



RejuvaWrap™

Infrared Sauna Blanket

User Manual

Support Daily Wellness.

Designed to support daily wellness routine.



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 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

Scan Here to Join Our Community!

We want you to be a part of our Lifepro crew! Join our VIP Facebook Group and connect with people around

the world who are out there killing it, just like you.

YOUR FITNESS, YOUR WAY.



What's in the Box? 🚀



Lifepro RejuvaWrap Infrared Sauna Blanket



Carrying Bag



**100% Cotton, Bleach-Free
Face Towel**



**Disposable Thermal
Detox Wraps (5)**

Intended Uses

This product is intended to be used:

- On a flat, heat-resistant surface.
- While wearing clean, lightweight pants, long sleeves, and socks (preferably made with natural, breathable materials like cotton).
- By adults in good health.

Quick Start Guide

Scan Here 

Use any of the QR codes in this manual for helpful instructions, tutorials, and other resources curated specifically for you and your RejuvaWrap.



1 | PREP

1. Read through all safety instructions before getting started.
2. Drink at least 16–20 ounces of water.
3. Place a couple of bottles of water and a book or magazine, within easy reach, if desired.

NOTE: Keep electronics, such as phones, tablets, earbuds, and hearing aids away from the RejuvaWrap, as they can be damaged by heat and sweat.

4. Remove heavy clothing, shoes, and any jewelry or accessories. Wear comfortable pants, long sleeves, and socks (preferably natural fibers, such as cotton, which are breathable and lightweight).

2 | SET UP

1. Unfold the RejuvaWrap and lay it (logo-side up) on a flat, sturdy heat-resistant surface such as a bed, floor, or couch.
2. Remove any protective packing material from the inside of the RejuvaWrap, face of the Controller, and Power Cord.

OPTIONAL:

- If you want to increase sweating and detoxification, place an included thermal detox wrap around you. Please 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 wrap.

3 | POWER

1. Plug the controller connector into the jack located on the underside of the bottom corner of the sauna blanket.
2. Plug the power cable into a standard electrical outlet. The controller will light up and beep.

4 | START

IMPORTANT: To avoid damaging the sauna blanket do not let it warm up empty, and do not place the controller on the blanket.

1. Press the **Power button** to turn on the RejuvaWrap.
2. Select a session time and temperature. For more detailed information, review the **OPERATING INSTRUCTIONS** on pages 10–13 for details.
3. Place the controller on a heat-resistant surface nearby.
4. Climb into the RejuvaWrap as you would a sleeping bag and close the zipper. Your head will be at the top, outside of the blanket.
5. Relax and enjoy your sauna session.

5 | FINISH

1. The RejuvaWrap will automatically turn off when the set session time ends. Press the **Power button** at any time to stop the session.
2. Open the zipper to exit the RejuvaWrap.
3. Unplug the sauna blanket from the electrical outlet.
4. Allow the RejuvaWrap to completely cool (wait at least 30 minutes) before cleaning, folding, or storing.
5. Drink plenty of water or a sports drink after your session.

Scan Here  Activate Your Warranty

Scan the QR code to activate the lifetime warranty for your RejuvaWrap within 14 days of purchase.



Tips for Using the RejuvaWrap 💡

- It takes about 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.
- Keep electronics, such as hearing aids, cell phones, tablets, and earbuds, away from the RejuvaWrap, as they can be damaged by heat and sweat.
- Always listen to your body and do not use for longer than recommended or at temperatures in which you feel uncomfortable.
- Drink plenty of fluids before, during, and after use 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.
- Take a shower or bath before use to open up your pores and remove any cosmetics, lotion, sweat, oils, and dirt from your skin. Taking a hot shower or bath before use will raise your body temperature, promoting perspiration. Be sure to dry off thoroughly before entering the sauna blanket.
- 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.
- Use the included face towel as a pillow or drape it over your head, back, or shoulders to keep in your body heat and absorb sweat.
- 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.
- To increase sweating, you can wrap one of the included thermal detox wraps around your body before you get into the sauna blanket. The foil

detox wrap will help hold heat in close to your body. Please 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.

- You can also wear a sauna hat (optional/not included) to prevent heat loss through your head. Visit the Lifepro website, lifeprofitness.com, to learn more about purchasing a Lifepro sauna hat and replacement thermal detox wraps.
- 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.
- After the sauna session, sit or lie down for at least 15 minutes before taking a shower, exercising, or performing other tasks to give your body a chance to relax and start to cool down. Afterward, take a shower to rinse away sweat. 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 ARE FAR-INFRARED WAVES?

