



BON CHARGE

INFRARED PEMF SAUNA DOME



TABLE OF CONTENTS

Welcome	3
Intended Use	3
Key Points	4
Activating Your Infrared PEMF Sauna Dome	4
Photosensitivity Test	4
Usage Instructions	4
What to Expect	4
What's In The Box?	4
Setting Up and Using your Infrared PEMF Sauna Dome	5
Setting Up and Using Your Infrared PEMF Sauna Dome	6
Using The Control Box	7
Control Box Power	10
Activating PEMF Settings	12
Activating Red Light Therapy	13
Activating FAR Infrared Light (Heat)	13
Setting The Timer	13
Miscellaneous Information	14
Troubleshooting	15
Frequently Asked Questions	15
Technical Specifications	16
Safety Instructions	17
Warnings and Cautions	17
Maintenance, Cleaning and Disposal	22
Maintenance	22
Cleaning	22
Disposal	22
Warranty and Returns	23
Manufacturer's Warranty (Infrared PEMF Sauna Dome)	23
Returns	24
Disclaimer	24

WELCOME

The Infrared PEMF Sauna Dome uses FAR Infrared Heat, PEMF frequencies, Red Light at 660nm (visible light) and Near-Infrared Light at 850nm (invisible light).

Intended Use

This general-use wellness product is not intended to prevent, cure, or treat any medical condition.

The Food and Drug Administration or Therapeutic Goods Association has not evaluated these statements. This product is not intended to diagnose, treat, cure, or prevent any disease.

KEY POINTS

Activating your Infrared PEMF Sauna Dome

For the best possible results, reading this manual before using your Infrared PEMF Sauna Dome for the first time is highly recommended.

Photosensitivity Test

It is very important to do a photosensitivity test before long sessions with your Infrared PEMF Sauna Dome. Turn on your Infrared PEMF Sauna Dome and shine the red light on an exposed part of your forearm, about 1 inch away, for 2 minutes. If you experience any discomfort or redness on your skin you must not use your Infrared PEMF Sauna Dome until you've sought professional advice from your doctor or healthcare provider.

Usage Instructions

The Infrared PEMF Sauna Dome works best when done consistently. It is recommended to use your Infrared PEMF Sauna Dome at least 3 times a week.

What to Expect

The time it takes to see results from using your Infrared PEMF Sauna Dome depends on your personal goals. Most people will feel and see benefits within a week of consistent use, while others may require up to 3 months. By using your Infrared PEMF Sauna Dome daily, you will be optimizing the benefits.

What's in the Box

1 x PEMF Mat (With Integrated Connector Cable)
2x Domes (Large/Upper and Small/Lower)
2x Dome Component Connector Cables
1x Curtain
1x Towel Insert
1x Spa Pillow
1x Control Box
1x Power Connector Cable

A woman with blonde hair, wearing a brown headband, a grey sports bra, and white leggings, is sitting inside a black infrared PEMF sauna dome. She is resting her chin on her hand and looking towards the camera. The interior of the dome is lined with a grid of small, circular lights, some of which are glowing red. The dome is open, and the woman is sitting on a black mat. The background shows a window with a view of greenery outside.

**SETTING UP
AND USING YOUR
INFRARED PEMF
SAUNA DOME**

SETTING UP AND USING YOUR INFRARED PEMF SAUNA DOME

Step 1

Put the Infrared PEMF Sauna Dome mat on a stable surface.

Lay the towel insert down on your mat. Place the sliding domes over the end of the mat.

Step 2

Plug the cords into the control box, device, and outlet, and turn the device on with your preferred settings. You'll see different settings available that include PEMF frequencies, Red Light Therapy, and Infrared Heat options.

Step 3

For maximum heat, attach the curtain to your dome, which will keep the warmth in further.

Step 4

Lay down in your Infrared PEMF Sauna Dome with your head out of the domes. You can lay on the towel insert, or inside of it. It's recommended you wear clothing during your session.

We recommend a 20-30 minute session, depending on the settings you're using and your specific wellness goals. Listen to your body and take breaks when needed.

