

BIOREMEDY

INFRARED SAUNA BLANKET

USER MANUAL



Clinicians use infrared sauna therapy to boost blood flow and metabolism, relieve pain, and detoxify the body.

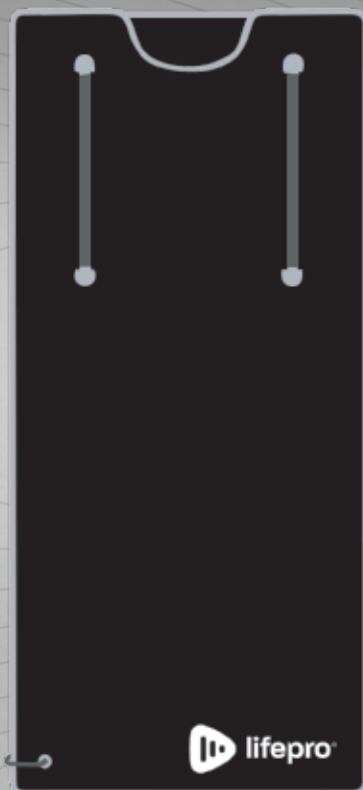
Infrared sauna therapy is perfect for everyone from professional athletes, to people who experience stiffness, pain, and inflammation. Everyone can enjoy the benefits of infrared sauna therapy from the comfort of their own home.

HELLO THERE.

Joel and I are athletes who suffered from severe ACL injuries a few months apart. We purchased multiple pieces of wellness equipment for our in-home rehab but were left disappointed and frustrated by wellness and recovery devices that made big promises but gave no support, no well-thought-out plan to follow, and no results. And that's how Lifepro came about, and why the Wellness Recovery collection was created — we've set out to change all of that. It's why every piece of equipment bearing our name not only undergoes rigorous scrutiny to make sure it delivers on power and efficacy, but also comes with built-in support from our 'guiding angels' and a built-in lifetime warranty so that you're never left hanging.

Welcome to Lifepro.
We're in this together now.

Abe & Joel



Far-infrared (FIR) therapy has a wide variety of health benefits. FIR raises the internal body temperature, delivering a deep, detoxifying sweat and allowing your body to expel toxins like heavy metals. It also increases the heart rate and blood flow, mimicking a workout and providing some of the same beneficial effects, including increased metabolism and fat loss. It's a great way to supplement your workout routine. New scientific studies show that infrared therapy also boosts the immune system and lowers the risks of cardiovascular disease, high blood pressure, and stroke.

With the Lifepro BioRemedy Infrared Sauna Blanket, you can experience the myriad therapeutic benefits of FIR saunas from the comfort of your own home—no need for expensive trips to the sauna or spa. The non-toxic, sweat-resistant sauna blanket is heated by silicone heating wires, which produce far-infrared waves that penetrate up to an inch and a half into muscle and fat, warming your body from the inside out. There is no hot air, so it's less intense than a sauna and safer for sensitive skin. The BioRemedy is perfect for anyone who wants to improve their cardiovascular health, reduce pain from chronic conditions such as arthritis and rheumatoid arthritis, improve skin health, lose inches around the waist, and reduce stress. Just a few treatment sessions a week can help you achieve improved wellness.

The BioRemedy offers customizable treatment options for your wellness recovery. The temperature is adjustable from 86–158 °F and you may set a treatment time from 20–60 minutes. Use the BioRemedy 3 or 4 times a week for 30 minutes, and see results in as little as three weeks.

The BioRemedy is lightweight, folds up small, and comes with a carry bag, making it ideal for taking with you on the go. No other FIR sauna is this portable and cost-effective. Enjoy detoxification, performance recovery, and pain relief anytime, anywhere!

Redefine wellness and beauty and experience the transformative power of the Lifepro BioRemedy:

- ▶ **Alleviate pain:** reduces muscle, joint, and chronic pain.
- ▶ **Increase metabolism:** encourages your body to burn fat faster.
- ▶ **Reduce inflammation:** improves blood flow and lowers blood pressure.
- ▶ **Rejuvenate skin:** stimulates cells to create new proteins and regenerate cells.
- ▶ **Boost mood:** decrease stress, improve sleep, increase serotonin levels.

Check out the information in this manual for ways to get started using the BioRemedy Infrared Sauna Blanket. Next, be sure to visit our website bioremedylifeprofitness.com for access to our **FREE library of videos** which demonstrate how to easily incorporate the BioRemedy into your health and wellness routine.

