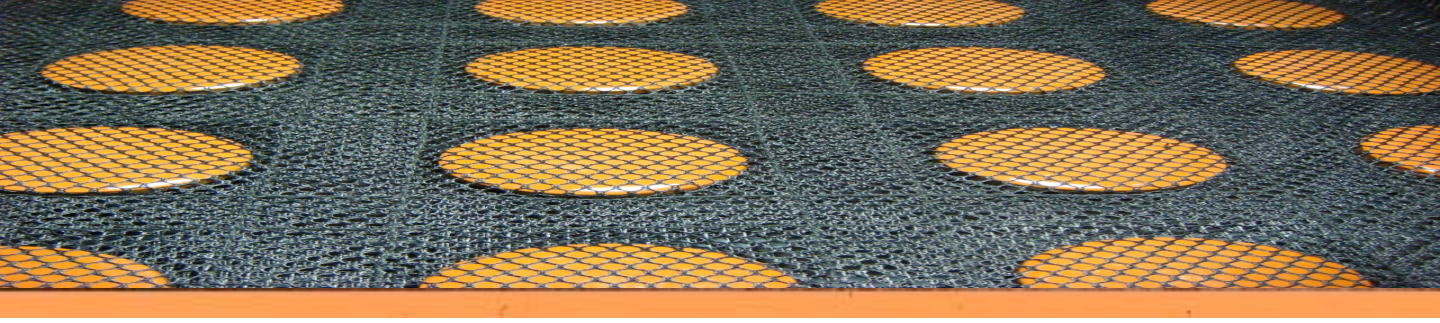
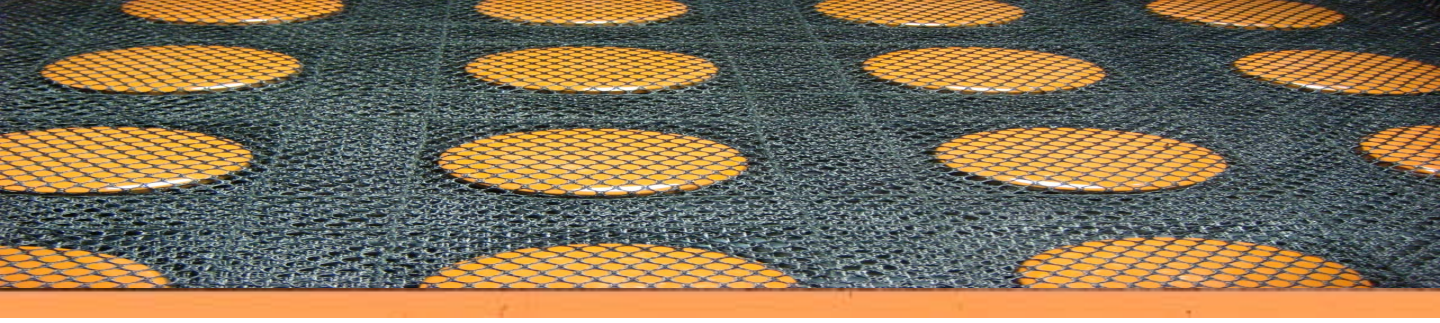


The Therasage™ Personal Portable Sauna

Optimal Health & Relaxation in Your Home

User Guide

Please Read Carefully Before Using and Save for Reference



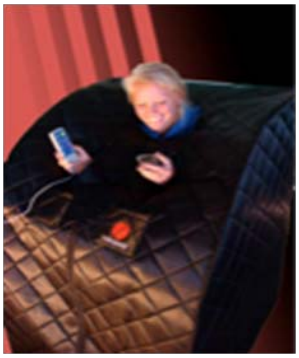
Congratulations on your purchase of our Therasage™ Personal Portable Sauna, another of our personal care products designed with your optimal health and wellness in mind. Many healthcare professionals consider a dry heat, Far Infrared sauna the ultimate all-natural detoxification and health enhancement device. Therasage's easy-to-use home Sauna incorporates the benefits of both Far Infrared heat and "Enriched Air" Negative Ion therapies.