USING THE CONTROL BOX

Overview

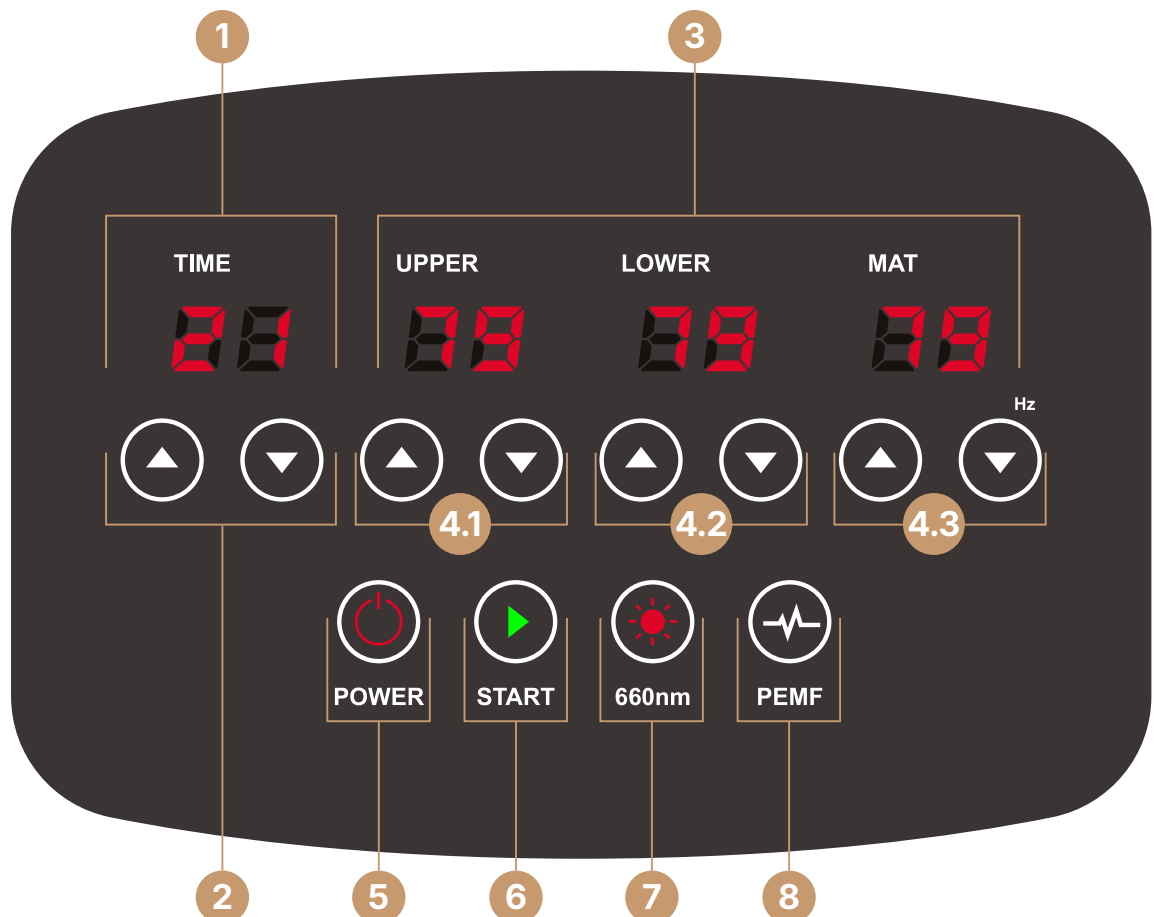
- 1 Timer Display
- 2 Time Increase/Decrease Buttons
- 3 Temperature Displays
- 4 Temperature/Frequency Increase/Decrease Buttons (3 Zones)
 - 4.1 Upper Dome
 - 4.2 Lower Dome
 - 4.3 PEMF Mat
- 5 Power Button
- 6 Start Button
- 7 Red Light Button
- 8 PEMF Button



Increase Value Button



Decrease Value Button



USING THE CONTROL BOX

Detail

1 Timer Display:

Shows the set time in minutes, from 1-60.
The default time is 1 minute.