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

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 or 80–93 °C) than infrared saunas. Infrared saunas use infrared waves (typically near- or far-infrared) and require lower temperatures for relaxation benefits (typically 115–135 °F or 46–57 °C). Infrared sauna blankets use the same technology as infrared saunas, near- or far-infrared waves. The RejuvaWrap allows you to choose anything from a gentle warmth of 95 °F or 35 °C (level 1) all the way up to the highly-detoxifying 176 °F or 80 °C (level 9). The RejuvaWrap sauna blanket is heated by carbon fiber wires, which produce 5–14 micrometer (μm) 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.

Q: IS THE REJUVAWRAP A LOW EMF DEVICE?

A: Yes, our carbon-fiber wires are low-EMF (electromagnetic fields), and we have built additional EMF shielding into the RejuvaWrap and the controller. The RejuvaWrap's laboratory-tested low-EMF emission rating is 0.1–0.2 μT . The EPA-recommended safe level of EMF is 0–0.35 μT (3.5 mG).

Q: HOW OFTEN CAN I USE THE REJUVAWRAP?

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 RejuvaWrap no more than once every 24 hours. The most important thing is to pay close attention to how your body feels after using the RejuvaWrap. If you feel dehydrated or tired, it may be best to skip a day.

Q: WHAT TEMPERATURE SHOULD I USE?

A: We recommend starting with a temperature level 1, which is a gentle warmth between 95–104 °F (35–40 °C), to allow your body to get used to the RejuvaWrap. After you have grown accustomed to the RejuvaWrap over several days or weeks, what temperature setting you choose will depend on your personal preference.

Q: WILL I SWEAT ENOUGH WITH MY HEAD OUTSIDE OF THE BLANKET?

A: Yes. The RejuvaWrap 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: Make sure to drink plenty of water before and after your sauna session. You can't sweat more if you don't have enough liquids in your system. 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 close to your body. You can also wrap the included face towel around your head or wear a sauna hat (optional/ not included) to prevent heat loss through your head. Visit the Lifepro website, lifeprofitness.com, to learn more about purchasing a Lifepro sauna hat and replacement thermal detox wraps.

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



Operating Instructions

Scan Here 

Scan now to learn more about your RejuvaWrap.



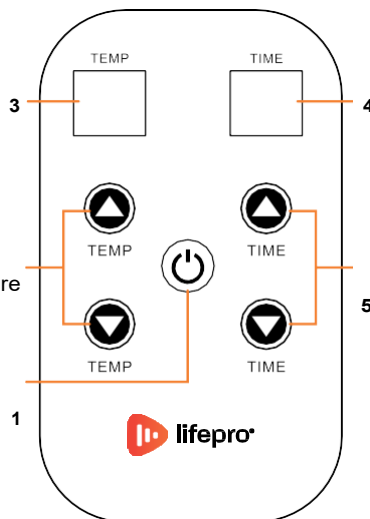
Please read the operating instructions before using the RejuvaWrap Infrared Sauna Blanket. Keep this manual for reference.

USING THE REMOTE CONTROL

1. **Power Button:** Press to turn the RejuvaWrap on or off.
2. **Temperature ▲ and ▼ Buttons:** Tap to increase or decrease the temperature level.
3. **Temperature Display:** Shows the selected temperature

level, from 1–9. The default temperature level is 1 (95–104 °F / 35–40 °C).

4. **Time Display:** Shows the set session time, from 5–60 minutes. The default time is 50 minutes.
5. **Time ▲ and ▼ Buttons:** Tap to increase or decrease the session time in 1-minute increments. Press and hold the buttons to increase or decrease the time in 5-minute increments.



NOTES

- See **CHOOSING A TEMPERATURE SETTING** on page 12 for temperatures by level.
- 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.

USING THE REJUVAWRAP INFRARED SAUNA BLANKET

1. Plug the controller connector into the connector jack located on the underside of the bottom corner of the sauna blanket. Plug the power cable into an electrical outlet.
2. Wrap the included face towel around your head and neck, or use it as a pillow, if desired.
3. Press the **Power button** on the controller to turn on the device.
4. Press the **Temperature ▲ and ▼ buttons** to adjust the temperature level, from 1–9. The default level is 1 (95–104 °F / 35–40 °C). The Temperature display will show the selected level.
5. Press the **Time ▲ and ▼ buttons** to adjust the session time, from 5 to 60 minutes. The default session time is 50 minutes. The Time display will show the selected session time.
 - a. Tap the buttons to increase or decrease the session time in 1-minute increments.
 - b. Press and hold the buttons to increase or decrease the set time in 5-minute increments.
6. Place the controller on a heat-resistant surface next to the sauna blanket, such as a table or the floor, to avoid damaging the blanket or controller.
7. Climb into the RejuvaWrap as you would a sleeping bag and close the zipper. Your head will be at the top, outside of the blanket.
8. Relax and enjoy your infrared sauna session. The RejuvaWrap will reach full temperature in about 10–15 minutes.
9. The RejuvaWrap will automatically turn off when the set session time ends. Press the **Power button** at any time to stop the sauna session.
10. Always turn the RejuvaWrap off, using the **Power button** on the controller, and unplug it after each use.
11. Allow the RejuvaWrap to completely cool (wait at least 30 minutes) before cleaning, folding, or storing.

