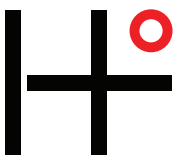


# INFRARED SAUNA WRAP



HOT HAVEN®

Read Before Use  
**IMPORTANT SAFETY INSTRUCTIONS**

1. Consult with a doctor before using the HOT HAVEN Infrared Sauna Wrap. If you have any of the conditions below, use of the sauna wrap is not recommended without your doctor's approval:
  - Skin diseases, burns or reddening
  - Splanchnic diseases
  - Heart disease or illness
  - Broken bones
  - Malignancy
  - Nausea, headache or other symptoms
  - Recent surgery
  - Osteoporosis
  - Abnormal blood pressure
  - Currently pregnant or breastfeeding
  - Anhidrosis
  - Cancer or other malignant conditions
  - Metal or other body implants, including breast implants
  - Mental illness
2. Do not use the sauna wrap if the power cord or controller is damaged.
3. Do not use the sauna wrap near water or other liquids.
4. Do not use the sauna wrap if you are under the influence of drugs or alcohol.
5. Do not use the sauna wrap while sleeping.
6. Keep the sauna wrap away from children and pets.
7. Do not fold or crease the sauna wrap while it is in use.
8. Do not use the sauna wrap on a high setting for extended periods of time.
9. Do not use the sauna wrap in areas with poor ventilation.
10. Do not use the sauna wrap if you feel uncomfortable or experience any pain.
11. Do not block the air vents on the sauna wrap.
12. Always unplug the sauna wrap after use and allow it to cool down before storing it.

Failure to follow these safety instructions may result in injury or damage to the sauna wrap. If you have any questions or concerns regarding the safety of the HOT HAVEN Infrared Sauna Wrap, please contact HOT HAVEN customer service for assistance.



**HOT HAVEN WRAP UNFOLDED**

**Velcro Attachment Points -** These are strategically placed on the wrap. These attachment points enable the wrap to be easily adjusted to fit users of different sizes.

**FOLDED HOT HAVEN WRAP**

The image displays the HOT HAVEN wrap folded into a compact form.

Its design allows for easy folding and convenient storage, making it ideal for travel or space-saving needs.

The wrap's flexible and durable material ensures it can be compacted without damaging the product, highlighting its portability and practicality.



**HOT HAVEN WHITE CONTROL BOX WITH LED INTERFACING SCREEN**

**LED Interfacing Screen -** Situated centrally on the control box, the LED screen displays the current temperature setting and the status of the HOT HAVEN wrap. It uses bright, easy-to-read digital numerals that allow the user to conveniently monitor the operation.

**Temperature Adjustment Buttons -** These are located on either side of the LED screen. The "+" button is for increasing the temperature, while the "-" button is for decreasing it. Users can easily adjust the wrap's heat level by pressing these buttons.

Read Before Use  
**IMPORTANT SAFETY INSTRUCTIONS**

- When using electrical appliances, basic safety precautions should always be followed to reduce the risk of fire, electric shock, and/or injury to persons. Misuse or failure to follow these warnings and instructions may cause overheating, fire, personal injury, and/or property damage.
- Be sure to read all instructions carefully before using the HOT HAVEN Infrared Sauna Wrap.
- For customers in the United States, the HOT HAVEN Infrared Sauna Wrap is designed to be plugged into a standard U.S. Type B (NEMA 5), 120V electrical outlet. It should only be used on an AC supply circuit of the proper voltage and should not be used with an extension cord, generators, power converters, or inverters. Using the wrap in other countries with electrical transformers is at your own risk.
- Before each use, carefully examine the HOT HAVEN Infrared Sauna Wrap, cord, and HOT HAVEN BOX CONTROLLER for any signs of damage. If you notice any improper operation, wear, or damage, immediately discontinue use, unplug the device, and contact HOT HAVEN Customer Care at [Sweat@myhothaven.com](mailto:Sweat@myhothaven.com)
- Do not use the HOT HAVEN Infrared Sauna Wrap on infants, children, incapacitated or immobile individuals, paraplegics or quadriplegics, diabetics, anyone insensitive to heat, or anyone who cannot clearly understand the instructions and operate the controls.
- Do not use the HOT HAVEN Infrared Sauna Wrap on a waterbed, bunk bed, latex or memory foam bed, mechanically adjustable bed, or a child's crib or bed.
- Do not tuck, pinch, flex, or expose the wired heating area of the HOT HAVEN Infrared Sauna Wrap. Keep all parts of the device visible at all times.
- The HOT HAVEN BOX CONTROLLER is not waterproof, so do not immerse it in water or other liquids. Keep the HOT HAVEN BOX CONTROLLER away from drafty areas that may become damp or wet.
- Allow the device to cool before storing, and do not crease it by placing other items on top. Store the HOT HAVEN Infrared Sauna Wrap in a cool, dark, dry place.

