



Higher**DOSE**

GET HIGH NATURALLY.®

INFRARED SAUNABLANKET





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IMPORTANT SAFETY INSTRUCTIONS

CONSULT A DOCTOR BEFORE USE. IF YOU HAVE ANY OF THE CONDITIONS BELOW, USE OF THE BLANKET IS NOT RECOMMENDED WITHOUT YOUR DOCTOR'S APPROVAL.

- You have skin diseases, burns or reddening.
- You have splanchnic diseases.
- You require a heart defibrillator or use other implantable devices.
- You have a heart disease or illness.
- You have broken bones.
- You have malignancy.
- You feel nauseous, have a headache or other symptoms.
- You have just had surgery.
- You have osteoporosis.
- You suffer from abnormal blood pressure.
- You are currently pregnant or breastfeeding.
- You have anhidrosis.
- You have cancer or other malignant conditions.
- You have any metal or other body implants, including breast implants.
- You have mental illness.



IMPORTANT SAFETY INSTRUCTIONS (CONTINUED)

When using electrical appliances, basic safety precautions should always be followed to reduce the risk of fire, electric shock, and/or injury to persons. Misuse or failure to follow these warnings and instructions may cause overheating, fire, personal injury and/or property damage:

- Be sure to read all instructions carefully before using this heated product.
- **The controller may become very hot. Place on a heat-resistant surface and do not place on the exterior of the blanket.**
- **US province customers:** The blanket is designed to be plugged into a standard U.S. Type B (NEMA 5), 120V electrical outlet. Be sure that this heated product is used only on an AC supply circuit of the proper voltage. Do not use with an extension cord. Do not use with generators, power converters or inverters. Use of the blanket in other countries with electrical transformers is at your own risk.
- **UK / EU-non UK province customers:** The blanket is designed to be plugged into 230V(UK)/220-240-240V (EU-non UK) electrical outlet. Be sure that this heated product is used only on an AC supply circuit of the proper voltage. Do not use with an extension cord. Do not use with generators, power converters or inverters. Use of the blanket in other countries with electrical transformers is at your own risk.
- **Warning: US specs blanket and controller cannot be used in UK / Europe(Non UK) area, since it can cause burns.**

IMPORTANT SAFETY INSTRUCTIONS (CONTINUED)

- Examine the heated product, cord and controller before each use for signs of wear or damage. If improper operation, wear or damage is observed, discontinue its use immediately, unplug it, and email HigherDOSE Customer Care help@higherdose.com
- Keep all dogs, cats, and other pets away from this heated product. This is an electrical appliance that they can damage or be injured by.
- Do not use this heated product with an infant, child, incapacitated or immobile person, paraplegic or quadriplegic, a diabetic, anyone insensitive to heat, or anyone who cannot clearly understand the instructions and/or operate the controls.
- Do not use this heated product on a waterbed, bunk bed, latex or memory foam bed, mechanically adjustable bed, or a child's crib/bed.
- Do not use in conjunction with another electrically heated product.
- Do not tuck in, pinch, flex, or expose the wired heating area of this heated product. Do not tuck in the supply cord or control in a sofa or other furniture. All portions of this heated product should be visible at all times.
- Controller is not waterproof. Do not immerse in water or other liquids. Keep the controller away from drafty areas that may become damp or wet such as an open window.
- Wrapping of the cord around the controller may damage the cord. Loop loosely when storing. Allow to cool before storing and do not crease by placing items on top of it. Store in the original packaging, in a cool, dark, dry place.

IMPORTANT SAFETY INSTRUCTIONS (CONTINUED)

- Do not use in a wrinkled condition, use on a flat surface
- Do not use the blanket without wearing cotton loose fitting clothing and socks.
- Make sure you can comfortably unfasten the Velcro and exit the blanket before turning on the heat.
- Do not wear metal jewelry or other products when using the blanket.
- Do not use this heated product with analgesic creams, liniments, sale or ointment preparations. Skin burns could result.
- Turn off and unplug this heated product when not in use.
- Do not use corrosive cleaning products to clean the blanket.
- Do not fold the blanket when it is hot because it could melt the material.



READ BEFORE USE

BEFORE USE

- **REVIEW ENTIRE MANUAL**
- **REVIEW SAFETY INSTRUCTIONS**
- Inspect the surface of the blank for wear and tear, the controller and cord for fraying, and do not use if either is present
- **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 a pillow for extra cushion.
 - 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.
 - **HD TIP:** Think pajama bottoms or sweatpants and a long-sleeved shirt, as opposed to skin tight lycra items.

