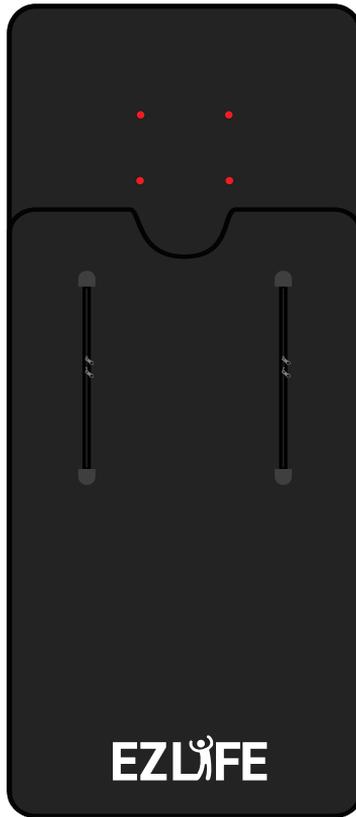


Infrared Sauna Blanket

Combination Infrared+Red Light Therapy

INSTRUCTION MANUAL



IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

DISCOVER THE POWER OF INFRARED THERAPY WITH RED LIGHT

Infrared therapy provides a wide range of health benefits. Far-infrared heat raises the body's core temperature, encouraging a deep, detoxifying sweat that helps flush out toxins such as heavy metals. This process also increases heart rate and circulation, mimicking the effects of moderate exercise—enhancing metabolism, supporting cardiovascular health, and promoting fat loss. Combining with Red light therapy creating a powerful synergy that enhances these mentioned benefits.

In addition, infrared therapy complimented with red light has been shown to:

- Strengthen the immune system
- Lower blood pressure
- Reduce the risk of cardiovascular disease and stroke
- Relieve pain from chronic conditions like arthritis
- Improve skin clarity and elasticity
- Reduce stress and support better sleep

Experience Infrared Wellness at Home

With the EZLIFE™ Infrared Sauna Blanket, you can enjoy the therapeutic benefits of infrared heat coupled with red light therapy from the comfort of your own home—no need for expensive spa appointments.

This non-toxic, sweat-resistant blanket features silicone heating wires that emit far-infrared waves. These waves penetrate up to 1.5 inches into muscle and fat tissue, warming the body from the inside out without overheating the skin.

Because the sauna blanket doesn't rely on extreme heat like traditional saunas, it's gentle enough for sensitive skin and safer for daily use. Whether you're seeking cardiovascular support, chronic pain relief, help reducing belly fat, or simply a new way to relax—this product offers a powerful, portable solution.

Customizable Heat & Time Settings

- Adjustable temperature: 86°F to 176°F (30°C–80°C)
- Timer settings: 30–60 minutes per session
- Suggested use: 3–4 sessions per week, 30 minutes each
- Visible results: In as little as 3 weeks

Wellness Wherever You Go

The EZLIFE™ infrared sauna blanket is lightweight, folds compactly, and comes with a carry bag, making it ideal for at-home use or travel. No other sauna system is this convenient, affordable, or effective.

Redefine Wellness & Beauty with the EZLIFE™ infrared sauna blanket

Temperature Range	Benefits
86°F – 120°F	Soothes and stimulates the body, relaxes the mind, improves well-being.
121°F – 131°F	Pairs well with physical therapy, relieves chronic pain and inflammation.
132°F – 176°F	Promotes fat loss, boosts detoxification.