GET STARTED

WHAT'S IN THE BOX

- Lifepro BioRemedy Infrared Sauna Blanket (**31" × 71" or 36" × 76" size**)
- Controller with Integrated Power Cables
- Disposable Thermal Detox Wraps, 83" × 63" (2)
- User Manual

FIRST STEPS

1. Remove the BioRemedy and accessories from the packaging and inspect all items for shipping damage.
2. Read carefully through this user manual and all safety instructions before using the BioRemedy.
3. Go to bioremedy.lifeprofitness.com and register your product within 14 days of purchase to activate your lifetime warranty.
4. Complete the steps in the **EASY-START SETUP GUIDE** on page 8 to begin using the BioRemedy.
5. Then, see **OPERATING INSTRUCTIONS** on page 10 and **TIPS FOR USING THE BIOREMEDIY** on page 13 for more information

CUSTOMER SUPPORT

If you have any questions about setting up the BioRemedy, we're here to help. Call or email us and an experienced customer support representative will be happy to assist you: (800) 563-6604 or support@lifeprofitness.com.

PARTS OF THE BIOREMEDIY



EASY-START SETUP GUIDE

1

SETTING UP THE BIOREMEDY

- Unfold the BioRemedy and lay logo-side up on a flat, sturdy heat-resistant surface such as the floor or a couch or bed. Make sure the BioRemedy lays completely flat, with no twists, folds, or bunches.
- Open the zipper. You may also open the zippered arm holes, if desired.
- Plug the power cable into a standard electrical outlet.

2

PREPARING TO USE THE BIOREMEDY

- Drink at least 16–20 ounces of water.
- Place a couple of bottles of water and a book or magazine, within easy reach, if desired.
- Remove your clothes and shoes, as well as any jewelry and accessories. Wear clean, comfortable long sleeves, pants, and socks (preferably natural fibers, such as cotton) that you don't mind getting sweaty.
NOTE: Electronics, such as cell phones, tablets, smartwatches, earbuds, and hearing aids, can be damaged by heat and sweat.
- **Optional:** Grab a pillow to ensure your session is comfortable. Be sure to cover it with a towel so it doesn't get sweaty.
- **Optional:** If you wish to increase sweating, detoxification, and fat loss, wrap a disposable thermal detox wrap around your body. Note that the foil detox wraps block infrared wavelengths, so if you want to enjoy the benefits of infrared therapy, you'll want to skip the detox wrap.

3

USING THE BIOREMEDY

- Press the On/Off button to turn on the controller.
- Select the desired temperature level and working time. It's a good idea to start with a low temperature level and a shorter working time.
- Place the controller on a heat-resistant surface, such as the floor or a nearby table, during your session.
- Climb into the BioRemedy as you would a sleeping bag and close the zipper. Your head will be at the top, outside of the blanket. You may put your arms through the zippered arm holes, if desired.
- Relax and enjoy your sauna session.
- The device will turn off automatically after the set working time ends.
- Press the On/Off button to power off the BioRemedy at any time if you wish stop the treatment session before the working time ends.

4

AFTER YOUR SAUNA SESSION

- Press the On/Off button to turn off the BioRemedy, if stopping the treatment before the set working time ends.
- Open the zipper to exit the BioRemedy.
- Unplug the sauna blanket from the electrical outlet.
- Allow the BioRemedy to completely cool (wait at least 30 minutes) before cleaning, folding, or storing.
- Drink plenty of water or an electrolyte drink after your session.

⚠ WARNING

- Drink plenty of fluids before and after use to avoid dehydration, as this may result in heat exhaustion. Heat exhaustion, if left untreated, can lead to heatstroke, which can be fatal.
- Exit the sauna blanket immediately if you begin to feel unwell or experience any of the following symptoms: dizziness or lightheadedness, headache, sleepiness, cold or clammy skin, 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 your physician before using again.
- If someone in your household experiences any of the following symptoms: seizures, confusion, slurred speech, body temperature over 103°F, lethargy, 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.
- Only use this product on a flat, stable, heat-resistant, non-leather surface.
- Always ensure the blanket lays completely flat, with no twists, folds, or bunches to avoid overheating or burns.
- Always place the controller on a heat-resistant surface such as the floor or a table. Placing it on the blanket can cause heat damage to the product.