2 Time Increase/Decrease Buttons:

Tap the buttons to increase or decrease session time in 1 minute increments. Press and hold the buttons to increase or decrease session time in 5 minute increments.



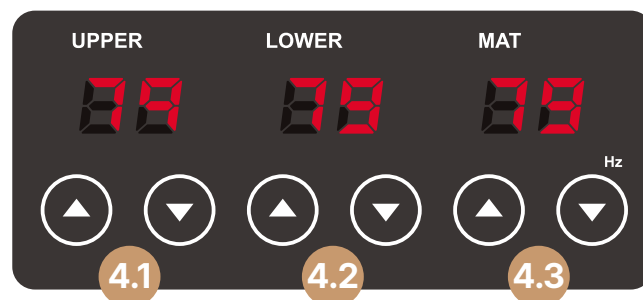
3 Temperature Displays:

Each display shows the set temperature in degrees. The default temperature is 77°F (25°C).



4 Temperature/Frequency Increase/Decrease Buttons (3 Zones)

Tap the buttons to increase/decrease the temperature by 2°F (1°C). Press and hold the buttons to increase/decrease the temperature by 10°F (5°C). The default temperature for both Domes and the PEMF Mat is 77°F 25°C).



4.1 Upper Dome: Set the desired temperature, from 77-194°F (25-90°C).

4.2 Lower Dome: Set the desired temperature, from 77-194°F (25-90°C)

4.3 PEMF Mat: Set the desired temperature, from 77-176°F (25-80°C).

USING THE CONTROL BOX

Detail

5 Power Button:

Pressing the power button turns on the device, signified by the digital display lighting up.



6 Start Button:

Press the button to turn on the heat and start the timer. Press a second time to end the session.



7 Red Light Button:

Press the button to turn on/off the 660nm red lights and 850nm near-infrared lights. The red and near-infrared lights are off by default.



8 PEMF Button:

Press the button to turn on/off your PEMF frequencies. The digital display will show the PEMF frequency which you can change with the increase/decrease buttons (4.3).

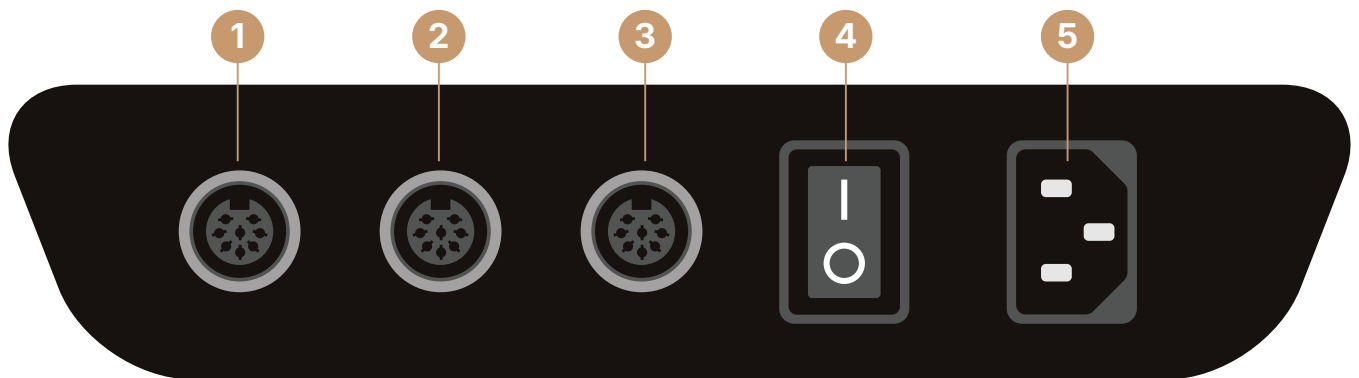


The digital display will indicate PEMF frequency mode with the "F" prefix.

