



®

Cristalmind Shirodhara

Owner's Manual & Warranty

Swiss Made

www.cristalmind.com

Cristalmind SA - Vevey - Switzerland

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Congratulations!

Dear customer, congratulations on your choice. Your Shirodhara Cristalmind is the result of an intensive five years research conducted by Dr. Bertrand Martin, a Swiss psychiatric and Ayurvedic medicine specialist. Made in Switzerland, this device will bring you comfort and relaxation during many years.

Discover how to utilize your Shirodhara Cristalmind ® by reading carefully this instructions and maintenance manual. Please observe the safety and warning instructions.

Please remove and keep the last page of this manual which is the Cristalmind ® guarantee certificate, valid for one year.

“I wish you a successful experience with your Shirodhara Cristalmind ®, a great ally, which you shall keep forever!”

Dr. Bertrand Martin

Device description

The device consists of an egg shaped headrest base (1), a water pouring arm (2) with its adjustable pipe (3), a removable cover (4) allowing access to the water tank(8), an electronic component controlling the timer (5), the thermostat (6), and the socket (7) for the device's power supply 12V. (Fig. 1& 2)

Inside the tank (8), there is a water pump (9), held by a support (10), a heater (11), clipped in a protecting grid (12). (Fig. 3)

By extracting the water pouring arm (2), we notice the water filling hole (13) and the tank draining hole (14). We can also observe the draining grid (15) allowing the water to run into the tank (8). (Fig.4)

An electric cord with switch (17) links the device's 12 volts socket (7) to the transformer (16). The transformer is connected to the mains through the plug (18). (Fig. 5)

The Shirodhara Cristalmind® is delivered in bag pack.

Operating instructions

Preparation and environment

- To enjoy your Shirodhara session select a calm place.
- The Shirodhara Cristalmind® user should be lying on a firm and flat surface (i.e: massage table, camping mattress, carpet, or on the floor).
- Prepare a large pillow to elevate the legs in order to put your lumbar spine flat when lying on the back (Fig. 6).
- Prepare a blanket if needed.
- Prepare a towel to dry your hair after the session.
- Connect the transformer (16) by inserting the plug (18) in the mains.

Filling

- Pull the water pouring arm (2) out of the water filling hole (13).
- Take clear drinkable water from the tap and **make sure that the temperature is lukewarm (37 to 39 °C)**.
- **Only use clear drinkable water, without any adjunctions.**
- Fill up the tank (8) through the filling hole (13), until the water overflows the draining grid (15) by about 1 cm. (Fig. 4)
Note: The necessary water volume is about 4 to 5 dl.
- Firmly insert the water pouring arm (2) into the filling hole (13) with the adjustable pipe (3) fully retracted.

- Lay the device at the selected place (i. e: massage table, floor, etc...).
- Insert the cord's plug into the device socket (7). (Fig. 5)
- Set the timer (5) for the desired duration (between 20 and 60 minutes). The possibilities are: in the left position, 20 minutes; half way, 40 minutes; right position, 60 minutes.
- Select the water temperature using button (6). The water temperature can be selected approximately between 36,5 and 38,5 degrees centigrade in order to obtain an optimal individual comfort.
- **Check the temperature of the water with your hand before utilizing the device.**
- Remove hair from your neck, and ensure that all the hair is contained in the device. For long hair, refer to chapter 4: Tips and Recommendations.
- Lie down, elevate your legs on the pillow, cover yourself with a blanket, and carefully position your head on the device.
- Switch on the Shirodhara with the switch button (17) located on the cord.
- Adjust the pipe (3) of the water pouring arm (2), so that the water runs to the midpoint of your forehead, on the area you locate as being the most agreeable. Water must not flos into the eyes.

Once you have completed your session:

Draining

- The device stops automatically once the selected duration has expired.
- You may also deactivate the Shirodhara Cristalmind® at any time during a session using the switch button (17).
- Lift up your head from the device and dry your hair with the towel.
- Pull out the plug (18) from the mains and disconnect the plug from the device (7).
- Remove the water pouring arm (2) by pulling it out.
- Empty the device through the draining hole (14) by inclining it.

Cleaning and maintenance

Clean the device after each session.

- Remove the cover (4) of the water tank (8) by pushing with both thumbs as shown in Fig. 7 (It will topple it over).
- Spray water inside the device.

Every five to ten utilizations, or before any operation by a new user, it is recommended to execute a complete cleaning process of the device as follows.

- Remove the water pouring arm (2).
- Extract the adjustable pipe (3) by separating it from the water pouring arm (2).

- Insert a cleaning stalk through the water pouring arm (2) and through the adjustable pipe (3).
- Extract the heater by pulling on the protecting grid (12), and remove both from the water tank. (Fig. 8)
- Separate the heater by pulling on the sides of the protecting grid (12) (Fig. 9).
- Clean the heater (11) and the protecting grid (12).
- Pull the support (10) and extract together the water pump (9) and its support (10). (Fig. 10)
- Free the water pump (9) by releasing the strap of the support (10). (Fig. 11)
- Withdraw by traction the cover of the pump. (Fig. 12)
- Clean the water pump (9).
- Clean the interior of the water tank (8).