⚠ CAUTION

- Do not wear metal or magnetic accessories, such as snaps, buttons, zippers, belts, or jewelry as the metal may heat and cause skin irritation or burns.
- Do not use creams, ointments, oils, salves, liniments, balms, or other topical products that contain ingredients that produce heat (such as pain-relievers containing capsaicin) before using the product, as this may result in skin irritation or burns.

NOTICE

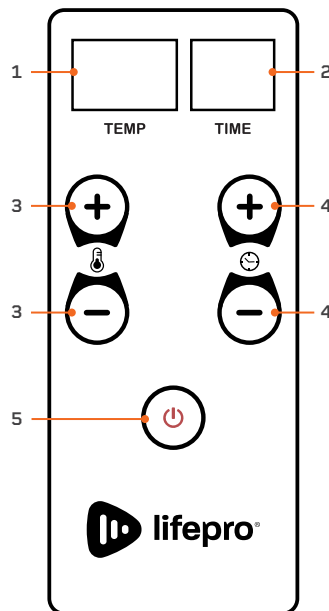
- Do not let the BioRemedy warm up empty, as this can damage the blanket.
- Keep electronics, such as hearing aids, cell phones, tablets, and earbuds, away from the BioRemedy, as they can be damaged by heat and sweat.

OPERATING INSTRUCTIONS

Please read the operating instructions before using the BioRemedy Infrared Sauna Blanket. Keep this manual for reference.

USING THE CONTROLLER

- 1. Temperature Display Window:** Shows the selected temperature in degrees Fahrenheit, from 86–158 °F, when setting the temperature.
- 2. Time Display Window:** Shows the working time, from 20–60 minutes, when setting the time.
- 3. TEMP + and - Buttons:** Use the buttons to set the temperature from 86–158 °F. Tap the **+** button to increase the temperature in 10-degree increments. Tap the **-** button to decrease in 1-degree increments. Press and hold the buttons to increase/decrease the temperature rapidly. The default temperature is 122 °F. See **CHOOSING A TEMPERATURE SETTING** on page 14.
- 4. TIME + and - Buttons:** Use the buttons to set the working time from 20–60 minutes. Tap the buttons to increase/decrease the time in 5-minute increments. The default time is 45 minutes.
- 5. On/Off:** Press to turn the BioRemedy on/off. When powered on, the temperature display will show the current heating wire temperature (typically the current room temperature) and the time window will show the default time.



USING THE BIOREMEDY INFRARED SAUNA BLANKET

- Set up the BioRemedy by following the setup instructions in the Easy-Start Setup Guide on page 8.
- Optional: Wrap a thermal detox wrap around your body.
- Optional: Wrap a towel around your shoulders, head, or neck, if desired.
- Climb into the BioRemedy as you would into a sleeping bag and zip up the zipper to keep in the heat.
- Press the **On/Off button** on the controller to turn on the BioRemedy. The temperature display will show the temperature of the carbon heating wires (typically the current room temperature) and the time window will show the default time.
- Press the **TEMP + or - buttons** to set the desired temperature from 86–158 °F. The default temperature is 122 °F.
 - Tap the **+** button to increase the temperature in 10-degree increments. Tap the **-** button to decrease the temperature in 1-degree increments.
 - Press and hold the buttons to increase or decrease the temperature rapidly.
 - The temperature display will show the selected temperature in degrees Fahrenheit.
- Press the **TIME + or - buttons** to set the desired working time from 20–60 minutes. The default time 45 minute.
 - Tap the buttons to increase the time in 5-minute increments.
 - The time display will show the selected time.
- Place the BioRemedy controller on a heat resistant surface next to the sauna blanket to avoid potential damage to the blanket or controller.
- Relax and enjoy your infrared sauna treatment session.
- The BioRemedy will automatically shut off when the session time ends.
- Press the **On/Off button** to stop the treatment session before the working time ends, if desired.
- Always turn the BioRemedy off and unplug it after each use.
- Allow the BioRemedy to completely cool (wait at least 30 minutes) before cleaning, folding, or storing.

FAR INFRARED THERAPY FREQUENCY AND DURATION

We recommend first-time users use the sauna blanket for shorter sessions, once or twice a week to allow your body to acclimate to far infrared therapy. After your body has had a chance to acclimate, slowly increase how often and how long you use far infrared therapy.

	FIRST-TIME USERS	EXPERIENCED USERS
Frequency (How Often)	1–2 times per week	3–7 times per week
Duration (How Long)	20–30 minutes	45–60 minutes

CHOOSING A TEMPERATURE SETTING

The temperature can be adjusted from 86–158 °F. We recommend starting with a lower temperature, between 86°F and 95°F, to allow your body to get used to the BioRemedy. Increase the temperature and session length gradually over several days or weeks. After the first few weeks, what temperature you choose will depend on the benefits you are seeking.

