

# INFRADOME

FAR INFRARED SAUNA

## USER MANUAL

Let's get to know this product



Clinicians use infrared sauna therapy to boost blood flow and metabolism, relieve pain, and detoxify the body. Far infrared sauna therapy is perfect for everyone from professional athletes, to people who experience stiffness, pain, and inflammation. Everyone can enjoy the benefits of far infrared therapy from the comfort of their own home.

# HELLO THERE

Congratulations! 

You now have your very own infradome. You can get that sauna high from the comfort of your own home or on the go.

We LOVED going to our local infrared sauna because of the way it made us feel. But we didn't love the travel time, the cost, and the fact it wasn't in our own personal space.

That's why we developed the infrared sauna blanket. The same feeling we know and love, just made easier.

Get ready to detoxify, recover, burn calories, look younger and feel your best.

We hope you enjoy your blanket and thank you for your purchase!

## Redefine wellness and experience the infradome

- ▶ Alleviate pain: reduces muscle, joint, and chronic pain. Heals injuries quickly.
- ▶ Increase metabolism: encourages your body to burn fat and lose inches.
- ▶ Reduce inflammation: improves blood flow and lowers blood pressure.
- ▶ Rejuvenate skin: stimulates cells to create new proteins and regenerate cells.
- ▶ Boost mood: decreases stress, increases serotonin levels.

# SPECIFICATIONS

Mat Size: 70" L × 31" W

Dome Size: 70" L × 31" W × 18" H

Max Interior Circumference: ~35"

Net Weight: 72.8 lbs.

Power: 1200W

Voltage: 230 volt/50 Hz

Far Infrared Wavelengths: 5–14 μm

Red Light Wavelength: 660nm

Dome Temperature Range: 25-90°

Timer: 1–60 minutes

Warrenty: 2 years

Infrared range: 5-14um

Magnetic field: < 0.2mg

Electric field : 0.2-2.5V/M

Spesifications of configuration of bag: 180\*180cm

Crystal material:Tourmaline stone ball,black anion ball,crystal

## WHAT 'S IN THE BOX

- InfraDome Far Infrared Sauna
- Control Box
- Power Cable
- Connector Cables (3)
- Curtain
- Pillow
- User Manual

# PARTS OF THE INFRADOME

Curtain



Pillow



Dome Connectors(2)

Control Box Connectors(3)



Mat connector (Integrated)

Connector Cables (3)

Power cable



# HOW TO USE

- Remove your clothes and shoes, as well as any jewelry and accessories.
- If you prefer to wear clothes, wear clean, comfortable, loose-fitting cotton clothing that you don't mind getting sweaty.
- Flip the Power switch on the control box to the ON position.
- Set the desired temperatures and working time. It's a good idea to start with a lower temperature and a shorter working time when you are first using the InfraDome.
- Press the **light button** to turn on the 660nm red lights, if desired.
- Press the **Start button** and the sauna will begin to warm up.
- Place the control box on a heat-resistance surface near the InfraDome.
- Make sure the flap in the curtain is closed to keep the heat inside.
- Let the InfraDome warm up for 10–15 minutes before getting inside.
- While you wait, place a couple of bottles of water near the pillow. You might also want a pair of earbuds and your cell phone so you can listen to relaxing music during your session.

# HOW TO USE

- Drape a towel over your back and shoulders and/or wrap one around your head to keep in your body heat, if desired.
- Climb into the InfraDome. Your head will stick out of the top of the sauna, through the flap in the curtain.
- If the dome isn't long enough, you can extend it by rolling the upper dome toward you.
- Be sure the curtain is securely in place to keep in the heat.
- Relax and enjoy your treatment session.
- The heat will turn off automatically at the end of the set working time. Press the Start button at any time to stop the session.

## AFTER YOUR TREATMENT SESSION

- Exit the InfraDome.
- Flip the Power switch OFF and unplug the power cable.
- Drink plenty of water or an electrolyte drink after your session.
- Allow your body to cool down for at least 15 minutes before taking a shower to rinse off.
- Allow the InfraDome to completely cool (wait at least 30 minutes) before cleaning or storing.

