



# It's Time To Unbox The MiHIGH Infrared Sauna Blanket



- Detoxify
- Calm Your Mind And Body
- Burn Calories



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# Your Own Infrared Sauna

Congratulations!

You now have your very own infrared sauna blanket. You can get that sauna high from the comfort of your own home or on the go.

At MiHIGH, we LOVED going to our local infrared sauna because of the way it made us feel. But we didn't love the travel time, the cost, and the fact it wasn't in our own personal space.

That's why we developed the MiHIGH infrared sauna blanket. The same feeling we know and love, just made easier.

Get ready to detoxify, recover, burn calories and feel your best.

We hope you enjoy your blanket and thank you for your purchase!

The MiHIGH Team



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# Safety Information

**It is important you read these safety instructions carefully and understand them prior to using your MiHIGH blanket. Please retain for future use.**

The blanket and controller may become hot. Please place both objects on a heat-resistant surface. Also, do not place the controller on top of the blanket.

Do not heat the blanket up for more than 5 minutes without someone inside.

We recommend that temperature setting runs at level 4 (120°F) or below for continuous usage. For the full sauna experience you can increase to higher temperatures, but please do with caution.

Keep the blanket inside, away from sunlight or hot surfaces.

Do not fold the blanket while it is hot and cooling down. This can cause damage to the heating wires and the interior material of the blanket. Let it cool down completely before folding.

Make sure you can easily undo the velcro straps of the blanket and exit with ease prior to using the blanket.

Do not use the blanket without wearing clothing. We recommend standard exercise gear and socks. Avoid wearing metals, jewellery, or any magnetic apparel while inside the blanket.

When not in use, store as follows: allow it to cool down before folding. Do not crease the blanket by placing items on top of it during storage.

If the blanket is used on an adjustable bed, check that the blanket and cord do not become trapped or tucked, for example in hinges.

Examine the blanket frequently for signs of wear or damage. If there are such signs, if the blanket has been misused or does not work, return it to the supplier before switching it on again.

Do not use the blanket if the controller is faulty or any cord, plugs or connectors are damaged or broken.

The blanket is designed to be plugged into the domestic mains power supply in the US, which is 120V. Do not use with generators, power converters, and inverters.

This blanket is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the blanket by a person responsible for their safety.



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# Safety Information

Children should be supervised so that they do not play with the blanket.

Children under the age of three are not to use this blanket due to their inability to react to overheating. The blanket is not intended to be used by persons under the age of 18.

Do not use on an infant.

Do not use on pregnant women.

Do not use while sleeping.

Do not use it if wet.

Unplug from the mains socket when not in use.

Never pull the blanket by the power cord, do not use the cord as a handle.

If the supply cord is damaged, it must be replaced by the manufacturer, its service agent, or similarly qualified persons in order to avoid a hazard.

This blanket is not intended for medical use in hospitals.

If unexpected side effects such as itching occur within 48h of your first session, medical advice should be sought prior to further exposure.

## **Cleaning & Storage:**

Do not use any corrosive cleaning products for cleaning down the blanket. Wipe the inside surface with a towel, then a natural antibacterial spray.

When not in use, store as follows: allow it to cool down before folding. Do not crease the blanket by placing items on top of it during storage. Fold as provided and store in box.

Loop cord loosely when storing. Tight wrapping may damage the cord and internal parts.

## **Product Disposal:**

Disposal requirements – Dispose of the product at the end of product usage life, according to your local regulations.

# Safety Information

**If you have any of the symptoms or conditions listed below, we do not recommend using the blanket without consulting your doctor first.**

You are insensitive to heat and other very vulnerable persons who are unable to react to overheating.

You are suffering from sunburn.

You are under medical care for diseases that involve photosensitivity.

You are receiving photosensitising medications.

You have skin diseases, burns or a reddening of the skin.

You have splanchnic diseases.

You require a heart defibrillator or use other implanted devices.

