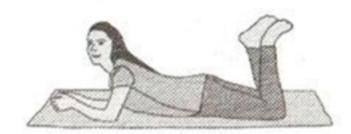
## **QUICK START GUIDE**

1



Sit/lie down in a comfortable position

4.



Switch on the pad from hand controller.

2,

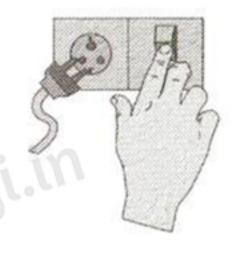


Place the Heating Pad on the affected body part requiring hot fomentation.

5



Choose the high, medium or lowtemperature mode by pressing the selector button. 3.



Insert and switch on the plug.

6.



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