## **BEFORE USE:**

- Before using your HOT HAVEN INFRARED WRAP, please make sure to carefully review the entire manual, including the safety instructions. Additionally, inspect the surface of the HOT HAVEN WRAP for any signs of wear and tear, and check the HOT HAVEN BOX CONTROLLER and cords for any fraying. Do not use the HOT HAVEN INFRARED WRAP if any of these issues are present

## **WHERE DO I USE?**

- The HOT HAVEN INFRARED SAUNA WRAP can be placed on any heat-resistant surface.
- Do not use this heated product on a waterbed, latex or memory foam bed or couch. Do not use on mechanically adjustable bed, bunk bed, or child's crib/bed.
- CAUTION: If you plan to use the HOT HAVEN INFRARED WRAP on your bed, couch, or rug, make sure they are not made of synthetic material to avoid any potential hazards.

## **WHAT DO I WEAR?**

- We recommend wearing comfortable and breathable clothing that covers your skin. Cotton clothing is highly recommended for optimal comfort. It's important to also wear socks to cover your feet during use.
- For added comfort, we recommend using our HOT HAVEN Organic Cotton towel insert inside the sauna wrap.

## **LETS SWEAT:**

- Always start at Temp 65 ,and slowly increase to level 70 or 75. Only use temperature 75 if sweating cannot be achieved on lower levels.
- Place a cotton towel between you and the HOT HAVEN INFRARED WRAP when using higher levels as they can be extremely hot.
- Always wear recommended clothing, including long sleeves, long pants, and socks made of medium thickness cotton material.
- Do not exceed 60 minutes in the HOT HAVEN INFRARED WRAP.
- Do not use this heated product directly on synthetic material.
- Do not rest the HOT HAVEN BOX controller on the HOT HAVEN INFRARED WRAP during use.

Read Before Use  
**IMPORTANT SAFETY INSTRUCTIONS**

- The HOT HAVEN BOX controller is not waterproof. Do not immerse it in water or other liquids.
- The surface of the HOT HAVEN INFRARED WRAP becomes hot while in use.

**DURING USE:**

- Connect the HOT HAVEN INFRARED WRAP BOX controller plug into a standard electrical outlet, and connect the three other receiving port wires at the foot of the blanket and into the HOT HAVEN INFRARED WRAP BOX controller, ensuring all connections are secure.
- Press the power switch to activate the HOT HAVEN INFRARED WRAP BOX controller. Do not place the controller on top of the blanket as it can become hot.
- Preheat the HOT HAVEN INFRARED WRAP for approximately 15 minutes before use, and select the temperature by going to each section <UP> <MIDDLE> <DOWN>\*\* this is the 3 zone heating section\*\* adjust temperature from 65-75 Celsius across the three sections for optimal sweat experience.
- Touch the surface of the HOT HAVEN INFRARED WRAP to determine your desired heat level. Reduce or raise the temperature setting at any time.
- When using temperature levels 70 through 75, place a towel inside the HOT HAVEN INFRARED WRAP for an added barrier between you and the product.
- If you feel an area of your body getting too warm, reduce the temperature setting at any time. If you need to stop the session at any time, press the power button on the HOT HAVEN BOX controller to turn it off.

**AFTER USE:**

- Do not fold the HOT HAVEN INFRARED WRAP for at least 30 minutes after use, or while it is still warm to the touch. Failure to do so will void your warranty.
- Turn off and unplug the HOT HAVEN INFRARED WRAP when not in use.
- Loop the cord loosely when storing to avoid damaging it.

- Store the product in the original packaging in a cool, dark, dry place, and do not store with items on top of the HOT HAVEN INFRARED WRAP.
- Always handle with care.
- If you have preheated the HOT HAVEN INFRARED WRAP for 10 minutes then you have 50 mins left on the timer, do not use it for more than 60 minutes. The HOT HAVEN INFRARED WRAP will automatically turn off after 60 minutes.
- Once your session is complete, exit the HOT HAVEN INFRARED WRAP.
- Always unplug the HOT HAVEN INFRARED WRAP from the wall after use.
- For hygiene reasons, it is recommended that you clean the HOT HAVEN INFRARED WRAP between each session.
- CAUTION: After use, the HOT HAVEN INFRARED WRAP will be very hot. Leave it open to cool completely before folding and storing. Failure to do so may result in damage to the blanket.
- It is important to stay hydrated before, during, and after your sweat session.

