



Flowsauna Blanket Pro

FLOWLIFE

Brochure

Flowsauna Blanket Pro



Premium Sauna Blanket

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Manifest

In a world where limits are meant to be shattered, we fuel the fire of relentless pioneers. Our brand champions those who break the mold and embrace the extraordinary, symbolizing a life lived without compromise.

Committed to relentless innovation, we design for those who demand excellence and performance, understanding that the journey into the unknown often leads to unforgettable achievements.

We want to power dreams, aspirations, and triumphs of the audacious, sparking the passions of the unstoppable.

For those who redefine boundaries and explore new horizons, we are Flowlife. Made Possible.

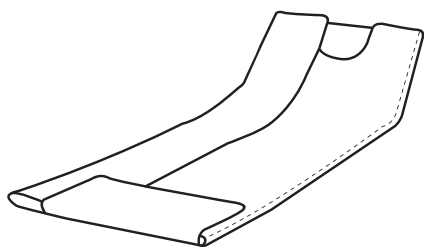
Why Flowsauna Blanket Pro?

Transform your wellness routine with a sauna blanket that detoxifies, soothes, and rejuvenates your body.

- **Advanced Far Infrared Heat Technology** - Flowsauna Blanket Pro uses cutting-edge Far Infrared Heating to deliver deep penetrating warmth that enhances blood circulation and detoxification, creating a therapeutic experience.
- **Therapeutic Comfort** - This sauna blanket promotes restful sleep and reduced stress for overall well-being. It relieves muscle tension, soothes joint pain, and relaxes the mind.
- **Customizable Heat and Time Settings** - You can adjust the temperature (35–75°C) and session duration (20–60 minutes) to create a personalized experience tailored to your needs.
- **Ergonomic and Universal Design** - With an extra-large size (180x210 cm) and innovative velcro closure, it accommodates all body types up to 196 cm/150 kg for a secure and comfortable fit.

Accessories

Enhance your Flowsauna Blanket Pro experience with essential accessories designed for maximum convenience and care.



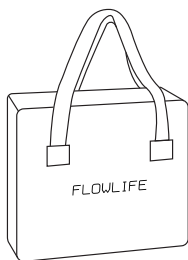
Sauna Blanket

Crafted with high-quality, waterproof PU leather and designed for durability and comfort. This advanced infrared sauna blanket is the centerpiece of your wellness routine.



