

SAUNA BLANKET

INFRARED SAUNA BLANKET

USER MANUAL



THANK YOU FOR PURCHASING THE FAR INFRARED SAUNA BLANKET

PLEASE READ THE INSTRUCTIONS CAREFULLY BEFORE USE

1. List of goods

- 1) Far infrared sauna blanket
- 2) 10 disposable bath bags
- 3) Instruction manual

2. Precautions that must be seen before use

- 1) Please do not wear metal jewelry or accessories when using the sauna blanket.
- 2) Inspect the device, controller, and power cables before each use. Do not use if damaged, malfunctioning, frayed or worn, or if the device has been exposed to water.
- 3) Staying well hydrated is extremely important. When you are dehydrated, your body cannot properly cool itself, which can cause heat exhaustion. Heat exhaustion can lead to heatstroke if left untreated, which can be fatal.
- 4) Drink plenty of fluids before, during, and after use to avoid dehydration. Do NOT drink alcoholic beverages before using the device as alcohol can cause dehydration.
- 5) If you experience any of the following symptoms: confusion, loss of consciousness, vomiting, dizziness, headache, nausea, fainting, muscle cramping, elevated heart rate, or rapid breathing, get out of the sauna blanket immediately and seek medical attention.
- 6) Keep the sauna blanket and power cables away from heat sources and fire. Excessive heat can potentially cause fire, electrocution, or injury to people or property.
- 7) Never use the device or plug/unplug the power cable with wet hands. Turn off and unplug the device after each use.
- 8) The blanket is extremely hot after use. Allow it to completely cool before cleaning, folding, or storing. Failure to completely cool the device before folding can damage the blanket.
- 9) Do not heat the sauna blanket when there is no one inside.
- 10) Do not wrap the power cables tightly around the blanket or controller.
- 11) We recommend that first-time users begin with 15-20 minute treatment sessions, 1-2 times per week, and work up to 35-40 minute treatment sessions, 3-5 times per week.

EASY-START SETUP GUIDE

1 SETTING UP THE SAUNA BLANKET

- Unfold the Infrared Sauna Blanket and lay it face up on a flat, sturdy heat-resistant surface such as a bed, floor, or couch
- Unzip the Sauna Blanket enough you will be able to easily climb inside
- You may also unzip the zippered arm holes, if desired
- Plug the controller connector cable into the connector jack on the bottom of the Sauna Blanket.
- Plug the power cable into a standard wall outlet.

2 PREPARING TO USE THE SAUNA BLANKET

- Place a couple of bottles of water and any desired entertainment (such as a tablet, cell phone, or book) within easy reach of the Sauna Blanket. You may also wish to grab a pillow to ensure your treatment session is comfortable.
- Wear clean, comfortable, loose-fitting cotton clothing and socks that you don't mind getting sweaty.
- Remove your shoes and any metal jewelry or accessories.
- Optional: Wrap one of the included disposable thermal detox wraps around your body to increase sweating, detoxification, and fat loss.
- Wrap a towel around your shoulders to keep the heat inside the Sauna blanket and to absorb sweat, if desired.
- Climb into the Sauna Blanket as you would a sleeping bag.
- Zip up the zippers on the outside of the blanket to keep in the heat. Your head should be at the top, outside of the Sauna Blanket. You may put your arms through the arm holes, if desired.

3 USING THE SAUNA BLANKET

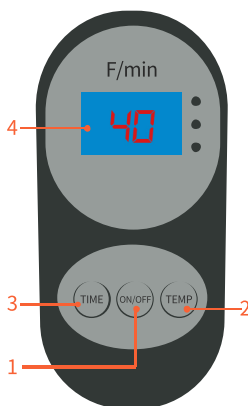
- Press the On/Off button to turn on the controller.
- Press the TEMP button to set the desired temperature. It's a good idea to start with a lower temperature and a shorter treatment time when you are first using the Sauna Blanket.
- Press the TIME button to set the desired treatment time. We recommend starting with 15-20 minute treatments the first few times you use the Sauna Blanket.
- Place the controller on a heat-resistance surface next to the Sauna Blanket. Placing the controller on the blanket during operation can damage the blanket or controller.
- Relax and enjoy your treatment session.
- The device will turn off automatically after the set working time ends.
- Press the On/Off button to power off the Sauna Blanket at any time if you wish stop the treatment session before the working time ends.

4 AT THE END OF YOUR TREATMENT SESSION

- Unzip the blanket and exit the Sauna Blanket.
- Unplug the sauna blanket.
- Allow the sauna blanket to completely cool (wait at least 30 minutes) before cleaning, folding, or storing.
- Drink plenty of water or an electrolyte drink after your session.

