



# USER MANUAL GUIDE





**Dear Customer,**

Thank you for choosing sweatspa™ - we are thrilled for being a part of your journey to wellness!

At sweatspa™, we inspire people to sweat in a conducive manner. We believe ones need to perspire in order to attain good health. With sweatspa™ Infrared Foot Sauna, you will be surprised at the noticeable effects on pain relief, body detoxification & fat loss. As well as other great benefits on your skin, mood, stress reduction & improved circulation.

We believe you will enjoy your Infrared foot sauna session at the convenient of your home with your loved ones. We strive in providing you the best & high quality of Infrared Foot Sauna to serve your purpose of living healthy.

***It's All About Sweat!***

Sincerely,

***Sabrina Tang***  
Founder of sweatspa™

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# SWEATSPA™ FOOT SAUNA

## PART LISTS

Contol panel



# How to operate?

Please keep in mind the following steps to operate sweatspa™ Foot Sauna:

- 1 Place your foot sauna **on a dry level surface** with the control panel at the top.



- 2 **Plug your foot sauna** into a wall outlet.

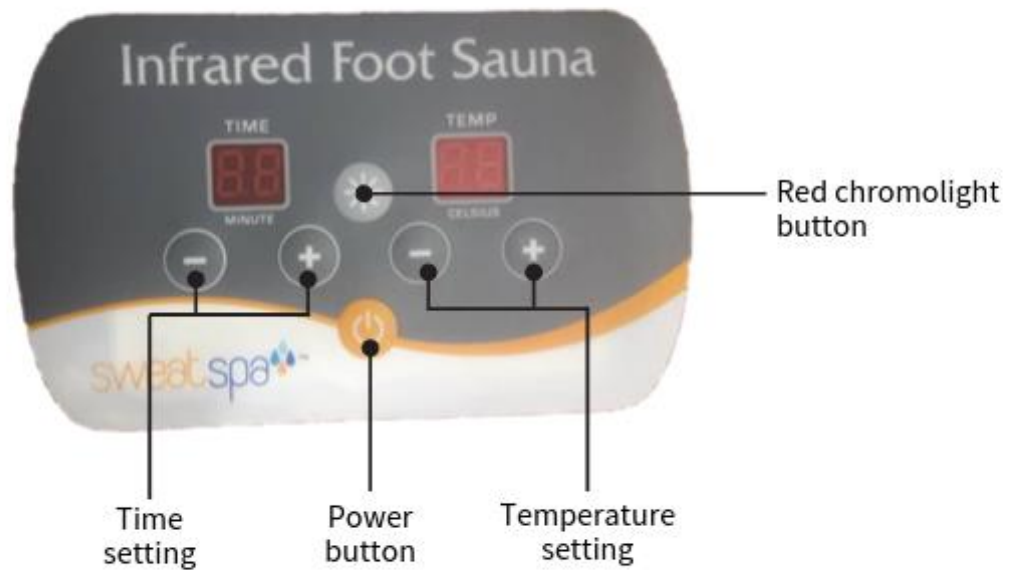


- 3 **Place a chair** or bench in front of the foot sauna so your legs are comfortable when placed in the foot sauna.



4 Press '**POWER**' button.

*Keypad Operating Buttons*



### **Program Setting (Time & Temperature)**

Set your temperature to <65'C for 30-60 minutes. Or according to your desired temperature and minute.

- You can choose to **ON/OFF** the red chromolight button during your sauna session. The chi red "energy" light is very grounding and can be very helpful when feeling low energy.

5 **Session start.** Sit back & relax as you are now on your way to better health.

### **Few reminders!**

1. The main power cord must be in reach of the power source.
2. The location must be dry and level.
3. You will need enough room to put a chair or bench in front of the unit to sit on.

# Cleaning & Maintenance

Because sweatspa™ infrared foot sauna provide dry heat, they require very little cleaning.

## Outside Part

- Wipe down the outside of the unit with a soft cloth.
- For deeper cleaning, use a natural wood cleaner to clean the part every two weeks or so.
- DO NOT USE alcohol, paint thinner or volatile liquid to clean the unit.

## Inside Part

- Periodically use vacuum or wipe down the inside part with a dry soft cloth.
- **The foot pad** can be cleaned by using a damp cloth. You can use an alcohol swab to clean the tourmaline disc. every two weeks or so to maintain optimal cleanliness.

## Cover cloth

- It is advisable for the cover cloth to be washed by hands and air drying it in order to preserve the quality of the fabric.

## Safety Instructions

1. Carefully read and follow all instructions.
2. Basic safety precautions should always be followed when installing and using this electrical equipment.
3. To reduce the risk of injury, do not allow children to use the sauna unless they are closely supervised at all time.
4. The use of alcohol, drugs, or medications prior of using the sauna session is not recommended.
5. Persons suffering from obesity or with a medical history of heart disease, low or high blood pressure, circulatory system problems, or diabetes should consult a physician prior of using the sauna.
6. Persons using medications should consult a physician before using the sauna since some medications may induce drowsiness while others may affect heart rate, blood pressure, and circulation.
7. Do not stack or store any objects on top of or inside the sauna.
8. If power supply cord becomes damaged, it must immediately be replaced by the manufacturer or its agent or a similarly qualified person to avoid a hazard.
9. Do not use the unit during an elctrical storm, as there is a remote risk of shock.
10. Altering or tampering of any electrical connections on the power supply will void the manufacturer's warranty.
11. Dry your hands before handling electrical controls. Never unplug the power cord or adjust the controls with wet hands or when you have wet bare feet. A danger of of electrical shock exists.
12. Do not attempt any repair without consulting the manufacturer first. Unauthorized repair attempts will void manufacturer's warranty.





sweatspa™  
It's all about sweat

*"We believe that as simple as sweating could provide greater detoxification benefits to achieve optimal health, beauty and vitality."*