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MADE IN CHINA | PATENT PENDING
ITEM# 31783

CHSW-3-IM7



SHARPER IMAGE®



CALMING HEAT™ SAUNA WRAP

MODEL:CHSW-3



NEED ASSISTANCE? PLEASE VISIT,
WWW.CALMINGHEATTIPS.COM
FOR ADDITIONAL INFORMATION ABOUT YOUR SAUNA WRAP.

CONTROLLER FEATURES

Heat Intensity Level

Levels of intensity are 1-8.

Power and Heat Intensity Increase Button

Press and hold 1 second to power on.
Quick press to cycle up the heat settings.

Heat Intensity Decrease Button

Quick press to cycle down the heat settings.

Runtime Increments (max of 4)

Each cycle represents 15 minutes of run time for a total of 1 hour.

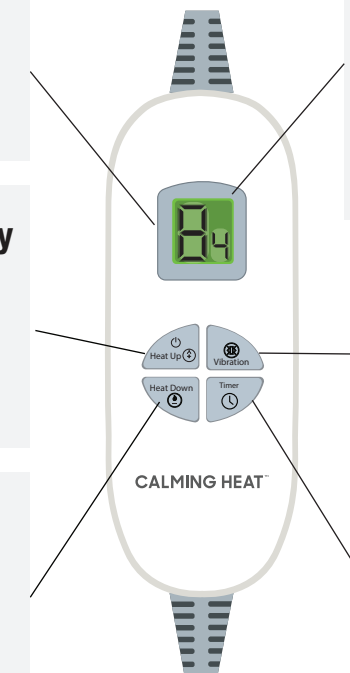
1=15 min
2=30 min
3=45 min
4=60 min

Massage Button

Quick press to cycle through 3 massage settings (high, med, low massage settings).

Timer Button

Controls how long the heat session will run for (in increments of 15 minutes for a max of 1 hr) before auto off. Quick press to cycle through 1-4 increments.



FAQ

How should I clean the Sauna Wrap?

The Sauna Wrap is not machine washable. Use a non toxic cleaning wipe or damp towel with mild detergent (see cleaning instructions found in this manual).

Why doesn't my Sauna Wrap feel hot enough?

Preheating the device for 10 minutes will allow the Sauna Wrap to reach full temperature. Check temperature with your hand prior to entering the sauna. If the temperature is too hot, adjust heat setting and check again after a few minutes before entering.

What should I do if my controller won't turn the Sauna Wrap on?

Unplug the cord from the outlet, wait 5 minutes, and plug the unit in again to reset it.

What if I leave my Sauna Wrap on by accident?

The Sauna Wrap comes with a default 30 minute auto-off feature. this setting is adjustable in 15 minutes increments up to 4 settings for a total of 1 hour. The massage feature has a 15 minute auto-off feature.

For more information on this product, please visit

<https://calmingheattips.com>

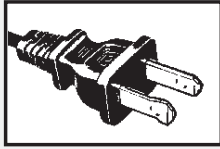
SHARPER IMAGE®
CALMING HEAT™
SAUNA WRAP



MODEL:CHSW-3

FOR HOUSEHOLD USE ONLY

NORTH AMERICAN MODELS WITH POLARIZED PLUGS:



This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug is intended to fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician to install the proper outlet.

DO NOT ATTEMPT TO MODIFY THIS PLUG OR DEFEAT THIS SAFETY FEATURE IN ANY WAY.

INSTRUCTIONS

1. Plug into any 120 volt AC electrical outlet and turn the switch to the ON position.
2. Press the hold Heat up button for 1 second to power device on.
3. Quick press the heat up button to raise the heat intensity, or quick press the heat down to lower. Maximum intensity is level 8.
4. Quick press the timer button to select session time (max session level is 4 for 1 hr total). 1=15 min, 2=30 min, 3=45 min, 4=60 min
5. Lay the product flat on the floor and preheat the sauna wrap to heat up for 10 minutes prior to use.

CLEANING & STORAGE INSTRUCTIONS

DO NOT dry clean, bleach, or submerge in water. DO NOT machine wash.

Cleaning

The sauna wrap is water resistant, and we suggest cleaning the device after each use.