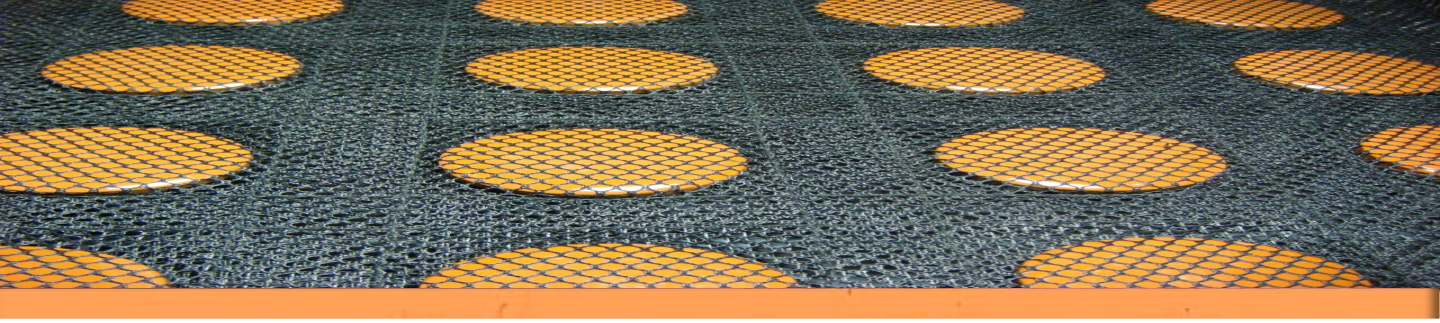
Scientific studies for over 100 years support the therapeutic health benefits of Far Infrared heat which our bodies require daily for health maintenance. Far Infrared waves heat only the body and not the surrounding air so you can enjoy the therapeutic effects at a comfortable temperature, significantly lower than other types of saunas. Combined with the documented benefits of Negative Ion therapy, your affordable, Personal Portable Sauna will pamper, relax and rejuvenate you in healthful comfort.

While sitting in the privacy of your home, watching television or other video entertainment, reading, or simply listening to music, you will enjoy the unequaled health and wellness benefits of Far Infrared heat and Negative Ions.

FEATURES

- Ultra-thin, Active Carbon Fiber ("ACF") heating elements for beneficial, deep penetrating Far Infrared heat
- "Enriched Air" Therapy through Negative Ion technology provided by TheraDisk™ tourmaline panels
- Easy and fast assembly, convenient fold-up and storage
- Portable - easy to move from one location to another
- Brief, five minute warm-up to desired temperature
- Low energy usage
- Low maintenance, lightweight and portable
- Multi-level temperature controller with safety shut-off
- Comfortable sports canvas folding chair
- Antibacterial technology





Far Infrared heat is natural energy!

Far Infrared heat is a natural, safe thermal wave emitted directly by the Sun as part of its invisible energy. The deep, penetrating heat we feel when standing in the sunshine is actually the Far Infrared frequency of the Sun's rays. So safe and gentle, it is used on newborn babies in hospital nurseries. So effective, NASA used it for its astronauts. So special, researchers, including Albert Einstein, have focused on its benefits for over 100 years.

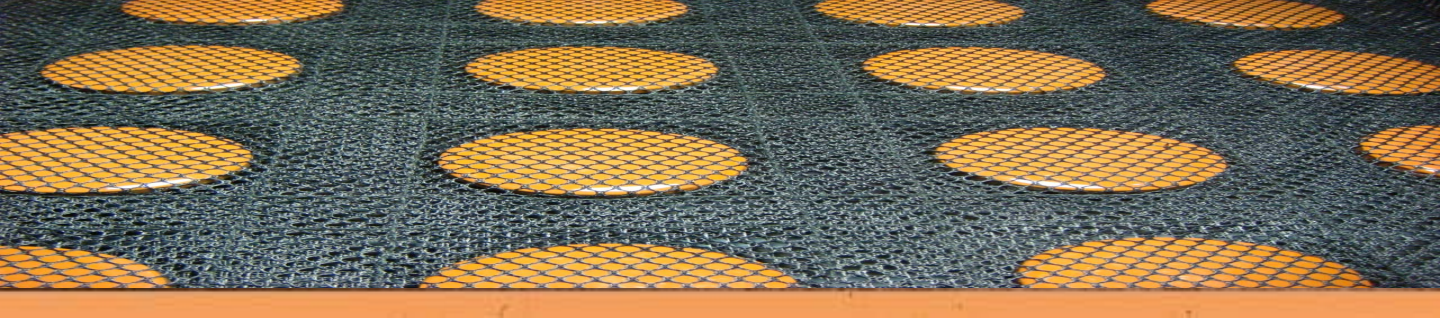
Far Infrared heat promotes health and wellness!

