



## **User Manual**

## Sniff Relief - User Manual

Welcome to natural relief for sinus pressure & symptoms of runny noses!

\*Please read complete manual before use\*

About your Sniff Relief Mask

Your Sniff Relief is the key to fast, effective relief for sinus pressure, congestion, and runny nose symptoms. The self-heating Mask was designed with your comfort, convenience, and safety in mind. Get ready to breathe easy...the natural way!

The Mask heats to your desired temperature (99 -140 degrees Fahrenheit / 37- 60 degrees Celsius) and warms up your nose and surrounding areas, unblocking sinuses and alleviating pressure and pain. No more waiting for medications to kick in —you'll feel relief in minutes. Sniff Relief is extremely comfortable. The temperature control, timer, and other safety features assure you'll get maximum relief *and* peace of mind. And the super comfortable mask, adjustable strap, and mendable nose bridge make the Mask a perfect fit for children and adults, alike.

### Benefits

Whether you suffer from sinus pain, runny nose, allergies, sinusitis, stuffy nose, or maybe a combination of these things, Sniff Relief lives up to its name.

- Temporary relief from congestion
- Temporary relief from sinus pain
- Temporary relief from headaches and tension
- Temporarily improved circulation to affected area
- Improved muscle relaxation

### Features

Your Sniff Relief is safe and convenient to use, day or night, at work or at home.

- Temperature control set for 99-140 degrees Fahrenheit / 37-60 degrees Celsius
- Automatic shut-off timer can be set from 1-12 hours
- Voltage is stepped down to only 12V for your safety
- Built-in circuit breaker to protect you from surges
- Easy to use controller with display
- Reusable

- Shareable
- Super comfortable
- Adjustable strap to hold Mask in place
- Mendable nose-bridge section for comfort and effectiveness
- Can eliminate need for nasal sprays, which can be addictive with side-effects
- Can eliminate need for other cold and allergy medications, saving you hundreds of dollars each year
- Lightweight and convenient
- 9.8 feet (3m) of total cable for ease of use
- The mask with USB can be used without the temperature controller with a laptop for a low temperature setting on the go

## **Contents**

Your Sniff Relief Mask package includes the following items:

- Sniff Relief Mask in size you ordered (child, adult)
- Temperature controller
- Power converter
- Power cord

## **Assembly Instructions**

1. Take all items out of the box.
2. Make sure the USB cable is plugged into the temperature controller.
3. Plug the temperature controller into an outlet.

## **Controller Instructions**

Your Sniff Relief controller is very easy to use. All settings are visible on the display screen.

### **ON/OFF**

The digital controller allows you to turn the unit “on” or “off,” simply by pressing the on/off button.

### **TEMPERATURE CONTROL**

The plus (+) and minus (-) signs indicate temperature control. Set your temperature anywhere between 99 -140 degrees Fahrenheit / 37-60 degrees Celsius. The Mask will heat up within seconds.

### **TIMER**

The timer button lets you set your Sniff Relief Mask to automatically shut off between 1-12 hours. Press the button until the desired time shows on the display.

\*Please unplug the unit from the outlet when not in use\*

You can wear your Mask anywhere and anytime that is comfortable and convenient for you. Whether you're relaxing in your favorite chair, or getting work done at your desk, the heat will penetrate for desired effect, giving you the relief you need.

**How hot to set the Mask:** Adjust the temperature to your tolerance level and preference. The temperature should never be set hotter than you can comfortably tolerate it. The maximum 140 degree Fahrenheit / 60 degree Celsius setting ensures your safety for short or prolonged periods.

**Where to place the Mask:** The Mask should be positioned directly over your nasal area and centered so that your eyes are not covered. Adjust the pliable nose bridge section to fit snugly on your face. Make sure your face is clean and free of any cosmetics before use.

**Which side of the Mask should be up?** The Mask is curved to fit your face. Simply place the Mask comfortably over your face in its natural position.

**How to use the Mask for your condition:** There is no right or wrong way to use the Mask, as long as you follow the safety instructions. Simply use your Sniff Relief for as long as it is comfortable the first few times. Once you get used to the Mask itself and to how your unique body responds to it, adjust the time and heat settings accordingly.

### **Care and Maintenance**

Proper Care and Cleaning for Sniff Relief

Before you clean your Mask, disconnect all cords from the power source and from the unit itself. Follow all cleaning, care and maintenance instructions.

- Do not submerge controller, converter or Mask in water.
- Do not dry clean any part of the Mask.
- Do not use bleach or detergent as cleaning agents.
- Do not use a wringer.
- Do not put in microwave.
- Do not put in washing machine or dryer.
- Do not iron.
- Do not use mothballs or repellent sprays of any kind.

- Do not put any of the power cords in water.
- Do not use unless the pad is completely dry.
- We suggest that you gently wipe down your Mask with a slightly moist hand towel.
- Let the Mask dry completely before using.

### **Safe Performance and Routine Maintenance**

- We suggest that you routinely inspect the heating pad both before and after each use.
- You will be looking for any signs of abnormal or excess wear and tear on the power cords (cracking, blistering, fraying or exposed wires) or on the surface of the Mask itself.