- 1) Make sure the device is unplugged and powered off.
- 2) If used recently, allow the wrap to cool down completely before cleaning.
- 3) Use a damp rag to wipe down any sweat.
- 4) Apply a mild detergent soap and wipe clean (Optional Non toxic cleaning wipes can be used to substitute for the detergent).

Storage

Ensure the device is cooled down 30 minutes prior to folding and storage.

- 1) Fold the sauna wrap in half vertically (lengthwise).
- 2) Take the bottom portion of the sauna and fold it in 3 equal sections.
- 3) Place the wrap in the original box for storage.

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IMPORTANT SAFETY INSTRUCTIONS

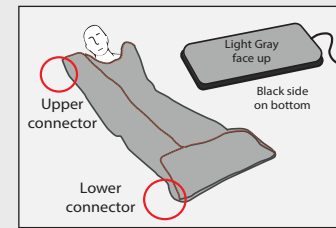
DO NOT DESTROY

DANGER:

TO REDUCE RISKS OF BURNS, ELECTRIC SHOCK, FIRE, AND PERSONAL INJURY, THIS PRODUCT MUST BE USED IN ACCORDANCE WITH THE FOLLOWING INSTRUCTIONS:

1. READ ALL INSTRUCTIONS.
2. USE THIS APPLIANCE ONLY FOR ITS INTENDED USE AS DESCRIBED IN THIS MANUAL. DO NOT USE ATTACHMENTS NOT RECOMMENDED BY THE MANUFACTURER.
3. DO NOT USE WHILE SLEEPING.
4. DO NOT USE OUTDOORS.
5. DO NOT USE ON AN INFANT OR ON AN ANIMAL.
6. THIS PAD IS NOT TO BE USED ON OR BY AN INVALID, SLEEPING, HELPLESS OR UNCONSCIOUS PERSON, A PERSON WITH DIABETES, A PERSON WITH POOR BLOOD CIRCULATION OR INSENSITIVITY TO HEAT.
7. TURN ALL CONTROL FEATURES TO THE OFF POSITION BEFORE REMOVING THE PLUG FROM OUTLET.
8. THIS APPLIANCE IS NOT TO BE USED BY CHILDREN. CLOSE SUPERVISION IS NECESSARY WHEN ANY APPLIANCE IS USED NEAR CHILDREN. CHILDREN SHOULD NOT PLAY WITH THE APPLIANCE.
9. DO NOT USE ON AREAS OF INSENSITIVE SKIN.
10. BURNS CAN OCCUR REGARDLESS OF CONTROL SETTING, CHECK SKIN UNDER PAD FREQUENTLY.
11. DO NOT USE THIS PRODUCT IF YOU HAVE SERIOUS CARDIOVASCULAR AND/OR RESPIRATORY DISEASE.
12. DO NOT USE THIS PRODUCT WITHOUT ADEQUATE CLOTHING. FAILURE IN COMPLYING CAN RESULT IN BURNS, AND/OR INJURIES.
13. ALWAYS WEAR CLOTHING WITH FULL BODY COVERAGE SUCH AS LONG SLEEVE SHIRTS, SWEATPANTS, AND SOCKS, REDUCES THE CHANCE OF BURNS.
14. EXAMINE THE SURFACES OF THE PRODUCT WHEN ENTERING WHILE THE DEVICE IS POWERED ON. IF YOU ARE FEELING UNCOMFORTABLE, OR THE HEAT IS TOO INTENSE, EXIT THE SAUNA WRAP AND REDUCE THE TEMPERATURE SETTING TO A SUITABLE LEVEL.
15. DO NOT PLACE THE CONTROLLER IN OR ON THE SAUNA WRAP WHILE IN USE. DOING SO CAN TRIGGER THE OVERHEAT CIRCUIT PROTECTION AND POWER THE DEVICE OFF.
16. DO NOT OPERATE WHERE AEROSOL (SPRAY) PRODUCTS ARE BEING USED OR WHERE OXYGEN IS BEING ADMINISTERED.
17. DO NOT USE PINS OR OTHER METALLIC MEANS TO FASTEN THIS PAD IN PLACE.
18. AVOID SHARP FOLDS. PLACE PAD ON TOP OF AND NOT UNDER THE PART OF BODY NEEDING HEAT.
19. UNPLUG WHEN NOT IN USE. NEVER LEAVE APPLIANCE UNATTENDED, ESPECIALLY IF CHILDREN ARE PRESENT.
