



BON CHARGE



INFRARED SAUNA BLANKET USER MANUAL

## Activating your Infrared Sauna Blanket

Your Infrared Sauna Blanket has everything to start your first sauna session. For the best possible results, reading this manual before using your Infrared Sauna Blanket for the first time is highly recommended.

### IMPORTANT – READ BEFORE USE

#### Safety

Before using the Infrared Sauna Blanket, please consult your medical practitioner if you have any of the medical conditions listed below. Do not use the Infrared Sauna Blanket without your doctor's approval if you have any of the below.

- Heart disease or illness
- Broken bones
- Malignancy
- Post-surgery
- Mental illness
- Metal or other body implants, including breast implants
- Cancer
- Anhidrosis
- Skin disease, reddening or burns
- Currently pregnant or breast feeding
- Osteoporosis
- Have a headache or feel nauseous
- Abnormal blood pressure
- Splanchnic diseases
- Diabetes

#### Usage Instructions

The Infrared Sauna Blanket uses FAR Infrared light to increase temperatures and create the heat required for your Sauna experience.

#### Multiple Usages

An infrared Sauna works best when done consistently. Around three times a week is a great starting point, but you can use it as little or as often as you wish. Stay under 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. Many peer-reviewed academic studies show the long-term benefits of Saunas.

Most people will feel and see benefits within a week of consistent use, but others may take up to 3 months to see and feel the benefits. By using your Infrared Sauna Blanket daily, you will be optimizing the benefits.

## WARNINGS, SAFETY AND CAUTIONS

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

**Read all instructions carefully before using this product.**

### 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
- The controller can get very hot. Place on a heat-resistant surface and do not place on the outside or inside of the blanket.
- US and Canada Customers: This device is designed to be used in a U.S Type B (NEMA 5), 120 volt electrical outlet. This product should only be used in this type of AC power supply at the correct voltage. This product should not be used with an extension cord, generators, power convertors or power inverters. Use of this Sauna Blanket in other countries at different voltages or transformers is done so entirely at your own risk and may cause burns.

- EU/UK, Non-EU and Australian Customers: This device is designed to be used in a 230 volt (UK) or 220-240 volt (EU/Non-EU/Australian) electrical outlet. This product should only be used in this type of AC power supply at the correct voltage. This product should not be used with an extension cord, generators, power convertors or power inverters. Use of this Sauna Blanket in other countries at different voltages or transformers is done so entirely at your own risk and may cause burns.

- Keep all pets away from the Sauna Blanket. They may damage or be injured by this product.

- Do not use the Sauna Blanket on a waterbed, bunk bed, latex or memory foam bed, mechanically adjustable bed, or a child's crib.

- Do not use alongside any other electrical device.

- Do not use the Sauna Blanket without clothing and socks on.

- Do not use the Sauna Blanket in a wrinkled or creased condition. Always use on a flat surface.

- Do not wear metal jewelry or other metal products when using the Sauna Blanket.

- Do not flex, tuck in, pinch or expose the wired heating area of the Sauna Blanket. Do not tuck the power cable into your couch or other furniture. The entire product should be always visible during use.

- The controller is not waterproof. Do not submerge in water or other liquids. Keep the controller away from damp areas or areas prone to damp.

- Do not wrap the cord around the controller. This may damage the cord when in use or in storage.

- Do not use the Sauna Blanket with analgesic creams, or ointments as skin burns could result.

- Turn off and unplug this device after use.

- Do not use corrosive chemicals or cleaning products to clean the blanket.

- Do not fold the blanket when hot as this may melt the material.

This applies when in use and after use.

- Before use inspect the blanket for wear and tear, frayed or exposed wires. If either are present, do not use.

**IMPORTANT:** Start on a low temperature and slowly increase the heat. The highest temperature should only be used if sweating does not occur at lower temperatures.

**WARNING:** When using higher temperatures place a towel or towel insert between you and the blanket as higher levels are extremely hot.

- Always wear clothing such as loose fitting cotton garments and socks.

Do not use without clothing on.

- Do not fold the blanket on itself when in use or hot as this may cause burns and damage the blanket.
- The surface of the Sauna Blanket is hot when in use and after use. Do not fold your Sauna Blanket for at least 30 minutes after use or while still warm to touch. Failure to do this will void your warranty.
- Always pre heat your Sauna Blanket before use, this takes approximately 5 minutes.