You have a heart disease or illness.

You have broken bones.

You have malignancy.

You feel nauseous, have a headache, or other cold symptoms.

You have recently had surgery.

You have osteoporosis.

You suffer from abnormal blood pressure.

You are pregnant or breastfeeding.

You have anhidrosis.

You have cancer or other malignant conditions.

You have metal or other bodily implants, including breast implants and pacemakers.

# How To Use Your Blanket

## 1. Lay It Down

Put your blanket on a heatproof surface like your bed, couch or carpet. Plug it into the wall and turn up the temperature. For first timers, we recommend starting at a comfortable temperature, then working your way up after a few sessions. Your blanket will take 5 minutes to heat up.

## 2. Jump On In

We recommend jumping into some basic exercise clothing and socks - or just any light clothing you're happy to sweat in. Bring a water bottle so you can stay hydrated.

## 3. Sweat It Out

Take 30mins - 1 hour out of your day to focus on feeling your best. Listen to some music, read a book, catch up on TV shows, or amplify the experience with meditation. Either way, expect to feel an overwhelming sense of calm, happiness and energy after your session.

## 4. Clean It Down

Use a basic anti-bacterial spray bottle or a natural mixture of water and a drop of tea tree oil to clean the blanket down. Otherwise, cleaning wipes always work.

## 5. Store Away & Own the Day

**Important - do not fold your blanket while still hot. This can cause damage to the heating system and the interior material of the blanket.** Let your blanket cool, clean it down, take a cold shower, and enjoy the natural high that comes. Go out and be your best self.



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# What Are The Health Benefits?

The benefits of infrared saunas are widespread, with more benefits being discovered every year. Our favourite three benefits are below.

## **Detoxify Faster**

There's a reason why you sweat a LOT in an infrared sauna. Infrared heat is a lot more detoxifying than regular heat. Infrared heat reaches a lot further into the body, meaning you're actually sweating out toxins, not just... sweat.

## **Calm Your Mind And Body**

Remember that zen feeling after you leave a sauna, a massage, or a meditation? Now you can get that feeling whenever you like. Your MiHIGH blanket will help to increase your feel-good chemicals - resulting in an elevated and more relaxed mood.

## **Burn Calories & Improve Your Skin**

On top of this, infrared heat increases your heart rate and allows you to burn calories during your session. You'll also notice some benefits in your skin. Infrared heat stimulates blood flow to the skin, increasing natural collagen production, improving your skin!



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# What's In The Box

## The Infrared Sauna Blanket

Your MiHIGH infrared sauna blanket will come folded.

Simply unfold, then lay it down on a heatproof surface (your bed is fine) and get ready to experience the power of an infrared sauna from the comfort of your home.

## Your Controller

The MiHIGH controller has an on and off button and a heat dial which adjusts the temperature using a 1-9 level heating scale.

The controller is detachable from the blanket. Do not remove while the blanket is on. Only detach the controller once the blanket is turned off.



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# Warranty Information

## WARRANTY AGAINST DEFECTS

This Warranty is between **MiHIGH Pty Ltd (ABN 32 638 067 722)** (**we, us** or **our**) and the person, organisation or entity specified in the Sales Terms and Conditions (**you** or **your**), together the **Parties** and each a **Party**. This Warranty is referenced in and forms part of the Sales Terms and Conditions.

**MiHIGH Pty Ltd** provides to you this **Warranty against Defects** in your MiHIGH Infrared Sauna Blanket.

### About Us:

We are proud to bring you the benefits of infrared saunas from the comfort of your own home!

Our commitment to protect your rights:

We understand that you have rights at law, including under the Australian Consumer Law, with respect to your MiHIGH Infrared Sauna Blanket and we are committed to respecting your rights.

### Contact us!

If you have any questions or concerns about the terms of this Warranty please don't hesitate to contact us – we are always happy to assist.

