

⚠ WARNING NOTICE:

To reduce the risk of burns, fire, electric shock, serious injury or death, or damage to the product or property:

- Only use the provided power cable at the specified voltage. Using a power cable other than the one provided, or using a power outlet that does not meet the listed specifications, may result in fire or explosion.
- Plug the power cable directly into a properly grounded electrical outlet; do not use an extension cord.
- Do not use the provided power cable with other products.
- Keep flammable or explosive items, chemicals, fire, and heat sources away from the sauna. Do not operate in high temperatures or in direct sunlight.
- Do not operate in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.
- Do not use outdoors, in high-moisture environments (such as a bathroom, a damp basement, or near a swimming pool or hot tub), or in any place where the product may become wet or damp.
- Do not plug in or unplug the power cable with wet hands. Do not use the controller with wet hands.
- Never bend, tie, pull, or twist the power cable. Unplug the power cable by holding and pulling the plug itself, not the cord.
- Do not modify, tamper with, damage, or attempt to disassemble the product, power cables, or controller. This product has no user-serviceable parts.
- Never operate the product if the controller or power cables have been damaged, opened, or tampered with.
- Before each use, inspect the product, power cable (the cable, connector, and wall plug), and controller for damage, wear and tear, or fraying. Discontinue use and contact customer support if the product appears to be malfunctioning, damaged, or if the electrical components have been exposed to water.
- In the event of abnormal function, odors, or noises during use, immediately turn off the product and unplug it.
- Do not use during electrical storms.
- Never leave the product unattended while it is plugged in or running.
- Do not fold the sauna blanket while it is powered on or hot.
- Do not place the controller on top of the sauna blanket while it is powered on. Always place the controller on a heat-resistant surface beside you.
- Do not use the sauna blanket on a surface that is not heat-resistant. Do not use on waterbeds, latex, plastic, memory foam, waterproof sheets, adjustable bed frames, bunk beds, or in a child's bed or crib, or on synthetic or flammable materials.

⚠ WARNING NOTICE:

To reduce the risk of serious injury or death:

- Drink plenty of fluids before, during, and after your sauna session to avoid dehydration. When you are dehydrated, your body cannot properly cool itself, which may result in heat exhaustion. Heat exhaustion can lead to heatstroke if left untreated, which can be fatal.
- Exit the sauna blanket immediately at the first sign of discomfort or if you experience any of the following symptoms: dizziness or lightheadedness, sleepiness, cold or clammy skin, headache, nausea, or muscle cramping. Drink cool water or a sports drink and rest in a cool location. Seek medical attention if your symptoms worsen or do not improve within one hour. Consult with your physician before using the product again.
- If someone in your household experiences any of the following symptoms: confusion, slurred speech, body temperature over 103 °F, lethargy, seizures, nausea and vomiting, fainting or loss of consciousness, racing heart, or rapid, shallow breathing, help them move from the sauna blanket to a cool location and seek immediate medical attention.
- Do not use the product immediately following strenuous exercise. Wait at least 30 minutes after exercise.
- Do not use the product while under the influence of drugs or alcohol. The use of alcohol or drugs before or during the sauna session may lead to unconsciousness.
- Do not drink alcoholic beverages within 24 hours (before or after) of using the product as alcohol is dehydrating. Avoid other dehydrating foods and drinks, such as coffee, caffeinated drinks, and sugary foods and beverages.
- Never sleep or smoke in the sauna blanket.
- For adult-use only. Do not allow children or pets to use. Children should be supervised to ensure that they do not play with or in the sauna blanket.
- Do not use this product with sleeping or unconscious people or infants.
- This product is not intended for use by people with diminished mental, sensory, or physical capacity, unless they are closely supervised by a responsible adult.

⚠ CAUTION

To reduce the risk of minor or moderate injury:

- Do not wear metal or magnetic accessories, such as snaps, buttons, zippers, belts, or jewelry as the metal may heat and cause burns.
- Do not use ointments, salves, liniments, balms, or other topical pain-relievers that contain ingredients that produce heat (such as capsaicin) before using the sauna, as this may result in burns.
- Wait at least 1 hour after eating to use the sauna.