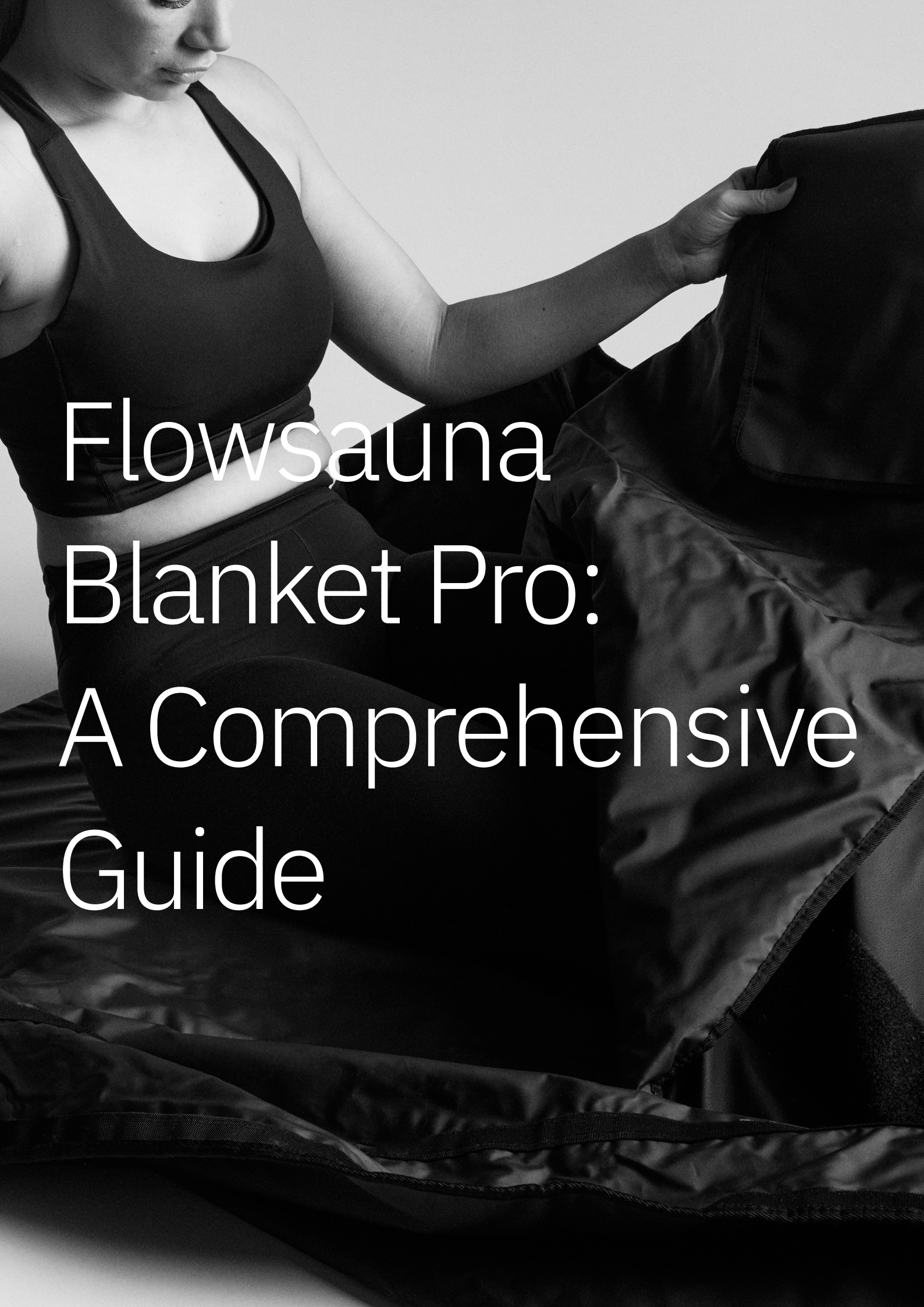
Controller

Full control of temperature levels and timer.



Carry Bag

This durable and portable bag makes storing and transporting your sauna blanket easy.



Flowsauna Blanket Pro: A Comprehensive Guide

The Flowsauna Blanket Pro is your ultimate tool for relaxation, recovery, and wellness. Using far Infrared Heat, this sauna blanket promotes full-body detoxification, pain relief, and mental relaxation—all from the comfort of your home. This guide covers setup, use, and maintenance for optimal results, plus benefits for relaxation, detoxification, and recovery.

The Mechanics of Far Infrared Heating

Far Infrared Heating penetrates deeply, delivering therapeutic warmth to muscles and joints. Unlike traditional heat, infrared rays mimic the sun's natural warmth, heating from the inside out. This deep heat promotes circulation, detoxification, and relaxation. The 4-16 micron far-infrared spectrum in the Flowsauna Blanket Pro ensures optimal absorption and effective use.

The heat stimulates vasodilation, boosting blood flow and oxygen delivery to tissues. It also activates sweat glands to support natural detoxification. Additionally, Far Infrared Heat reduces cortisol and triggers endorphins, promoting mental calmness.

Getting Started

Setting Up for Optimal Use

1. Choose the Right Location
 - Select a flat, heat-resistant surface such as a bed, yoga mat, or massage table.
2. Connect the Components
 - Unpack the blanket and connect the control unit to the blanket and a power outlet.
 - Ensure all connections are secure before turning on the device.
3. Prepare for Your First Session
 - Wipe the interior surface with a damp, non-abrasive cloth to ensure cleanliness.
 - Dress in light, breathable clothing or use a towel for comfort and hygiene.
4. Warm Up the Blanket
 - Turn on the device using the controller.
 - Adjust the temperature to a moderate level for your first session.
 - Preheat the blanket for 5-10 minutes before use.

Using the Flowsauna Blanket Pro

1. Lie Down Comfortably

- Position yourself inside the blanket with your head outside for safety.
- Secure the Velcro closures to ensure full-body coverage. Velcro coverage is provided for the feet, the long side of the body, and the shoulders.

2. Set Your Session Preferences

- Use the controller unit to set the temperature and timer.
- Beginners may start with 30 minutes at a moderate temperature, gradually increasing duration and heat as tolerated.

3. Stay Hydrated

- Drink water before and after your session to support detoxification and prevent dehydration.

4. End Your Session Safely

- Turn off the device using the control unit before exiting.
- Allow the blanket to cool down before cleaning and storing it.

Benefits and Suggested Usage

1. Relaxation and Stress Relief
 - Recommended use: 20-40 minutes daily at 40-50°C.
 - Promotes mental relaxation by releasing endorphins and reducing cortisol levels.
2. Detoxification Benefits
 - Recommended use: 30-45 minutes 2-3 times weekly at 50-75°C.
 - The Flowsauna Blanket Pro enhances your body's natural detoxification process, removing toxins and improving circulation and skin health.
3. Post-Workout Recovery
 - Recommended use: 20-30 minutes after intense physical activity at 55-75°C.
 - Reduces muscle soreness and inflammation by increasing circulation and oxygen flow.
4. Improved Sleep Quality
 - Recommended use: 15-30 minutes in the evening at 40-45°C.
 - Encourages relaxation and prepares the body for restful sleep.

