

FUL-8207 牛津布款 说明书 8P 对折 骑马钉  
 尺寸:142\*210MM  
 文件编号: F231229-04

Please read these instructions before using your infrared sauna blanket, applying them only for the uses foreseen in this manual. Keep this manual properly for future reference.

**IMPORTANT SAFETY INSTRUCTION**

**Precaution for Product**

- Do not place the controller on top of the blanket during use. Placing the controller on the blanket during operation can damage the blanket or controller.
- Do not use on a surface that is not heat-resistant. Do not use on waterbeds, latex, plastic, memory foam, waterproof sheets, adjustable bed frames, bunk beds, or in a child's bed or crib, or on synthetic or flammable materials.
- Never leave the device unattended while it is plugged in or running.
- Keep the sauna blanket and power cord away from heat and fire. Overheating may result in fire, electric shock, or injury to a person or property.
- Sauna blankets are not waterproof. Keep away from flammable chemical liquids. Do not wash by hand or machine. Keep the inside of the blanket clean and dry.
- Do not operate the device while sleeping, smoking, or intoxicated.
- Never plug in or unplug the power cable with wet hands. Turn off and unplug the device after each use.
- The blanket is extremely hot after use. Allow it to completely cool before folding, or storing. Failure to completely cool the device before folding can damage the blanket.
- Do not wrap the power cables tightly around the blanket or controller.
- Do not let the blanket warm up empty. The blanket can be damaged if it warms up without an occupant.
- Inspect the device and power cables before each use. Do not use if damaged, malfunctioning, frayed or worn, or if exposed to water.
- Use the blanket on a flat, sturdy heat-resistant surface such as a bed, floor, or couch.

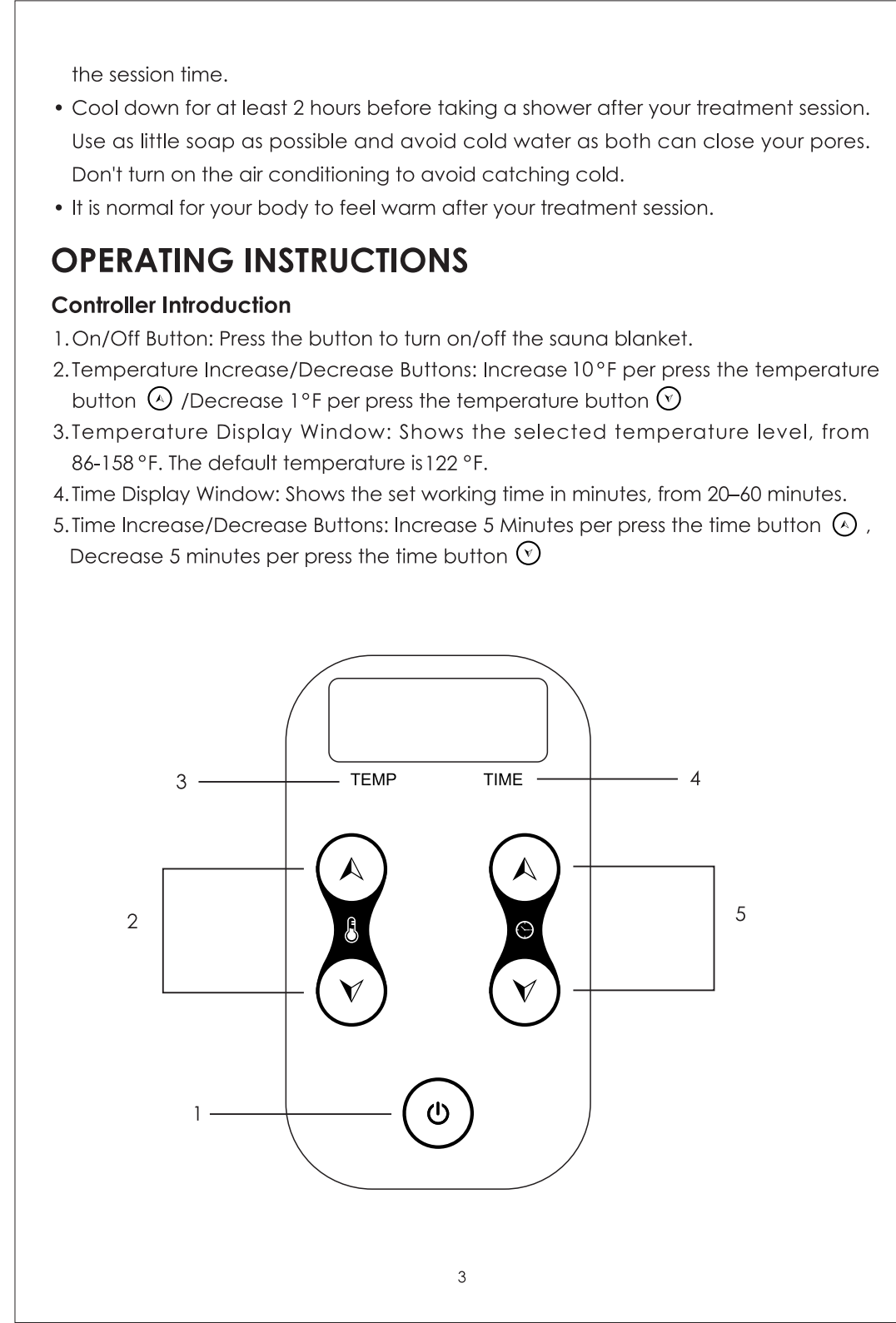
**Tips for use**

- It is forbidden to be used by people with high blood pressure. It is forbidden to be used by people who have serious illnesses, are not sensitive to heat, whose heart is equipped with pacemaker, and who can't take care of themselves.
- It is forbidden to be used if for pregnant women, infants and children.
- People with sensitive skin or skin conditions that can be aggravated by heat, such as eczema and rosacea, should use the blanket at the lowest heat setting for short periods.