CONTROL BOX POWER SOCKETS

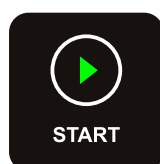
Overview

- 1 PEMF Mat Connector
- 2 Upper Dome Connector
- 3 Lower Dome Connector
- 4 Power Switch ON/OFF
- 5 Power Supply Socket



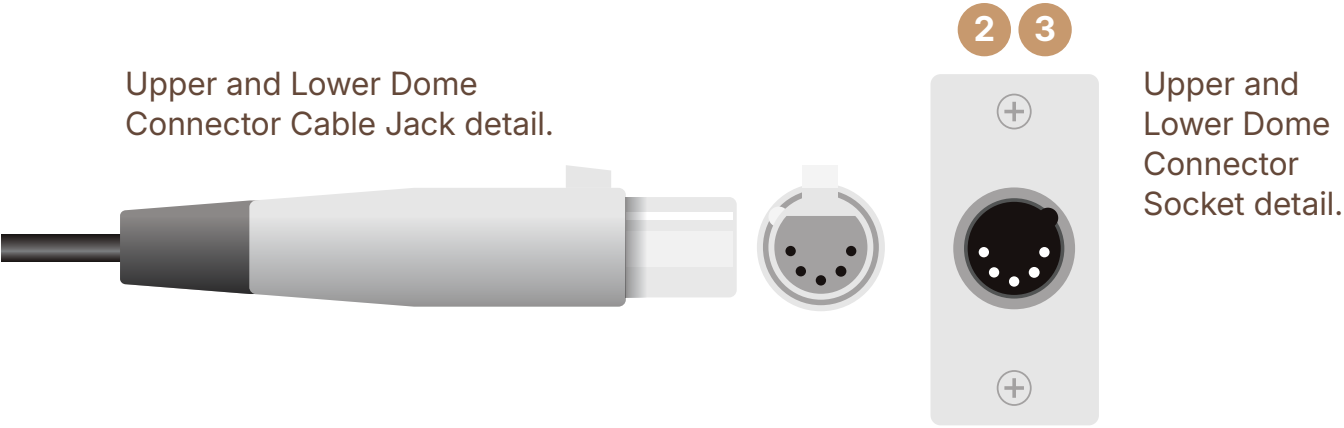
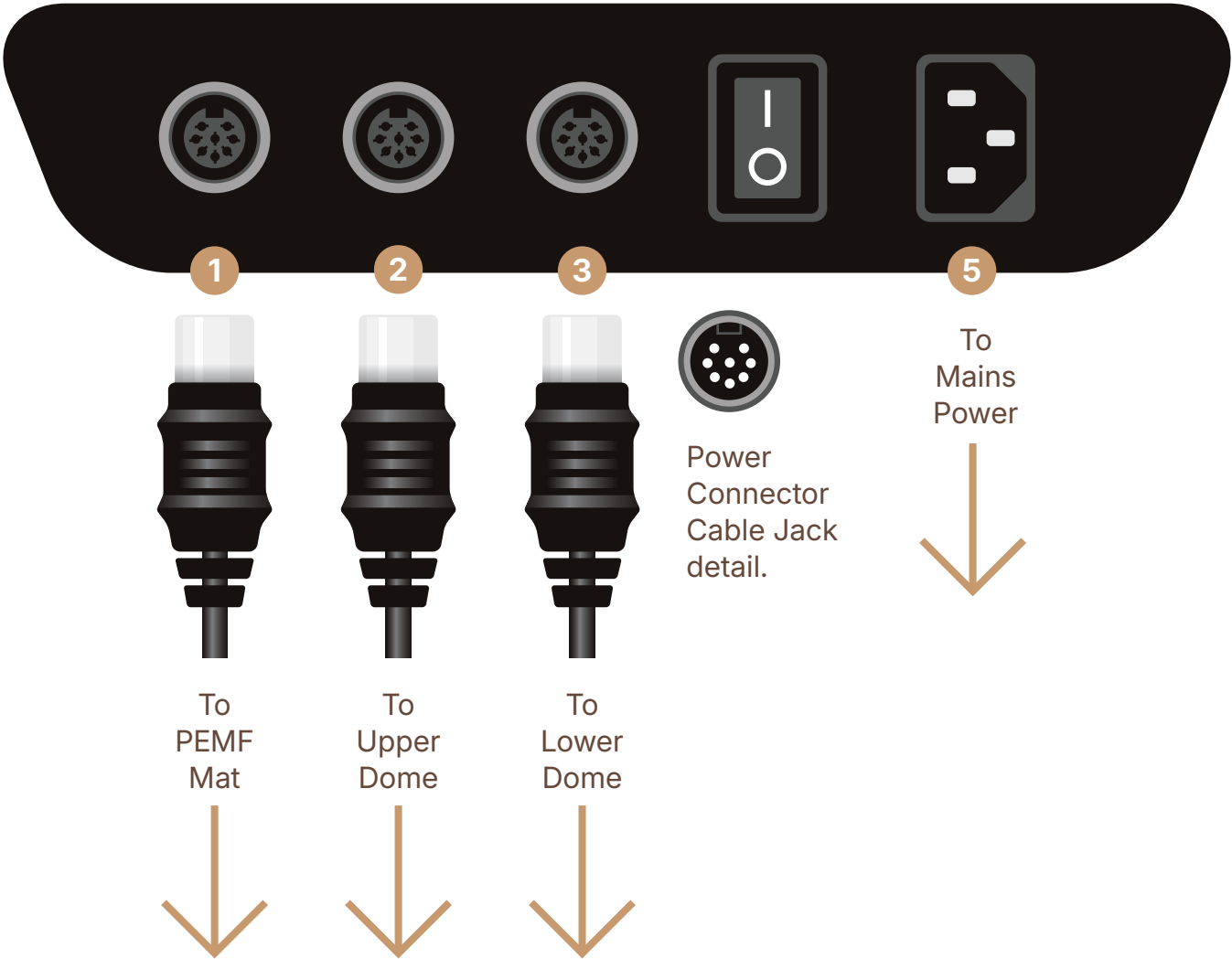
Usage Instructions