CHOOSING A SESSION LENGTH AND TEMPERATURE SETTING

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.

ISSUE/ SEVERITY	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 levels 1–9. We recommend starting with temperature level 1, which is a gentle warmth between 95–104 °F (35–40 °C), to allow your body to get used to the RejuvaWrap. Increase the temperature and session length gradually over several days or weeks. After the first few weeks, what temperature you choose will depend on your personal preference. The 9 temperature levels correspond to the following temperatures in Fahrenheit:

LEVEL	TEMPERATURE	LEVEL	TEMPERATURE
1	95 – 104 (35 – 40 °C)	6	141.8 – 149 (61 – 65 °C)
2	105.8 – 113 (41 – 45 °C)	7	150.8 – 158 (66 – 70 °C)
3	114.8 – 122 (46 – 50 °C)	8	159.8 – 167 (71 – 75 °C)
4	123.8 – 131 (51 – 55 °C)	9	168.8 – 176 (76 – 80 °C)
5	132.8 – 140 (56 – 60 °C)		

Temperature Benefits Include:

TEMPERATURE LEVELS 1 – 2

- ✓ Soothe and stimulate the body.
- ✓ Relax the mind and support overall well-being.

TEMPERATURE LEVELS 3 – 4

- ✓ Pairs well with physical therapy.

TEMPERATURE LEVELS 5 – 9

- ✓ Increase sweating.
- ✓ Support detoxification.

NOTE: People who are sensitive to heat should start with a low temperature and slowly increase the temperature over several weeks.

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 the controller with a soft, dry cloth as needed.
- Wipe down the blanket with a soft, slightly damp cloth or an anti-bacterial wipe as needed. A damp cloth with a small amount of mild soap may be used if needed.
- Do not use harsh detergents or abrasive, corrosive, solvent, or chemical cleaners.
- 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.

Troubleshooting Guide



Quickly troubleshoot simple issues you might experience with your RejuvaWrap 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 connector cable into the sauna blanket. Plug the power cable into a wall outlet.
	Device is not turned on.	Press the Power button on the controller to turn it on.
Device stopped working suddenly.	Device automatically shuts off after the set session time.	Turn the RejuvaWrap on to begin a new sauna session. Wait 24 hours between sessions.
	The device has overheating protection.	The RejuvaWrap 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 about 10 minutes for the sauna blanket to reach the selected temperature setting.	The temperature will begin to feel hotter as the device warms up.
	The selected temperature level is not optimal.	Use the Temperature Increase button to raise the temperature level.
The blanket feels too hot.	The selected temperature level is not optimal.	Use the Temperature Decrease button to lower the temperature level.

• NOTICE

- Do not let the sauna blanket warm up empty. The product can be damaged if it warms up without an occupant.
- Keep electronics, such as hearing aids, smartphones, smartwatches, tablets, 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 leather surfaces with a towel or blanket before placing the blanket on top.
- Do not exert excessive downward force on the product or controller.
- Keep away sharp objects to avoid damaging the product.
- 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 time. Do not use continuously for more than 60 minutes. Wait at least 24 hours between sessions.



QUESTIONS?

We're here to help! Email us at support@lifeprofitfitness.com

Product Specifications

UNIT SPECS	
Size: 71" L × 71" W 180.3 × 180.3 cm	Net Weight: ~14.7 lbs. 6.7 kg
Max Interior Circumference: ~65" 165.1cm	Power: 600 W
Voltage: 110 V	EMF Emissions: 0.1–0.2 uT
Far Infrared Wavelengths: 5–14 um	Timer: 5–60 minutes
Heating Zones: 1	Materials: PU, PVC
Certifications: CE, RoHS, FCC, UKCA	

Made in China

FCC Statement

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device 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 device, 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.