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- If you have any medical conditions or symptoms listed with the brochure, we do not recommend using the blanket without consulting your doctor first.
- 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.
- 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.
- Before, during and after use, please drink 200-300ml of warm water (you can add a little salt) each time to replenish water in the body, which helps flush toxins out of the body.
- Do not drink alcoholic beverages within 24 hours (before or after) using the sauna blanket as alcohol is dehydrating. Avoid other dehydrating foods and drinks, such as coffee, caffeinated drinks, and sugary foods and beverages. Cold drinks are not recommended after use.
- Do not use the sauna blanket directly on leather surfaces. Completely cover any leather surfaces with a large towel or blanket.
- Remove any makeup. We recommend showering before using the sauna blanket to open up your pores.
- It's best to wear as little clothing as possible. However, if you wish to wear clothing, make sure to wear clean, loose-fitting, breathable clothing (cotton is recommended) that you don't mind getting sweaty.
- Remove shoes and any accessories, including metal or magnetic accessories, hearing aids, watches, jewelry, snaps, buttons, and zippers.
- Drape the face towel over your back and shoulders to keep in your body heat, and to absorb sweat, if desired. You can also use the face towel as a pillow for added comfort while using the sauna blanket.
- You can wrap yourself in a disposable thermal detox wrap before entering the sauna blanket to increase sweating, furthering detoxification and fat loss.
- It will take about 5-10 minutes for the sauna blanket to warm up and 10-15 minutes to reach full temperature.
- We recommend that first-time users begin with 20-30 minutes treatment sessions, 1-2 times per week. Do not use the sauna blanket for more than 60 minutes in 24 hours.
- If you feel discomfort or too hot, decrease the treatment temperature or decrease

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**Using Guide**

- Plug the controller power cable into a standard wall outlet.
- Wrap the face towel around your head and neck, or use it as a pillow.
- Press the On/Off button on the controller to turn on the device.
- Press the Increase/Decrease Temperature buttons to adjust the temperature level, from 86-158 °F. The default temperature is 122 °F. The Temperature Display will show as the selected.
- Tap the Increase/Decrease time buttons to adjust the session time in 5-minute increments. The Time Display will show the selected working time, from 20-60 minutes.
- Place the controller on a heat-resistance surface next to the sauna blanket, such as a table or the floor, to avoid potential damage to the blanket or controller.
- Get into the sauna blanket as you would into a sleeping bag and zip the blanket completely closed to keep in the heat.
- Relax and enjoy your sauna treatment session. The blanket will reach full temperature in 10-15 minutes.
- You may press the On/Off button at any time to stop the treatment session. The sauna blanket will automatically turn off when the set working time completes.
- Always turn the sauna blanket off, using the On/Off button on the controller, and unplug it after each use.
- Allow the sauna blanket to completely cool (wait at least 30 minutes) before folding or storing.

**TROUBLESHOOTING GUIDE**

Quickly troubleshoot simple issues you might experience with the Sauna Blanket using the table below.

Please contact a customer support representative for additional assistance at: [customerservice@careboda.com](mailto:customerservice@careboda.com). Please do not attempt to repair the device.

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ISSUE	POSSIBLE REASON	HOW TO RESOLVE
Device is not working	Device is not plugged in.	Plug the controller power cable into a wall outlet.
	Device is not turned on.	Press the On/Off button on the controller to turn it on.
Devices stopped working suddenly	Device automatically shuts off after the set working time.	Turn the sauna blanket on to begin a new treatment session.
	The sauna blanket has overheating protection to protect.	The blanket shuts off automatically if it begins to overheat. If this happens, allow the device to cool for at least 30 minutes before using again.
The blanket does not warm enough	It takes about 5-15 minutes for the sauna blanket to warm up and 10-15 to reach the selected temperature setting.	The temperature will begin to feel hotter as the device warms up.
	The selected temperature level is not optimal.	Use the Temperature Increase button to raise the temperature level.
The blanket too hot	The selected temperature level is not optimal.	Use the Temperature Decrease button to lower the temperature level.

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**FREQUENTLY ASKED QUESTIONS**

**Q: What is the Careboda Sauna Blanket made from?**  
**A:** The outer and inner layers of the Careboda Sauna Blanket are made from oxford fabric, while the middle layer is made from heavy-duty, needle-punched cotton. These materials are non-toxic and RoHS certified.

**Q: What should I wear during the treatment session?**  
**A:** It's best to wear as little clothing as possible. However, if you want to wear clothes, make sure they are clean, loose-fitting, breathable (cotton is recommended) and don't make you sweat. Remove your shoes and all accessories, including metal or magnetic accessories, hearing aids, watches and jewellery.

**Q: How long will the sauna blanket take to heat up?**  
**A:** It will take about 5-10 minutes to warm up and 10-15 minutes to reach full temperature. Do not let the blanket warm up empty as this can damage the product.

**Q: How do I clean the sauna blanket?**  
**A:** After the sauna blanket has completely cooled, just wipe it down with a damp cloth dipped in water or spray alcohol or something to disinfect it and wipe it clean. We recommend cleaning the blanket after each use.

**SPECIFICATIONS**

Product Name	Sauna Blanket
Model	FUL-8207
Heating Blanket Size:	71" L × 31.5" W
Net Weight:	9.92 lbs
Power:	600W
Voltage:	120V
Timer:	20-60 Minutes
Certifications:	FCC
Power Cord Length	71"
Controllers Material	ABS

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