# SETTING UP

1. Unfold the InfraDome Far Infrared Sauna mat and lay it (red-light-side up) on a flat, sturdy, heat-resistant surface such as a bed, couch, or floor.
2. Lay a large towel over the mat to absorb sweat and protect your skin from the stones—they can get quite hot.
3. Place the lower (small) dome on top of the mat with the curved side up and the closed end to the back.
  - Line the back edge of the dome with the foot of the mat.
4. Place the upper (large) dome over the lower dome.
  - The metal connector jack on the outside edge faces the back and the Velcro along the inside edge of the dome faces the front
  - Four wheels on the bottom edge of the upper dome allow it to roll so you can easily adjust the length of the sauna.
5. Press the Velcro on the curtain to the Velcro along the inside edge of the upper dome to attach it.
6. Place the included pillow at the head of the mat

## PLUG IN THE CONNECTOR CABLES

### CONNECT THE MAT

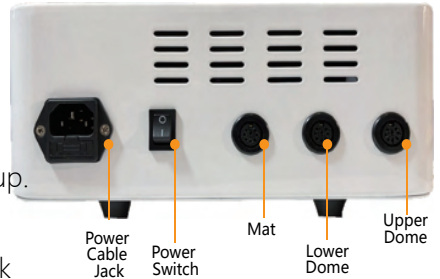
1. Plug the mat's integrated cable into the far-right connector jack on the back of the control box.



# SETTING UP

## CONNECT THE LOWER DOME

1. Plug a connector cable into the jack on the back edge of the lower dome. Make sure the holes in the connector line up with the pins in the jack. The release button on the connector will face up.
2. Plug the cable into the middle jack on the back of the control box.



## CONNECT THE UPPER DOME

1. Plug the second connector cable into the back of the upper dome. Make sure the holes in the connector line up with the pins in the jack. The release button on the connector will face up.
2. Plug the cable into the left connector jack.



## CONNECT THE CONTROL BOX TO POWER

1. Plug the power cable into the power socket on the back of the control box.
2. Plug the power cable into a standard wall outlet
3. Place the control box on a flat, heat-resistance surface within easy reach next to the InfraDome. Placing the control box on the mat, pillow, or dome during operation could damage it.

**NOTE:** To unplug the dome cables, press the release button on the top of the metal connector to remove.



# WARNINGS

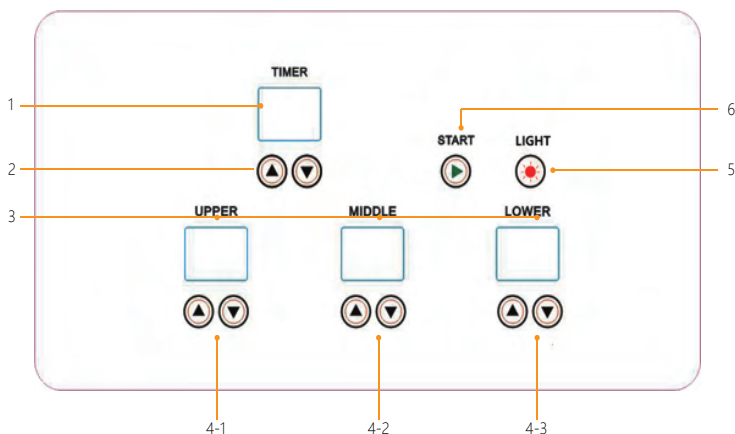
- The stones in the mat and dome can get extremely hot; avoid direct skin contact. Always make sure to cover the mat with a towel to protect your skin.
- Do NOT wear metal or magnetic jewelry or accessories while using.
- Do NOT place the InfraDome on latex, plastic, memory foam, leather, water beds, waterproof sheets, adjustable bed frames, bunk beds, in a child's bed or crib, or on synthetic or flammable materials.
- Do NOT place the control box on the mat, pillow, or dome during use. Always place the control box on the floor or a table beside you.
- Drink plenty of fluids before, during, and after use to prevent dehydration. Staying well hydrated is extremely important. When you are dehydrated, your body cannot properly cool itself, which can cause heat exhaustion. Heat exhaustion can lead to heatstroke if left untreated, which can be fatal.
- If you experience any of the following symptoms: confusion, loss of consciousness, vomiting, dizziness, headache, nausea, fainting, muscle cramping, elevated heart rate, or rapid breathing, get out of the sauna immediately and seek medical attention.
- Keep electronics, such as hearing aids, cell phones, tablets, and earbuds, away from the InfraDome, as they can be damaged by the heat and sweat.