- 1 Plug the supplied Power Connector Cable into the rear socket **5** to ensure power is connected.
- 2 Plug the Component Connector Cables into **1 2 3**.
- 3 Plug the Connector Cables into the Upper and Lower Dome Connector Sockets. The Connector Cable for the PEMF Mat is integrated. The holes in the Connector Socket will line up with the pins in the Connector Cable Jack. The release button on the connector will face up.
- 4 Switch the Power Switch **4** to the ON position.
- 5 Press the Start Button



COMPONENT POWER SOCKETS

Cable Detail



ACTIVATING PEMF SETTINGS



PEMF Button:

Press the button to turn on/off your PEMF frequencies. The digital display will show the PEMF frequency which you can change with the increase/decrease buttons.



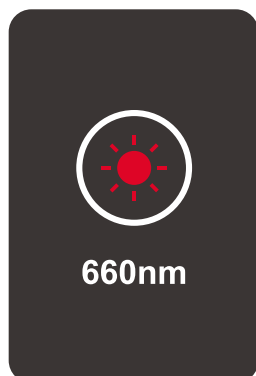
The digital display will indicate PEMF frequency mode with the "F" prefix. Frequency can be increased from F1-F30 (1Hz to 30Hz) until you find your desired frequency. To further change the PEMF settings, click the PEMF icon once and toggle through the settings again using the increase/decrease buttons.

Note: The PEMF frequencies will turn off automatically after 20 minutes.

Optimal PEMF Settings Are as Follows:

Frequency	Setting	Wave Type	Benefit
1 - 3Hz	F1-F3	Delta Waves	Improves Deep Sleep
8Hz	F8	Schumann Resonance	Grounding Effect
9 - 12Hz	F9-F12	Alpha Waves	Increase Calmness and Creativity
13 - 30Hz	F13-F30	Beta Waves	Logical Thinking, Conscious Thought, and Meditation

ACTIVATING RED LIGHT THERAPY SETTINGS

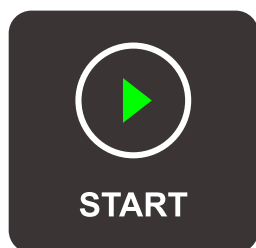


Red Light Button:

Click the red light icon to turn on the Red Light Therapy (660nm Red Light and 850nm Near Infrared Light)

Note: Not all lights will illuminate. Some LEDs contain Near Infrared Light which is invisible to the naked eye. Your device is functioning correctly, even with some lights appearing to not be illuminated.