### **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
- Do not crease the appliance by placing items on top of it during storage
- 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](mailto: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 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.

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

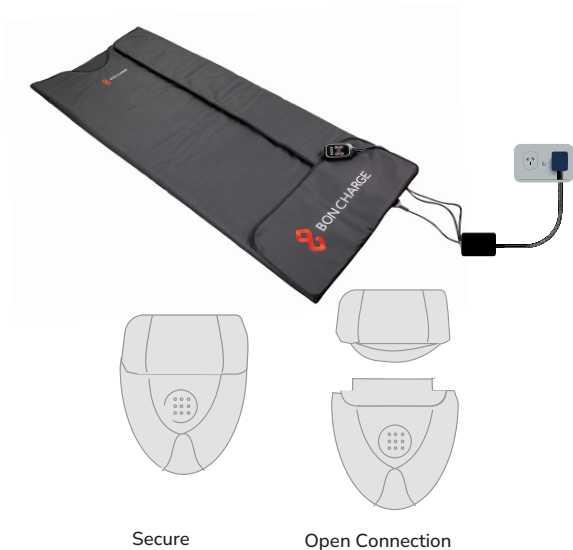
### Step 1

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.

When connecting your Sauna Blanket to the controller, please ensure that you press the 2 pins in and direct your controller into the sauna blanket in a straight line. If this is done incorrectly or if the connection is wiggled, it will cause damage to your controller that is not covered under the Sauna Blanket warranty.





### Step 3

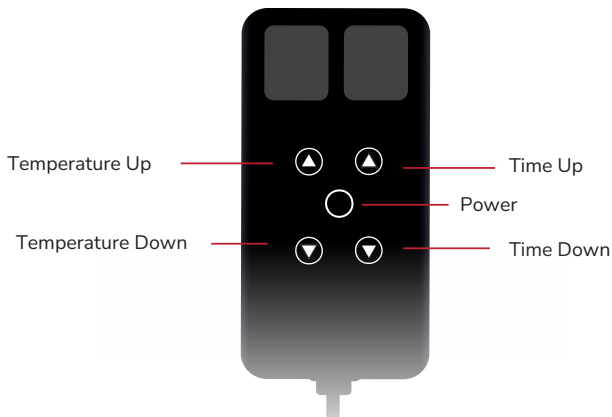
Press the power button to activate the controller.

**CAUTION:** The controller may be hot when in use, do not place it 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 gradually increase to 80 degrees Celsius (176 Fahrenheit) until you find your perfect temperature.



## Step 5

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

## Step 6

Relax. Your Infrared Sauna Blanket will automatically start.

## Step 7

When you have finished your session, the Sauna Blanket will be hot. Leave the Sauna Blanket laid flat to cool off completely.

When disconnecting your controller from the Sauna Blanket, please ensure that you press the 2 pins in and direct your controller out of the sauna blanket in a straight line. If this is done incorrectly or if the connection is wiggled, it will cause damage to your controller that is not covered under the Sauna Blanket warranty.

NEVER fold or store the Sauna Blanket until it has cooled 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

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### 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](mailto:hello@boncharge.com) for further assistance

## FREQUENTLY ASKED QUESTIONS

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### 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?

The Infrared Sauna Blanket should only be used with clothes on and/or with a towel or towel insert.

### 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.

## CLEANING & STORAGE INSTRUCTIONS

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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

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Model	BON CHARGE Infrared Sauna Blanket
Power	600W
Temperature	77 to 176 degrees Fahrenheit (25-80 degrees Celsius)
Timer Settings	5-60 minutes
Voltage	100-240V
Size	180cm (71 inches) long x 90cm wide (35.4 inches)
Weight	9 KG
Light	Far Infrared
What's included	1x Infrared Sauna Blanket 1x Sauna Carry Bag 1x Controller
EMF Radiation	0.16 mG. Zero EMF is impossible on mains powered devices.

## DISPOSAL

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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)

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### **Manufacturer's Warranty (Infrared Sauna Blanket)**

BON CHARGE 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 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 Manufacture's Warranty for the Infrared Sauna Blanket purchased from BON CHARGE 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 within the one (1) year warranty period.

BON CHARGE 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](mailto: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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