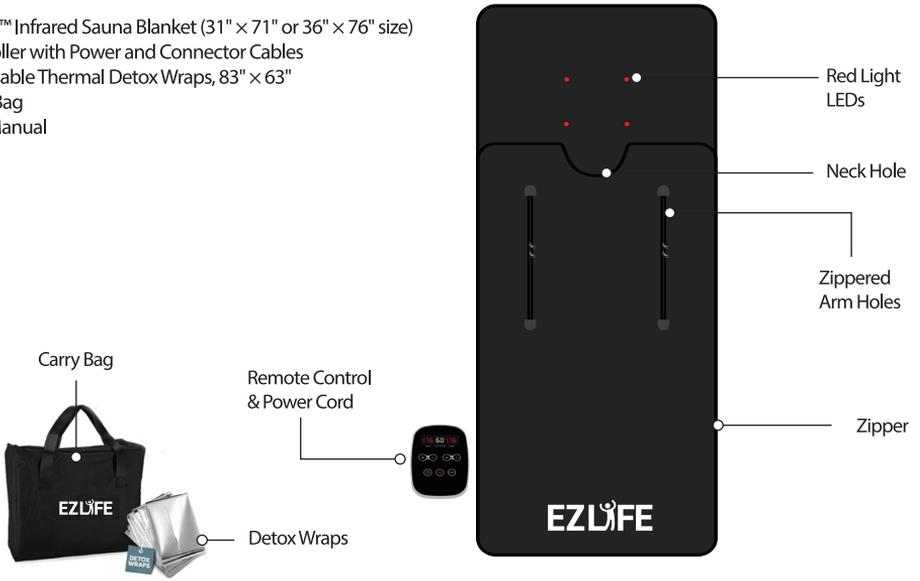
Want to learn more?

This manual includes everything you need to get started safely and effectively with your EZLIFE™ Infrared Sauna Blanket. Let your journey to recovery, relaxation, and radiant wellness begin.

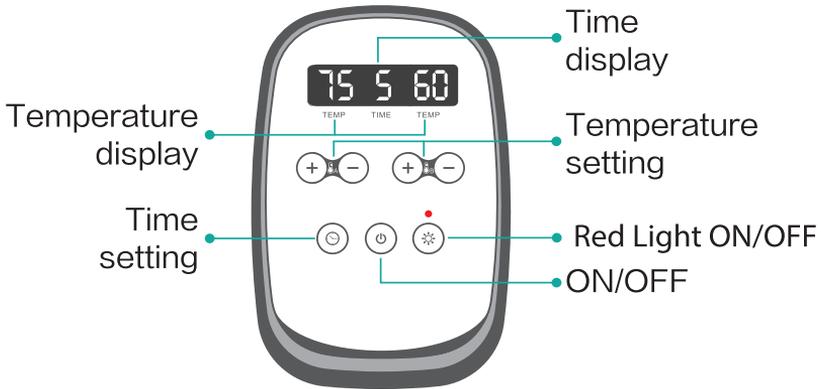
GETTING STARTED

WHAT'S INCLUDED

- EZLIFE™ Infrared Sauna Blanket (31" × 71" or 36" × 76" size)
- Controller with Power and Connector Cables
- Disposable Thermal Detox Wraps, 83" × 63"
- Carry Bag
- User Manual



REMOTE CONTROL



- Temperature Display
- Temperature Buttons
- Timer Display
- Timer Buttons
- Red Light ON/FF
- ON / OFF Button

- Displays Current Unit Temperature
- Adjusts Temperature up or down (86°F to 176°F)
- Displays Remaining Session Time
- Adjusts Power-Off Time
- Powers Red Light ON/OFF
- Powers Unit On/OFF

SAFETY INFORMATION

Please read this manual carefully before using the product and keep it in a safe place for future reference.

Failure to follow safety warnings and operating instructions may result in burns, fire, electric shock, serious injury, or death, and may cause damage to the product or surrounding property.

CONTRAINDICATIONS

This product is intended for use by healthy individuals.

Do NOT Use this product if you:

- Are pregnant, suspect you may be pregnant, have recently given birth, or are breastfeeding.
- Have a pacemaker, defibrillator, or any other heart implant device.
- Have a fever, nausea, headache, or feel unwell for any reason, including dehydration or a hangover.
- Have an active infection, open wound, bleeding injury, or severe sunburn or skin burns.