ACTIVATING FAR INFRARED HEAT



FAR Infrared heat is activated when you press the start button. Before pressing start, set your desired temperature using the increase and decrease buttons under the display.

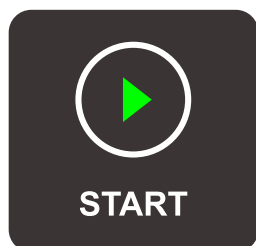
The heat range is 30-90 degrees. Holding down the buttons will speed up the process if required.

SETTING THE TIMER



To choose your session time, use the buttons under the timer display to increase or decrease time. To reach your desired setting quicker, press and hold the buttons.

To reset the timer, press and hold the increase button until it reaches 60, wait for the flash and then press the increase button again which will reset the controller to 5 minutes.



The timer starts when you press the start button.



 RON CHARGE

MISCELLANEOUS INFORMATION

TROUBLESHOOTING

My Infrared PEMF Sauna Dome won't turn on

- Ensure your Infrared PEMF Sauna Dome is fully connected and the power supply is switched on at the mains.
- If your Infrared PEMF Sauna Dome still won't turn on please contact us at BON CHARGE at hello@boncharge.com for further assistance.

FREQUENTLY ASKED QUESTIONS

How often should I use my Infrared PEMF Sauna Dome?

We highly recommend using your Infrared PEMF Sauna Dome for between five (5) to twenty (20) minutes daily, for optimal results.

Can I use each technology independently?

Yes, you can use FAR Infrared Heat, PEMF, or Red and Near Infrared Light as standalone features. Otherwise, you can combine all for a full session.

Do I need to wear eye protection?

Protective goggles are not required when using the Infrared PEMF Sauna Dome, as you leave your head out of the device. But do not stare directly into the LEDs.

How do I clean my Infrared PEMF Sauna Dome?

The Infrared PEMF Sauna Dome is easy to clean.

It comes with a towel insert to use during your session. Once complete, turn off the device, and allow it to cool down. You can wipe the device down with a damp cloth if needed. Allow to air and then pack away components.

TECHNICAL SPECIFICATIONS

Model: BON CHARGE Infrared
PEMF Sauna Dome

Power: 1200W

Mat Size: 70.8 inches (180cm) x 31.5 inches (80cm)

Dome Size: Length: 70.8 inches (180cm)
Width: 31.5 inches (80cm)
Height: 17.8 inches (45cm)
Max Interior Circumference: ~35 inches

Net Weight: 72.8 pounds (33kgs)

Dome Temperature: 77-194° Fahrenheit
(25-90° degrees Celsius)

PEMF Mat Temperature: 77-176° Fahrenheit
(25-80° Celsius)

Timer Settings: 1-60 minutes

Voltage: 110V-120V (USA/Canada) or
220V-240V (Rest of the World)

Infrared Heat Wavelengths: 5-14µm
(5000-14,000nm)

PEMF Settings: 1-30Hz

Light Wavelengths: - 660nm Red
- 850nm Near Infrared (NIR)

Material: Vegan Leather, Crystals and Semi-Precious Gemstones

Storage Dimensions: Length: 38.2 inches (97cm)
Width: 31.5 inches (80cm)
Height: 18.5 inches (47cm)

WARNINGS AND CAUTIONS

Infrared PEMF Sauna Dome Specific Warnings

- Do not touch the inside of the Dome when in operation. Inside of Dome gets very hot and may cause burns if touched.
- Allow the Dome to cool down to room temperature before storing away.
- Do not use on the highest heat setting for more than 10 minutes.
- Start on a low temperature and build up to higher temperatures.
- Always use the towel insert or wear clothes when using this device.