Reassemble the device by executing all these operations reversely.

Note: Ensure during the reassembly that the support (10) is fully pushed forward.

Tips and recommendations

The Shirodhara Crystalmind S.A. has been designed for a handy use. Its ideal size allows an easy transportation. Please follow these tips and recommendations:

Comfort

- The headrest base (1) has been designed to accommodate most head shapes, thus allowing a great comfort.
- To some people, the direct contact to the plastic of the headrest's base could become uncomfortable during long sessions.
- In that case, seek for the most comfortable position by slightly spinning your head back.
- Children and people with neck troubles are advised to position a pillow under their shoulders to elevate the thorax, and consequently avoid applying pressure on the neck.

Hair

- People with short hair should encounter no trouble.
- People with medium long hair will have to clear the neck so that the hair does not stick out of the head rest base.

People with long hair will have to tie them up in a high coil of hair.(Fig. 13)

Note: The user should carefully observe these precautions in order to avoid the water to run through the hair and pour outside the device, which would unprime the pump.

- The duration of a Shirodhara session should not exceed 60 minutes, but a minimum of 20 minutes is advised.
- According to need, one to two sessions can be considered daily.

Contraindication

- **The Shirodhara is contraindicated in case of: discomfort, sinusitis, feverish affects, or any other severe medical affectation.**
- **In case of uncertainty, please consult your medical Doctor.**
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Safety information and warnings

- **Before using the device for the first time, read the operating instructions carefully.**
- Never immerse the device or the transformer into water or any other liquid.
- The device must not come into contact with hot surfaces or flames.
- Do not operate a Shirodhara with a damaged cord or plug, or after a malfunction, or if dropped, or damaged in any manner.
- If the electrical cord, the transformer, the plugs or the switch are damaged, they must exclusively be replaced by a Service Centre authorised by Cristalmind S.A., in order to avoid all risks of injuries.
- To stop the device running, please first switch off the switch button (17), and then pull the plug (18) out of the socket. Always unplug the device by taking a firm grip on the plug and never pull it on the lead.
- Always remove the plug from the mains when the device is not in use, after each utilisation, and before any cleaning process.
- Return the device to the nearest authorised Service Centre for examination, repair, or electrical or mechanical adjustments.
- **Never introduce any other liquids, substances, or any adjunctions in the device other than clear drinkable water.**
- **Do not run the device before filling it out with water (4 to 5 dl).**
- Follow carefully the cleaning instructions.
- Use the Shirodhara Cristalmind ® only for its appropriate usage.
- No alteration should be applied to the Shirodhara Cristalmind ®.
- Always remove the plug from the mains when the device is not in use, after each utilization, and before any cleaning process.
- Do not use the Shirodhara Cristalmind ® outdoors.
- Close supervision is necessary when the device is used by or near children. Always keep the device out of children's reach.

The Shirodhara Cristalmind ® is not indicated in case of discomfort, sinusitis, fever, or any other serious medical affect.

- **In case of a dry skin, please apply a cream on the forehead before operating the device.**
- **In case of doubt, consult your medical doctor.**

Technical features

Power supply:	Check your local power supply system (220 v or 110 v), and ensure that the delivered transformer (16) corresponds to the voltage of the mains. For safety reasons, the Shirodhara Cristalmind ® operates on a low voltage. (12V).		
Transformer:	Regular execution:	Input 220 v	Output 12V.Special execution:
		Input 110 v	Output 12V.
Weight:	Device: 1 kg/ 2 pds. Transformer: 1.5 kg/ 3 pds.		
Water pump:	12V, 50Hz, 5W		
Tank capacity:	4-5 dl.		
Heater:	12V, 50W		
Dimensions:	Length: 37cm	Width: 27 cm	
	Height: 13cm (excluding water pouring arm)		
Accessories:	Bag pack, cleaning stalk, and comfort pad.		
Approvals	CE approved, CSA/UL tested.		

Problems & solutions

Perfect operating of the Shirodhara Cristalmind ® has been carefully tested in Switzerland before delivery.

In case of malfunction, before calling customer service, check the following points:

Problem	Probable cause	What to do
Device does not operate	Plugs Switch	Ensure plug (18) + (7) are in Ensure switch (17) is on
Water does not circulate	Pump rubber support is not properly clipped in	Ensure support (10) is firmly pushed in
	Insufficient water quantity	Add water
	Water pouring arm (2) is not inserted properly in hole	Push on the water pouring arm (2), and ensure its clipped in hole (13)
Water pump is noisy	Insufficient water quantity	Add water
Heater does not operate	Electronic problem	Return device to authorised Service Centre
Timer does not operate	Electronic problem	Return device to authorised Service Centre