## TEMPERATURE SETTINGS

<b>BOX SETTING</b> (Infrared Temperature Effect)
25C = 77F
30C = 86F
35C = 95F
40C = 104F
45C = 113F
50C = 122F
55C = 131F
60C = 140F
65C = 149F
70C = 158F
75C = 167F

# CLEANING AND STORAGE

While this infrared wrap is waterproof, we suggest cleaning it between each use to keep it in the best condition. We recommend treating it like a yoga mat.

## **SUGGESTED CLEANING TIPS:**

- Use a soft cloth or towel to absorb any sweat.
- Use a non-toxic, gentle soap or non-toxic cleaning wipe.
- **HOT HAVEN TIP:** Mix equal parts of white vinegar and water in a spray bottle add a few drops of tea tree oil . Spray the solution onto the wrap and wipe it down with a soft cloth. Vinegar is a natural disinfectant and can help remove any unpleasant odors.
- Do not use strong corrosive cleaners or alcohol on the HOT HAVEN INFRARED SAUNA WRAP .

## **SUGGESTED STORAGE TIPS:**

- Please ensure the HOT HAVEN INFRARED SAUNA WRAP has cooled down completely before cleaning and storing it.
- Store in a cool, dry place away from any sharp objects or materials.
- Do not clean the HOT HAVEN INFRARED SAUNA WRAP with chemical solutions.
- Do not place any objects on the HOT HAVEN INFRARED SAUNA WRAP.
- Do not place any electronics on top of or inside the HOT HAVEN INFRARED SAUNA WRAP, especially while the blanket is powered on.
- Do not submerge this sauna blanket in water.
- Do not place in washing machine or dry clean.



## SETUP GUIDE

We're thrilled that you've chosen our Infrared Sauna Wrap, and to help you get started, we've created a series of instructional videos that will guide you through every step of the process, from setting it up to using it effectively for your wellness needs.

To access these videos, please scan the QR code provided here. Here's how

- Open the camera app on your smartphone.
- Point your camera at the QR code.
- A notification should pop up. Tap on it to open the link.
- This QR code will take you directly to our dedicated YouTube channel where you'll find all our how-to videos. If you're a first-time user, we recommend starting with our 'Setup Guide' video and then exploring the rest at your own pace.

As you journey through your wellness routine, these videos can serve as a valuable resource to ensure you're maximizing the potential of your Infrared Sauna Wrap.

Remember, the key to a beneficial sauna experience is understanding how to use it correctly and safely.

Should you have further questions or need additional help, feel free to reach out to our customer support. We're here to assist you every step of the way.



**THANK YOU FOR  
CHOOSING HOT HAVEN.  
HERE'S TO YOUR  
HEALTH AND WELLNESS!**

# WARRANTY INFORMATION

HOT HAVEN Infrared Wrap One (1) Year Limited Warranty  
Effective Date: April 24, 2023

Important: by using your hot haven infrared wrap, you are agreeing to be bound by the terms of this one (1) year limited warranty ("warranty") as set out below. Do not use your product until you have read the terms of the warranty. If you do not agree to the terms of the warranty, do not use the product and return it within the return period stated in Hot Haven's return policy for a refund.

## **CONSUMER LAW RIGHTS**

This Warranty gives you specific legal rights, and you may have other rights that vary from state to state (or by country or province). Except as permitted by law, HOT HAVEN does not exclude, limit or suspend other rights you may have, including those that may arise from the nonconformity of a sales contract. For a full understanding of your rights, you should consult the laws of your country, province, or state.

## **WARRANTY LIMITATIONS SUBJECT TO CONSUMER LAW**

To the extent permitted by law, this Warranty and the remedies set forth are exclusive and in lieu of all other warranties, remedies, and conditions, whether oral, written, statutory, express or implied. HOT HAVEN disclaims all statutory and implied warranties, including without limitation, warranties of merchantability and fitness for a particular purpose and warranties against hidden or latent defects, to the extent permitted by law. Insofar as such warranties cannot be disclaimed, HOT HAVEN limits the duration and remedies of such warranties to the duration of this express Warranty and, at HOT HAVEN's option, the repair or replacement services described below. Some states (countries and provinces) do not allow limitations on how long an implied warranty (or condition) may last, so the limitation described above may not apply to you.

## **WHAT IS COVERED BY THIS WARRANTY?**

HOT HAVEN warrants the HOT HAVEN-branded Infrared Wrap and the HOT HAVEN-branded accessories contained in the original packaging ("HOT HAVEN Infrared Wrap") against defects in materials and workmanship when used normally in accordance with HOT HAVEN's published guidelines for a period of ONE (1) YEAR from the date of original retail purchase by the end-user purchaser ("Warranty Period"). HOT HAVEN's published guidelines include proper usage and care instructions.

