

### START OF A SESSION:

In the privacy of a changing room, you remove all articles of clothing and wrap yourself in a towel. You are then assisted into the HOCATT™ chamber where you sit back comfortably on the seat, which can be adjusted for your height. The chamber doors are then closed to cover your body, while your head remains outside of the chamber. You may then open up your towel.

A neck blanket or towel is placed around your neck to ensure that none of the steam escapes from the chamber onto your face. A nasal cannula (or special oxygen jet) will be placed around your neck to provide pure humidified oxygen for you to breathe in – this is to ensure enhanced oxygen saturation in the blood, and also provides a passive EWOT (exercise with oxygen) effect.

### DURING A SESSION:

During the session, steam and far infrared rays (FIR) heat up the body with the intention of raising the core body temperature to rapidly induce an artificial fever. All bodily processes are enhanced at higher temperatures, including the production of hormones and enzymes. Keeping the body in a constant regenerative state helps the body to heal, and to stay healthy and energized. The heat also dilates the pores and enhances circulation, and this is further potentiated by the carbonic acid. The FIR rays penetrate deeply into the skin and subcutaneous tissue, relieving joint and muscle aches/pain and promoting the chelation of heavy metals from the body.

PEMF (pulsed electro-magnetic fields) can be used throughout the session. PEMFs use magnetic fields to significantly reduce pain and boost energy, which accelerates healing and regeneration. Special Frequency Specific Microcurrent (FSM) programs may also be selected to stimulate the muscles, nervous system and cells through foot electrode pads and/or hand held electrodes. FSMs focus on the specific health issue (e.g. Lyme Disease, Candida, etc) of the selected program. **[cont.]**



## DURING A SESSION: (continued)

Full spectrum colored light rays also fill the chamber and are absorbed by the skin as they reflect from the steam and the ultra-reflective chamber walls. HOCATT™ uses all colors of the spectrum, from soothing and relaxing to balancing and energizing. You may ask for essential oils or leaves to be added to the steam jet. If you are physically able, you may also opt to do some seated exercises to increase weight loss during your session.

**For the first 3-8 minutes of the session**, CO<sub>2</sub> enters the chamber and is converted into **carbonic acid (CA)** as it reacts with the steam. The CA and steam irrigate the skin, and enter through the pores into the blood stream and lymph system. It also dilates the capillaries and the blood vessels, increasing blood circulation throughout the entire body by up to 25%. This also draws more blood to the surface of the skin, which enhances the effects of the transdermal ozone. The CA sedates the central nervous system and stimulates the parasympathetic nervous system, relieving tension and stress in the spine and muscles. CA is one of very few compounds that naturally, and without any side effects, increases the uptake and delivery of oxygen at cellular level.

**After the CA cycle is finished, the ozone cycle starts**, and continues for the rest of the session. The ozone reacts with the H<sub>2</sub>O (steam) to form sterilizing H<sub>2</sub>O<sub>2</sub> on the surface of the skin. The H<sub>2</sub>O<sub>2</sub> is absorbed through the dilated pores and enters into the blood stream and lymph system. One of the main advantages of Ozone is that it stimulates the body's natural anti-oxidant system, and boosts energy down to cellular level. It also inactivates viruses, and eliminates bacterial and yeast/fungal infections. Because of the carbonic acid pre-cycle, the absorption of H<sub>2</sub>O<sub>2</sub> is enhanced up to 2x as much compared to normal ozone saunas. During this stage you may also elect to use a catheter for vaginal insufflation, or funnels for cupping (e.g. breast cupping).

## END OF A SESSION:

At the end of the session, the entire volume of the ozone and oxygen steam mixture is extracted into the external ozone destructor, in order to prevent it from releasing into the room when the doors open. You may then cover yourself with your towel once again. The nasal oxygen cannula and neck blanket / towel will be removed, and then the chamber doors will be opened. When you are ready to stand up, you will be assisted out of the chamber.



