

QUICK START GUIDE

1.



Sit/ lie down in a comfortable position

2.



Place the Heating Pad on the affected body part requiring hot fomentation.

3.



Insert and switch on the plug.

4.



Switch on the pad from hand controller.

5.



Choose the high, medium or low-temperature mode by pressing the selector button.

6.



After use, switch off, remove the pad and place it in the box.