Safety instructions

We suggest taking the following precautions:

- This device is not waterproof. Do not submerge in water.
- This device is not suitable for children and pregnant women.
- Do not exceed 30 minutes per session.
- Do not stare at the light directly.
- It's NOT recommended to use it when sleeping.
- Please store it away from children.
- Please air out the device in between uses.

Keep this manual in a safe place for future reference.

Before using this product, read all safety warnings and operating instructions. Failure to do so may result in burns, fire, electric shock, serious injury or damage to the product or property.

WARNINGS AND CAUTIONS

Contraindications

- Do not use this product over open or bleeding wounds.
- Do not use this product if you are, suspect you may be, are planning to become pregnant, or if you are, or plan to begin, breastfeeding.
- Do not use this product if you have cancer or suspect you may have cancerous lesions. Do not use over malignant or benign tumors.
- If you or anyone in your household has ever had symptoms related to epilepsy (seizures or loss of consciousness) when exposed to flashing lights, consult your physician before using this product.
- Consult your physician before using this product if you:
 - Are under the care of a physician for a pre-existing health condition.
 - Have a condition that may make you sensitive to light or sunlight, such as Lupus, some forms of eczema, light-induced migraines, albinism, and rosacea.
 - Take a medication that may make you sensitive to light or sunlight, including some antibiotics, chemotherapy drugs, cold and allergy medications, pain medications, and diuretics.
 - Are or may be sensitive to red light or near-infrared light.

WARNINGS AND CAUTIONS

Warning

- Do not stare directly into the LEDs or their reflection in a mirror. This can cause temporary irritation to the eyes.
- Do not allow children to use the device unsupervised or without clearance from your medical practitioner.
- This device is an electrical device and to avoid electric shocks you must adhere to the following:
 - Do not drop the device in liquid.
 - Do not tug or pull on the charging cable when charging the device.
 - Do not use on or near hot surfaces.
 - Do not operate near flammable or combustible products or where vapours may be present. Explosion or fire may occur.
 - Do not use this device on people with disability, sleeping, or unconscious people.
 - Do not use this device on open wounds.
 - Do not use in conjunction with salves, balms, or ointments.
 - Do not modify or attempt to modify this device.
 - Do not attempt to repair this device.
 - Do not use this product if damaged.
- Overuse of this device at maximum temperature may result in excessive stimulation. Use moderately on high temperatures.
- Unplug the device when not in use.
- Do not use on infants. Children must be supervised when using the device.
- Use cautiously, improper use may result in burns.
- Do not use on skin sensitive to heat, such as your face.
- Do not use creams, salves, ointments or liniments that contain heat-producing ingredients. Skin burns could result.
- The controller box can get very hot. Place on a heat-resistant surface and do not place on the product.

WARNINGS AND CAUTIONS

- US and Canada Customers: This device is designed to be used in a U.S Type B (NEMA 5), 110-120 volt electrical outlet. This product should only be used in this type of AC power supply at the correct voltage. We recommend not using this product with generators, power converters or power inverters. Use of this product in other countries at different voltages or transformers is done so entirely at your own risk and may cause burns.
- Rest Of The World Customers: This device is designed to be used in a 220-240 volt electrical outlet. This product should only be used in this type of AC power supply at the correct voltage. We recommend not using this product with generators, power converters or power inverters. Use of this product in other countries at different voltages or transformers is done so entirely at your own risk and may cause burns.
- Keep all pets away from the product. They may damage the product or be injured by the product.
- Do not use alongside any other electrical device.
- The controller box is not waterproof. Do not submerge in water or other liquids. Keep the controller box away from damp areas or areas prone to dampness.
- Do not wrap the cord around the controller. This may damage the cord when in use or in storage.
- Do not fold the product when hot as this may melt the material. This applies when in use and after use.
- Before use, inspect the product for wear and tear, frayed or exposed wires. If either are present, do not use.
- IMPORTANT: Start on a low temperature and slowly increase the heat.
- The surface of the product is hot when in use and after use. Do not fold your product for at least 30 minutes after use or while still warm to touch. Doing so will void your warranty.