CONSULT YOUR PHYSICIAN BEFORE USE IF YOU:

- Are currently under medical care or being treated for a chronic health condition.
- Are over the age of 60. (The body's ability to regulate heat diminishes with age, increasing the risk of overheating, dehydration, and falls.)
- Have any of the following conditions:
 - Diabetes or poor circulation
 - Peripheral neuropathy or other sensory impairments that affect your ability to detect heat or temperature changes
 - Heart disease, vascular disease, irregular heartbeat, low or high blood pressure
 - Recent heart attack or treatment for blood pressure regulation
 - Severe aortic stenosis or splanchnic (abdominal organ) disorders
 - Obesity or restricted mobility
 - Heat sensitivity or a tendency to overheat easily
 - Suspected or diagnosed cancerous lesions
 - Autoimmune thyroid disorders or hyperthyroidism

Note: Individuals who are nursing or planning to begin nursing should also consult with a physician prior to use.

- Are taking prescription medications or receiving steroid injections.

Some medications may cause drowsiness, or affect heart rate, blood pressure, circulation, sweating, or body temperature regulation.

- Are using over-the-counter diuretics, antihistamines, decongestants, or other medications that may cause heat intolerance.
- Have a weakened immune system, immunodeficiency disorder, multiple sclerosis, central nervous system tumors, anhidrosis, or other chronic conditions that impair the body's ability to sweat.
- Have recently experienced:
 - Broken bones, surgery, joint injuries, or an organ transplant
 - Have implanted medical devices, such as: Metal pins or rods, artificial joints, breast implants, or other surgical implants.
 - Have skin conditions such as eczema, rosacea, or dermatitis.
 - Have been diagnosed with: Epilepsy, kidney disease, hemophilia or other blood-clotting disorders, or eye disease or visual impairment

DISCLAIMER

- This product is not a medical device and is not intended to diagnose, treat, cure, or prevent any disease or health condition.
- Claims regarding health benefits, whether in this manual, promotional materials, or online, have not been evaluated by medical authorities or regulatory agencies.
- The information provided in this manual is not a substitute for professional medical advice or treatment.

 Liability Waiver:

- Use of this product is at your own risk.
- The manufacturer and distributor assume no responsibility and disclaim all liability for personal injury, death, or property damage resulting from:
 - Improper use
 - Failure to follow instructions or warnings
 - Inadequate maintenance or neglect

It is the user's responsibility to read and follow all safety instructions and to ensure that all individuals using the product are properly informed of associated risks.

WARNING: SUFFOCATION HAZARD

Disposable thermal detox wraps may pose a suffocation risk to children and pets.

Keep out of reach of children and animals at all times.

SAFETY INFORMATION

⚠️ WARNING: To reduce the risk of burns, fire, electric shock, serious injury or death, or damage to the product or property:

- Use only the included power cable and ensure it matches the product's specified voltage.
- Do not use third-party cables or outlets that do not meet the listed specifications—doing so may cause fire or explosion.
- Plug the power cable directly into a properly grounded electrical outlet.
- Do not use an extension cord or power strip.
- Never use the power cable with other devices.
- Keep away from all flammable or explosive materials, including: Open flames, heat sources, chemicals, high ambient temperatures or direct sunlight.
- Do not operate the sauna in areas with: Aerosol (spray) products, corrosive gases, or oxygen therapy equipment.
- Avoid high-moisture environments, such as: Bathrooms, damp basements, outdoor areas, near pools or hot tubs.
- Do not plug in, unplug, or use the controller with wet hands.
- Never bend, twist, pull, or tie the power cable.
- Always unplug by gripping the plug, not the cord.
- Do not attempt to modify, open, or repair the power cable, controller, or sauna blanket. This product contains no user-serviceable parts.
- Never operate if any component appears damaged, frayed, or tampered with.
- Before each use, inspect the: Cable, plug and connector, wall outlet, and controller.
- Discontinue use and contact customer support immediately if:
 - Any part appears damaged or worn
 - You notice exposed wires
 - The unit has been exposed to water
 - You detect unusual smells, sounds, or overheating
- Do not use the product during electrical storms.
- Never leave the sauna blanket unattended while it is plugged in or powered on.
- Do not fold or roll the sauna blanket while it is powered on or still hot.
- Do not place the controller on top of the sauna blanket. Always place it on a flat, heat-resistant surface beside you.
- Use only on heat-resistant surfaces.
- Never use on: Waterbeds, latex, memory foam, plastic or waterproof sheets. Adjustable or bunk beds, cribs or children's beds, synthetic or flammable materials.