Refer to the comprehensive section for advanced recommendations tailored to athletes and fitness enthusiasts.

Maintenance and Cleaning

1. After each session
 - Let your Sauna blanket cool down.
 - Wipe the interior with a damp cloth to remove sweat and debris.
2. Weekly care
 - Use a gentle, non-abrasive cleaner to sanitize the interior and exterior surfaces.
3. Post-Workout Recovery
 - Fold the blanket carefully and store it in a dry, cool place.
 - Use the provided carry bag for added convenience and protection.

By following this guide, you can maximize the benefits of the Flowsauna Blanket Pro, transforming your wellness routine into a truly therapeutic experience.





Relaxation and Stress Relief

Unwind and Recharge

Flowsauna Blanket Pro transforms your relaxation routine with the gentle, therapeutic effects of Far Infrared Heating. Whether decompressing after a long day or proactively managing stress, it provides the ultimate escape, helping your body and mind recalibrate.

How Far Infrared Heating Promotes Relaxation

Endorphin Release

Far Infrared Heat therapy stimulates the production of endorphins, your body's natural mood boosters, which enhance emotional well-being.

Cortisol Reduction

Heat therapy activates the parasympathetic nervous system, reducing cortisol levels and helping to combat stress.

Muscle Relaxation

The deep-penetrating heat improves blood circulation, releasing tension in muscles and joints.

Recommended Temperature and Duration

- Temperature Range: 40–50°C, a gentle heat range to soothe and relax.
- Duration: 20–40 minutes daily for consistent benefits.
- Frequency: Ideal for everyday use to create a daily ritual of relaxation.

Maximizing Your Relaxation Sessions

Create a Tranquil Setting

Enhance your session with dim lighting, calming music, or aromatherapy to heighten the sensory experience.

Mindful Breathing

Practice deep breathing techniques while relaxing in the blanket to amplify the stress-relieving effects.

Post-Session Cooldown

Allow your body to gradually cool down afterward, promoting a balanced, refreshed state.



Post-Workout Recovery

Revitalize and Perform at Your Best

How Far Infrared Heat Supports Post-Workout Recovery

Reduces Inflammation and Soreness

Far Infrared Heat boosts circulation, flushing lactic acid and reducing inflammation to relieve delayed onset muscle soreness (DOMS).

Enhances Oxygen and Nutrient Delivery

Improved blood flow delivers oxygen and nutrients to muscles, speeding repair and reducing recovery time.

Promotes Relaxation

Far Infrared Heat soothes the nervous system, easing tension and enhancing both physical and mental recovery.

Optimizing Your Recovery Sessions

Prioritize Comfort

Relax in a calm setting to let the Far Infrared Heat work deeply into your muscles.

Hydrate Well

Drink plenty of water before and after to support recovery and detoxification.

Use Breathing Techniques

Practice deep breathing to enhance relaxation and relieve muscle tension.

Temperature, Duration, and Frequency

Temperature Range

55–75°C, ideal for deep tissue recovery.

Duration

20–30 minutes after physical activity for effective soreness relief.

Frequency

2–3 times weekly or after particularly intense workouts for optimal results.



Improved Sleep Quality

Prepare Your Body for Restful Nights

Relaxing your body and reducing tension creates the ideal conditions for deep, restorative sleep.

How Far Infrared Heating Supports Better Sleep

Heat Therapy for Relaxation

Far Infrared Heat activates the parasympathetic system, calming the mind and body for restful sleep.

Boosts Melatonin

Post-session cooling triggers melatonin release, helping you fall asleep faster and sleep longer.

Reduces Stress

Lowers cortisol levels, easing restlessness for deeper, more restorative sleep.

Optimizing Your Sleep-Enhancing Session

Set the Mood

Dim lights, use calming scents like lavender, and play soothing music or meditation.

Perfect Timing

Schedule 1–2 hours before bed to align with your circadian rhythm and boost melatonin.

Hydrate Wisely

Stay hydrated but avoid excess fluids to prevent nighttime disruptions.

Recommended Temperature, Duration, and Frequency

Temperature

40–45°C for gentle, soothing heat.

Duration

15–30 minutes, based on your comfort.

Frequency

Daily for a consistent bedtime routine and better sleep quality.



