



Far Infrared Heating Pad

For Shoulders, Upper and Lower Back
(or anywhere you need therapeutic relief)



- ✓ 77F-176F Far Infrared Intensity. Fully Adjustable
- ✓ Premium Jade Stones for Amplified Far Infrared
- ✓ Environmentally Friendly, High-Density Neoprene
- ✓ Adjustable Strap for The Perfect Fit

WHAT'S INCLUDED

Far Infrared Heating Pad
Convenient Carry Case
Digital Controller / Power Unit



SIMPLE ASSEMBLY

1. Connect the heating pad to the digital controller
2. Plug the controller into any standard outlet. You may also use a household extension cord.

Make sure that all connections are tight!

Your 1Love Heating Pad is now ready to use

HOW TO USE



Turn on POWER

Press the POWER Button in the middle

The lights will come on the handheld controller

Set TEMPERATURE

Press the UP ARROW under the RED (Temperature) light

Recommended setting: Start with a maximum of 65.

You may use a hotter temperature if no part of the heating pad is on bare skin. If it feels like you are getting burned or are uncomfortable, LOWER THE TEMPERATURE and DISCONTINUE USE until the heating pad has cooled down.

Set TIMER

Push the UP ARROW under the WHITE (Timer) lights

Set timer to desired duration

After 2-3 seconds, the Heating Pad will start to heat. You will see the current temperature on the display and Blinking dots indicating that the Heating Pad is heating.

PREHEAT

It is not necessary to preheat your heating pad. The pad will get hotter over time until it reaches your desired temperature intensity. You may begin using it immediately or preheat for 10 minutes if you choose.

RECOMMENDATIONS

Over Clothes: You may use your Heating Pad over the top of clothing. Higher temperatures may be needed to achieve desired results.

Bare Skin: We recommend using over clothes. If used against any area of bare skin, start with a lower temperature setting of 50-60. Please be very careful with bare skin. The Heating Pad temperature can be very HOT! Make sure the stones aren't burning you.

Area of Treatment: The heating pad has two primary uses: over your shoulders or flipped and placed on a chair. You may also use the heating pad on any part of your body to get therapeutic relief.



Shoulders



Lower Back

CLEANING AND CARE

Wipe your 1Love heating pad dry after each use. For occasional sanitizing, mix equal amounts of white vinegar and water in a spray bottle. Spray on lightly, and then wipe dry after a few minutes. The smell of vinegar will dissipate with ventilation. You can also add a bit of lemon, or a drop of Tea Tree or Eucalyptus essential oils.

DO NOT USE A CLEANER CONTAINING ALCOHOL OR BLEACH

SAFETY

Do **NOT** fold heating pad or put away while still HOT

Do **NOT** use while sleeping

Do **NOT** use near water or immerse in water

OVERHEATING & BURNS - BE CAREFUL! Use on bare skin is not recommended. Please check skin regularly for signs of overheating or burning. Lower the temperature on your controller is unsure.

CONTRAINDICATIONS

Please check with your doctor if you are:

- extremely sensitive to temperature
- pregnant
- are on any medications which may interact with heat
- have sustained an injury or had recent surgery

SPECIFICATIONS

Fabric: Neoprene

Far Infrared Stones: Jade

Timer Range: 0-60 minutes

Temperature Range: 25C – 80C (77F – 176F)

Power: 80W, 110V Standard US Plug

Far Infrared Wavelength: 4-15um Far Infrared Ray

WARRANTY

Limited lifetime/Full 1-year Warranty

For Warranty details, please visit:

<https://1lovehealth.com/pages/manuals>

SUPPORT

Email: info@1Lovehealth.com

Phone or Text: 541-360-9982

Online: 1Lovehealth.com/pages/support-home



[SUPPORT LINK]

***Please honor yourself with the same
Kindness, compassion, and forgiveness that you offer
others***

***You are beautiful and worthy of your own love
-1Love-***