As you are sitting and relaxing at home, you can experience the wellness benefits of Far Infrared heat therapy. Far Infrared heat has been clinically proven to reduce muscle and joint pain, relax muscles, increase flexibility, improve blood circulation, burn calories, decrease harmful toxins, enhance the immune system, reduce stress and fatigue, improve sleep quality, and increase daytime energy and mental alertness.

Negative Ions - nature's positive mood enhancers!

Enjoy feeling great with Therasage "Enriched Air" Therapy through Negative Ion technology.

Nature's positive mood enhancers, Negative Ions are natural energy that promote health and wellness. For over 200 years, scientists have researched the effects of negative ions. These charged particles are found in abundance at waterfalls, mountains, beaches and after a rainstorm. Numerous scientific studies indicate that once this beneficial enriched air reaches our bloodstream, the Negative Ions are believed to produce biochemical reactions that help calm and relieve stress, produce an overall feeling of wellbeing, decrease blood pressure, increase the flow of oxygen to our brain, alleviate depression, boost our daytime energy and increase our defense against infection by boosting our immune system.



INSTRUCTIONS FOR ASSEMBLY, CLEANING AND STORAGE

Prior to using your Sauna for the first time, check to insure that all the parts are included in your shipping box.

Parts List:

A. One contiguous frame of side walls and back wall, the interior of which has heating elements and TheraDisk™ panels
B. Electronic control box attached to the back panel
C. Controller – for heat and time
D. Folding Chair
E. Foam Floor Cushion
F. Frame Cross Bar
G. Two terrycloth collars

Keep all sharp objects away from the sauna as they may cause damage. This product contains an electrical component which if punctured or tampered with could cause damage or injury.

To Assemble:

Step One: Unfold both side walls of the Sauna so it stands upright.

Step Two: Close the zipper from the bottom of the back wall to the front end.

Step Three: Place the foam floor cushion in place, glossy side facing upward.

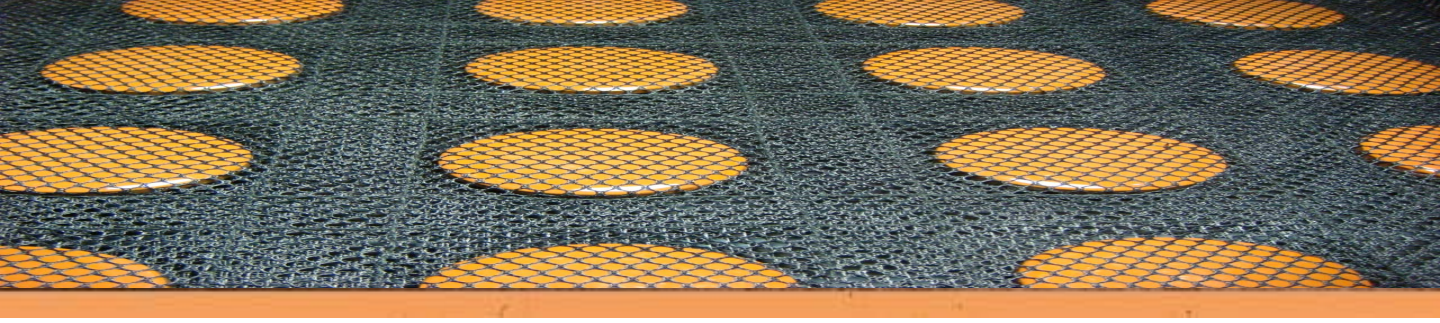
Step Four: Place the folding chair on the floor cushion near the rear of the unit.

Step Five: Plug electrical power cord into a standard outlet. Your Sauna is ready for controller operation and use.

TO CLEAN, FOLD AND STORE

Open the zipper to ventilate and cool. After each use, remove any condensation or perspiration from the chair and the interior of the unit with a clean damp cloth. Do not use any cleaning agents or solvents. The removable terrycloth collar may be machine washed separately in warm water.

