

Important Notice of Use

Far-infra Red Foot Sauna

1. Do not use the FIR Foot Sauna when the body has fever. The use of sauna may cause the body temperature to rise rapidly causing the illness to worsen.
2. Do not clean the foot sauna with wet cloth when it is connected to electric power source. Never pour water in the foot sauna. Clean the sauna with damp cloth only when it is completely cool and let it dry in a ventilated area.
3. Remove any jewelries or metal objects all the way up from the feet to 10 inches above the knees. Do not wear anklets when using the foot sauna. Metal and jewelries conduct heat and may cause burns.
4. Do not disassemble, repair or modify the foot sauna without authorization from the manufacturer. Contact customer service for product support.
5. It is prohibited to use the foot sauna after consuming alcohol or sleeping pills.
6. It is recommended to use the sauna at least one hour after eating a meal, otherwise it may cause bloating and nausea.
7. Drink more water when using the sauna to replenish the body's loss of water due to sweating.
8. Only drink hot water, even when using it in the hot summer. Cold water may cause effect contrary to the desired results, and can cause spasm in the stomach.
9. Do not fall asleep on the dashboard while using the sauna.
10. Do not use the sauna if metal or porcelain chips and braces were used and have not been removed following an injury to any areas between the feet and 10 inches above the knees.
11. Do not use the product during pregnancy. Use caution when using it after giving birth.
12. It is recommended to take a shower/bath before using the product. Wait for at least 2 hours after a session, before showering or bathing. Do not swim or jump in water, whether cold or hot, right after a foot sauna session.
13. It is not recommended for women during menstruation.
14. Take care to keep warm after a sauna session. Avoid wind or using the fan. Avoid contact with cold objects as much as possible.
15. It is recommended to have a healing session as frequently as every other day, but it can be used to warm up the body anytime with caution.
16. In case of discomfort or adverse conditions, contact and follow the instructions of your medical provider.

Disclaimer: The manufacturer and its distributors are not responsible for any injuries or damages arising from misuse and/or uses outside manufacturer's specified instructions/guidelines.