Temperature benefits include:

- 86 – 95°F**

 - Soothes and stimulates the body.
 - Relaxes the mind.
 - Improves sense of well-being.
- 96 – 115°F**

 - Pairs well with physical therapy.
 - Relieves pain and inflammation from chronic conditions.
- 116 – 135°F**

 - Soothes the body.
 - Relaxes the muscles.
- 136 – 158°F**

 - Promotes fat loss.
 - Boosts detoxification.

NOTE: People who are sensitive to heat, including those sensitive skin or skin conditions that can be exacerbated by heat, such as eczema and rosacea, may want to use a lower temperature for short durations. Slowly increase the temperature and time over a period of several days or weeks.

TIPS FOR USING THE BIOREMEDY

- Always listen to your body and do not use this product for longer than recommended or at temperatures in which you feel uncomfortable.
- Drink plenty of fluids before, during, after your session to avoid dehydration.
- Do not drink alcoholic beverages within 24 hours (before or after) of using the sauna blanket as alcohol is dehydrating. Avoid other dehydrating foods and drinks, such as coffee, caffeinated drinks, and sugary foods and beverages.
- Use on a flat, sturdy heat-resistant surface such as a bed, floor, or couch. Do not use on a surface that is not heat-resistant. Do not use on waterbeds, latex, plastic, memory foam, waterproof sheets, adjustable bed frames, bunk beds, synthetic or flammable materials, or in a child's bed or crib.
- Do not use directly on leather surfaces. Completely cover leather surfaces with a large towel or blanket.
- Always place the controller on a heat-resistant surface such as the floor or a table for the entire duration of your session. Placing it on the blanket can damage the controller or blanket.
- It takes 5–10 minutes to warm up and 10–15 minutes to reach full temperature. Do not let the sauna blanket warm up empty, as this can damage the blanket.
- Take a shower or bath before use to raise your body temperature to promote perspiration, open up your pores, and remove makeup or cosmetics, lotion, sweat, oils, and dirt from your skin. Dry off completely before using the sauna blanket.
- Do not eat right before your session as this can cause discomfort or drowsiness and can make your session less effective. Wait at least 1 hour after eating.
- Wear clean, comfortable long sleeves, pants, and socks (preferably natural fibers, such as cotton).
- Always remove shoes and any accessories, including metal or magnetic accessories, hearing aids, watches, jewelry, snaps, buttons, and zippers.
- You can wrap yourself in a disposable thermal detox wrap before entering the sauna blanket to increase sweating, furthering detoxification and fat loss.
- You can wear a sauna hat (optional/not included) to prevent heat loss through your head. Please see the featured products at the end of this manual.
- We recommend that first-time users begin with 20–30-minute sauna sessions, 1–2 times per week, and work up to 35–40-minute sauna sessions, 3–5 times per week. Do not use for more than 60 minutes in 24-hours.
- It is normal for your body to feel warm after FIR therapy. After your session, cool down for at least 15 minutes before exercising or showering.
- If showering after a session, use as little soap as possible and avoid cold water as both can close your pores.
- The blanket can be quite hot after a session. Allow it to completely cool before cleaning, folding, or storing. Failure to completely cool the blanket before folding can damage it.

FREQUENTLY ASKED QUESTIONS

Q: WHAT IS FAR INFRARED (FIR) THERAPY?

A: Far infrared (FIR) is a light wavelength on the electromagnetic spectrum, between 15–1000 µm (micrometers). It is not visible to the human eye, but the human body easily absorbs FIR as heat, up to 1.5 inches into muscle and fat. The wavelengths of FIR are the longest, coolest (in terms of heat), and safest of the three types of infrared light (near, middle, and far).

Because FIR waves penetrate below the surface of the skin into muscle and fat, they warm the body from the inside out—rather than warming the air around your body like a traditional sauna. There is no hot air, so it's less intense than a sauna and safer for sensitive skin. As FIR heats the body, you experience many of the benefits you would receive during exercise, such as increased blood circulation and cardiovascular function, increased metabolism and fat loss, and reduced stress.

FIR also decreases pain and chronic inflammation, boosts the immune system, and increases detoxification.

Q: WHAT ARE THE BENEFITS OF INFRARED THERAPY?