After the Sauna has been wiped off and is fully cooled, simply reverse the steps above to fold for storage. If left assembled, unplug the power cord after each use.



INSTRUCTIONS FOR THE TIME AND TEMPERATURE CONTROLLER

Attached to the power box is a remote, hand held controller to adjust both time of use and level of heat. To use, simply press the “POWER” button on the controller. The LED display at the upper left will show the default temperature setting at level 3 and the LED display at the upper right will show the default time at five minutes. Press the “HEAT” button on the left side of the controller. The Far Infrared heating panels will begin heating. An indicator light on the controller will turn on.

Temperature Settings: The controller is programmed with five levels of temperature settings. Level 5 is high; Level 3 is medium; and Level 1 is low. The temperature level can be changed by pressing the (+) or (-) under the Temperature Display at the upper left of the controller.

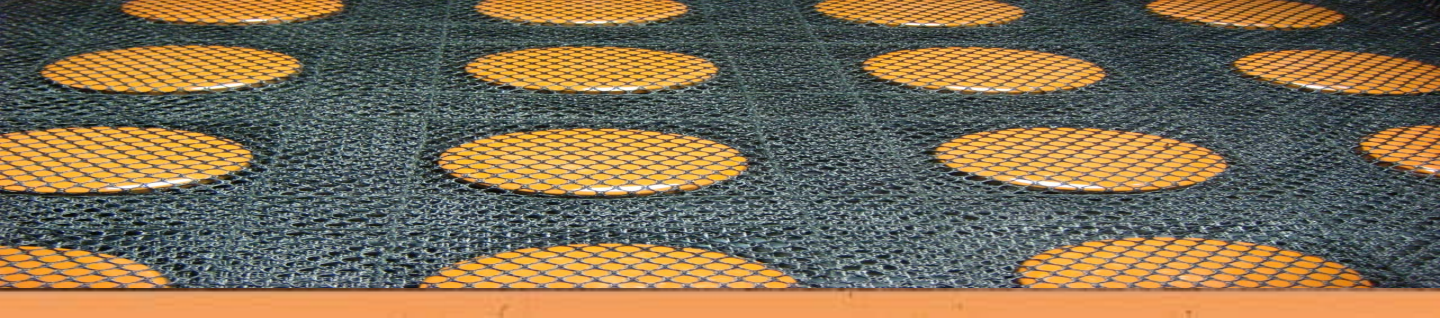
Time Settings: The controller is programmed to provide a time control for use, counting down from the established time period. The maximum setting for this safety shut-off feature is 30 minutes. The time setting may be changed by pressing the (+) or (-) button under the Time Display. The setting changes in five minute intervals, even though the controller counts down each minute.

When the time controller counts down to 20 seconds, a beep will sound three times to advise you that the session is about to end. If you want to continue the session, simply reset the controller. A continuous long beep indicates that the session has ended.

CAUTION: Please be aware that the chair, especially its metal frame, will warm and increase in temperature when used.

WARRANTY

Limited Warranty for one year. For complete details of this product’s warranty coverage, duration and conditions, please see the enclosed Warranty information or contact Therasage™.



INSTRUCTIONS AND PRECAUTIONS

1. This is a product for relaxation and rejuvenation. This product is not intended for use by persons with reduced physical, sensory, or mental capabilities. If you are under 18 years of age, elderly, or infirm, you should consult with a healthcare professional before using this product.

2. If you are pregnant, or have diabetes, a pacemaker or defibrillator implant, a blood-based disorder, a skin disease, a respiratory condition, a heart condition, high or low blood pressure, any medical condition or are under medical care, you should consult with a healthcare professional before using this product.

3. Stop using the Sauna immediately if you feel uncomfortable, dizzy, or sleepy.

4. Staying in the Sauna too long may cause overheating. Initially it is recommended that the sauna be used no more than 30 minutes per session by any one user.