WARNINGS AND CAUTIONS

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

- Only use the provided power cables at the specified voltage to power the device. Using cables other than the ones provided may result in fire or explosion.
- Do not use the provided power cable to power other devices.
- Do not modify, tamper with, or damage the power cable.
- Never unplug the power adapter by pulling on the cord.
- Never use a modified or damaged power adapter or cable to power the device.
- Do not modify, tamper with, damage, or attempt to disassemble the device. This device has no user-serviceable parts.
- Always inspect the device, remote control, and power cables for damage, wear and tear, or fraying before each use. Do not use if damaged, malfunctioning, or if the device has been submerged in water.
- Stop using the product immediately if you feel pain or discomfort.
- Keep the device, remote control, and power cables away from flammable or explosive items, chemicals, fire, and heat sources.
- Do not operate the device while sleeping, smoking, or under the influence of drugs or alcohol.
- This device is not intended for use by adults with diminished mental, sensory, or physical capacity, unless they are closely supervised by a responsible adult.

MAINTENANCE, CLEANING AND DISPOSAL

Maintenance

The Infrared PEMF Sauna Dome does not require any maintenance.

Cleaning

Ensure your device is switched off

Wipe down with a damp cloth

Allow to air out before storing in a cool, dark place.

Avoid using any polishes or bleaches as they may damage your Infrared PEMF Sauna Dome

Disposal

This device must not be disposed of with your normal household rubbish. This device requires disposal via your designated waste collection point. This device contains a lithium battery and this must be disclosed when handing over to the waste collection point adviser.



WARRANTY AND RETURNS (INFRARED PEMF SAUNA DOME)

Manufacturer's Warranty (Infrared PEMF Sauna Dome)

BON CHARGE warrants that this device (Infrared PEMF Sauna Dome) will function and perform within the specifications for one year from the date of delivery.

What does this Manufacturer's Warranty cover?

This Manufacturer's Warranty covers any defect in material or workmanship under normal use during the warranty period.

During the warranty period, BON CHARGE will repair or replace, at no charge, products or parts of a product that proves defective because of improper material or workmanship, under normal use and maintenance.

How long does the cover last?

This Manufacturer's Warranty for the Infrared PEMF Sauna Dome purchased from BON CHARGE is valid for one (1) year from the date of purchase. A replacement Infrared PEMF Sauna Dome or part assumes the remaining warranty of the original Infrared PEMF Sauna Dome.

What does this warranty not cover?

This Manufacturer's Warranty does not cover any problem that is caused by:

- Conditions, malfunctions or damage not resulting from defects in the material or workmanship.
- Equipment that has been abused, modified, damaged, or fitted with substitute parts.

What do you have to do?

To obtain warranty service, you must first contact us to determine the problem and the most appropriate solution.

WARRANTY AND RETURNS (INFRARED PEMF SAUNA DOME)

Returns

Contact details

hello@boncharge.com

2/40 King Edward Road, Osborne Park, 6017, Western Australia

If service is required, the buyer is responsible for returning the device to BON CHARGE within the one (1) year warranty period.

If you wish to return your item, please visit our Returns Centre and we'll provide a hassle-free return experience. Here are some details to note:

BON CHARGE reserves the right to provide parts in different colours to the original device. 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.

Disclaimer

This product is not intended to diagnose, cure or prevent disease. BON CHARGE makes no claims, representations or otherwise warranties the ability of this product to cure any physical, skin or mental conditions from using this product.

A qualified health professional should always be consulted prior to using this product and with regard to any conditions requiring medical attention or contraindications.

The Food and Drug Administration or Therapeutic Goods Association has not evaluated these statements. This product is not intended to diagnose, treat, cure, or prevent any disease.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

This device may not cause harmful interference.

This device must accept any interference received, including interference that may cause undesired operation.

THANK YOU



BON CHARGE

boncharge.com