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READ BEFORE USE (CONTINUED)

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
- 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

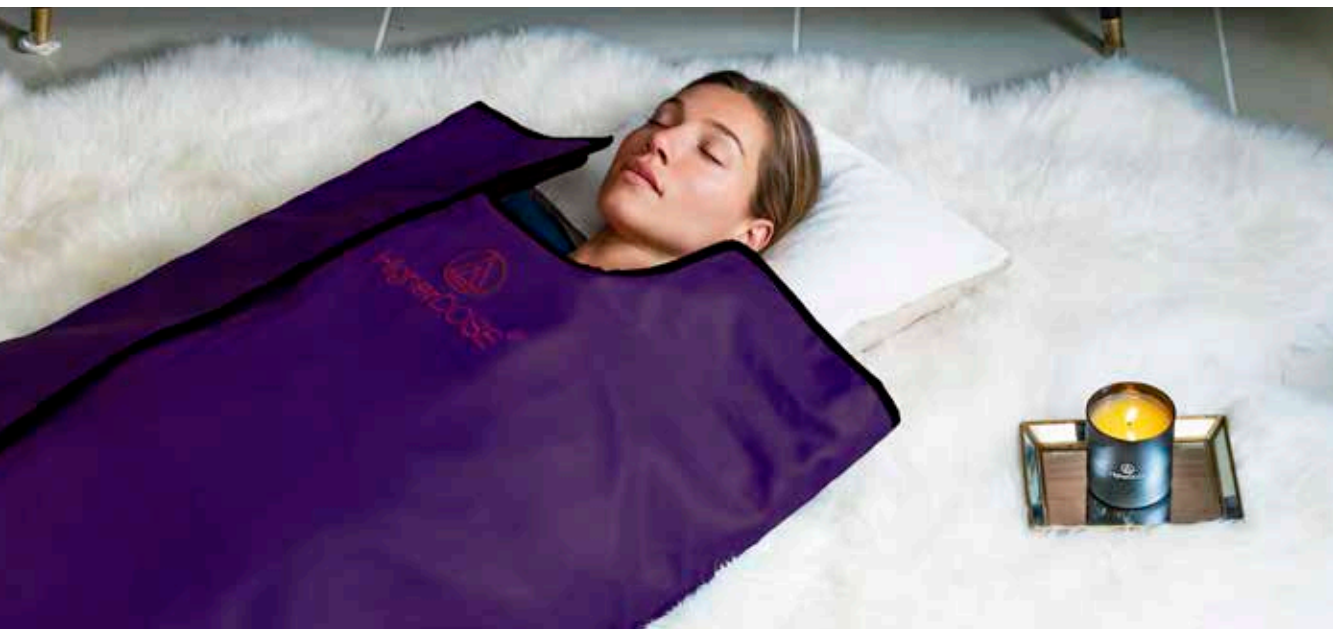
- Do not fold the blanket for at least 30 minutes after use, or while it is still warm to the touch. Failure to do so will void your warranty
- Turn off and unplug this heated product when not in use
- Wrapping of the cord around the controller may damage the cord. Loop loosely when storing
- Store in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

GETTING STARTED

- This sauna blanket requires long sleeves, long pants, and socks (medium material thickness). This blanket was designed to be experienced with a barrier between your body and the blanket.
- Connect the controller plug into a standard electrical outlet.
- Connect the other end of the controller into the receiving port at the foot of the blanket. Ensure both connections are firmly secured.
- Press the power switch to activate the controller.
 - **CAUTION:** Sauna blanket controller gets hot. Do not place on top of blanket.
- Preheating the sauna blanket only requires approximately 10 minutes prior to your session. Select the temperature by turning the dial clockwise.
 - **SUGGESTION:** Touch the surface of the blanket to determine your desired heat level. Reduce or raise temperature setting at any time.
- **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.
 - **CAUTION:** When using levels 7 through 9, the blanket will become extremely hot. Place a towel inside the sauna blanket for an added barrier between you and the heated blanket.
 - Please use caution if you feel an area of your body is getting too warm. Reduce temperature setting at any time. If you need to stop the session at any time, press the power button on the controller to turn it on/off and it will reset.