OPERATING INSTRUCTIONS

Please read the operating instructions before using the Sauna Blanket InfraredSauna Blanket. Keep this manual for reference.



USING THE CONTROL PANEL

1. ON/OFF: Press to turn the Sauna Blanket on/off.

2.Temp Button: Use the button to set the temperature from 113-176°F. Tap the button to increase the temperature in 9-degree increments. Press and hold the button to increase the temperature in 18-degree increments.

3.Time Button: Use the button to set the working time from 30-60minutes. Tap the button to increase the time in 5-minute increments. Press and hold the button to increase the time in 10-minute increments. The default time is 40 minutes.

4.Temperature/Time Display Window:Shows the selected temperature in degrees Fahrenheit, from 113-176°F,when setting the temperature. Shows the working time, from 30-60minutes, when setting the time.

USING THE SAUNA BLANKET INFRARED SAUNA BLANKET

1. Plug the large controller connector into the connector jack at the bottom of the Sauna Blanket, and plug the power cord into a standard wall outlet.
2. Optionally, you may wrap a thermal detox wrap around your body.
3. Wrap a towel around your shoulders, head, or neck, if desired.
4. Climb into the Sauna Blanket as you would into a sleeping bag and zip up the zipper to keep in the heat.
5. Press the On/Off button on the controller to turn on the Sauna Blanket.
6. Press the TEMP button to set the desired temperature from 113-176 °F.

The default temperature is 140 °F.

- a. Tap the button to increase the temperature in 9-degree increments.
 - b. Press and hold the button to increase the temperature in 18-degree increments.
 - c. Temperature is cyclical: when the maximum of 176 °F is reached, pressing the TEMP button again will return to the minimum of 113 °F.
 - d. The Temperature/Time display will show the selected temperature in degrees Fahrenheit.
7. Press the TIME button to set the desired working time from 30-60 minutes. The default time 40 minute.
 - a. Tap the button to increase the time in 5-minute increments
 - b. Press and hold the button to increase the time in 10-minute increments.
 - c. Time is cyclical: when the maximum of 60 minutes is reached, pressing the TIME button again will return to the minimum of 30 minutes.
 - d. The Temperature/Time display will show the selected time.
 8. Place the Sauna Blanket controller on a heat resistant surface next to the sauna blanket to avoid potential damage to the blanket or controller.
 9. Relax and enjoy your infrared sauna treatment session.
 10. The Sauna Blanket will automatically shut off when the set working time ends
 11. Press the On/Off button to stop the treatment session before the working time ends, if desired.
 12. Always turn the sauna blanket off and unplug it after each use.
 13. Allow the Sauna Blanket to completely cool (wait at least 30 minutes) before cleaning, folding, or storing.

SAFETY INSTRUCTIONS

PLEASE KEEP THIS MANUAL IN A SAFE PLACE FOR REFERENCE.

WARNING: To reduce the risk of burns, fire, electric shock, injury to persons, or damage to equipment, read the following important precautions and information before operating the Infrared Sauna Blanket.

DISCLAIMER

1. The health benefits suggested or implied in this manual, other product literature and website are not certified or endorsed by any regulatory authority or medical institute.
2. The use of this device is entirely at the user's discretion. Please read all instructions and safety information carefully before using this product. We assume no responsibility for personal injury or property damage sustained by or through using this product.

RESPONSIBILITIES

3. It is the responsibility of the owner to ensure that all users of the device are adequately informed of all warnings and precautions.
4. Use this device only as instructed in this manual.
5. Always inspect the device and power cable before each use. Do not use if damaged, malfunctioning, frayed or worn, or if the device has been exposed to water.
6. The device will automatically power off after the set working time. Do not use continuously for more than 60 minutes. Wait at least 24 hours between sessions.
7. For adult-use only. Keep away from children and pets.
8. The disposable thermal detox wraps may pose a suffocation hazard to small children or pets; keep away from children and pets at all times.
9. This device is not intended for use by adults with diminished mental, sensory, or physical capacity, unless they are closely supervised by a responsible adult.
10. This device is intended for in-home use only. Do not use in any commercial, rental, institutional, or therapeutic setting.

ELECTRICAL SAFETY

11. WARNING: Only use the included power cable at the specified voltage and frequency to power the device. Never use a non-original power cable to power the device.

12. Never leave the device unattended while it is plugged in or running.
13. Always unplug the device after using and allow to cool completely prior to cleaning, storing, or moving.

