



READ BEFORE USE

BEFORE USE

- Consult your Doctor before use
- Read the included manual entirely
- Review the safety instructions included in the users manual
- Inspect the surface of the blanket for wear and tear, the controller and cord for fraying, and do not use if either is present
- The sauna blanket can be placed on any heat-resistant surface

DURING USE

- Do not use this heated product on a waterbed, bunk bed, latex or memory foam bed, mechanically-adjusted bed or a child's crib/bed
- **IMPORTANT:** To begin, start at level 4, 5, or 6 and slowly increase to level 7 or 8. Level 9 should **ONLY** be used if sweating cannot be achieved on lower levels.
- **WARNING:** When using higher levels, place a cotton towel between you and the blanket for protection and comfort as higher levels are extremely hot
- Always wear recommended clothing (see reverse side)
- Do not exceed 50 minutes in the blanket
- Do not use this heated product directly on synthetic, latex or flammable materials
- Do not use in a wrinkled condition, use on a flat surface
- Do not rest the controller on the blanket during use
- The controller is not waterproof. Do not immerse in water or other liquids
- The surface of the sauna blanket becomes hot while in use

AFTER USE

- Do not fold the blanket for at least 30 minutes after use, or while it is still warm to the touch. Failure to do so will void your warranty.
- Turn off and unplug this heated product when not in use.
- Wrapping of the cord around the controller may damage the cord. Loop loosely when storing.
- Store in the original packaging in a cool, dark, dry place. Do not store with items on top of the blanket



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READ BEFORE USE

(CONTINUED)

WHERE DO I USE? ---

The sauna blanket can be placed on any heat-resistant surface.

HD TIP: Place your sauna blanket on a massage table or yoga mat! You will be there for a while, so make sure you are comfortable by adding a bolster or cotton towel for extra cushion and comfort.

Do not use this heated product on a waterbed, latex or memory foam bed or couch. Do not use on mechanically adjustable bed, bunk bed, or child's crib/bed.

CAUTION: If using this heated product on your bed, couch, or rug, please ensure it is not made of synthetic, latex, or flammable materials.

WHAT DO I WEAR? ---

You should wear comfortable, casual, skin-covering clothes. We strongly suggest more cotton, breathable clothing. Your feet also need to be covered, so socks are required.

This blanket was designed to be experienced with a barrier between your body and the blanket. Add a towel inside the blanket underneath your body for additional cushioning and comfort.



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