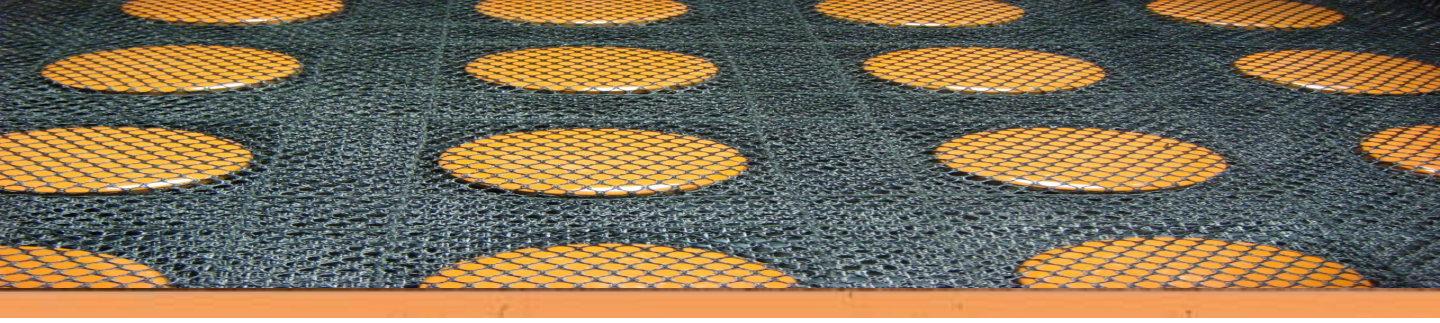
5. It is recommended to stay well hydrated with water and replace electrolytes lost during perspiration.

6. Do not use in or around water due to the danger of electrical shock. This product is designed for indoor use only.

7. Do not position this Sauna near sources of heat or electromagnetic radiation such as radiators, heat registers, stoves, television sets or magnetized objects.

8. Sharing power sources with unrelated products, overloading power cords and strips and using non-standard power sources are not recommended.

9. If smoke is ever detected from this product, immediately unplug from the outlet and contact the Customer Care Department at Therasage during standard business hours.



Specifications*	Dimensions (when assembled) :	41” H x 31.5” W x 33” L
		104cm H x 80cm W x 84cm L
	Product Weight:	30 lbs/13.6 kg
	Input Power:	1000W
	Maximum User Weight for Chair :	250 lbs/113.5 kg

**Specifications are subject to change without prior notice.*

Therasage is dedicated to providing natural, safe, affordable therapeutic home and office healthcare products. We are guided by our commitment to health and wellness, our pledge to provide customer satisfaction, and our desire to impact positively the environment and society.

While our attorneys remind us that we must state the following, we voluntarily comply with the regulations set forth by federal agencies, most notably by not making claims beyond which we are permitted by law.

The statements contained herein have not been evaluated by the FDA. No medical claims of any kind, directly related to any of our products, are made or implied. Our Therasage products are not intended to diagnose, treat, cure or prevent any disease. The information contained herein is meant to inform and educate. For all medical concerns, please consult your physician or other healthcare professional.

WE INVITE YOU TO VISIT OUR WEBSITE
www.therasage.com
TO VIEW ALL OF OUR HEALTHY PRODUCTS

THERASAGE™
World's Premier Far Infrared Products

21000 Boca Rio Road, Ste A-21C
Boca Raton, FL 33433-1551
Telephone (888) 416-4441 Fax (888) 416-9991
info@therasage.com

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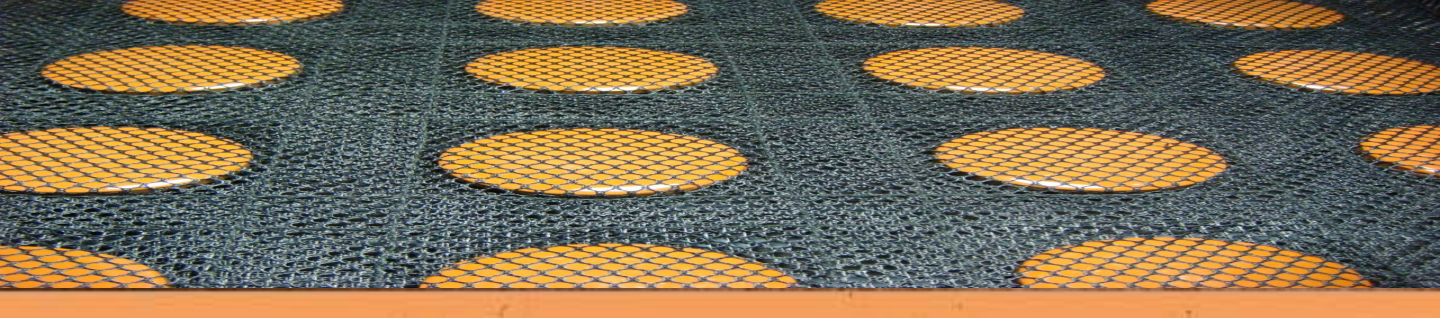


