



## Instruction Manual



# Therasage™

## *Sauna Belt*

WARNING: READ ALL INSTRUCTIONS CAREFULLY  
BEFORE USING THIS BELT. THIS PRODUCT MUST  
ALWAYS BE USED WITH CARE.



## Congratulations on your purchase of our Therasage™ Sauna Belt !

### EASY-TO-USE

Prior to using your Sauna Belt for the first time, please check to insure that all parts are included in the shipping box. You should have the pad, connected to and including a power cord and a time/temperature controller.

To get started, simply remove it from its box and packing bag, and you will see that it is ready for immediate use.

### INSTRUCTIONS FOR USE

1. Insert the power plug into a standard 110v electrical outlet. You will need to adjust the time and temperature before turning the belt on.
2. The Controller will display the level of temperature, beginning at a medium temperature default setting of "5". You can adjust the temperature warmer by pressing the "↑" button for more heat up to "9", and the "↓" button for less heat down to "1".

The green indicator light will blink when the selected temperature setting is reached.

3. By pressing the MODE button, you can adjust the count down timer. The default time and maximum time is 60 minutes of warmth. You can adjust and increase the time in five minute intervals by pressing the "↑" button for more time, and the "↓" button for less time. The controller counts down in one minute increments.

4. By pressing the MODE button a second time, the display will return to the selected temperature setting.

5. After setting the desired time and temperature, the Sauna Belt will be ready for use when the On/Off button is pressed. A green light will indicate that the Belt is on and working. To stop heating, press the On/Off button again.

6. Both time and temperature can be reset while the Belt is on. When the time is done, the Belt will stop heating until reset. The controller will remember the last temperature setting for your convenience.



**UNPLUG THE BELT AND PROPERLY STORE WHEN NOT IN USE.**



Natural Healing with Far Infrared Heat

## FEATURES & BENEFITS

### BENEFITS

Natural, safe, and easy to use, Far Infrared heat products by Therasage may be the most exciting personal home healthcare development in over a decade. Our patented heat products are at the forefront of a shift in the traditional healthcare system where today's enlightened health conscious consumers are seeking natural healing alternatives.

The health and wellness benefits of Far Infrared heat therapy are documented and extensive. By heating your body with deep penetrating heat, blood circulation is improved. This effect enhances the immune system, supports detoxification, increases metabolism, emulsifies cellulite, burns calories, assists in stress reduction, encourages deep relaxation, improves sleep quality, and boosts daytime energy and mental awareness.

### FEATURES

- Deep penetrating, therapeutic Far Infrared heat
- Easy-to-use controller with multiple heat settings and countdown timer
- No electromagnetic radiation (EMF)
- Low energy usage
- Extra long cord
- Antimicrobial



## CARE AND SAFETY INSTRUCTIONS

### TO CLEAN AND STORE

After each use, the Belt may be wiped with a cloth lightly dampened with a soft soap to remove any perspiration or dirt. No solvent or other cleaning liquid should be used.

Place the Sauna Belt flat in its box or in a safe, dry, cool place. Do not fold or crush and avoid contact with sharp edges or pointed objects that might cut or puncture the Belt. Do not hang or handle the Belt by the power cord.

Carefully examine the Sauna Belt before each use. Do not use if any part of the Belt shows any signs of deterioration such as blistering or cracking; if punctured; if the power cord or cord to the controller is broken, pulled away from the Belt, or frayed; or if there are any exposed wires.

### SERVICING

ALL SERVICING OF THIS SAUNA BELT MUST BE PERFORMED AT AN AUTHORIZED THERASAGE SERVICE CENTER.

### IMPORTANT SAFETY INSTRUCTIONS AND PRECAUTIONS

**DO NOT DISCARD - SAVE AS LONG AS YOU OWN THE BELT**

**WARNING: READ ALL INSTRUCTIONS CAREFULLY BEFORE USING THIS BELT.**

### CAUTION

THIS PRODUCT IS A CLASS II MEDICAL DEVICE AND MUST ALWAYS BE USED WITH CARE. TO REDUCE THE RISKS OF SERIOUS BURNS, ELECTRICAL SHOCK, FIRE AND ACCIDENT, THIS PRODUCT MUST BE USED IN ACCORDANCE WITH ALL INSTRUCTIONS AND PRECAUTIONS.