A: Infrared saunas warm the body from the inside out and provide many of the benefits you would receive during exercise, such as increased blood circulation, improved cardiovascular health, increased metabolism and fat loss, and decreased waist circumference.

The benefits of infrared saunas include:

- Reduce pain and inflammation in joints, muscles, and connective tissues.
- Reduce risk of high blood pressure, cardiovascular disease, and stroke.
- Increase sweating which releases toxins trapped below the skin.
- Increase your heart beat and burn calories.
- Reduce symptoms of chronic disorders such as arthritis, rheumatoid arthritis, and fibromyalgia.
- Reduce the appearance of cellulite through sweating and fat loss.
- Reduce cortisol and increase serotonin, reducing stress and depression.
- Reduce insomnia, improve sleep quality, and boost immune system.
- Stimulate collagen production and cell regeneration, improving skin appearance and blood circulation.
- Boost the immune system.
- Promote faster recovery post-workout.

Q: HOW ARE INFRARED SAUNA BLANKETS DIFFERENT FROM INFRARED SAUNAS AND TRADITIONAL SAUNAS?

A: Traditional saunas use different heating methods (they heat the air using conventional electric heating or wood fire) and reach higher temperatures (typically 176–200 °F) than infrared saunas. Infrared saunas use other methods such as carbon fiber or silicone heating wires and require lower temperatures for therapeutic and relaxation benefits (typically 115–135 °F).

Infrared sauna blankets use the same technology as infrared saunas, near- or far-infrared waves. The BioRemedy sauna blanket allows you to choose anything from a gentle warmth of 86 °F all the way up to the highly-detoxifying 158 °F. It is heated by silicone heating wires which produce heat that penetrates up to an inch and a half into muscle and fat, warming your body from the inside out. There is no hot air, so it's less intense than a sauna and safer for sensitive skin.

Q: WHAT TEMPERATURE AND TREATMENT TIME SHOULD I USE?

A: We recommend starting with a lower temperature and shorter session length to allow your body can get used to the BioRemedy. Start with a temperature between 86°F and 95°F and a 10–15 minute session. Increase the temperature and session length gradually over a few weeks.

Q: HOW OFTEN CAN I USE THE BIOREMEDY?

A: We recommend starting with 1–2 sauna sessions per week and working your way up to 3–5 times per week. We recommend using the BioRemedy no more than once every 24 hours. The most important thing is to pay close attention to how your body feels after a session. If you feel dehydrated or tired, it may be best to skip a day.

Q: WILL I SWEAT ENOUGH WITH MY HEAD STICKING OUT?

A: Yes. The BioRemedy heats your entire body from within, so it works even with your head sticking out of the top of the blanket.

Q: I FEEL LIKE I'M NOT SWEATING ENOUGH. HOW CAN I SWEAT MORE TO INCREASE DETOXIFICATION AND FAT LOSS?

A: To increase sweating, you can wrap one of the included thermal detox wraps around your body before you get into the sauna blanket. The detox wrap will help hold the heat in close to your body. You can also wrap a towel around your head or wear a sauna hat (optional/not included) to prevent heat loss through your head. Check out our featured products at the end of this manual or visit the Lifepro website, lifeprofitness.com to learn more about purchasing a Lifepro sauna hat and replacement thermal detox wraps. Make sure to drink plenty of water before, during, and after your session. You can't sweat more if you don't have enough liquids in your body.

NOTE: The foil detox wraps block infrared wavelengths, so if you want to enjoy the benefits of the infrared therapy, you'll want to skip the foil detox wrap.

Q: WHAT SHOULD I WEAR DURING THE TREATMENT SESSION?

A: Be sure to remove any heavy clothing and accessories from the treatment area, including metal, magnetic, or electronic accessories or jewelry. When doing a session that includes FIR heat, wear clean, comfortable clothing (preferably natural fibers, such as cotton) in the treatment area. When doing a session with red light therapy, it's best to turn FIR heat off and use the belt against your bare skin.

Q: WHAT IS THE BIOREMEDY MADE FROM?

A: The outside of the sauna blanket is made from oxford fabric and the inside is made from waterproof polyurethane leather. The BioRemedy is made of non-toxic materials and is CE and UL964 certified.

Q: HOW DO I CLEAN THE BIOREMEDY?

A: The BioRemedy is simple to clean. After the BioRemedy has completely cooled, wipe down the inside and outside of the blanket with a soft, damp cloth with a small amount of rubbing alcohol. We recommend cleaning the BioRemedy after each use.

