

# QUICK START GUIDE

- Unpack the Infrared Lamp
- You will need a G Type Plug Socket or adaptor for this product
- Basis the body part you need to focus on, identify a spot where you can be comfortably settled in for 12 mins
- Please place the lamp on an even and secure surface - check that the distance of the lamp is at least 60 cm (24 inches) from the area to be treated. This will ensure appropriate heat penetration and avoid burns
- When starting out, begin with small duration exposures (5-8 minutes at most) to get used to the Infrared Heat. In any case, single duration exposure should not exceed 12 minutes. Discuss this aspect thoroughly with a Medical Specialist before beginning
- If the light is focussed on your head or face, please avoid looking at the bulb
- Stop therapy immediately if you notice any discomfort or skin sensitivity
- Once done, please switch off the lamp from the plug and let it cool down completely before attempting to move it for storage



Courtesy: Beurer

## REMEMBER

- Please read the Instructional Manual well before using this product for the first time. You can download it from the Specifications section below
- This device must not be used by children or maintained by them without supervision
- Use a damp cloth and a light cleaning liquid at most to clean the body and bulb - ensure the unit is not plugged or well-cooled when doing so

- It is not designed for use in hospital and institutional environments
- Use and store in dry area only, ideally in original packaging
- Please do not use it for lighting up the room or other purposes beyond what it has been designed for
- If the unit does not switch on, check the connectivity thoroughly. Send it to the Beurer Service Centre ([hyperlink](#)) in India for repairs

**P.S.:** Kindly consult your Physician or Medical Specialist before using this product in case of skin insensitivity or heat intolerance.

To be used under supervision by children and those with limited reaction capability