



BON CHARGE



INFRARED SAUNA BLANKET USER MANUAL

WELCOME

You have chosen the most optimal Infrared light therapy device and anything is possible when you create the optimal light environment.

Whilst a traditional dry sauna uses heat to warm air, which in turn will warm your body, infrared light heats your body directly without warming the air around you.

By using the Infrared Sauna Blanket. The infrared light energy and heat will create reactions similar to that of moderate exercise such as sweating and increase heart rate at much lower temperatures than found in traditional saunas.

This allows those who struggle with high temperatures to still enjoy the benefits of heat therapy.

Several studies have looked at using infrared saunas in the treatment of health problems, such as high blood pressure, headaches and found some evidence of benefit.

Using the Infrared Sauna Blanket is so easy! Unlike regular saunas that you must build, you can just unbox, unzip, plug in and you are set to enjoy the benefits of Infrared heat therapy. Fully waterproof and super easy to clean.

Infrared Light can help with:

- Ease aching and sore muscles
- Induce better sleep when used in the evening
- Speed up muscle recovery
- Better skin and more collagen production
- Burn between 300-500 calories per session
- Reduce free radicals and toxins

KEY POINTS

Activating your Infrared Sauna Blanket

Your Infrared Sauna Blanket comes with everything you need to start your journey to an optimal life. You are about to experience the epic health benefits of Far Infrared (FAR) therapy. For the best possible results, it is highly recommended you read this manual prior to using your Infrared Sauna Blanket for the first time.

Safety

Before using the Infrared Sauna Blanket please consult with your medical practitioner if you have any of the medical conditions listed below:

- Skin diseases, burns or reddening
- Sensitivity to heat, temperature
- Heart problems
- Broken bones
- Recent surgery
- Suffering from headaches
- Abnormal blood pressure (medically diagnosed)
- Pregnant or breastfeeding
- Metal or other implants.

Usage Instructions

The Infrared Sauna Blanket should be used like a "sleeping bag" for around 30 minutes. The Infrared Sauna Blanket uses FAR Infrared light to increase temperature and release toxins from the body.

Multiple Usages

Infrared light therapy works best when administered consistently. It is recommended using your Infrared Sauna Blanket at least 3 times a week. Do not exceed 50 minutes per session.

What to Expect

The time it takes to see results from using your Infrared Sauna Blanket depends on your personal goals. There are countless peer reviewed academic studies that show the long-term benefits of FAR Infrared therapy. It's important to trust these studies and know that you are benefiting from using your Infrared Sauna Blanket. Most people will feel and see benefits within a week of consistent use but other people may take up to 3 months to see and feel the benefits. By using your Infrared Sauna Blanket daily, you will be optimising the benefits.

SETTING UP AND
USING YOUR INFRARED
SAUNA BLANKET



What's in the Box?

1x Infrared Sauna Blanket	1x Power Supply
1x Remote Controller	1 x Carry Bag

Step 1

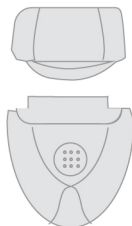
Place the Infrared Sauna Blanket on a bed or other flat area. Do not use the blanket in a wrinkled state

Step 2

Connect your Infrared Sauna Blanket to the controller and then connect the controller to the power supply



Secure



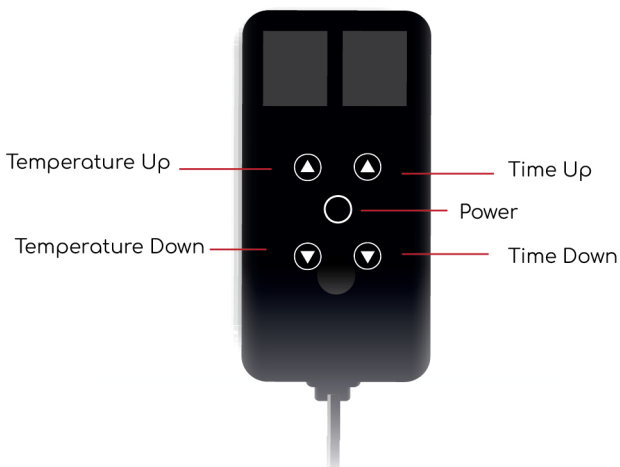
Open Connection

Step 3

Press the power button to activate the controller. CAUTION: Controller may be hot when in use, do not place on top of the Sauna Blanket. Keep on a heat resistant surface