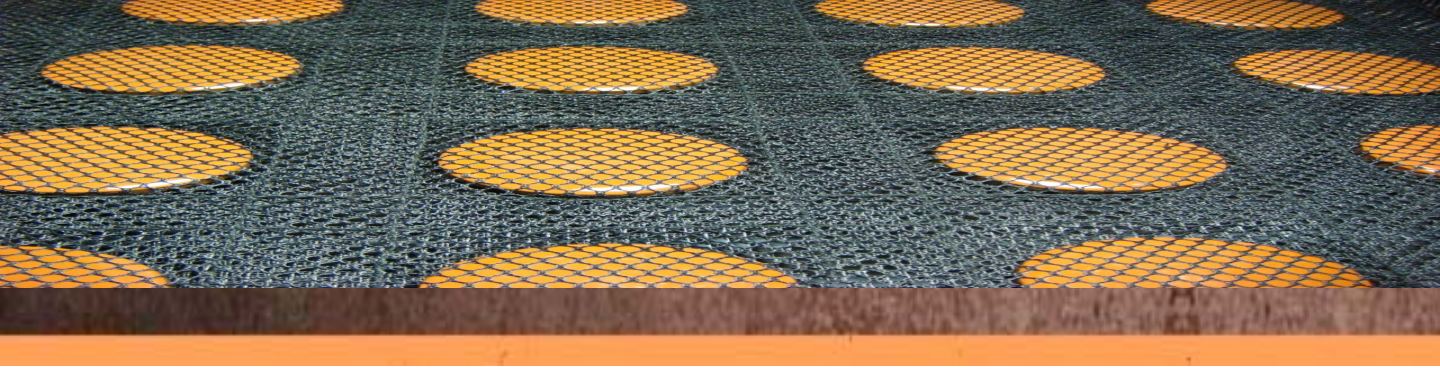
WARRANTY REGISTRATION FORM

In order to maximize and benefit fully from our Limited Warranty, please complete the form below and submit it to us at Therasage™ by fax/or mail as indicated below. We thank you for your patronage!

Name: _____
Address: _____
_____
Telephone: _____
Email: _____
Product: _____
Date of Purchase: _____
Place of Purchase:_____
(Please attach a legible copy of your purchase receipt.)

Mail to: Therasage™
21000 Boca Rio Rd, Ste A-21C
Boca Raton, FL 33433-1551

Fax to: (888) 416-9991
Phone: (888) 416-4441



Limited Warranty

1. **WHAT THIS LIMITED WARRANTY COVERS AND HOW LONG**

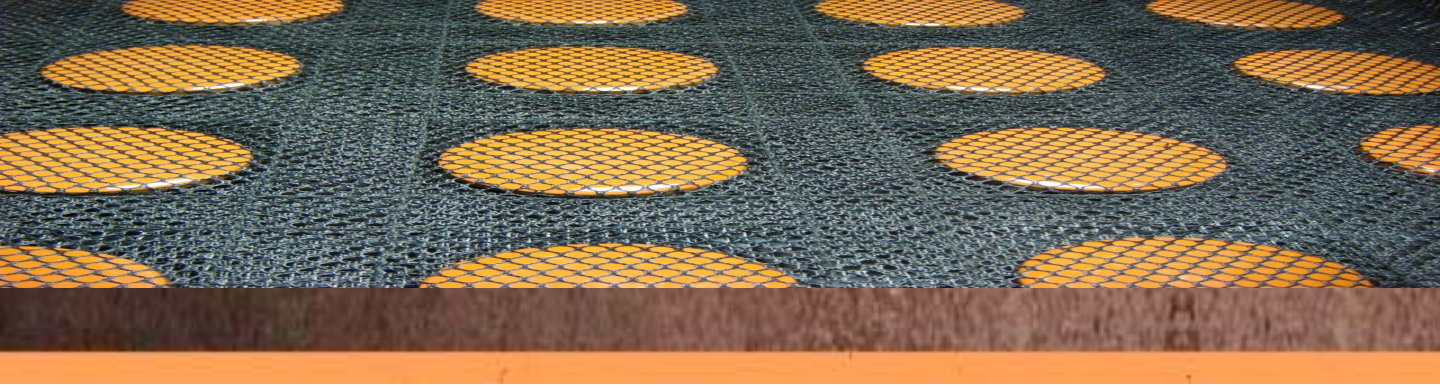
This Product includes the product itself, and, unless specifically excluded below, all material, parts, and components related to functionality. This Limited Warranty applies only when all of these parts are genuine Therasage components. Cosmetic components are not covered by this Limited Warranty.