GETTING STARTED (CONTINUED)

- If you have preheated the blanket for 10 minutes, session time should be no more than 45-50 minutes. Blanket will automatically power off after 60 minutes.
- Once you have completed your session, exit the blanket.
- Always unplug the blanket from the wall after use.
- For sanitary reasons, we recommend you clean the blanket between each session.
- **CAUTION:** After use, the blanket will be extremely hot. Leave the blanket open to cool completely. Do not fold and store until blanket has cooled down to starting temperature. Failure to do so may result in a damaged blanket.



MULTI-FUNCTIONING CONTROLLER

1. Power switch turns blanket off and on.
2. Turn dial clockwise to increase the heat, and counter-clockwise to decrease the heat. There are nine temperature settings, with 9 being the hottest.

We recommend slowly increasing the temperature setting as you get used to the blanket.

The controller will automatically shut off the blanket after 60 minutes.

3. The figure to the left shows how to unite the controller with the blanket.

Make sure this connection is secure prior to use.

Suggestion- keep the cord attached to the blanket to avoid wear and tear.



CLEANING AND STORAGE

This blanket is waterproof but we do suggest cleaning between each use so the blanket stays in best condition. We liken this to cleaning a yoga mat.

SUGGESTED CLEANING TIPS:

- Use a soft cloth or towel to absorb any sweat left behind.
- Use a non-toxic gentle soap or non-toxic cleaning wipe.
- **HD TIP:** Combine $\frac{3}{4}$ parts water and $\frac{1}{4}$ part apple cider vinegar with a few drops of tea tree oil in a spray bottle and wipe clean.
- Do not use strong corrosive cleaner or alcohol to clean the sauna blanket.

SUGGESTED STORAGE TIPS:

- Please ensure the sauna blanket has cooled down completely before cleaning and storing it. Store in a cool, dry place.
- Do not put the sauna blanket near flammable or chemicals objects or materials
- Do not clean the sauna blanket with chemical solutions.
- Do not place any objects on the sauna blanket.
- Do not place any electronics on top of or inside the sauna blanket, especially while the blanket is powered on.
- Do not submerge this sauna blanket in water.
- Do not place in washing machine or dry clean.

WARRANTY INFORMATION

HigherDOSE Infrared Sauna Blanket One (1) Year Limited Warranty

Updated December 26, 2018

IMPORTANT: BY USING YOUR HIGHERDOSE INFRARED SAUNA BLANKET YOU ARE AGREEING TO BE BOUND BY THE TERMS OF THE HIGHERDOSE ONE (1) YEAR LIMITED WARRANTY ("WARRANTY") AS SET OUT BELOW.

DO NOT USE YOUR PRODUCT UNTIL YOU HAVE READ THE TERMS OF THE WARRANTY. IF YOU DO NOT AGREE TO THE TERMS OF THE WARRANTY, DO NOT USE THE PRODUCT AND RETURN IT WITHIN THE RETURN PERIOD STATED IN HIGHERDOSE'S RETURN POLICY FOR A REFUND.

HOW CONSUMER LAW RELATES TO THIS WARRANTY

THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE (OR BY COUNTRY OR PROVINCE). OTHER THAN AS PERMITTED BY LAW, HIGHERDOSE DOES NOT EXCLUDE, LIMIT OR SUSPEND OTHER RIGHTS YOU MAY HAVE, INCLUDING THOSE THAT MAY ARISE FROM THE NONCONFORMITY OF A SALES CONTRACT. FOR A FULL UNDERSTANDING OF YOUR RIGHTS YOU SHOULD CONSULT THE LAWS OF YOUR COUNTRY, PROVINCE OR STATE.

WARRANTY LIMITATIONS SUBJECT TO CONSUMER LAW

TO THE EXTENT PERMITTED BY LAW, THIS WARRANTY AND THE REMEDIES SET FORTH ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, REMEDIES AND CONDITIONS, WHETHER ORAL, WRITTEN, STATUTORY, EXPRESS OR IMPLIED. HIGHERDOSE DISCLAIMS ALL STATUTORY AND IMPLIED WARRANTIES, INCLUDING WITHOUT LIMITATION, WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE AND WARRANTIES AGAINST HIDDEN OR LATENT DEFECTS, TO THE EXTENT PERMITTED BY LAW. IN SO FAR AS SUCH WARRANTIES CANNOT BE DISCLAIMED, HIGHERDOSE LIMITS THE DURATION AND REMEDIES OF SUCH WARRANTIES TO THE DURATION OF THIS EXPRESS WARRANTY AND, AT HIGHERDOSE'S OPTION, THE REPAIR OR REPLACEMENT SERVICES DESCRIBED BELOW. SOME STATES (COUNTRIES AND PROVINCES) DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY (OR CONDITION) MAY LAST, SO THE LIMITATION DESCRIBED ABOVE MAY NOT APPLY TO YOU.

