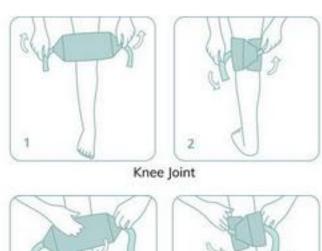
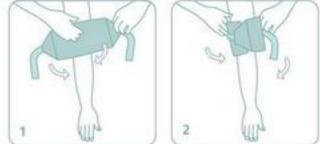
QUICK START GUIDE

- 1. Identify the correct belt size from the table above
- 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
- Wrap the belt around the body part it should be comfortable, neither loose nor too tight. Use the velcro straps to stabilise the grip
- 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



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Elbow Joint