⚠️ WARNING : To reduce the risk of serious injury or death:

- Hydrate before, during, and after your session to prevent dehydration. Dehydration can lead to heat exhaustion, and if untreated, heatstroke—a potentially fatal condition.
- Exit the sauna blanket immediately if you feel discomfort or notice symptoms such as: Dizziness or lightheadedness, cold or clammy skin, headache, nausea, sleepiness or muscle cramping.
- Drink cool water or a sports drink and rest in a cool place. If symptoms worsen or don't improve within one hour, seek medical attention. Speak with your physician before using the product again.
- If someone in your household experiences:
 - Confusion, slurred speech
 - Body temperature over 103 °F
 - Seizures, lethargy
 - Vomiting, fainting, or loss of consciousness
 - Rapid or shallow breathing, racing heart. Move them to a cool area and seek immediate medical attention.
- Wait at least 30 minutes before using the sauna after strenuous exercise.
- Never use the product under the influence of alcohol or drugs.
- Intoxication may increase the risk of unconsciousness or injury.
- Avoid alcohol consumption within 24 hours before or after sauna use.
- Also avoid other dehydrating foods or drinks, such as: Coffee, caffeinated drinks, sugary foods and beverages.
- Never sleep or smoke while inside the sauna blanket.
- Adults only. Do not allow children or pets to use or play near the blanket. Supervise all use to prevent injury.
- Do not use while sleeping or with unconscious individuals or infants.
- This product is not intended for individuals with diminished mental, sensory, or physical capabilities unless closely supervised by a responsible adult.

OPERATING INSTRUCTIONS

1. Set Up Your Infrared Sauna Blanket

- Unfold the blanket and place it logo-side up on a flat, sturdy, heat-resistant surface such as a bed, couch, or floor.
- Open the zipper. (Optional: Open the zippered arm holes if desired.)
- Connect the controller cable to the port on the bottom of the blanket.
- Plug the power cable into a standard wall outlet.

2. Prepare for Your Session

- Hydrate: Drink at least 16–20 oz. of water before starting.
 - Optional Comforts: Place a water bottle and something to read nearby.
- Note:** Keep electronics (phones, tablets, earbuds, hearing aids) away from the blanket. Heat and sweat can damage them.

- Dress Code: Remove shoes, clothes, jewelry, and accessories.
- If wearing clothes, choose loose, clean, cotton garments you don't mind sweating in.
- Optional: Bring a pillow for neck or knee support. Cover it with a towel to protect from sweat.
- Optional: Use a disposable thermal detox wrap for increased sweating or slimming.
However, foil detox wraps block infrared heat, so skip them if you want full infrared therapy benefits.

3. Begin Your Sauna Session

- Press the On/Off button to power on the controller.
 - Select your temperature and session time.
- Tip:** Start with a low temperature and short duration for your first few sessions.

- Place the controller on a heat-resistant surface nearby (floor or table).
- Lie inside the blanket as you would a sleeping bag.
- Your head stays outside the blanket.
- Optional: Place your arms through the zippered holes.
- Relax and enjoy!
- The device will automatically power off when your session ends.
- You may also press the On/Off button at any time to manually end the session.

4. After Your Sauna Session

- Press the On/Off button to power off (if stopping early).
- Open the zipper to exit.
- Unplug the blanket from the wall outlet.
- Allow the unit to cool completely (wait at least 30 minutes) before cleaning, folding, or storing.
- Hydrate: Drink plenty of water or an electrolyte drink after your session.

Far Infrared Therapy: Frequency & Duration

- First-time users should begin with shorter sessions once or twice per week to allow the body to acclimate to infrared therapy.
- As your body adjusts, you can gradually increase session length and frequency over time.