WHAT IS COVERED BY THIS WARRANTY?

HigherDOSE LLC of 46 North 6th Street, Brooklyn, New York, 11249 ("HigherDOSE") warrants the HigherDOSE-branded Infrared Sauna Blanket and the HigherDOSE-branded accessories contained in the original packaging ("HigherDOSE Infrared Sauna Blanket") against defects in materials and workmanship when used normally in accordance with HigherDOSE's published guidelines for a period of ONE (1) YEAR from the date of original retail purchase by the end-user purchaser ("Warranty Period"). HigherDOSE's published guidelines include but are not limited to information contained in technical specifications, user manuals and service communications.

WHAT IS NOT COVERED BY THIS WARRANTY?

This Warranty does not apply to any non-HigherDOSE branded products, even if packaged or sold with HigherDOSE-branded products. HigherDOSE does not warrant that the operation of the HigherDOSE Infrared Sauna Blanket will be uninterrupted or error-free. HigherDOSE is not responsible for damage arising from failure to follow instructions relating to the HigherDOSE Infrared Sauna Blanket's use.

This Warranty does not apply: (a) to cosmetic damage, including but not limited to scratches, dents and broken plastic on ports, cords or controllers, unless failure has occurred due to a defect in materials or workmanship; (b) to damage caused by accident, abuse, misuse, fire, liquid contact, earthquake or other external cause; (c) to damage caused by operating the HigherDOSE Infrared Sauna Blanket outside HigherDOSE's published guidelines; (d) to damage caused by service performed by anyone who is not a representative of HigherDOSE; to a HigherDOSE Infrared Sauna Blanket that has been modified to alter functionality or capability without the written permission of HigherDOSE; (f) to defects caused by normal wear and tear or otherwise due to the normal aging of the HigherDOSE Infrared Sauna Blanket; or (g) if HigherDOSE receives information from relevant public authorities that the product has been stolen, and you cannot prove in any way that you are the authorized user of the product (eg. by presenting proof of purchase).

YOUR RESPONSIBILITIES

Before receiving warranty service, HigherDOSE or its agents may require that you furnish proof of purchase details, respond to questions designed to assist with diagnosing potential issues and follow HigherDOSE's procedures for obtaining warranty service.

Following warranty service your HigherDOSE Infrared Sauna Blanket or a replacement item will be returned to you, subject to applicable product model updates and availability.

Important: Do not attempt to repair the HigherDOSE Infrared Sauna Blanket, the Controller or any other aspect of the HigherDOSE product. Attempting to repair the HigherDOSE product is dangerous and may cause damage that is not covered by this Warranty. Only HigherDOSE should perform service on the product.

WARRANTY INFORMATION (CONTINUED)

NO COMMERCIAL USE

All HigherDOSE-branded consumer products including Infrared Sauna Blankets, are designed and intended only for home use. HigherDOSE-branded consumer products are not intended to be used in any commercial or institutional setting or application. These include but are not limited to: commercial gyms, commercial spas, wellness centers, chiropractor offices, physician offices, any other medical facilities, churches, police/fire departments, government agencies, apartment/retirement/condominium communities, hotels, cruise ships, schools or universities. Using any HigherDOSE-branded product in a commercial or institutional setting will void the product's warranty and may open the owner of the property to unnecessary risks.

WHAT WILL HIGHERDOSE DO IN THE EVENT THE WARRANTY IS BREACHED?

If during the Warranty Period you submit a claim to HigherDOSE in accordance with this warranty, HigherDOSE will, at its option:

- repair the HigherDOSE Infrared Sauna Blanket using new or previously used parts that are equivalent to new in performance and reliability,
- replace the Controller,
- replace the HigherDOSE Infrared Sauna Blanket with the same model (or with your consent a product that has similar functionality) formed from new and/or previously used parts that are equivalent to new in performance and reliability, or
- exchange the HigherDOSE Infrared Sauna Blanket for a new item.

