



SunHome
S A U N A S

INFRARED
SAUNABLANKET





TABLE OF CONTENTS

- 2 – READ BEFORE USE**
- 3 – SAFETY INSTRUCTIONS**
- 5 – ELECTRICAL CONNECTION & ELECTRICAL SAFETY**
- 6 – GETTING STARTED**
- 8 – CONTROLLER OPERATION**
- 9 – CLEANING & STORING**
- 10 – TECHNICAL SPECIFICATIONS**
- 11 – WARRANTY INFORMATION**



READ BEFORE USE

- **PLEASE READ THIS ENTIRE MANUAL, ESPECIALLY SAFTEY INSTRUCTIONS.**
- **DO NOT USE IF THERE IS FRAYING OF THE WIRES OR THE AC CORD OR CONTROLLER CORD OR CONNECTORS APPEAR MECHANICALLY OR ELECTRICALLY COMPROMISED AND IF SO CONTACT SUN HOME SAUNAS (info@sunhomesaunas.com).**
- **SETUP:** The Sun Home Saunas Infrared blanket can be placed on any heat tolerant surface, which includes a most rugs, floors, a yoga mat, massage table, or bedding.
- Do not place the blanket on synthetic, latex, or flammable materials, including a waterbed or foam mattress, as the bottom surface will get hotter than the top of the blanket.
- Make yourself comfortable with a pillow, towels, and a soft surface.

SAFETY INSTRUCTIONS

- **CONSULT A DOCTOR BEFORE USE.**
- **IF YOU HAVE ANY OF THE CONDITIONS BELOW, USE OF THE BLANKET IS NOT RECOMMENDED WITHOUT YOUR DOCTOR'S APPROVAL:**
 - Anhidrosis
 - Heart disease
 - Abnormal blood pressure
 - Currently pregnant or breastfeeding
 - Nausea
 - Headache
 - Fever
 - Skin diseases, burns or reddening
 - Splanchnic or gastrointestinal diseases.
 - Broken bones
 - Cancer or other malignant conditions
 - Diabetes
 - Recent surgery
 - Osteoporosis
 - Mental illness
 - Metal implants
 - Breast implants
 - Heart defibrillator or use other implantable heart devices
 - Any condition that may be compromised by extended exposure to heat



SAFETY INSTRUCTIONS (CONTINUED)

- You have purchased a home appliance that plugs into the wall, not very different in safety requirements from a space heater. Please use common sense for safety. Do not plug into a mechanically or electrically unstable, or otherwise faulty, compromised or intermittent outlet. Do not use if the wires are frayed or appear mechanically or electrically compromised. Contact Sun Home Saunas with any questions (info@sunhomesaunas.com).
- Additional safety precautions:
 - Always keep the blanket laid out flat when it is powered on
 - Make sure you can easily exit the blanket
 - Do not wear jewelry or metallic items that can get excessively hot and cause burns.
 - Do not use ointments on your body as burns could result
 - Do not use corrosive chemicals to clean the blanket
 - Make sure the blanket is unplugged when not in use.
 - Do not leave a blanket plugged into the AC outlet unattended.
 - Do not use the blanket with an infant, child, incapacitated or immobile person.

ELECTRICAL CONNECTION & ELECTRICAL SAFETY

- **US customers:** USE ONLY WITH A 120V AC OUTLET. Do not use with an extension cord. Do not use with generators, power converters or inverters. Use of the blanket in other countries with third party electrical transformers is at your own risk.
- **UK/EU-non UK customers:** USE ONLY WITH A 230V(UK)/220-240-240V(EU-non UK) AC OUTLET. Use of the blanket in other countries with third party electrical transformers is at your own risk.
- Do not use with an extension cord. Do not use with generators, power converters or inverters. Use of the blanket in other countries with third party electrical transformers is at your own risk.
- **Warning:** US specs blanket and controller cannot be used in UK / Europe (Non UK) area, because the UK/EU voltage is too high.
- Do not immerse controller in water or any liquid
- Store with the cord loosely gathered, not wrapped around the controller.
- Pets may damage the product or be injured by it. Take care to keep them away whether it is powered on or not.
- Examine the AC cord and controller connection each time the blanket is used. You may email Sun Home Saunas with any questions (info@sunhomesaunas.com) and include a photo of any damage.



GETTING STARTED

- Dress appropriately for the blanket in clothes that will absorb sweat (shirt, pants, socks). If you need additional material, a towel may be placed between you and the inside of the blanket.
- If you experience excess warmth in any area of your body, reduce the temperature setting immediately or exit the blanket. The session may be reset by pressing the power button at any time and turning off the controller.
- Connect the controller to the receptacle pins of the blanket prior to connecting it to the AC outlet on the wall.
- Connect the AC cord into a standard electrical outlet (US 120V outlet for a US version, and UK/EU outlets for those appropriate versions).
- Press the power switch to activate the controller.
- Set the temperature and time, accounting for the warmup time (see CONTROLLER OPERATION section for directions on these settings).
- It takes approximately 10-15 minutes for the blanket to get hot. You may enter the blanket at any time and exit at any time.
- Unplug the blanket from the AC wall outlet after use. The controller may remain plugged into the blanket.
- After the blanket has cooled down, wipe down the interior (see CLEANING section) and fold and store.
- **CAUTION:** Do not place the controller on top of the blanket as the controller will have an elevated temperature.