Q: HOW SHOULD I STORE THE BIOREMEDY?

A: Fold the BioRemedy blanket and place it and the controller and cables in a cool, dry location. Do not store other objects on top of the blanket.

FCC STATEMENT

This product complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this product may not cause harmful interference, and (2) this product must accept any interference received, including interference that may cause undesired operation.

NOTE: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital product, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.



TROUBLESHOOTING GUIDE

Quickly troubleshoot simple issues you might experience with the BioRemedy Infrared Sauna Blanket using the table below.

Please contact a customer support representative for additional assistance at: support@lifeprofitfitness.com or (800) 563-6604. Please do not attempt to repair the device.

ISSUE	POSSIBLE REASON	HOW TO RESOLVE
DEVICE IS NOT WORKING	Device is not plugged in.	Plug the power cable into a wall outlet.
	Device is not turned on.	Press the On/Off button on the controller to turn on the sauna blanket.
DEVICE STOPPED WORKING SUDDENLY	Device automatically shuts off after the set working time (30–60 minutes)	Turn the device on to begin a new treatment session. Wait 24 hours between sessions.
	Device has overheating protection.	The device shuts off automatically if it begins to overheat. If this happens, allow the device to cool for at least 30 minutes before using again.
THE BLANKET DOES NOT FEEL WARM ENOUGH	It takes a few minutes for the device to warm up.	The temperature will begin to feel hotter as the device warms up.
	The selected temperature level is not optimal.	Use the TEMP + button to raise the temperature to the desired level.
THE BLANKET FEELS TOO HOT	The selected temperature level is not optimal.	Use the TEMP - button to lower the temperature to the desired level.

SAFETY INSTRUCTIONS

Keep this manual in a safe place for future reference.

Before using this product, read all safety warnings and operating instructions. Failure to do so may result in burns, fire, electric shock, serious injury or death, or damage to the product or property.

CONTRAINDICATIONS

- This product is intended for use by people in good health.
- Do not use this product if you:
 - Are pregnant, suspect you may be pregnant, if you have recently given birth, or if you are breastfeeding.
 - Have a defibrillator implant, a pacemaker, or other heart implant.
 - Have a fever, nausea, headache, hangover, or if you feel sick or dehydrated.
 - Have an infection, an open or bleeding wound, severe sunburn or other skin burn.
- Consult your physician before using this product if you:
 - Are under the care of a physician for a pre-existing health condition or have any concerns about your health.
 - Are over the age of 60. The body's ability to regulate temperature declines with age which can result in overheating, heat stroke, dehydration, fainting, and falls.
 - Have diabetes, poor blood circulation, peripheral neuropathy dysfunction, or sensory deficiencies, including an impaired ability to sense external temperature or elevated body temperature, or if you are insensitive to heat.
 - Have heart disease, vascular disease, heart arrhythmia, abnormal (low or high) blood pressure, severe aortic stenosis, splanchnic diseases or conditions, if you are receiving treatment to normalize your blood pressure, if you recently had a heart attack, if you suffer from obesity, or if you have mobility issues.
 - Are sensitive to heat or if you easily overheat.
 - Are nursing or plan to begin nursing.
 - Have, or suspect you may have, cancerous lesions
 - Have autoimmune disorders that affect the thyroid or hyperthyroidism.
 - Are taking any prescription medications or if you are receiving steroid injections. Some medications may induce drowsiness, affect heart rate, blood pressure, circulation, or your ability to sweat or regulate body temperature. It is important to talk with your doctor about whether you can safely use this product with your prescribed medication.

- Are taking over the counter diuretics or other medication that cause heat intolerance, including antihistamines and decongestants (allergy and cold medicines).
- Have a weak or compromised immune system, an immunodeficiency disorder, multiple sclerosis, central nervous system tumors, anhidrosis, or other chronic conditions that impair the body's ability to sweat.
- Have broken bones, osteoporosis, have had an organ transplant, if you have recently had surgery, or recently injured a joint.
- Have a medical implant, such as metal pins, rods, artificial joints, breast implants, or other medical implants.
- Have a skin condition, such as rosacea or eczema.
- Have epilepsy, kidney disease, hemophilia, or another condition that prevents blood clotting or makes you prone to bleeding.
- Have an eye condition or disease.