Step 4

Select your temperature by pressing the temperature icon button. IMPORTANT: Start with a lower temperature between 25-70 degrees Celsius (77-158 Fahrenheit) The temperature can then be gradually increased to up to 80 degrees Celsius (176 Fahrenheit) until you find your perfect temperature



Step 5

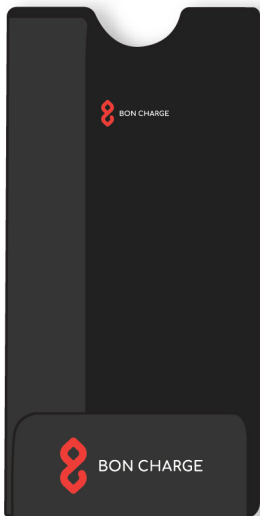
Set a desired amount of time you want to use the Sauna Blanket. Do not exceed more than 50 minutes in the Sauna Blanket

Step 6

Press the start button to begin the session

Step 7

When you have finished your session the Sauna Blanket will be hot. Leave the Sauna Blanket laid flat to cool off completely. NEVER fold or store the Sauna Blanket until it has cooled down to its original temperature. Failure to follow these instructions may result in a fire risk or damage to your Sauna Blanket which will void the warranty



MISCELLANEOUS
INFORMATION



TROUBLESHOOTING

My Infrared Sauna Blanket won't turn on

- Ensure your Infrared Sauna Blanket is plugged into the mains and switched on
- Ensure you are using the power cable supplied
- If your Infrared Sauna Blanket still won't turn on please contact us at hello@boncharge.com for further assistance

FREQUENTLY ASKED QUESTIONS

How should I use my Infrared Sauna Blanket?

We highly recommend using your Infrared Sauna Blanket no more than fifty (50) minute sessions.

How long does it take to heat my Infrared Sauna Blanket?

Heat up time is approximately 5 minutes.

Can I use my Infrared Sauna Blanket with clothes on?

Yes, you can use the Sauna Blanket with your clothes on or off.

Will the light from the Infrared Sauna Blanket disrupt any medication I am taking?

If you are taking any photosensitizing medication, ensure you seek medical advice before using the Infrared Sauna Blanket. Thousands of clinical trials have shown light therapy to be safe and effective, however it is always recommended to consult your health care provider or doctor before using the Infrared Sauna Blanket.

Can my children use the Infrared Sauna Blanket?

Always consult your medical practitioner before children use the Infrared Sauna Blanket. Always supervise children when using the Infrared Sauna Blanket.

When can I expect to see results?

After just a few sessions you may experience reduced swelling, stiffness and clearer skin. Consistent use over time will get the best results and give the best outcome for muscle or joint related issues.

CLEANING & STORAGE INSTRUCTIONS

The Infrared Sauna Blanket is waterproof, but we do suggest cleaning it in between sessions to keep it in good condition.

To clean the Infrared Sauna Blanket, you can follow the below instructions:

1. Use a soft cloth or towel to absorb any sweat
2. Use a non-toxic cleaner (gentle soap) or non-toxic cleaning wipe
3. Do not use strong corrosive cleaner or alcohol to clean the Infrared Sauna Blanket

Suggested storage tips can be found below:

1. Ensure the Infrared Sauna Blanket has completely cooled down before cleaning or storing it
2. Store in a cool, dry place
3. Do not place any objects on top of the Infrared Sauna Blanket
4. Do not submerge the Infrared Sauna Blanket in water
5. Do not place in a washing machine or dry clean

TECHNICAL SPECIFICATIONS

Model	BON CHARGE Infrared Sauna Blanket
Size	180cm (71 inches) x 180cm (71 inches) (180cm (71 inches) x 90cm (35.5 inches) when folded into "sleeping bag")
Voltage	110/220/240V
Wavelengths	Far Infrared
Flicker	Zero
Power	600W
Certification	RoHS, CE-EMC, CE-LVD, FCC
LEDs	60 at 0.5W
Material	Anti-water PVC inner , PU outer , carbon fiber heating wire
Netweight	10kg
Timer	5-60 minutes
Heating Function	25-80 degrees C (77-176 Fahrenheit)
Heating Elements	Carbon Fiber

WARNINGS, SAFETY AND CAUTIONS

Warnings

- Do not allow children to use the Infrared Sauna Blanket unsupervised or without clearance from your medical practitioner.
- This device is an electrical device and to avoid electric shocks you must adhere to the following:
 - Do not drop the device in liquid
 - Do not wash this device with any liquids
 - Do not touch with wet hands
 - Do not use the device on wet or damp skin
 - Do not tug or pull on the charging cable when charging the device
 - Do not use the device if it has been dropped, left outside or exposed to liquids
 - Do not use on or near hot surfaces
 - Do not operated near flammable or combustible products or where vapours may be present. Explosion of fire may occur.
 - Do not use this device on disabled, sleeping or unconscious people
 - Do not use this device on open wounds.
 - Do not use in conjunction with salves, balms or ointments
 - Do not modify or attempt to modify this device.
 - Do not attempt to repair this device