The U.S. FDA requires us to also state:

**“WARNING: USE CAREFULLY. May cause serious burns. Do not use over sensitive skin areas or in the presence of poor circulation. The unattended use of this device by children or incapacitated persons may be dangerous.”**



## INSTRUCTIONS AND PRECAUTIONS

**We offer the following safety instructions and precautions to our customers.**

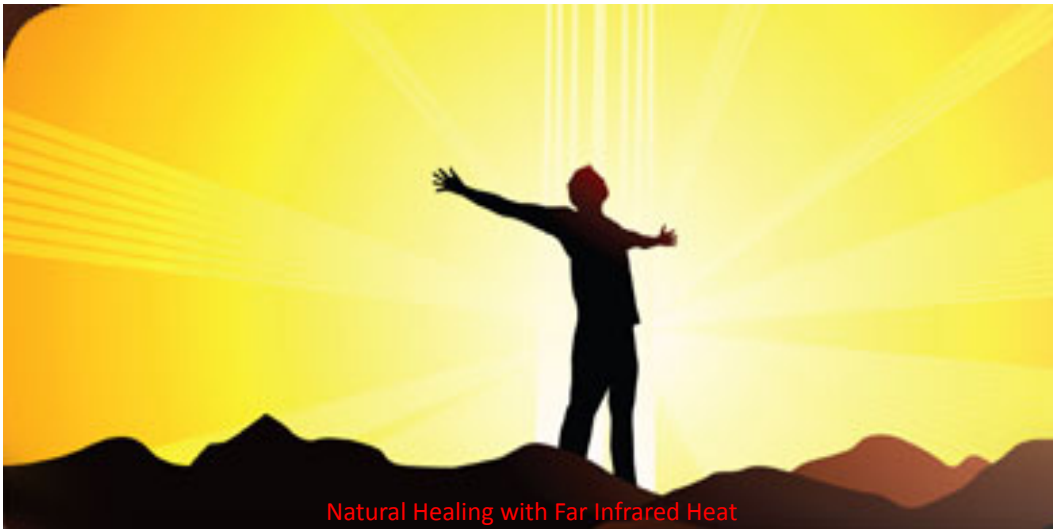
- Products involving power sources are manufactured with inherent risks. Like all electrical devices, the Belt must be unplugged when not in use. This product is designed for indoor use only. Products involving power sources should never come in contact with the bathtub, shower, hot-tub, pool, or any water source.
  - Using power sources with unrelated products, overloading power cords and strips and using non-standard power sources for Therasage products is not recommended.
  - Sauna Belt is NOT microwave safe. This product should NOT be used in an oxygen enriched environment or near equipment that emits oxygen such as oxygen concentrators or similar breathing devices.
  - This product is not meant to be taken apart nor fastened with metal pins to hold in place. This product contains an electrical component, which, if punctured or tampered with, could cause injury.
  - To reduce the risk of electric shock, do not expose this device to rain or moisture.
- 
- If smoke is ever detected from this device, immediately remove the power cord from the outlet and contact the Customer Care department at Therasage for assistance.
  - Do not position this device near sources of heat or electromagnetic radiation such as radiators, heat registers, stoves, television sets, or magnetized objects.