Industry Canada Compliance Statement

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) This device may not cause interference, and (2) This device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d' Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'utilisateur de l'appareil ne doit pas produire de brouillage, et (2) l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

From Our Vibration Collection:

Waver Vibration Plate

Take your wellness routine to the next level with the Lifepro Waver. This easy-to-use vibration platform supports your fitness goals by encouraging movement, muscle activation, and gentle stimulation—all with minimal impact.



Gentle, rhythmic vibrations help stimulate your body through repeated muscle engagement, making it a great tool for complementing your existing workout routine or recovery regimen.

Highlights:



ENHANCES
STABILITY



FULL-BODY
ACTIVATION



LOW-IMPACT
EXERCISE



CUSTOM
INTENSITY

Built for Flexibility

Includes mini bands and resistance bands for a variety of workout options, from light stretching to upper-body resistance moves.

From Our Wellness Collection:

Sauna Hat



A simple addition to elevate your sauna routine.

Enhance your sauna sessions with the Lifepro Felt Wool Sauna Hat, designed to help regulate head temperature and provide comfort during heat exposure. Crafted from natural wool, this traditional accessory aims to support longer, more comfortable sauna experiences.

Highlights:



EXTENDED
SAUNA TIME



HAIR & SKIN
PROTECTION



TEMPERATURE
REGULATION



DURABLE
FELT WOOL

Safety Instructions

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. Keep this manual in a safe place for future reference.

INTENDED USE

- **This product is not intended to be used:**
 - On leather surfaces, waterbeds, waterproof sheets, adjustable bed frames, bunk beds, synthetic or flammable materials, in a child's bed or crib, or on any surfaces made out of latex, plastic, or memory foam.
 - With other electronics like hearing aids, cell phones, smartwatches, tablets, or earbuds.
 - If you have a fever, infection, open or bleeding wound, severe sunburn, or other skin burn.

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, if you feel sick, or if you are dehydrated or have a hangover.
 - 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 you have sensory deficiencies, including an impaired ability to sense external temperature or elevated body temperature, or if you have insensitivity to heat.

- Have heart disease, vascular disease, heart arrhythmia, abnormal (low or high) blood pressure, if you are receiving treatment to normalize your blood pressure, if you have severe aortic stenosis, if you recently had a heart attack, if you have splanchnic diseases or conditions, 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.
- Have broken bones, osteoporosis, or if you have recently had surgery, recently injured a joint, or have had an organ transplant.
- Have a medical implant, such as metal pins, rods, artificial joints, breast implants, or other medical implants.
- Are taking any prescription medications or if you are receiving steroid injections. Some medications may induce drowsiness, affect heart rate, blood pressure, circulation, ability to sweat or regulate 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 a skin condition, such as rosacea or eczema.
- Have epilepsy or kidney disease; have 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.
- 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, 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, 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 the product 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.
- 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.
- Do not use for more than 60 minutes per day to avoid dehydration, heat exhaustion, heat stroke, burns, or skin irritation.
- For adult use only. Keep children or pets away from the product at all times. Children should be supervised to ensure that they do not play with or inside the product.
- Do not use this product with sleeping or unconscious people or infants. Do not use this product on pets or animals.

- 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, or damage to the product or property:

- 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.
- Choose a lower temperature when using the sauna blanket for longer sessions to avoid burns or skin irritation.
- When using higher temperatures, always wear clothing or place a towel between your skin and the sauna blanket to avoid burns or skin irritation.
- Wait at least 1 hour after eating to use the sauna blanket.

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 your product ever breaks (and we doubt it will), we'll send you replacement parts and show you how to repair it. If the product cannot be repaired, we'll replace it—free of charge.

Register the RejuvaWrap™ at ***rejuvawrap.lifeprofitness.com*** to activate

your warranty within 14 days of purchase.



RejuvaWrap™

Infrared Sauna Blanket

A LUXURIOUS SPA LIKE
SAUNA IN YOUR HOME



SUPPORTS
DETOX PROCESS



PROMOTES
CIRCULATION



SUPPORTS
SKIN HEALTH



WELLNESS
ROUTINE BOOST



Congratulations on your purchase!

We're excited to be part of your wellness journey.

***Scan the QR code to enjoy **15% off**
your next Lifepro® product.***



Meet Our Best Seller!

Waver Vibration Plate

Support movement, strength, and recovery from day one—whether you're warming up, cooling down, or establishing a steady fitness routine.



Low Impact, High Efficiency

The Waver adapts to your pace and goals, helping activate muscles, enhance stability, and keep you moving. Whether you're a seasoned athlete or just getting started, this powerful platform empowers you to build a balanced, active lifestyle—one invigorating vibration at a time.

*Discount valid on purchases of \$150 or more.

Lifeprousa Lifeprousa support@lifeprofitness.com