CONTROLLER OPERATION

1. Press the power button to turn on the blanket.
2. Press the temperature button repeatedly until the desired temperature is set.
3. Press the timer button (next to the temperature button) repeatedly to set your desired session time. The controller will automatically shut off the blanket after the set time with a maximum of 60 minutes.
4. Press start and begin your session! You may enter or leave the blanket at anytime before, during or after the session.

Recommended Settings:

- We recommend starting at 50 °C for 20 min and increasing use by 10 min every session until you reach 50-60 minutes.
- You may slowly increase the temperature setting as you get used to the blanket.
- You may use a higher temperature at a shorter time period but respect the temperature and slowly work your way up to the maximum.
- **TIP:** Ensure secure connection of the controller cord to the blanket prior to use. The controller cord may remain attached to the blanket when stored.



CLEANING

- As with any workout equipment, the blanket should be kept clean. The material is waterproof, and can be cleaned with a standard, house-hold multi-purpose cleaner, gentle soap or a 3:1 mixture of water to vinegar. Some people add tee-tree oil as well.
- WARNING: The controller is not waterproof.
- DO NOT use alcohol, bleach or a corrosive cleaner.

STORAGE

- It is necessary to detach the controller cord from the blanket when storing.
- Store in a cool, dry place. Do not store while still warm.
- The blanket may be folded and stored in its carrying case or original box.
- Keep away from corrosive or flammable chemicals or materials.
- Do not place heavy objects on the blanket that would deform it.
- Do not place in a washing machine, dry clean, or submerge in water (this is an electrical appliance).

TECHNICAL SPECIFICATIONS

Heat Zones: One heating zone

Display: 35°C to 75°C, 30-60 min setting

Control: Temperature (35°C to 75°C) & Time (30-60 min)

AC Voltage (USA): 100-120 Volt

AC Voltage (EU/UK): 230 Volt (UK)
220-240 Volt (EU-non UK)

Input Power: Approximately 500 Watts (4.5 Amps at 110 Volts AC)

Timer: Can be set up to 1 hour

Electric Field: Low EMF

Warranty: 1 year

Size: 71" (180 cm) x 71" (180 cm) unfolded. Maximum interior circumference when in use is approximately 65" 165 cm.



SunHome
S A U N A S

www.sunhomesaunas.com
info@sunhomesaunas.com

COPYRIGHT © 2022 SUN HOME SAUNAS.
ALL RIGHTS RESERVED.

WARRANTY INFORMATION

PLEASE READ THE INSTRUCTION MANUAL CAREFULLY BEFORE SETTING UP OR USING THIS PRODUCT. This 1-year, limited warranty applies to repair or replacement product found to be defective in material or workmanship.

To the extent permitted by law, these warranties are exclusive and there are no other expressed or implied warranties or conditions, including warranties or conditions of merchantability and fitness for a particular purpose.

A: This warranty does not apply to any damage resulting from commercial, abusive, unreasonable use or supplemental damage. Defects that are the result of normal wear and tear will not be considered manufacturing defects under this warranty. **SUN HOME SAUNAS OR THEIR OWNERS ARE NOT LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES OF ANY NATURE. ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE ON THIS PRODUCT IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.** Some jurisdictions do not allow the exclusion or limitation of incidental or consequential damages or limitations on how long an applied warranty lasts, so the above limitations or exclusions may not apply to you. This warranty gives you specific legal rights, and you also may have other rights which vary from jurisdiction to jurisdiction. This warranty applies only to the original purchaser of this product from the original date of purchase.

B: At its option, SUN HOME SAUNAS will repair or replace this product if it is found to be defective in material or workmanship.

C: This warranty does not cover damage resulting from any unauthorized attempts to repair, or from any use not in accordance with the instruction manual.

D: This warranty applies only if the unit is purchased new from SUN HOME SAUNAS and is non-transferable from the original purchaser of the item. Call, email or write us at:

Sun Home Saunas – Customer Support
1804 Garnet Ave, #216
San Diego, Ca 92109
Email: info@sunhomesaunas.com
Tel: 1-844-728-6200

IMPORTANT: If you experience a problem, please first contact our customer support center as soon as possible. We can help solve your problem before deciding to return the product. Follow the user manual for correct operation. Do not attempt to disassemble the product or change any of the original parts or accessories. Doing so may void your warranty and cause damage to the product or personal injury. Please call us and we will advise you.

