

This advanced portable body sauna heating system comes with upgraded PU leather which is customized eco-friendly and anti-flaming. It is portable and convenient to take to anywhere you want, you can enjoy your sauna in home or take to travel.

### Different LEVEL to different temperature:

#### LEVEL to °C to °F

LEVEL 1 = 35°C = 95 °F  
LEVEL 2 = 45°C = 113 °F  
LEVEL 3 = 55°C = 131°F  
LEVEL 4 = 65°C = 149°F  
LEVEL 5 = 75°C = 167°F  
LEVEL 6 = 85°C = 185°F



## FIR Sauna Blanket (BW-801)

### Operation Manual

This simple manual will get you started with enjoying the best this product has to offer to your health and well being.

### Specification:

Unfold size: 180\*190cm  
Qty: 1 set/ box  
N.W: 7.5KG G.W: 8.4KG  
Carton size: 43\*50\*21cm  
110V~/220V~; 450W/560W; 50Hz ;

## Attention:

1. Keep out of reach of children
2. Allow half an hour before or after meals before you use it
3. Do not leave working sauna on unattended
4. Switch off and pull the plug from the mains when you are not going to use for a long time
5. Do not use in a wet place
6. **Do not fold the blanket or place heavy object on it when it is working**
7. **Please do not put the working controller on the working sauna blanket**
8. Do not use close to an electric cooker or high temperature places
9. Store in a dry (non-moist) place away and don't leave for long periods under direct sunlight
10. Please use a soft cloth to do regular cleaning after using the sauna blanket
11. Avoid using the blanket next to sharp or hard objects that might cause wear.

## People who avoided using sauna if you are:

- ① Pregnant
- ② Heart Diseases
- ③ Asthma
- ④ In menstrual period
- ⑤ Patient with Hyperthyroidism
- ⑥ Patient with bleeding and in recovery
- ⑦ All kinds of Infectious Disease
- ⑧ Cerebral Hemorrhage in recovery

People who have to accompanied with their family and must intermittently when using sauna

- ① Patient with Hypertension (over 160mmHG)
- ② Patient with severe Cardiovascular and Cerebrovascular
- ③ Patient with Terminal Cancer

## Operation:

1. Connect the electricity, the controller will beep, the red dot above ON/OFF will on, it is power-on state.

then press ON/OFF, red dot disappear and controller ready to set up LEVEL and TIME.

2. Press Level ▲/▼ to set from 1-6 as you wish (equals to 35-85degrees, LEVEL 1=35degrees, LEVEL 2=45degrees.....).

Press TIME ▲/▼ to set time from 1-60mins you want to have.

Long press will be 5 minutes a skip, short press will be 1 press 1 minute.

3. After above setting, press START, the dot under right corner of LEVEL and TIME will flicker, means it is heating up accordingly. and when the temperature heats up to the set LEVEL, the red dot under right corner will stop flicker.

4. When the set working TIME is completed, the controller will beep, the product will return to the power-on state, and the ON/OFF red dot will light up.

If you want to start again after the set time, press ON/OFF button and re-set it following the steps above. Or if you need leave when in the sauna, press ON/OFF button to stop the sauna blanket and open it flat, take off the plug before leaving (don't forget to take clean the sauna blanket after each time use for sanitary).

We recommend you enter the blanket 3-5 minutes after STARTING the blanket and feel it heating up. It takes time for the blanket to reach the target temperature, especially during winter and in 110V countries (time to reach peak temperature: about 15 minutes).