## **WHAT IS NOT COVERED BY THIS WARRANTY?**

This Warranty does not apply to any non-HOT HAVEN branded products, even if packaged or sold with HOT HAVEN-branded products. HOT HAVEN does not warrant that the operation of the HOT HAVEN Infrared Wrap will be uninterrupted or error-free. HOT HAVEN is not responsible for damage arising from failure to follow instructions relating to the HOT HAVEN Infrared Wrap's use.

This Warranty does not apply: (a) to cosmetic damage, including but not limited to scratches, dents, and broken plastic on ports, cords or controllers, unless failure has occurred due to a defect in materials or workmanship; (b) to damage caused by operating the HOT HAVEN Infrared Wrap outside HOT HAVEN's published guidelines; (c) to damage caused by service performed by anyone who is not a representative of HOT HAVEN; (d) to damage caused by unauthorized modification or alteration of the HOT HAVEN Infrared Wrap; (e) to damage caused by accident, abuse, misuse, flood, fire, earthquake, or other external causes; (f) to defects caused by normal wear and tear or otherwise due to the normal aging of the HOT HAVEN Infrared Wrap.

HOT HAVEN is designed and intended for home use only. Using HOT HAVEN in a commercial or institutional setting will void the product's warranty and may open the owner of the property to unnecessary risks.

## **WHAT WILL HOT HAVEN DO IN THE EVENT THE WARRANTY IS BREACHED?**

If during the Warranty Period you submit a claim to HOT HAVEN in accordance with this warranty, HOT HAVEN will, at its option:

- Repair HOT HAVEN using new or previously used parts that are equivalent to new in performance and reliability,
- Replace the HOT HAVEN with the same model (or with your consent, a product that has similar functionality) formed from new and/or previously used parts that are equivalent to new in performance and reliability, or exchange the HOT HAVEN for a new item.

## **HOW TO OBTAIN WARRANTY SERVICE?**

You must contact HOT HAVEN via email at [support@hothaven.com](mailto:support@hothaven.com) in order to seek warranty service. A HOT HAVEN representative will help determine whether your HOT HAVEN requires service and, if it does, will inform you how HOT HAVEN will provide it.

## **WARRANTY SERVICE OPTIONS**

HOT HAVEN will provide warranty service through mail-in service. If HOT HAVEN determines that your HOT HAVEN is eligible for mail-in service, HOT HAVEN will send you prepaid waybills and instructions on how to properly pack and address your HOT HAVEN, so that you may ship your HOT HAVEN to HOT HAVEN. Instructions will be sent to you via email. Once service is complete, HOT HAVEN will return the product to you. HOT HAVEN will pay for shipping to and from your location if all instructions regarding the method of packaging and shipping the HOT HAVEN are followed. HOT HAVEN reserves the right to change the method by which HOT HAVEN may provide warranty service to you, and your HOT HAVEN's eligibility to receive a particular method of service. Service will be limited to the options available in the country where service is requested. Service options, parts availability, and response times may vary according to country. You may be responsible for shipping and handling charges if the HOT HAVEN cannot be serviced in the country it is in. If you seek service in a country that is not the original country of purchase, you will comply with all applicable import and export laws and regulations and be responsible for all custom duties, V.A.T. and other associated taxes and charges. Where international service is available, HOT HAVEN may repair or replace the HOT HAVEN and parts with comparable products and parts that comply with local standards.

## **LIMITATION OF LIABILITY**

Except as provided in this warranty and to the maximum extent permitted by law, hot haven is not responsible for direct, special, incidental, or consequential damages resulting from any breach of warranty or condition, or under any other legal theory, including but not limited to loss of use; loss of revenue; loss of actual or anticipated profits (including loss of profits on contracts); loss of the use of money; loss of anticipated savings; loss of business; loss of opportunity; loss of goodwill; loss of reputation; or any indirect or consequential loss or damage howsoever caused including the replacement of equipment and property. The foregoing limitation shall not apply to death or personal injury claims, or any statutory liability for intentional and gross negligent acts and/or omissions.

# PRODUCT DETAILS

## PRODUCT DETAILS:

- Heat Zones: 3 separate heat zones
- Display: Temperature range is between 35 and 75 degrees Celsius.
- Control: Comes with a white control box that has a welcome screen and a temperature screen.
- Voltage: 110-120 Volt (US/Canada model)
- Wattage: 900W
- Amps: 5 Amps
- Timer Settings: 60 mins
- Electrical field is ZERO EMF
- Warranty: One-Year limited warranty. See details here.
- Size: 71 x 71 inches (180 x 180 cm), unfolded. Maximum interior circumference when in use is approximately 65 inches (165 cm)
- Light: Far Infrared

Note: These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**WWW.MYHOTHAVEN.COM**  
**SUPPORT@MYHOTHAVEN.COM**