14. Do not store or use outdoors. Do not use during lightning and thunder storms.
15. Unplug the device immediately in the event of a power failure.
16. Do not fold the sauna blanket while it is on.
17. Do not place the controller on the sauna blanket while it is turned on. Always place the controller on a heat-resistance surface beside you.
18. The controller is not waterproof. Keep away from liquids. Do not use in high-moisture environments or in any place where the controller may become wet or damp. Do not immerse in water. Do not spill liquids on the blanket, controller or cables. If the controller becomes wet or emits an odor, unplug it, and do not use.
19. Keep the device, controller, and cables away from flammable or explosive items, chemicals, open flame, and heat sources such as central heating, portable heaters stoves, fireplaces, and ovens.
20. Do not use or store in high temperatures or in direct sunlight. Do not operate under a blanket or pillow.
21. Do not operate in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.
22. Do not exert excessive downward force on the blanket, controller, or power cable.
23. Do not wrap the power cables tightly around the mat or controller.
24. Never drag or hang the device by the power and controller cables. Do not destroy, bend, stretch, twist, or tie the power or connector cable.
25. Keep sharp objects such as pins, knives, and needles away from device, controller, and cables.
26. Never plug/unplug the cables or touch the controller with wet hands.
27. If the device begins to make unusual noises, turn off and unplug immediately.

SAFETY

28. If you experience any of the following symptoms: confusion, loss of consciousness vomiting, dizziness, headache, nausea, fainting, muscle cramping, elevated hear rate, rapid breathing, get out of the sauna blanket immediately and seek medical attention. Dehydration can lead to heat exhaustion or heatstroke if left untreated which can be fatal.
29. Drink plenty of liquids before, during, and after use to avoid dehydration.
30. Do not drink alcoholic beverages before using the device as this can cause dehydration.
31. People who: are pregnant; have hyperthyroidism; have a fever or an infection; or are dehydrated should not use the Sauna Blanket.

SAFETY INSTRUCTIONS

32. The following people should consult with their physician before using the Sauna Blanket: those who have pre existing health conditions; are nursing; have multiple sclerosis; have autoimmune disorders that affect the thyroid; have abnormal (low or high) blood pressure or heart disease; have osteoporosis; have broken bones; have skin conditions or burns; have anhidrosis (inability to sweat normally); have splanchnic diseases or conditions; have, or suspect they may have, cancerous lesions; are sensitive to heat or easily overheat; take medications that cause heat intolerance, such as allergy, blood pressure, and decongestant medication; take medications that cause sensitivity to light/sunlight (photosensitivity); take diuretic medications; take steroid medications or receive steroid injections; have had recent surgery; have metal or other medical implants in the body.

33. We recommend people who are or may be sensitive to infrared light consult with their physician before using the device. People with sensitive skin or skin conditions that can be exacerbated by heat, such as eczema and rosacea, may wish to consult their dermatologist before use.

34. If you feel discomfort or too hot during use, decrease the treatment temperature or the session time, or stop using the device.

35. Do not operate the device while sleeping, driving, smoking, or intoxicated.

36. Do not wear metal jewelry or accessories when using the sauna blanket.

37. Do not use the sauna blanket on a surface that is not heat-resistant. Do not use on waterbeds, latex, plastic, memory foam, adjustable bed frames, bunk beds, or in a child's bed or crib, or on synthetic or flammable materials.

38. Do not use the sauna blanket directly on leather surfaces. Completely cover any leather surfaces with a towel or blanket before placing the blanket on top.

CLEANING, STORAGE & MAINTENANCE

39. Turn off, unplug, and allow to completely cool before cleaning, folding, or storing.

40. Wipe down the device with a soft, damp cloth or an anti-bacterial wipe, as needed. Do not use abrasive, corrosive, solvent, or chemical cleaners or harsh detergents on the device. A damp cloth with a small amount of mild soap may be used, if needed.

41. Never allow water, other liquids, or steam to come into contact with the device.

42. Remove the power cable before storing. Fold the BioRemedy blanket and place it and the controller and cables in the provided carrying bag for storage. Store the device in a cool, dry location.

43. Do not store other objects on top of the device.

44. Do not attempt to modify, disassemble, or repair the device.

PRODUCT SPECIFICATIONS

UNIT SPECS(31"x 71" BLANKET]

Size: 31"W x 71"L

Max Interior Circumference: 60"

Net Weight: 8.5 lbs.

Power: 400-550W

Voltage: 110V

Auto Shutdown: 30-60 minutes

Heating Layers: 2 (upper and lower)