

# QUICK START GUIDE

1. Identify the correct belt size from the table above
2. Unpack all elements and ensure you are not wearing/have applied any additional heating product or balm
3. Dress comfortably so that you can relax with the heating belt on
4. Wrap the belt around the body part - it should be comfortable, neither loose nor too tight. Use the velcro straps to stabilise the grip
5. Please do not use the belt while putting your body-weight on it - it may lead to product failure or an accident
6. Control the temperature levels as per need - don't let it overheat.
7. Do not apply the belt directly onto open wounds or abscesses - keep a sanitised fabric layer in between as per your doctor's recommendation

## Various ways to apply the Heat Therapy Belt



Shoulder Joint



1



2

Back



1



2

Knee Joint



1



2

Elbow Joint