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Technical Specifications

Contents: 1 Sauna Mat, 1 Power line (US PLUG), 1 Main Control Box, 1 Remote Control and 1 User Manual

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- Basic safety precautions should be followed to reduce risk of fire, electric shock, and injury. Misuse or failure to follow instructions may cause overheating, fire, or injury to user and/or property.
- For complete list of results, read the manual carefully.
- US customers: This device is designed to be plugged into a standard US Type B (NEMA 5, 120V electrical outlet). Do not use with extension cord, generator, power converters or inverters.
- UK customers: The device is designed to be plugged into 230V/50Hz AC power. Do not use with extension cord, generator, power converters or inverters.
- Warning: US plug cannot be used in UK/GB outlets.
- Examine the main cord and controller before use for any signs of damage. Do not use if damaged. Do not use if discoloration, immediately unplugging it, and if you know via visual inspection.
- Do not use the device on a water bed, latex or memory foam bed, mechanically adjusted bed, or a child's bed.
- Do not touch, pinch, fire, or expose the heating wires within the device to any liquid or moisture.
- All portions of this heated mat should be visible at all times.

- Do not place remote controls on the heated mat. Keep the remote away from liquids. It is not waterproof. Avoid areas that may become damp (e.g. air condition units or near windows).
- Do not use the mat for 30 minutes after use (ensure it is laid flat). Do not use the mat dry on a carpet or rug.
- Do not wrap the cord tightly around the mat, allow the cord to be loose. Do not store things on top of the mat, this can cause damage.
- Keep pets away from the heated mat. This is an electrical appliance and pets can damage or be injured by it. Do not use the mat if you or anyone else has a heart condition or is sensitive to heat, or anyone who cannot optimally understand and operate the controls.
- Do not use with another heated appliance.
- Do not use with anything that is a barrier between you and the mat (e.g. breathable cotton clothing, towels, blanket, or thin sheet). Ensure your feet are covered. Socks are required. The bottom of the mat is not designed to be in direct contact with your feet.
- Remove any metal accessories before you enter the sauna.
- Turn off and unplug the mat when it is not in use.
- Do not use the mat if you are pregnant or have a high blood mat.
- Do not fold the mat when it is hot. It could melt the material.

BEFORE - READ THE MANUAL IN FULL

- Inspect the mat for any damage. Inspect the controller and wires to ensure there is no fraying. Do not use if found.
- Ensure the sauna is on a heat resistant surface (no waterbeds, latex, plastic, memory foam, or inflammatory materials) Do not use on a mechanically adjustable bed, bunk bed, or child's bed. Massage tables or yoga mats are great alternatives to home furniture.
- **CAUTION:** Ensure your bed, sofa, massage table, etc. is not made of synthetic materials that can be flammable
- Wear comfortable, skin-covering clothing. Cotton breathable clothes are highly recommended. Socks are required, the bottom of the mat can get extremely hot. If you prefer to wear less clothing, using towels both underneath and on top of your body will work. You can also wear us in a cotton blanket/sheet

- Connect the black plug into a standard electrical outlet.
- Connect the other end of the plug cord to the remaining port on the back of the generator box (4).
- Plug the two grey cords connected to the heated mats into the two grey ports on the back of the generator box (2 & 3).
- Press the power switch to activate the generator, located on the front of the generator box.
- CAUTION:** The exterior of the mat gets hot. Do NOT place anything on top of it.
- Allow 10 minutes for the sauna to heat.
- Adjust the time and temperature using the up and down arrows. To switch from adjusting time to temperature, select the temperature icon.
- "Output 1" controls the temperature of the front body (the mat they lay on top of). "Output 2" controls the temperature of the back body, the mat that you are laying on top of.
- When the heat from the heated mats is felt, the unit will start to beep.
- When the two red lights are lit, the mat is heating and on.
- Increase or lower the temperature at anytime using the remote.
- If, at any point, the generator starts to beep repeatedly, this is an alarm. Nothing may be correctly setup. Please refer to the manual if this alarm is triggered.

* Start with warmer temperature and time. We recommend 20 minutes with a temperature between 40-50 degrees Celsius. Slowly increase temperature and time, always ensure you have never exceeded 90 minutes per day.

* The mat will automatically shut off once the timer is complete if you feel overheated or uncomfortable before the time is up, please exit the mat.

IMPORTANT: The controller displays degrees Fahrenheit and from 25-75 degrees Celsius (translates to 77-167 degrees Fahrenheit).

IMPORTANT: If you begin doing very high temperature sessions, place a towel inside the sauna for an extra barrier. If at any point you feel uncomfortable, stop the session. If you need to stop the session early, simply exit the mat, and switch the power to the mat (this will reset the mat).

IMPORTANT: After use, the mat will be extremely hot. Leave the mat aside till it cool off completely. NEVER fold and/or store the mat until it has cooled down to its original temperature. If you fail to follow these instructions you may risk a damaged sauna and may void the warranty.