20. DO NOT OPERATE UNDER BLANKET OR PILLOW. EXCESSIVE HEATING CAN OCCUR AND CAUSE FIRE, ELECTRIC SHOCK, OR INJURY TO PERSONS.
21. NEVER PULL THIS PAD BY THE SUPPLY CORD. DO NOT USE THE CORD AS A HANDLE. DO NOT PINCH CORD.
22. NEVER OPERATE THIS APPLIANCE IF IT HAS A DAMAGED CORD OR PLUG, IF IT IS NOT WORKING PROPERLY, IF IT HAS BEEN DROPPED OR DAMAGED, OR DROPPED INTO WATER.
23. DO NOT TUCK IN, TRAP, FOLD, CROSS, PINCH OR WRAP CONTROLLER OR CORD WITH HEATING PAD DURING USE.
24. NEVER LEAVE THIS PAD CONNECTED TO AN ELECTRICAL SUPPLY CIRCUIT WHEN NOT IN ACTUAL USE. WHEN NOT IN USE THIS PAD SHOULD BE KEPT IN A COOL, DARK, DRY PLACE – PREFERABLY IN THE ORIGINAL CARTON.
25. CAREFULLY EXAMINE PAD, COVER, CORD AND CONTROLLER BEFORE EACH USE. DISCARD THE PAD IF ANY SIGN OF DETERIORATION, WEAR OR DAMAGE. DO NOT TAMPER WITH THIS PAD IN ANY WAY. THERE ARE NO USER SERVICEABLE PARTS. IF PAD DOES NOT FUNCTION SATISFACTORILY, SEE WARRANTY OR CONTACT CUSTOMER SERVICE.
26. LOOP CORD LOOSELY WHEN STORING, TIGHT WRAPPING MAY DAMAGE CORD AND INTERNAL PARTS. ALLOW TO COOL BEFORE STORING AND DO NOT CREASE BY PLACING ITEMS ON TOP OF IT.
27. USE THIS PAD ONLY AT RATED VOLTAGE, AS MARKED ON THE PRODUCT.
28. DO NOT USE WITH GENERATORS, POWER CONVERTERS, OR INVERTERS.
29. DO NOT USE THIS PAD WITH LINIMENT, SALVE OR OINTMENT PREPARATIONS. SKIN BURNS COULD RESULT.
30. THIS APPLIANCE IS NOT INTENDED FOR MEDICAL USE IN HOSPITALS.
31. DO NOT MASSAGE WHEN PAIN IS PRESENT, OR AREAS THAT ARE SWOLLEN, INFLAMED, COVERED WITH SKIN ERUPTIONS OR UNEXPLAINED PAIN. CONSULT A PHYSICIAN BEFORE USING ANY EQUIPMENT OF THIS TYPE.
32. DO NOT IMMERSE PLUGS, POWER SUPPLY CORD, CONTROLLER OR BLANKET IN WATER OR OTHER LIQUID.
33. DO NOT DRY CLEAN, DO NOT BLEACH, DO NOT IMMERSE IN WATER.
34. DO NOT USE DRY-CLEANING FLUID ON THIS DEVICE, CLEANING SOLVENTS MAY HAVE A DETERIORATING EFFECT ON THE INSULATION OF THE HEATING ELEMENT.
35. NEVER USE PAD IF THE PRODUCT FABRIC IS NOT INTACT.
36. ALWAYS UNPLUG THIS APPLIANCE FROM THE ELECTRICAL OUTLET IMMEDIATELY AFTER USING AND BEFORE CLEANING.
37. READ AND FOLLOW ALL INSTRUCTIONS ON BOX OR PACKED WITH PAD BEFORE USING.
38. NEVER DROP OR INSERT ANY OBJECT INTO ANY OPENING.
39. SAVE THESE INSTRUCTIONS.

TO INSTALL MASAGE PAD:



2. There are 2 input plugs on inside of your device. Select the input plug that corresponds with the closets location of the body part you want to massage, and plug the massage pad into the connector.

Note: Ensure the light grey side of the massage pad is facing up.

3. Press the message button to scroll through the massage intensity settings.

AUTO-OFF FEATURE

This product includes an Auto-Off Feature: The heating function will turn off automatically after 1 maximum hour of continuous use, and the vibration feature will turn off after 15 minutes of continuous use.