	First-Time Users	Experienced Users
Frequency	1–2 times per week	3–7 times per week
Duration	20–30 minutes	45–60 minutes

CARE & STORAGE

- Do not use water, flammable liquids, or chemical cleaners to clean the product.
- Keep the product clean by wiping it with a soft, dry cloth.
- When not in use, allow the blanket to cool completely before folding.
- Do not place objects on top of the blanket, as this may cause creasing or damage.
- Do not immerse the sauna blanket in water.
- Do not insert pins or sharp objects into the blanket.
- Do not dry clean, bleach, wash, or machine wash the blanket.
- This product is not suitable for use by infants or very young children (ages 0–3).
- Store the blanket indoors, away from direct sunlight, heat sources, or high humidity.
- When the product reaches the end of its usable life, dispose of it in accordance with local electronic waste regulations.

FCC STATEMENT

This product complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this product may not cause harmful interference, and (2) this product must accept any interference received, including interference that may cause undesired operation.

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

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital product, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment 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 equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment 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 equipment and receiver.
- Connect the equipment 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.

90 DAY LIMITED WARRANTY

The manufacturer warrants this product against defects in materials and workmanship on functional parts, for a period of 90 days from the original date of purchase. Your sales receipt showing the date of purchase of the product is your proof of purchase. Keep it in a safe place for future reference. This warranty is subject to personal use only, commercial or rental applications will not be covered.

This product is made with the highest quality materials and is warranted to be free from defects in materials and workmanship at the time of purchase. This limited warranty applies to products manufactured or distributed by the manufacturer, are delivered in the continental United States or Canada and extends to the original purchaser, or gift recipient. This warranty becomes valid at the time of purchase and terminates either by the specified time frame listed above and/or owner transfer. Any refunds or monetary compensations must be claimed through the place of purchase (retailer), and not through the manufacturer. Any extended warranties (warranties that cover above and beyond this manufacturer warranty) that are sold through a retailer or third party, are not directly correlated with this products' limited warranty, and may be redirected to said retailer or third party for coverage.

This warranty extends through the manufacturer of the product, and covers functional parts only. Cosmetics are not covered, unless unequivocally determined it is a workmanship defect. Shipping damage should be addressed with the shipping company, retailer, or place of purchase, not the manufacturer unless the manufacturer was the direct shipper.

The manufacturer's sole obligation under this warranty shall be limited to furnishing the original purchaser replacement parts for units deemed repairable by the supplier's warranty department. The purchaser is responsible for insuring any parts shipped or returned, if desired. The purchaser is responsible to prepay any shipping charges (both ways) including, but not limited to taxes and duties. All exchanged parts and products replaced under this warranty will become the property of manufacturer. The manufacturer reserves the right to change manufacturers of replacement parts or products for use, in order to cover any existing warranty.

The purchaser may be asked to provide the supplier with proof of purchase documents (including the date of purchase) if requested. Any evidence of alteration, erasing, or forgery of proof of purchase documents will be just cause to VOID this limited warranty. Products, in which the serial number has been defaced or removed are not eligible for warranty coverage.

This warranty does not apply if the unit has been subject to negligence, fabrication, misuse, abuse, or repairs, alteration by non-manufacturer authorized personnel, inappropriate installations, or any case beyond the control of the manufacturer. Examples of warranty invalidation may also include, but are not limited to:

- Electrical requirement deficiencies
- Commercial applications
- Normal wear/tear/weathering
- Pet/consumer accidents
- Purchases from dealers unauthorized by the manufacturer
(Authorization in writing)

The manufacturer shall not be liable for any loss due to use (or misuse) of the product or other incidental or consequential costs, expense or damages without irrefutable foundations. Under no circumstances shall the manufacturer or any of its representatives be held liable for injury to any person or damage to any property, however arising. Any implied warranty shall have duration equal of the applicable warranty stated above. Specifications are subject to change without notice or obligation. This limited warranty gives the original purchaser specific legal rights. Other rights may vary from state to state.

MADE IN CHINA



Questions, issues, missing parts? Contact technical support department via email at cs@scsources.com. Please have your model number and order details ready.