# SAFETY INFORMATION

- Staying well hydrated is extremely important. When you are dehydrated, your body cannot properly cool itself, which can cause heat exhaustion. Heat exhaustion can lead to heatstroke if left untreated, which can be fatal.
- If you experience any of the following symptoms: confusion, loss of consciousness, vomiting, dizziness, headache, nausea, fainting, muscle cramping, elevated heart rate, or rapid breathing, get out of the sauna immediately and seek medical attention
- Drink plenty of fluids before, during, and after use to avoid dehydration.
- Do not drink alcoholic beverages within 24 hours (before or after) using the sauna as alcohol is dehydrating. Avoid other dehydrating foods and drinks, such as coffee, caffeinated drinks, and sugary foods and beverages.
- Do not operate the sauna while sleeping, smoking, or intoxicated.
- Never leave the device unattended while it is plugged in or running.
- Do NOT place the control box on top of the dome, pillow, or mat during use. Always place the control box on a heat-resistance surface, such as the floor or a table, next to you.
- Keep the InfraDome and power cables away from heat sources and fire. Excessive heat can potentially cause fire, electrocution, injury to people, or damage to property
- The sauna dome is not waterproof. Keep away from liquids. Do not immerse in water. Keep the inside of the dome clean and dry.
- Never plug in or unplug the power cable with wet hands.
- Turn off and unplug the device after each use.
- Do not unplug the connector cables from the control box before powering it off via the power switch.
- Do not wrap the cables around the control box, mat, or pillow.
- Inspect the control box, cables, and accessories before each use.  
Do not use if damaged, malfunctioning, frayed, worn, or if exposed to water.

# OPERATING INSTRUCTIONS

Please read the operating instructions before using the InfraDome Far Infrared Sauna. Keep this manual for reference.



## USING THE CONTROL PANEL

1. Timer Display: Shows the set working time in minutes, from 1–60 minutes. The default time is 1 minute.
2. Time Increase/Decrease Buttons: Tap the buttons to increase/decrease the session time in 1-minute increments. Press and hold the buttons to increase/decrease the time in 5-minute increments.
3. Temperature Displays: Each display shows the set temperature in degrees Fahrenheit. The default temperature is 30°.
4. Temperature Increase/Decrease Buttons (3 Zones): Tap the buttons to increase/decrease the temperature by 2 degrees. Press and hold the buttons to increase/decrease the temperature by 10 degrees. The default temperature for all three zones is 30°.
  - 4-1. Upper Dome: Set the desired temperature, from 30-90 °.
  - 4-2. Lower Dome: Set the desired temperature, from 30-90 °.
  - 4-3. Mat: Set the desired temperature, from 30-80 °.
5. Light Button: Press the button to turn on/off the 660nm red lights. The 660nm lights are off by default.
6. Start Button: Press the button to turn on the heat and start the timer. Press a second time to end the treatment session

# WHAT ARE The HEALTH BENEFITS

The benefits of infrared saunas are widespread. Our three favourites are below:

## Detoxify Faster

- There's a reason why you sweat a LOT in an infrared sauna. Infrared heat is actually 7x more detoxifying than regular heat. Infrared heat reaches a lot further into the body, meaning you're actually sweating out toxins, not just... sweat.

## Calm Your Mind And Body

- Remember that zen feeling after you leave a sauna, a massage, or a meditation? Now you can get that feeling whenever you like. Your blanket will leave you flushed with feel-good chemicals - resulting in an elevated and more relaxed mood.

## Burn Calories & Improve Your Skin

- On top of this, the heat allows you to burn up to 600 calories during a 45 minute session. You'll also notice some benefits in your skin. Infrared heat stimulates blood flow to the skin, increasing natural collagen production, improving your skin!

# HOW IT WORKS

Works by emitting red and near infrared light within a certain range of therapeutic wavelengths and intensity these treatments penetrate your body to generate a number of health benefits following

Many of these benefits happen because red and near infrared light activates various metabolic pathways, leading to increased production of ATP (adenosine triphosphate) enhanced cellular signaling, and elevated protein synthesis. Red and near infrared light therapy has been proven to be effective for a wide range of health issues including but not limited to the following

## Functions Of Far Infrared Therapy

### the top of health regime requirements:

Hundreds of years ago, people discovered and turned to heat therapy as a source of natural healing for many illness and discomforts. FIR heat is simply and naturally rising to the top of health regime requirements.

### Promoting metabolism and improving immunity:

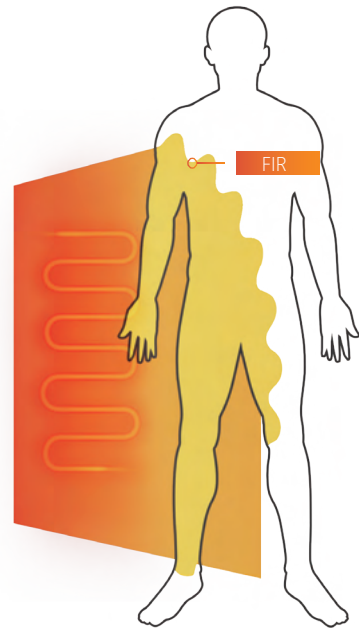
Activated by heat, the FIR Material emits FIR energy that is absorbed by human cells, causing a physical phenomenon called Resonance. Thus, the cellular activities are instantly invigorated, resulting in better blood circulation and an overall improved metabolism.