Safety Instructions

- The appliance is not to be used by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction
- Children being supervised not to play with the appliance
- The appliance is not to be used by young children over the age of three unless the controls have been pre-set by a parent or guardian, or unless the child has been adequately instructed on how to operate the controls safely
- Important instructions. Retain for future use.
- Do not crease the appliance by placing items on top of it during storage
- Examine the appliance frequently for signs of wear or damage. If there are such signs, if the appliance has been misused or does not work, return it to the supplier before switching it on again
- This appliance is not intended for medical use in hospitals
- Do not use if wet
- This appliance must not be used by persons insensitive to heat and other very vulnerable persons who are unable to react to overheating
- Children under the age of three are not to use this appliance due to their inability to react to overheating
- The appliance is not to be used by young children over the age of three unless the controls have been pre-set by a parent or guardian, or unless the child has been adequately instructed on how to operate the controls safely
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

If you have any difficulties in cleaning or setting up your Infrared Sauna Blanket please reach out to us for help at hello@boncharge.com

Electrical Safety

- Do not place or operate the device near to water or liquids
- Do not place near or pour running water over device
- This device is not to be used in the vicinity of water
- Do not store device at temperatures exceeding 140F or 60C
- Do not use your device if damaged, this may result in electric shock or injury

Disclaimer

This product is not intended to diagnose, cure or prevent disease. BON CHARGE Pty Ltd makes no claims, representations or otherwise warranties the ability of this product to cure any physical, skin or mental conditions from using this product.

A qualified health professional should always be consulted prior to using this product and with regards to any conditions requiring medical attention or contraindications.

Sauna blanket heating element efficiency will depend on environment of use.

DISPOSAL

This device must not be disposed of with your normal household rubbish. This device requires disposal via your designated waste collection point. This device contains a lithium battery and this must be disclosed when handing over to the waste collection point adviser.



WARRANTY AND RETURNS (INFRARED SAUNA BLANKET)

Manufacturer's Warranty (Infrared Sauna Blanket)

BON CHARGE Pty Ltd warrants that this device (Infrared Sauna Blanket) will function and perform within the specifications for one year from the date of delivery.

What does this Manufacturer's Warranty cover?

This Manufacturer's Warranty covers any defect in material or workmanship under normal use during the warranty period.

During the warranty period, BON CHARGE Pty Ltd will repair or replace, at no charge, products or parts of a product that proves defective because of improper material or workmanship, under normal use and maintenance.

How long does the cover last?

This Manufacturer's Warranty for the Infrared Sauna Blanket purchased from BON CHARGE Pty Ltd is valid for one (1) year from date of purchase. A replacement Infrared Sauna Blanket or part assumes the remaining warranty of the original Infrared Sauna Blanket.

What does this warranty not cover?

This Manufacturer's Warranty does not cover any problem that is caused by:

- Conditions, malfunctions or damage not resulting from defects in the material or workmanship
- Equipment that has been abused, modified, damaged, or fitted with substitute parts.

What do you have to do?

To obtain warranty service, you must first contact us to determine the problem and the most appropriate solution for you.

Contact details

hello@boncharge.com
2/74 Gordon Road East, Osborne Park, 6017, Western Australia

If service is required, the buyer is responsible to return the device to BON CHARGE Pty Ltd within the one (1) year warranty period.

BON CHARGE Pty Ltd reserves the right to provide parts in different colours to the original device.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Returns

All of our products come with a risk-free 30-day guarantee. This 30-day period starts from the day you receive your Infrared Sauna Blanket.

If you're not satisfied with your purchase during the guarantee period, simply email hello@boncharge.com and we'll provide a hassle-free return experience. Here are some details to note

- Return shipping will be your responsibility. We cannot be responsible for lost or damaged shipments.
- All returns or exchanges must be received in like new condition with all original accessories and packaging.
- All returns received with damaged or missing components may be subject to additional fees. If applicable, these fees will be deducted from the refunded amount.
- All returns will be inspected and processed within 3-5 days on receipt by BON CHARGE
- Returns must be postmarked before the end of the 30-day guarantee period. Returns sent after this period will not be accepted.



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