MiHIGH Pty Ltd (ABN 32 638 067 722)

Address: 36 Primrose Street, Brisbane, Queensland 4051, Australia

Email: [support@getmihigh.com](mailto:support@getmihigh.com)

## 1 YOUR RIGHTS AT LAW

1.1 The benefits given to you under this Warranty are in addition to, and do not limit or derogate, your rights and remedies at law in relation to your MiHIGH Infrared Sauna Blanket, including under the **Australian Consumer Law (ACL)** within the Competition and Consumer Act 2010 (Cth).

1.2 Consumer guarantees (under the Australian Consumer Law) have no set time limit but generally last for an amount of time that is reasonable to expect, given factors such as the cost and quality of the MiHIGH Infrared Sauna Blanket or any representations made.

**1.3 Mandatory wording: Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.**

## 2 WARRANTY PERIOD

2.1 Subject to the terms of this Warranty, and without limiting your statutory rights, your entitlement under this Warranty will commence from the date of dispatch of your MiHIGH Infrared Sauna Blanket under the Sales Terms and Conditions and will continue to operate for a period of **12 months (Warranty Period)**.

2.2 This Warranty only sets out the Warranty Period within which we will offer you a refund, replacement, repair or exchange. Your rights under the ACL may extend beyond the Warranty Period.

## 3 WHAT WE WILL DO TO HONOUR THIS WARRANTY

3.1 Subject to the terms of this Warranty (including you making a valid claim pursuant to clause 5), and without limiting your statutory rights, we will use our best endeavours to remedy any Defect in your MiHIGH Infrared Sauna Blanket during the Warranty Period at our cost.



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# Warranty Information

3.2 We may, in our discretion, elect to:

(a) **repair** the MiHIGH Infrared Sauna Blanket, using new or previously used parts that are equivalent to new in performance and reliability;

(b) **replace the controller** for the MiHIGH Infrared Sauna Blanket;

(c) **replace the MiHIGH Infrared Sauna Blanket** 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

(d) **exchange** the MiHIGH Infrared Sauna Blanket for a new item,

which, to the maximum extent permitted by law, will be your sole and exclusive remedy in relation to the Defect. Again, this clause does not seek in any way to limit your statutory rights, including under the ACL.

3.3 If any materials, parts, features required to facilitate any repair or replacement pursuant to clause 3.2 are unavailable or no longer in production, or the model of the MiHIGH Infrared Sauna Blanket is no longer available or in production, we will use our best endeavours to use appropriate equivalent materials, parts, features or model.

## 4 WHEN THIS WARRANTY APPLIES AND WHEN IT DOES NOT

4.1 Subject to the terms of this Warranty, your MiHIGH Infrared Sauna Blanket is warranted by us to be free from Defects for the duration of the Warranty Period.

4.2 We set out below the circumstances where we will not be liable to you under this Warranty. Again, this clause does not seek in any way to limit your statutory rights, including under the ACL.

4.3 **To the maximum extent permitted by law, this Warranty does not cover**, and we will have no liability for any Liability, and you waive and release us from any such Liability (under this Warranty or otherwise), in relation to any Defect which is caused (or partly caused) or contributed to, by any:

(a) act or omission, accident, misuse, abuse or negligence by you or any third party not engaged by us;

(b) failure on your part to properly maintain your MiHIGH Infrared Sauna Blanket in accordance with any of our instructions or guidelines (including any manual or brochure);

(c) failure on your part to follow any instructions or guidelines (including any manual or brochure) provided by us or the manufacturer in relation to your MiHIGH Infrared Sauna Blanket, including in relation to the right environment for you to use your MiHIGH Infrared Sauna Blanket;

(d) use of your MiHIGH Infrared Sauna Blanket otherwise than for any application or use specified by us or the manufacturer of the MiHIGH Infrared Sauna Blanket;

(e) continued use of your MiHIGH Infrared Sauna Blanket (where such use is not reasonable) after any Defect in your MiHIGH Infrared Sauna Blanket becomes apparent or would have become apparent to a reasonably prudent person;