HOW TO OBTAIN WARRANTY SERVICE?

You must contact HigherDOSE via e-mail at support@higherdose.com CHANGE TO help@higherdose.com in order to seek warranty service. A HigherDOSE representative will help determine whether your HigherDOSE Infrared Sauna Blanket requires service and, if it does, will inform you how HigherDOSE will provide it.

WARRANTY SERVICE OPTIONS

HigherDOSE will provide warranty service through mail-in service. If HigherDOSE determines that your HigherDOSE Infrared Sauna Blanket is eligible for mail-in service, HigherDOSE will send you prepaid waybills and instructions on how to properly pack and address your HigherDOSE Infrared Sauna Blanket, so that you may ship your HigherDOSE Infrared Sauna Blanket to HigherDOSE. Instructions will be sent to you via email. Once service is complete, HigherDOSE will return the product to you. HigherDOSE will pay for shipping to and from your location if all instructions regarding the method of packaging and shipping the HigherDOSE Infrared Sauna Blanket are followed.

HigherDOSE reserves the right to change the method by which HigherDOSE may provide warranty service to you, and your HigherDOSE Infrared Sauna Blanket's eligibility to receive a particular method of service. Service will be limited to the options available in the country where service is requested. Service options, parts availability and response times may vary according to country. You may be responsible for shipping and handling charges if the HigherDOSE Infrared Sauna Blanket cannot be serviced in the country it is in. If you seek service in a country that is not the original country of purchase, you will comply with all applicable import and export laws and regulations and be responsible for all custom duties, V.A.T. and other associated taxes and charges. Where international service is available, HigherDOSE may repair or replace the HigherDOSE Infrared Sauna Blanket and parts with comparable products and parts that comply with local standards.

LIMITATION OF LIABILITY

EXCEPT AS PROVIDED IN THIS WARRANTY AND TO THE MAXIMUM EXTENT PERMITTED BY LAW, HIGHERDOSE IS NOT RESPONSIBLE FOR DIRECT, SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES RESULTING FROM ANY BREACH OF WARRANTY OR CONDITION, OR UNDER ANY OTHER LEGAL THEORY, INCLUDING BUT NOT LIMITED TO LOSS OF USE; LOSS OF REVENUE; LOSS OF ACTUAL OR ANTICIPATED PROFITS (INCLUDING LOSS OF PROFITS ON CONTRACTS); LOSS OF THE USE OF MONEY; LOSS OF ANTICIPATED SAVINGS; LOSS OF BUSINESS; LOSS OF OPPORTUNITY; LOSS OF GOODWILL; LOSS OF REPUTATION; OR ANY INDIRECT OR CONSEQUENTIAL LOSS OR DAMAGE HOWSOEVER CAUSED INCLUDING THE REPLACEMENT OF EQUIPMENT AND PROPERTY.

THE FOREGOING LIMITATION SHALL NOT APPLY TO DEATH OR PERSONAL INJURY CLAIMS, OR ANY STATUTORY LIABILITY FOR INTENTIONAL AND GROSS NEGLIGENT ACTS AND/OR OMISSIONS. SOME STATES (COUNTRIES AND PROVINCES) DO NOT ALLOW THE EXCLUSION OR LIMITATION OF

INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU.

GENERAL

No HigherDOSE reseller, agent, or employee is authorized to make any modification, extension, or addition to this Warranty. If any term is held to be illegal or unenforceable, the legality or enforceability of the remaining terms shall not be affected or impaired. This Warranty is governed by and construed under the laws of the country in which the HigherDOSE Infrared Sauna Blanket purchase took place. HigherDOSE or its successor in title is the warrantor under this Warranty.

TECHNICAL PARAMETERS (SPECS)

Heat Zones	One heating zone
Display	1-9 level
Control	Gray color handle held controller.
Voltage (USA)	100-120 Volt
Voltage (UK/EU)	230 Volt (UK) 220-240 Volt (EU-non UK)
Wattage	450-500 Watts
Amps	4-5 Amps
Timer settings	1 hour
Electrical field	Low EMF
Warranty	1 year
Size	180 x 180 cm - unfolded. Maximum interior circumference when in use is approximately 165 cm.



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