Detoxification

Cleanse and Recharge Your Body

Everyday life exposes your body to toxins, from environmental pollutants to metabolic waste. The Flowsauna Blanket Pro utilizes Far Infrared Heat to activate your body's natural detoxification processes.

How Far Infrared Heating Supports Detoxification

Infrared-Driven Sweat for Deep Cleansing

Far Infrared Heat deeply penetrates the body, raising core temperature to activate sweat glands. This process removes toxins like lactic acid and pollutants, refreshing the body. A natural benefit is clearer, more vibrant skin as impurities are eliminated through sweat.

Enhanced Circulation for Cellular Repair

Improved blood flow accelerates the removal of metabolic waste while delivering essential oxygen and nutrients to tissues. This dual action supports detox and enhances skin elasticity and overall radiance by nourishing cells from within.

Lymphatic System Activation

The gentle heat stimulates the lymphatic system, promoting the removal of excess fluids and waste. This process balances your body for peak performance and reduces puffiness, helping your skin maintain a youthful appearance.

Recommended Temperature, Duration, and Frequency

Temperature

50–60°C to activate sweat glands and enhance circulation.

Duration

30–45 minutes per session for optimal toxin removal.

Frequency

2–3 times weekly to maintain consistent benefits.

Safety Information

Consultation

- Always consult your doctor, especially if you have health conditions, are pregnant, or have cardiovascular concerns. If you are uncertain if heating therapy in a blanket can be an issue for your health, consult with your doctor.

Hydration

- Stay hydrated before and after use to prevent dehydration.

Substances

- Avoid alcohol before or during sauna sessions.

Environment

- Keep out of reach of children and pets.
- Ensure the room is well-ventilated for fresh air circulation.
- Do not use it in wet or hot environments.

Safety Precautions

- Do not bring sharp objects or electronics into the sauna blanket.
- Before entering the Sauna, make sure to take off all metal accessories and jewelry.
- Supervise children under 16 years old, elderly individuals, or those with limited mobility during use.
- Exit immediately if you experience discomfort, dizziness, or unusual symptoms, and seek medical attention if needed.

Usage Guidelines

- Allow at least 30 minutes after meals before use.
- Never leave the sauna unattended while operating.
- Do not fold or place heavy objects or the remote on the blanket during operation.
- Disconnect the power completely after use.
- Make sure to keep the connection plugs from the remote, adapter, and sauna blanket dry. Avoid moisture or getting them wet.

Maintenance and Storage

- Ensure the Sauna blanket cools down before you clean or fold it for storage. It's crucial not to fold it while it's still warm, as this can damage the wire or the product's remote.
- Clean the sauna blanket after each use.
- Avoid exposure to direct sunlight or rain.

Avoid use if

- Pregnant.
- Experiencing heart disease, asthma, or during menstruation.
- Recovering from cerebral hemorrhage or severe conditions like hypertension, hyperthyroidism, or cancer.
- Affected by infectious diseases or severe cardiovascular or cerebrovascular issues.

Electrical Specification

Power Source

- Rated Voltage: 110-240V, 50-60Hz, 650W
- Overvoltage Protection: 260V (10D561k)
- Overcurrent Protection: 10A

Far-Infrared Wavelength

- Range: 4-16 microns

Temperature Control

- Protection Limit: 75°C

Temperature Range

35°C to 75°C

Level Mapping:

- Level 1: 35°C
- Level 2: 40°C
- Level 3: 45°C
- Level 4: 50°C
- Level 5: 55°C
- Level 6: 60°C
- Level 7: 65°C
- Level 8: 70°C
- Level 9: 75°C

Adjustment:

Rotate temperature circle:

- Right (High) = Increase by 1 level (5°C)
- Left (Low) = Decrease by 1 level (5°C)

Controller Display:

- May vary by 2-3°C from the actual temperature.

Time Control:

- Intervals: 20-60 minutes
- Default Setting: 60 minutes
- Adjustment: Press "+" or "-" to modify in 1-minute increments.

Dimensions and Weight:

- Product Size: 180 × 210 cm
- Folded Size: 180 × 90 cm.
- Product Weight: 8.0 kg
- Packing Size: 47 × 27 × 44 cm
- Total Weight: 10 kg

Treatment Guidelines:

- Duration: 40-60 minutes per session
- Frequency: 3 times per week
- Target Area: Whole body (excluding head)

Certifications:

- CE, CCC, ROHS, UKCA, FCC, PSE

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A black and white photograph of a person's back and shoulder. A black strap, possibly a sports bra or a bag strap, is visible across the shoulder. The skin is smooth and the lighting creates soft shadows, emphasizing the contours of the body.

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Active Lifestyle. Made Possible.