(f) failure by you to notify us of any Defect in your MiHIGH Infrared Sauna Blanket within a reasonable period of time after you become aware of or ought to have reasonably become aware of the relevant Defect;

(g) reasonable wear and tear of your MiHIGH Infrared Sauna Blanket;

(h) 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;



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# Warranty Information

(i) act of God or force majeure event (including but not limited to war, riot, invasion, act of terrorism, contamination, earthquake, flood, fire, or other natural disaster, or any other event or circumstance beyond our or the manufacturer's reasonable control); or

(j) repair, replacement, maintenance, or any other compromise of the MiHIGH Infrared Sauna Blanket by you or any person other than us or the manufacturer.

4.4 To the maximum extent permitted by law, **this Warranty will be void**, we will have no liability for any Liability, and you waive and release us from any such Liability, whether under this Warranty or otherwise, if any work or services carried out by us (including repair work or services) are altered, tampered with or otherwise compromised by you or any person other than us or the manufacturer, without our prior written consent.

4.5 **We will have no Liability**, and you waive and release us from any Liability, for any delays (including any costs arising out of any delays) in providing any work or services (including repairs) under this Warranty, or in assessing any claim made by you under or in relation to this Warranty.

4.6 **No commercial use:** All of our products, including the MiHIGH Infrared Sauna Blanket, are designed and intended for home use only. They are not intended for commercial use, including but not limited to commercial gyms, commercial spas, wellness centres, chiropractor offices, physician offices, any other medical facilities, churches, police/fire departments, government agencies, apartment/retirement/condominium communities, hotels, cruise ships, schools or universities. Using our products for commercial use will void this Warranty and we will have no liability for any Liability, and you waive and release us from any such Liability, whether under this Warranty or otherwise.

## 5 MAKING A VALID WARRANTY CLAIM

5.1 To claim the benefit of this Warranty, you must:

(a) **notify us by email** at support@getmihigh.com if you are located in the USA, support@mihigh.co.uk if you are located in the UK, and support@mihigh.com.au if you are located in Australia or any other country other than the USA and the UK, as soon as you become aware of the Defect, and in any event, within 30 days of when you become aware of the Defect;

(b) provide any other information or evidence reasonably required by us to assess your claim (including photographs, a description of the Defect and when the Defect occurred); and

(c) provide evidence of proof of purchase of your MiHIGH Infrared Sauna Blanket from us, upon request.

5.2 If we determine that you have a valid claim under this Warranty we will notify you of our determination as to whether your claim is valid under this Warranty, and if so, clause 3 will apply. We will send you prepaid postal stamps and instructions on how to properly pack and address your MiHIGH Infrared Sauna Blanket, so that you may ship it to us. Instructions will be sent to you via email. If we have elected to repair, replace or exchange your MiHIGH Infrared Sauna Blanket (or part thereof) in accordance with clause 3.2, we will send the repaired, replacement or exchanged product to you. We will pay for shipping to and from your address provided that you have followed our instructions regarding the method of packaging and shipping the MiHIGH Infrared Sauna Blanket.

5.3 We reserve the right to change the method under clause 5.2 by which we may provide service under this Warranty to you. 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 your country. You may be responsible for shipping and handling charges if the MiHIGH Infrared Sauna Blanket cannot be serviced in the country it is in. If you seek service under this Warranty in a country that is not the original country of purchase, you agree to 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, MiHIGH may repair or replace the MiHIGH Infrared Sauna Blanket and parts in accordance with clause 3.2 with comparable products and parts that comply with local standards.

5.4 To the maximum extent permitted by law, any determination we make under clause 5.2 will be final and binding.



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# Warranty Information

## 6 GENERAL

**6.1 Sales Terms and Conditions prevails:** This Warranty is subject to the Sales Terms and Conditions and in the event of any inconsistency or ambiguity between this Warranty and the Sales Terms and Conditions, the Sales Terms and Conditions will prevail.

