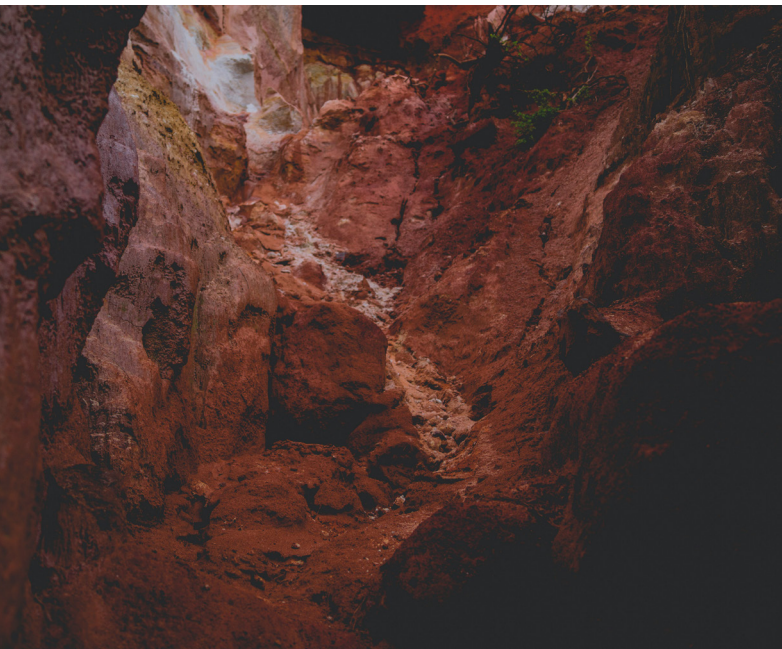
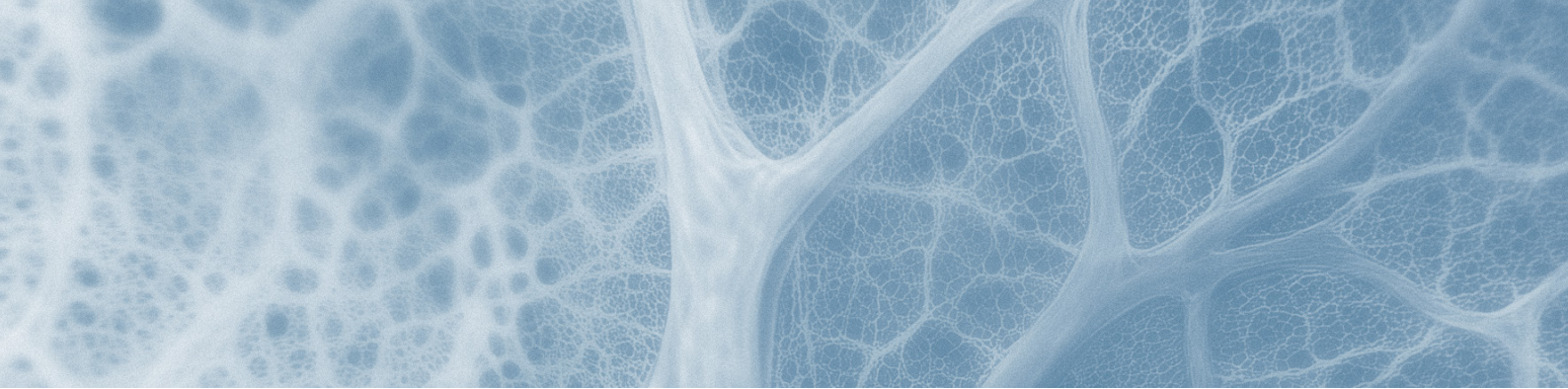


CARDISTONE USER MANUAL

Version 1/April 2026



Manufacturer: Conscious Breathing Institute AB
Website: www.consciousbreathing.com
Support: cs@consciousbreathing.com



What Is the Cardistone?

The Cardistone is a diffuser accessory designed for localized CO₂ water exposure. It allows users to infuse water with controlled amounts of carbon dioxide (CO₂) for targeted use such as hands, feet, or facial immersion.

When CO₂ is dispersed in water, many users experience a gentle tingling or warming sensation in the immersed area, which is often perceived as relaxing. Many experience a face bath to be very refreshing



Before You Begin

You will need:

- **A CO₂ cylinder (food, beverage, or medical grade)**
 - I.e. Soda Stream Screw in cylinders
- **A container filled with warm, room temperature or cold water.**
 - Cold or room-temperature water will hold more CO₂ and produce more bubbles than warm water.

Note: A CO₂ cylinder is not included.

Setup and Use

1. Fill a container with water. Cold or room-temperature water will hold more CO₂ and produce more bubbles than warm water.
2. Securely screw the CO₂ regulator onto your CO₂ cylinder. Ensure the regulator is firmly attached before opening the cylinder valve.
3. Take the supplied Cardistone tubing
4. Connect one end of the tubing directly to the CO₂ regulator outlet.

5. Attach the other end of the tubing to the Cardistone.
6. Place the Cardistone fully underwater, ensuring it is completely submerged.
7. Slowly open the CO₂ regulator and adjust the flow to achieve your preferred bubble intensity.
 - A gentle stream of small bubbles is usually sufficient. If bubbling is too vigorous, simply reduce the regulator flow.
8. Immerse the desired area (hands, feet, or face) for the preferred duration.
 - Session length can vary depending on personal preference. Many users begin with several minutes and adjust based on comfort.
 - We normally recommend 10 minutes for foot baths and 5 minutes for face baths
9. When finished, close the cylinder valve/regulator before removing the Cardistone from the water.

After Use

- Disconnect the tubing from the regulator.
- Hang the tubing vertically to allow any moisture to drain.
- Allow all components to air dry completely before storing.

Basic Safety Notes

- Use only food, beverage, or medical-grade CO₂.
- Ensure the Cardistone is fully submerged before opening the regulator.
- Do not immerse the regulator in water.
- Store components in a clean, dry environment.

Care and Cleaning

- Rinse the Cardistone with clean water after each use and allow it to air dry completely.
- Use fresh water for each session.
- If used by multiple people or for foot baths, rinse thoroughly between uses.
- For occasional deeper cleaning, the Cardistone may be soaked in a mild citric acid solution, then rinsed thoroughly with clean water and allowed to dry completely.

Support

For questions or assistance, contact:

cs@consciousbreathing.com

www.consciousbreathing.com