### **Safe and Proper Storage**

Store your Mask in a cool and dry place away from any risk of damage while it is not in use. Do not let the Mask get wet or exposed to any moisture.

- Do not hang the Mask by any of the cords.
- Do not unnecessarily bend or put additional weight on the Mask.
- Do not allow any cords to be pinched.

### **Service**

If your Mask itself or any of the cords need service, do not attempt to make any repairs yourself. If any service is need, please contact Sniff Relief.

### **Safety Instructions**

**DANGER: TO REDUCE THE RISKS OF BURNS, ELECTRIC SHOCK, FIRE AND ACCIDENT, THIS PRODUCT MUST BE USED IN ACCORDANCE WITH THE FOLLOWING INSTRUCTIONS. READ ALL INSTRUCTIONS CAREFULLY BEFORE OPERATING. SAVE THESE INSTRUCTIONS.**

### **Precautions—Please Read and Apply**

- Consult your doctor IF YOU HAVE AN IMPLANT OF ANY KIND.
- DO NOT USE OVER any Malignancy.
- Anyone with an infection, diabetes, poor blood circulation or with disabilities should consult their physician before use. Please see FAQ (When should the Mask NOT be used?)
- Place Mask directly over nasal area with eyes exposed.
- Do not use in any oxygen-enriched environment or near equipment that stores or emits oxygen.
- Do not fold Mask and apply weight (do not fold sharply).

- Never pull the Mask by the power supply cord or use the cord as a handle.
- Use this Mask only on a 110-230 volt ac circuit and unplug when it not in use.
- North America: use 110-volt plug outlet.
- For car use, use a universal car adapter. Never use it while driving!! Only if you're a passenger.
- Do not use this Mask with liniments, salves or ointments and make sure your face is dry.
- Keep your Sniff Relief and components in a dry, cool place.
- Do not hang Mask by the power cord.
- Do not use this Mask in the presence of flammable mixtures.
- Do not use in the shower or bath tub!

### **Caution**

- If you have any health concerns or questions, please do not hesitate to consult your doctor before using Sniff Relief.
- All servicing of this Mask must be performed by authorized Sniff Relief staff members only.
- Never leave the Mask unattended while plugged in and turned on under any circumstance.
- Never use the Mask directly on swollen or inflamed areas of skin.
- Do not use this product if you suffer from a physical ailment that would limit or impair your ability to operate the controls.
- This unit should not be used by children without adult supervision.

### **Frequently Asked Questions**

The following list covers conditions in which the Sniff Relief Mask should not be used or under which a physician should supervise. However, this list is not comprehensive. If you have any questions or concerns about any conditions you may have, please consult your physician.

- Do not use directly over open wounds.
- Do not use directly over acute injuries.
- Do not use over any malignancies.
- Do not use on children under the age of 6.
- Always use with adult supervision on children under the age of 14.

## **Can the Sniff Relief Mask be used if you have implants?**

Although the Mask heats only to 140 degrees, implants may absorb heat at different rates than various bodily tissues, and there is a chance that metal implants can absorb far more heat than the surrounding tissues and cause burns; or the heat energy might be able to weaken, warp, distort, affect, damage and even destroy the implant. Since this has not been studied for the many different materials that are used for implants, we advise against using the Mask unless approved and supervised by a competent physician. Warning: even if you do get medical clearance from your physician to use the Mask, these two guidelines must always be followed.

- Do not use directly over medical implants or metal implants.
- Do not use directly over implanted silicon.

## **When should I feel results?**

Many people experience relief from tension, congestion, and pain immediately. Others require several hours to begin to feel the benefits. Results vary and will depend upon your underlying conditions and how often you use your Mask. For optimal results, only use your Mask according to directions and use it as frequently as possible.

## **Is the Sniff Relief Mask flexible?**

Yes. The Mask is flexible and made to conform to the unique shape of your face. The pliable nose-bridge area and the adjustable fastener ensure that your Mask fits perfectly.

## **How long does the relief last?**

Everyone is unique and responds differently. The 140 degree Fahrenheit / 60 degree Celsius heat limit and the comfort of the Mask means you can use it as frequently as you like.

## **How long can I use the Mask?**

You can use the Mask as often and for as long as you like. Many people like to use it to help them get relief at the end of the day while others enjoy using it throughout the day at home or work. The more you use it the more relaxed and revitalized you will feel.

**What is the best temperature for me?**

Everybody is different and responds differently to the Sniff Relief Mask. The Mask does not get hot enough to burn normal, healthy skin, so you may use it at any temperature that feels good to you.

**Will the Sniff Relief Mask cure a sinus infection, cold, or facial injury?**

Sniff Relief does not make any claims in regard to treating injury, illness or infection. The Mask can help alleviate congestion, sinus pain, stuffiness, etc. For matters of injury, illness, and/or infection, please consult your physician.

**Can I use the mask while asleep?**

It is not recommended to fall asleep with the mask turned on and/or plugged into the wall. If you would like to sleep with the mask on for added warmth you must unplug the micro USB connection on the mask to ensure it doesn't receive any power.

**Can I use any micro USB instead of the one that came with my Sniff Relief?**

NO!! The micro USBs that came with your Sniff Relief mask is specially made to heat up the mask safely and effectively.



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