**6.2 Limitation of Liability:** To the maximum extent permitted by law, our liability for any Liability under this Warranty will be limited and/or excluded in accordance with any limitation or exclusion of liability set out in the Sales Terms and Conditions.

**6.3 Consequential Loss:** Despite anything to the contrary, to the maximum extent permitted by law, we will have no liability to you for any Consequential Loss.

**6.4 Jurisdiction and applicable Law:** This Warranty is governed by the laws of Queensland and the Commonwealth of Australia. Each party to this Warranty irrevocably and unconditionally submits to the exclusive jurisdiction of the courts operating in Queensland.

**6.5 No third-party reliance:** The benefit of this Warranty is for you only, and no other person or third party can rely on or make a claim under this Warranty.

**6.6 No Assignment or Transfer:** This Warranty or the benefit under this Warranty cannot be assigned or transferred to any other person or third party.

**6.7 Severance:** If any provision (or part of it) under this Warranty is held to be unenforceable or invalid in any jurisdiction, then it will be interpreted as narrowly as necessary to allow it to be enforceable or valid. If a provision (or part of it) under this Warranty cannot be interpreted as narrowly as necessary to allow it to be enforceable or valid, then the provision (or part of it) must be severed from this Warranty and the remaining provisions (and remaining part of the provision) of this Warranty are valid and enforceable.

## 7 DEFINITIONS:

In this Warranty, capitalised terms have the meanings given to them in the Sales Terms and Conditions, and:

**Consequential Loss** includes any consequential loss, indirect loss, real or anticipated loss of profit, loss of benefit, loss of revenue, loss of business, loss of goodwill, loss of opportunity, loss of savings, loss of reputation, loss of use and/or loss or corruption of data, whether under statute, contract, equity, tort (including negligence), indemnity or otherwise.

**Defect** means any non-compliance of the MiHIGH Infrared Sauna Blanket with the requirements of our Sales Terms and Conditions as a result of our default, and Defective has a corresponding meaning.

**MiHIGH Infrared Sauna Blanket** means the product supplied by us to you pursuant to the Sales Terms and Conditions, and includes our branded accessories contained in the original packaging of the MiHIGH Infrared Sauna Blanket supplied to you.

**Sales Terms and Conditions** means our Sales Terms and Conditions, which has been entered between the Parties in relation to the MiHIGH Infrared Sauna Blanket.



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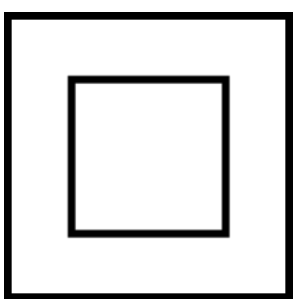
# Blanket Specifications

Heat Zones:	1
Display:	1-9 heating scale (95 - 165°F)
Control:	Black hand held controller
Voltage:	110 - 120Vac 60Hz
Wattage:	600 watts
Amps:	4-5 amps
Timer Settings:	1 hour
Electrical Fields:	Low EMF - below international EMF standards
Warranty:	1 year
Size:	180 x 210 cm when unfolded
Colour:	Black
Materials:	PU Leather

# Description Of Symbols

Description of compliance marks and care symbols:

The product is double insulated for protection against hazardous voltages:



Read the instructions:



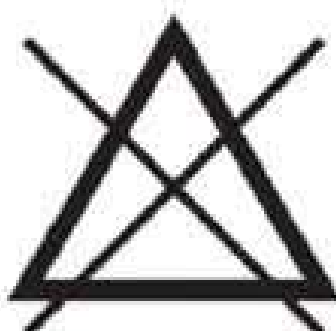
Do not insert pins:



Do not dry clean:



Do not bleach:



Do not wash:



Not to be used by very young children (0-3 years):



Dispose of according to your local regulations at the end of product usage life.



Caution:





Infrared Sauna Blankets