DISCLAIMER

- This product is not a medical device. This product and the information in this manual are not intended to diagnose, treat, cure, or prevent any disease or medical condition. The health benefits suggested or implied in this manual, other product literature, and company website are not certified or endorsed by any regulatory authority or medical institute. The information in this document is not a substitute for expert medical care or advice.
- The use of this product is entirely at the user's discretion. Please read all instructions and safety information carefully before using this product. We assume no responsibility and expressly disclaim any and all liability for personal injury, death, or property damage or loss sustained through improper use, failure to follow the instructions and warnings in this manual, or inadequate or incorrect maintenance or neglect of this product.
- It is the responsibility of the owner to ensure that all users of this product are adequately informed of all warnings and cautions.
- Use this product only as instructed in this manual.

WARNING: SUFFOCATION HAZARD

The disposable thermal detox wraps may pose a suffocation hazard to small children and pets; keep away from children and pets at all times.

WARNING

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 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.
- Always ensure the blanket lays completely flat, with no twists, folds, or bunches to avoid overheating or burns.
- Do not place the controller on top of the sauna blanket while it is powered on to avoid damage to the product. Always place it on a heat-resistant surface such as the floor or a table.
- Only use this product on a flat, stable, heat-resistant, non-leather surface.
- 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, synthetic or flammable materials, or in a child's bed or crib.
- Do not let the sauna blanket warm up empty. The product can be damaged if it warms up without an occupant.

WARNING

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 if you begin to feel unwell or 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 skin irritation or burns.
- Do not use creams, ointments, oils, salves, liniments, balms, or other topical products that contain ingredients that produce heat (such as pain-relievers containing capsaicin) before using the product, as this may result in skin irritation or burns.
- Wait at least 1 hour after eating to use the sauna.

CLEANING AND STORAGE

⚠ WARNING! Never allow water, other liquids, or steam to come into contact with the controller or power cables. Do not immerse the product, controller or cables in water or other liquids. Do not wash the sauna blanket in a washing machine.

- Turn off, unplug, and allow to completely cool before cleaning, folding, or storing.
- Wipe down the blanket with a soft, slightly damp cloth or an anti-bacterial wipe, as needed. Do not use abrasive, corrosive, solvent, or chemical cleaners or harsh detergents on the device. A damp cloth with a small amount of mild soap may be used, if needed.
- Wipe the controller with a soft, dry cloth, as needed.
- Disconnect the power cables before storing. Fold the product and place it and the controller and cables in the provided carrying bag for storage. Store the device in a cool, dry location.
- Do not store other objects on top of the device.
- Do not attempt to disassemble or repair the product; contains no user-serviceable parts.

NOTICE

- Keep electronic products, such as hearing aids, cell phones, tablets, smartwatches, and earbuds, away from the product as they can be damaged by heat and sweat.
- Do not use the product directly on leather surfaces. Completely cover any leather surfaces with a towel or blanket before placing the blanket on top.
- Do not exert excessive downward force on the product, controller, or power cables.
- Keep away sharp objects from the product, controller, and cables to avoid damage.
- Do not use during electrical storms. Unplug the product immediately in the event of a power failure.
- Only use the provided accessories with the product, other accessories may damage the product or interfere with the system functionality.
- This product is intended for in-home use only. Do not use in any commercial, rental, institutional, or therapeutic setting.
- The product will automatically power off after the set working time. Do not use continuously for more than 60 minutes. Wait at least 24 hours between sessions.



LIFETIME WARRANTY

Lifepro Fitness creates quality, durable exercise products and we stand by that quality with a lifetime warranty on all of our products. If the BioRemedy ever breaks (and we doubt it will), we'll send you replacement parts and show you how to repair it. If the BioRemedy cannot be repaired, we'll replace it—free of charge. Register the BioRemedy at bioremedy.lifeprofitness.com to activate your warranty within 14 days of purchase.

PRODUCT SPECIFICATIONS

UNIT SPECS (31" x 71" BLANKET)

Size: 31" W x 71" L
Max Interior Circumference: 60"
Net Weight: 7.7 lb
Power: 500-600 W
Voltage: 110 V
Auto Shutdown: 20-60 minutes
Heating Layers: 2 (upper and lower)
Certifications: CE, UL964

UNIT SPECS (36" x 76" BLANKET)

Size: 36" W x 76" L
Max Interior Circumference: 72"
Net Weight: 9.6 lb
Power: 500-600 W
Voltage: 110 V
Auto Shutdown: 20-60 minutes
Heating Layers: 2 (upper and lower)
Certifications: CE, UL964

WELLNESS RECOVERY
BIOREMEDY
INFRARED SAUNA BLANKET

MADE IN CHINA

FROM OUR WELLNESS RECOVERY COLLECTION

SAUNA HAT

The sauna hat (aka Banya Bonnet - Finnish for sauna hat) has roots in Europe and is traditionally made with felted wool as it is a breathable, natural fabric that helps regulate temperature in both warm and cool environments. The sauna hat is a perfect complement for both head-in (box) and head-out (blanket or dome) style saunas. Traditional wool can be washed minimally and air-dried (although you should always follow the manufacturer's care instructions).