# HOCATT™

## What makes it BETTER than the rest?

THE HOCATT™ WAS DEVELOPED FOR A SINGLE PURPOSE – STRATEGIC WELLNESS AND VITALITY. HOCATT™ takes the holistic approach, using a **combination** of powerful, natural technologies perfectly sequenced to boost energy, enhance circulation, strengthen the immune system and detoxify the body down to cellular level.

### EXPERIENCE THE POWER OF 10

The HOCATT™ is not just one technology – there is **A LOT** going on in this bad boy!

#### HOCATT™ Technologies:

- Transdermal Ozone
- CO<sub>2</sub> / Carbonic Acid
- Whole Body Hyperthermia (WBH)
  - Far Infrared
  - Steam Sauna
- High-Intensity PEMF (Pulsed Electro-Magnetic Fields)
- Frequency Specific Microcurrents
- Passive Exercise with Oxygen Breathing
- Essential Oil Infusions
- Photon Light & Colors
- Ultraviolet Irradiation

Other technologies, such as cryotherapy, hyperbaric chambers, autohemotherapy, etc. deliver great benefits. However, they can only deliver **ONE** single modality. Even if you were to use several of these technologies, you have to use them one at a time.

With just 30 minutes inside the HOCATT™ you get 10 technologies simultaneously! So it's actually quite unfair to compare other technologies to the powerhouse **combination** that the HOCATT™ has to offer! Any one individual device won't provide the **collective responses** that the HOCATT™ can give you.

### COLLECTIVE RESPONSE – BETTER RESULTS

HOCATT™ is the only device that simultaneously works on ALL major systems in the body. The HOCATT™ gives the body more energy that it can use right off the bat. This is vital for maintaining optimal wellness and vitality.

The **combined technologies** used in the HOCATT™ have been carefully chosen through extensive scientific consideration. They have been chosen not only because they are powerful individually, but because of how exceedingly powerful they become when they work together in the HOCATT™. This is why the HOCATT™ has such tremendous VALUE: in addition to receiving these 10 technologies in one session, because of the way they support and potentiate one another – you get even better results!

This device has been evaluated and awarded CE Certification. It has not been evaluated or approved by the FDA or NDF, and we do not claim its intended use to cure any disease or medical condition.

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## THE "SHOT-GUN" EFFECT

Always bear in mind that everyone is different. People can respond differently to different things, so something that works for one person might not work for someone else. When a person doesn't respond to one thing, they have to try another thing and see if that works, and then if that doesn't work they have to try something else, and so on... This can be a long and expensive process. Unfortunately, most people spend a lot of time and money on the things that DON'T work before they find something that DOES work for them.

The HOCATT™ has the advantage of a "shot-gun" effect, by applying multiple technologies simultaneously. Most people soak up ALL the benefits of the HOCATT™, but what if you already know that you won't respond to one of the individual technologies? Not a problem! With its "shot-gun" effect, you can be sure that **something** in the HOCATT™ will work, and through its use the HOCATT™ can even help people start responding to those technologies that were not working for them initially!

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# CERTIFICATE

Certification No.

ATSL17030500807

Report No.

ATSL170305011



## DECLARATION OF CONFORMITY

This Verification of Compliance is hereby issued to the product designated below

Applicant : Signature Health Limited.  
Address : Self coding No.36, MiChong industrial park, HuangQi Street, Dali town,  
Nanhai district, Foshan city, Guangdong, China

Product: commercial ozone steam sauna

Model: OZ-EXEL 1  
Input: 100-240V~, 50/60Hz

Rating(s): N/A

Tested according to : IEC 60335-2-98: 2002+A1: 2004+A2: 2008 use in conjunction with  
IEC 60335-1: 2010

This certificate of conformity is based on evaluation of a sample of the above mentioned product. Technical report and documentation are at the Licence Holder's disposal. This is to certify that the tested sample is in conformity with Annex I of Council Directive 2014/35/EU, referred to as the Low Voltage Directive. This certificate does not imply assessment of the series-production of the product . The holder of the certificate is authorized to use this certificate in connection with the EC declaration of conformity according to Annex IV of the Directive.

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Date of issue: 2018-08-01



The CE Marking may be used if all relevant and effective EC Directives are complied with.