a) ***COVERAGE*** Subject to the limitations and exclusions below, and for the duration of the applicable Warranty Period, Therasage, and any of its affiliates, ("Seller") warrants that the Product's components will be free from material and functional non-conformities in material and workmanship under normal and reasonable consumer conditions.

b) ***WARRANTY PERIOD*** For the one year period of this Warranty, Therasage, at its discretion, will repair or replace any defective part, component, mechanism, or material. This warranty coverage shall include all defective parts, but shall exclude all labor charges. The Warranty Period shall commence upon purchase of the product by the end-user consumer from an authorized dealer. Each consumer is urged to register the Product through the Warranty Registration Form attached hereto. This Limited Warranty is not transferable. This Warranty can only commence once proof of purchase (or gift) is provided.

2. **WHAT THIS LIMITED WARRANTY DOES NOT COVER**

a) ***GENERALLY*** This Limited Warranty does not include non-conformities or damages attributable to or arising from: • Minor scratches or minor visual imperfections • Negligence; improper use, installation, finishing, maintenance operation inconsistent with Seller's recommendations and written instructions that are generally available in Seller's Product Manual as updated by bulletins or other written communications or on Seller's Worldwide website www.therasage.com. • Improper storage, including inadequate shelter or inadequate venting of shipping wrap in humid locations • Misapplication of use, commercial use, or use other than generally intended • Normal wear and tear • extraordinary force majeure



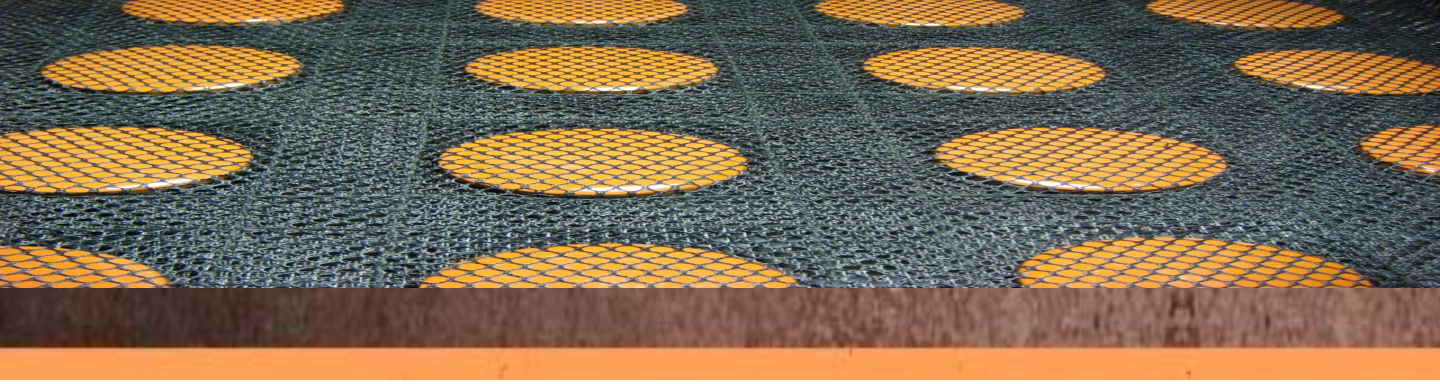
b) ***CERTAIN CONDITIONS*** This Limited Warranty does not guarantee health claims. Further, this Limited Warranty does not cover damage attributable to or caused by acts of God that include, but are not limited to, power surges, stresses, fire and other conditions that exceed Product designs. Seller is not responsible for claims or damages caused by water or condensation infiltration.