Head in a Cool Environment (Sauna Dome / Sauna Blankets)

- When used in a lie-down or seated-style sauna where your head is outside and exposed to cooler, room temperature air, the sauna hat prevents heat from leaving through your head.
- For the same reason, it works just as well in a hot tub, cold plunge, or for ice swimming.

Head in a Hot Environment (Box Style Sauna Use)

- A sauna hat helps maintain a more even, overall body temperature. You won't feel warmer— in fact it will decrease head sweating and headaches afterwards.
- A sauna hat will help the head itself, even the ears, from feeling too hot, allowing you to feel more comfortable for longer durations.
- Use the sauna hat to protect your hair from heat damage or from becoming too dry, especially if you are a frequent user. We recommend a sauna hat if you have processed, fine, or damaged hair.
- If you have a heart or circulatory issue it is often recommended to use a sauna hat, though you should speak first with your care provider to ensure suitability for your self-care goals.



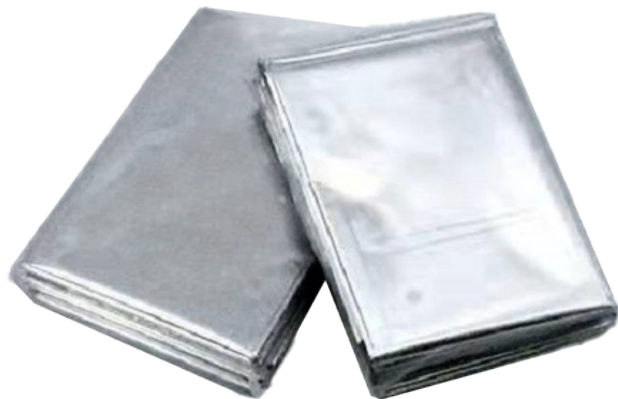
DISPOSABLE THERMAL DETOX WRAPS

Do you love the increased sweating, detoxification, and fat loss you experience when using the included disposable thermal detox wraps with your BioRemedy Infrared Sauna Blanket? Additional detox wraps are now available from the Lifepro website!

The lightweight thermal blankets are designed to reflect up to 97% of your body heat. This keeps all the heat generated by the BioRemedy in close to your body and increases the amount of sweating and detoxification you experience during a treatment session.

The thermal blankets also help prevent sweat from reaching the inside of the BioRemedy, making cleanup quicker and easier!

The thermal blankets are non-toxic, waterproof, high-temperature resistant, and tear resistant. They are individually folded and sealed and available for purchase in packs of five.



REJUVACURE FAR INFRARED SAUNA

The Rejuvasure is a full-size sauna made from solid Canadian hemlock and is heated by energy-efficient, zero-EMF carbon fiber heaters. The carbon heaters distribute heat evenly, heat up quickly, and are more technologically advanced and last longer than ceramic heaters. When heated, the carbon heaters emit far infrared waves (5.6–15 microns) which penetrate up to an inch and a half into muscle and fat, warming your body from the inside out. There is no hot air, so it's less intense than a traditional sauna and safer for sensitive skin. The Rejuvasure is perfect for anyone who wants to improve their cardiovascular health, reduce pain from chronic conditions such as arthritis and rheumatoid arthritis, improve skin health, lose inches around the waist, and reduce stress.

The Rejuvasure Far Infrared Sauna has a built-in chromotherapy module which provides seven color therapy modes, each with a range of therapeutic benefits. You can connect a mobile device to the built-in speakers via Bluetooth to listen to music or podcasts during your sauna session.



REJUVACURE BENEFITS

- Alleviate pain & stiffness
- Increase metabolism
- Boost mood
- Rejuvenate skin
- Reduce inflammation



Access Lifepro TV, our library of free personal training videos on the web at bioremedy.lifeprofitness.com to learn how to get the most out of your Lifepro® BioRemedy and achieve the results you want.



**YOU'VE
GOT
THIS**