NOTE: After a power outage, the Auto-Off feature automatically resets the timer.

RESET INSTRUCTIONS

If your heating pad unexpectedly shuts off (not including the Auto-Off setting feature), follow these steps

1. Unplug
2. Wait 5 minutes
3. Plug unit in and operate normally

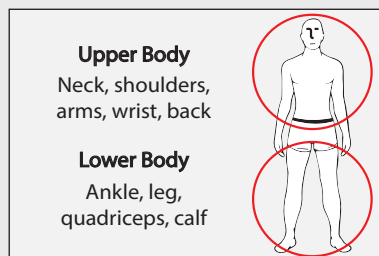


PRODUCT SPECIFICATIONS

Pad Size:	70in x 70in (178 cm x 178 cm), Unfolded
Power Rating:	Input: AC120V 60Hz Output: Voltage output from controller, Heating 120V Power Rating: 540W Massage function is 12V
3 Massage Settings: Auto Off 15 Minutes	Low Speed Constant Med Speed Constant High Speed Constant
8 Heat Settings: Auto Off 4 Settings (15 minute increments upto 1hr total)	

Additional Massage Pad Feature

This item includes a massage pad for an additional vibrational massage features for targeted relief.



TO INSTALL MASAGE PAD:

1. Determine what body part you would like to work on (upper body or lower body) settings.

FCC CERTIFIED

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: This product 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 product 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 product does cause harmful interference to radio or television reception, which can be determined by turning the product 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 product and receiver.
- Connect the product 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.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This Class B digital apparatus complies with Canadian ICES-003.

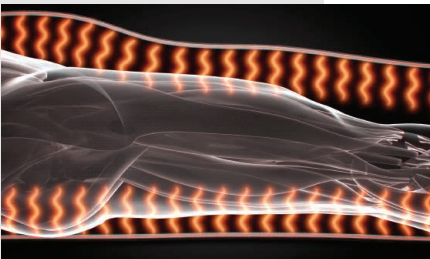
GETTING STARTED:

**CONSULT YOUR PHYSICIAN BEFORE USE.
READ THE INCLUDED MANUAL ENTIRELY.
REVIEW ALL WARNINGS AND SAFETY INSTRUCTIONS.
INSPECT SAUNA WRAP PRIOR TO USE FOR DAMAGE, RIPPED MATERIAL.
DISCONTINUE USE IF ANY DAMAGE IS PRESENT**



Setting Up

- Wear Proper attire- see “what to wear” section below. Long sleeves, long pants, and socks are required.
- Preheat sauna at level 3-5.
CHECK TEMPERATURE OF SAUNA BY TOUCHING THE INSIDE OF THE WRAP BEFORE ENTERING!
- To Begin- Start at level 3-5. If you are able to sweat at level 3-5, then there is no need to go to levels 6-8.
- If you are unable to sweat at these settings, **SLOWLY** increase to level 6 or 7.
- **LEVEL 8 SHOULD ONLY BE USED IF SWEATING CAN NOT BE ACHIEVED!!!**
- **DO NOT EXCEED** 50 minute session (10 minute preheat with a 50 minute session).
- Only use on flat smooth surfaces-never heat while folded or wrinkled.



What to Wear?

WARNING! You must have a barrier between your skin and the sauna wrap at all times (including your feet).

- Wear comfortable, full length, skin covering clothing.
- Breathable clothing with a higher content perform the best.
- Socks are required and must be worn.
- **BE COMFORTABLE-** sweatpants, pajama bottoms, and long sleeve shirts are best.

AVOID skin tight Lycra, or workout based clothing.

Where to Use?

- Sauna wrap should only be used on heat resistant surfaces.
- For best results: Get Comfortable and place your sauna on a yoga mat for extra comfort. Place a towel over pillow to rest your head on.
- **NEVER USE** the sauna wrap on a water bed, latex foam mattress or couch.
- When using on your bed, couch, or rug, ensure they are not made of latex synthetics, or flammable materials.

Post Session

- Unplug outlet and allow the unit to cool down for at least 30 minutes before folding/storage.
- Follow cleaning instructions.
- Fold blanket and loosely loop controller and wiring.
- **NEVER FOLD BLANKET WHILE INSIDE IS STILL WARM!**