Natural Healing with Far Infrared Heat

## INSTRUCTIONS AND PRECAUTIONS

- This Belt should be used wherever an increase in therapeutic heat application is desired for personal comfort and whenever recommended by your physician for the relief of pain. Place Belt directly where heat is desired. To avoid even the possibility of skin irritation, we recommend using clothing or a light towel barrier between your skin and the Belt.
- Do not use the Belt on skin that is swollen or inflamed, on skin eruptions, or where liniment, essential oils, salve or ointment preparations containing heat-producing ingredients have been applied. Skin irritations or burns could result.
- Supervision is necessary for unconscious individuals, paralyzed persons, or those who have a diminished sensation of cold or heat, and those with limited recognition of their surroundings or any medical condition that would limit the user's capacity to safely operate the Belt.
- This product should not be used in a crib, or by someone under the age of ten without adult supervision. Misuse by a child could cause injury.
- This belt should not be used while sleeping.
- If you are elderly, infirm, pregnant, suffer from diabetes, a blood-based disorder, or other medical conditions, or have any concern regarding the use of this product, consult your personal physician prior to use.



Natural Healing with Far Infrared Heat

## FREQUENTLY ASKED QUESTIONS

**Is the Sauna Belt flexible? Can it be wrapped around a shoulder, back, or knee?**

Yes, the format of the Belt is totally flexible and made to mold to an area of discomfort for ultimate therapeutic benefit and pain relief.

**I just used the Belt for the first time and was unsure which side of the Belt to face toward my skin. Is one side preferred over the other?**

The deep, penetrating heat is available on both sides, but the side with the Therasage name is the front.

**Are there any time suggestions, such as how long to use the Belt at one time?**

As with any new therapeutic product, start off by using at moderate heat level for a brief period of time. As your body gets used to the therapy effects you can gradually increase time and temperature. Always exercise common sense when using the Sauna Belt. The more you use it, the more relaxed and revitalized you will feel and the greater the therapeutic effect. However, do not use the Sauna Belt while you are sleeping.



Natural Healing with Far Infrared Heat

## FREQUENTLY ASKED QUESTIONS

### **Are there any contraindications on using the Sauna Belt?**

Children ten years old or younger, the elderly, individuals with diseases associated with a reduced blood flow, prone to bleeding, prone to fevers, those insensitive to heat, those who are pregnant, cardiac patients.

### **Are there any areas one should be concerned with in using this product?**

For use in or around the head area, because the blood vessels are much smaller and more sensitive to deep, sustained heat, you should use a towel or cloth if applying directly to the skin surface. As the time for results is much shorter, you do not need to apply heat as long to achieve results. Far Infrared heat therapy is particularly effective for headaches and sinus conditions.

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## **THERASAGE™ SAUNA BELT LIMITED WARRANTY**

### **1. WHAT THIS LIMITED WARRANTY COVERS AND FOR 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 first year after purchase, Therasage, at its discretion, will repair or replace any defective part, component, mechanism, or material. This warranty coverage during the first year shall include all defective parts, labor included. 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. Finally, this Warranty is effective from the date of purchase as shown on the purchaser's receipt (as registered with the Seller). 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 (including failure to maintain finish) nor 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](http://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



**Therasage™  
Sauna Belt  
Limited Warranty**

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 (after the first year); (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.



**Therasage™  
Sauna Belt  
Limited Warranty**

**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 or by writing [Info@therasage.com](mailto: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).



Sauna Belt Size: One Size Fits All  
Temperature range: 35°C – 60°C / 95°F – 140°F  
Power: 110v – 50 watts

**THERASAGE LLC**  
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(888) 416-9991 fax  
[info@therasage.com](mailto:info@therasage.com)

Therasage's is committed to providing natural, safe, affordable therapeutic home and office healthcare products. We are guided by our pledge to natural health and wellness, our dedication to customer satisfaction, and our desire to make a positive impact on 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 following disclaimer is required by FDA and AMA regulations. 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.

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**[www.therasage.com](http://www.therasage.com)**  
**TO VIEW ALL OF OUR HEALTHY PRODUCTS**



**THERASAGE™**  
World's Premier For Infrared Products

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**Therasage™**  
**Far Infrared Heat Products**

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**WARRANTY REGISTRATION FORM**

In order to maximize and benefit fully from our Limited Warranty, please complete this form 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, LLC  
21000 Boca Rio Rd., Ste A-21C  
Boca Raton, FL 33433

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