### Fat reducing and body slimming:

FIR heat therapy can aid in weight loss by speeding metabolic processes of vital organs and endocrine glands resulting in a substantial caloric loss in a heat session.

### Promoting blood circulation:

It also increases heart rate and blood circulation, both crucial to maintaining one's health. The heart rate increases as more blood flow is diverted from the inner organs towards the extremities of the skin without heightening blood pressure.



# QUESTIONS

## **Q: WHAT ARE FAR INFRARED WAVES?**

A: Far infrared (FIR) is a light wavelength on the electromagnetic spectrum, between 15–1000  $\mu\text{m}$  (micrometers). It is not visible to the human eye, but 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: WHAT IS RED LIGHT THERAPY?**

A: Red light therapy, also called phototherapy, is a therapy that uses low wavelength red light at a frequency of 600–700 nm (nanometers) to treat the body at and below the surface of the skin. Red light is absorbed by the body's cells, particularly the mitochondria, which use the red light to make energy, which stimulates cell regeneration and repair.

Red light therapy is a highly-effective non-invasive, chemical-free therapy that can be used to safely and painlessly heal and rejuvenate many parts of the body since it increases blood circulation.

## **Q: WHAT IS IS PULSED ELECTROMAGNETIC FIELD THERAPY (PEMF)?**

A: Pulsed electromagnetic field (PEMF) therapy is an FDA-approved technology that sends energy waves into the body to increase electrolyte and ion circulation by increasing fluid movement. It helps with bone and tissue healing, pain management, circulation issues, inflammation, and stress reduction. The proven PEMF therapy provided by the InfraDome helps your body heal itself naturally

## **Q: WHAT ARE THE BENEFITS OF FAR INFRARED AND FAR INFRARED SAUNAS?**

A: Because far infrared waves penetrate below the surface of the skin into muscle and fat, they warm the body from the inside out. As FIR heats the body, you receive 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

# IMPORTANCE

- 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, and unless the child has been adequately instructed on how to operate the controls safely.
- Do not use on an infant.
- Do not use on pregnant women.
- Do not use while sleeping.
- Do not use it if wet.
- Unplug from the mains socket when not in use.
- 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.
- This appliance is not intended for medical use in hospitals.
- If unexpected side effects such as, such as itching, occurs within 48h of first session of using the appliance, medical advice should be sought prior to further exposure.

## Cleaning & Storage:

- Do not use any corrosive cleaning products for cleaning down the product. Wipe the inside surface with a towel, then natural antibacterial spray.
- Loop cord loosely when storing. Tight wrapping may damage the cord and internal parts.

## Product Disposal:

- Disposal requirements – Dispose of the product at the end of product usage life, according to your local regulations.



# IMPORTANCE

**If you have any of the symptoms or conditions listed below, we do not recommend using the product without consulting your doctor first.**

- You are insensitive to heat and other very vulnerable persons who are unable to react to overheating.
- You are suffering from sunburn.
- You are under medical care for diseases that involve photosensitivity.
- You are receiving photosensitising medications.
- You have skin diseases, burns or a reddening of the skin.
- You have splanchnic diseases.
- You require a heart defibrillator or use other implanted devices.
- You have a heart disease or illness.
- You have broken bones.
- You have malignancy.
- You feel nauseous, have a headache, or other cold symptoms.
- You have recently had surgery.
- You have osteoporosis.
- You suffer from abnormal blood pressure.
- You are pregnant or breastfeeding.
- You have anhidrosis.
- You have cancer or other malignant conditions.
- You have metal or other bodily implants, including breast implants and pacemakers.

# WARRANTY INFORMATION

## WARRANTY:

We warrant this device will function and perform within its specification for 2 years from the date of delivery.

## WHAT DOES THIS WARRANTY COVER?

This limited warranty covers any defects in material or workmanship under normal use during the warranty period. During the warranty period, our company will repair or replace, at no charge. Products or parts of products that prove defective because of improper material or workmanship under normal use and maintenance.

## WHAT DOES THIS NOT COVER?

The limited warranty does not cover any problem that is caused by damage or result in a failure from negligence, improper maintenance or modification, damage by natural causes like lightning, floods or other natural disasters, theft or loss of the product.



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