3. **THIS LIMITED WARRANTY'S EXCLUSIVE REMEDY**

If the Product or any components fail to meet this Limited Warranty, Seller's sole obligation is to either (as Seller elects): a) repair the component (color matching not guaranteed); or b) provide replacement component's) to the Warranty Holder or the Seller's dealer designated (color matching not guaranteed); or c) refund the Warranty Holder's purchase price (the lesser of the original Product/component purchase price or the original catalog list price). Repaired or replaced components are warranted only on the same terms and for the remainder of the Warranty Period. Seller reserves the right to discontinue or change any Product. If the Product or component is not available, Seller may select and provide a replacement Product or component of equal quality and price. This is the Warranty Holder's sole and exclusive remedy for the Product under this Limited Warranty. By example but not limitation, this Limited Warranty does not cover the following costs and expenses: (i) labor; (ii) shipping/ freight expenses to return the Product to Seller, or Seller's designated service center; (iii) normal maintenance; or (iv) consequential, special, or indirect losses or damages of any kind.

4. **DISCLAIMER OF WARRANTIES**

THIS LIMITED WARRANTY IS IN LIEU OF AND EXCLUDES ALL OTHER WARRANTIES NOT EXPRESSLY SET FORTH HEREIN, EXPRESSED OR IMPLIED BY OPERATION OF LAW OR OTHERWISE, INCLUDING BUT NOT LIMITED TO ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE. TO THE EXTENT THAT ANY IMPLIED WARRANTIES MAY NONETHELESS EXIST BY OPERATION OF LAW, SUCH WARRANTIES ARE LIMITED TO THE DURATION PROVIDED BY LAW. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATIONS MAY NOT APPLY. SELLER DOES NOT AUTHORIZE ANYONE TO CREATE FOR IT ANY OBLIGATION OR LIABILITY IN CONNECTION WITH PRODUCTS.



5. **LIMITATION OF LIABILITY**

SELLER'S SOLE LIABILITY UNDER THIS LIMITED WARRANTY IS REPLACEMENT, REPAIR, OR REFUND OF THE PURCHASE PRICE AS SET FORTH ABOVE. IN NO EVENT, WILL SELLER BE LIABLE FOR INCIDENTAL, CONSEQUENTIAL, INDIRECT, SPECIAL, OR PUNITIVE DAMAGES INCLUDING, BUT NOT LIMITED TO, DAMAGE OF ANY KIND TO A PREMISES, LOSS OF PRODUCT USE, LABOR, LOST PROFITS/REVENUE, INTEREST, LOST GOODWILL, WORK STOPPAGE, IMPAIRMENT OF OTHER GOODS OR WORK, INCREASED OPERATING EXPENSES, EMOTIONAL DISTRESS CLAIMS, LOSS OF CONSORT CLAIMS, OR CLAIMS OF THIRD PARTIES FOR SUCH DAMAGES, WHETHER BASED ON CONTRACT, WARRANTY, TORT (INCLUDING, BUT NOT LIMITED TO, STRICT LIABILITY OR NEGLIGENCE) OR OTHERWISE, EVEN IF ADVISED OF THE POSSIBILITY OF SUCH DAMAGES.) SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY. THIS LIMITED WARRANTY PROVIDES SPECIFIC LEGAL RIGHTS BUT WARRANTY HOLDER MAY HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE. IF THIS LIMITED WARRANTY IS DEEMED TO HAVE FAILED OF ITS ESSENTIAL PURPOSE, IN NO EVENT WILL SELLER'S ENTIRE LIABILITY EXCEED THE LESSER OF THE PRODUCT'S OR THE NON-CONFORMING COMPONENT'S PURCHASE PRICE.

6. **CLAIMS**

Claims must be initiated during the Warranty Period. To initiate a claim, please contact Therasage, Attn: Customer Service, 21000 Boca Rio Road, Suite A-21C, Boca Raton, Florida, 33433-1551, or by writing Info@therasage.com. Claimant will be required to provide proof of purchase and the date of Product purchase (unless the Product was registered at the time of purchase) and may be required to return the Product or component to Seller (at Claimant's expense).