

HEAT WAND

How to Use

1. Plug into 120 volt outlet. Set on low heat intensity and allow to warm up.
2. Before applying to any part of the body, check temperature by lightly touching the infrared lamp with your fingertips. If uncomfortable to your touch, turn off for a short period.
3. Apply Infrared Heat Wand to the afflicted area and move in a circular motion while using slight pressure to provide a massaging action. If the temperature becomes uncomfortable, reduce heat or turn off for a short period. Application should be comfortably warm.
4. Stop use if there is any discomfort, redness or burning sensation or if you notice swelling in the affected area. Do not repeat use if the area is sensitive to the touch. Some redness is normal and should disappear in about one hour.
5. When using body lotion, smoothing cream or massage oil on the afflicted area, cover the area first with a cloth or paper towel, and then apply Infrared Heat Wand with a slow circular motion.
6. For maximum benefit, use Infrared Heat Wand for 5 to 10 minutes. Do not apply infrared heat continuously to any area for more than a few minutes.
7. After use, disconnect Infrared Heat Wand from the outlet. Let it cool, then clean with a damp cloth. Do not use strong chemical cleaners such as benzine.
8. Do not drop Infrared Heat Wand, as the fall may damage the infrared generating element.

Benefits Of Infrared Heat

The beneficial effect of Infrared heat is well known. It actually penetrates below the skin to stimulate blood flow which helps to speed healing, relieve minor muscular pain, relax muscles and reduce joint stiffness. Recommended in cases such as backache, tennis elbow, muscle strains and soreness. Indispensable for athletes, gardeners, busy moms, and active people of all ages.

Drive Infrared Heat Wand is designed to allow complete, comfortable, and safe body coverage. For maximum convenience, the handle is angled to make the difficult areas easy to reach.

Some Specific Applications

Back

Apply the Infrared Heat Wand in a light circular motion along spine, shoulder blades and lower back for a few minutes on either side. Angled handle has been specifically designed to reach these areas.

Neck

Apply from the base of the skull down on either side of the spine.

Shoulders

Smooth tension by lightly moving outward from the base of the neck.

Arms

Stroke smoothly up from wrist to shoulder on inside and outside of arm, including palms.

Legs and Feet

Apply upward from the ball and heel of the foot to relieve aching muscles.

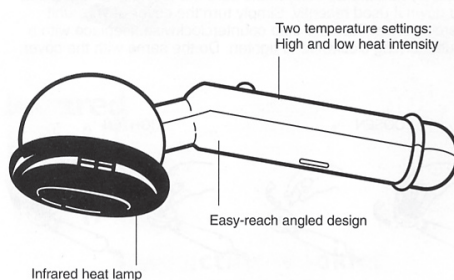
Joints

Stroke smoothly in a circular motion on elbows and knees to help relieve pain.

Sports Massage

Helps promote relief of minor aches, strains and cramped muscles. Do not use immediately following any injury. Wait at least 72 hours or consult a physician before applying heat.

Use your Infrared Heat Wand according to these instructions and you will enjoy the benefits.



Important Safeguards

1. This product has a polarized plug (one blade is wider than the other). As a safety feature, this plug will 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. Never use with an extension cord unless plug can be fully inserted. Do not attempt to defeat this safety feature.
2. To protect against electrical hazard, do not use while bathing or where lamp might fall into any water.
3. Never use while in contact with any plumbing, water basins, tubs, or electrical wiring.
4. Do not immerse unit in water.
5. This unit must be kept dry and must not be operated in a wet or moist condition.
6. Never leave this device connected to an electrical supply circuit when not in actual use.
7. Do not operate if the unit or power cord is damaged.
8. Never pull this massager by the cord, use the cord as a handle, or allow the cord to be excessively pulled or twisted. Damage will occur at the high flex point of entry into the product. Inspect cord at entrance to the appliance frequently. Stop use immediately if damage is visible or unit stops or operates intermittently due to a broken conductor in the cord.
9. To prevent overheating and the possibility of burns or fire, use only as indicated in these directions and cautions, and never fall asleep while using the unit, Never allow bed covers or other materials to wrap around the unit.

Caution

1. Temperatures are sufficiently high for burns to occur. Do not apply infrared heat to any area of the body continuously for more than a few minutes.
2. On no account should Bilt-Rite Infrared Heat Wand be applied in the following cases: Tuberculosis, benign and malignant tumors, hemorrhages, inflammations of the skin, phlebitis and thrombosis, open and fresh wounds, bruises, broken skin, varicose veins or poor circulation. Do not use if abdomen pain is present.
3. Do not apply to skin areas with abnormal sensitivities.
4. Do not apply to sensitive areas.
5. Do not apply to genital areas.
6. Do not use on any unexplained pain or within 72 hours following an injury before consulting your physician. Discontinue use or do not apply infrared heat if you notice any swelling to the affected area.
7. Consult your physician should you have any therapeutic questions regarding these conditions or recommended use.
8. Do not apply when the body is wet.
9. Do not use on infants, invalids, or any person who is not awake.
10. Infrared Heat wand is intended for hand-held intermittent use and should not be operated for more than 30 minutes at one time.
11. This unit is not intended for clinical or professional use.

How To Replace Your Infrared Bulb

To replace your infrared bulb, make sure the unit is unplugged and cooled down if used recently. Simply turn the cover or your unit counter clockwise. Turn the bulb counterclockwise. Replace with a new bulb, turning clockwise to tighten. Do the same with the cover.

