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› Relassy 150W Infrared Heat Lamp User Manual (Model HG:IL-01-01)

Relassy HG:IL-01-01

Relassy 150W Infrared Heat Lamp User Manual

Model: HG:IL-01-01 | Brand: Relassy

1. INTRODUCTION

The Relassy 150W Infrared Heat Lamp is designed to deliver targeted heat through short-wave infrared light. This device features adjustable temperature settings and a customizable timer, providing controlled heat application. It is intended for personal use to provide warmth and comfort.



Image 1.1: Overview of the Relassy 150W Infrared Heat Lamp, showing its adjustable arm and integrated control panel.

2. SAFETY INSTRUCTIONS

WARNING: Failure to follow these safety instructions may result in electric shock, fire, or serious injury.

- Read all instructions thoroughly before operating the device.
- Do not touch the hot bulb or lamp housing during or immediately after use. Allow sufficient time for cooling.
- Keep the device away from water and other liquids. Do not use in damp environments or near bathtubs, showers, or swimming pools.

- Ensure adequate ventilation around the lamp during operation to prevent overheating.
- Do not use the lamp on infants, children, or individuals who are incapacitated, unconscious, or unable to communicate discomfort.
- Maintain a safe distance between the lamp and the skin (recommended distance is typically 30-45 cm or 12-18 inches) to avoid burns. Consult a healthcare professional for specific recommendations.
- Do not cover the lamp or block its ventilation openings.
- Unplug the device from the power outlet when not in use and before cleaning or maintenance.
- Do not operate the device if the cord or plug is damaged, or if the device malfunctions or has been dropped or damaged. Contact customer service for repair.
- Use only the specified 150W infrared bulb.

3. PACKAGE CONTENTS

Verify that all components are present and undamaged upon opening the package:

- 1 x Relassy Infrared Heat Lamp Unit (Base, Arm, Lamp Head)
- 1 x 150W Infrared Bulb
- 1 x Controller with Timer and Temperature Adjustment
- 1 x Wire Shield for Lamp Head
- 1 x User Manual (this document)

4. SETUP INSTRUCTIONS

Follow these steps to assemble your infrared heat lamp:

1. **Insert the bracket into the base hole:** Carefully align the lamp arm's bracket with the designated hole in the base and insert it firmly.
2. **Tighten the screw next to the hole:** Secure the arm to the base by tightening the screw located adjacent to the insertion point.
3. **Snap in the lamp cover and tighten it clockwise:** Attach the lamp cover to the lamp head, ensuring it snaps into place, then rotate it clockwise to secure.
4. **Tighten the screws on the back of the lamp cover:** Further secure the lamp cover by tightening any screws on its rear.
5. **Screw the bulb clockwise to tighten it:** Gently screw the 150W infrared bulb into the lamp head socket, turning clockwise until snug. Do not overtighten.
6. **Put the wire shield stuck into the lampshade:** Position the protective wire shield over the bulb and secure it into the lampshade.



Image 4.1: Visual guide for assembling the infrared heat lamp.

5. OPERATING INSTRUCTIONS

The Relassy Infrared Heat Lamp features an intelligent controller for easy operation. Refer to the image below for button identification.

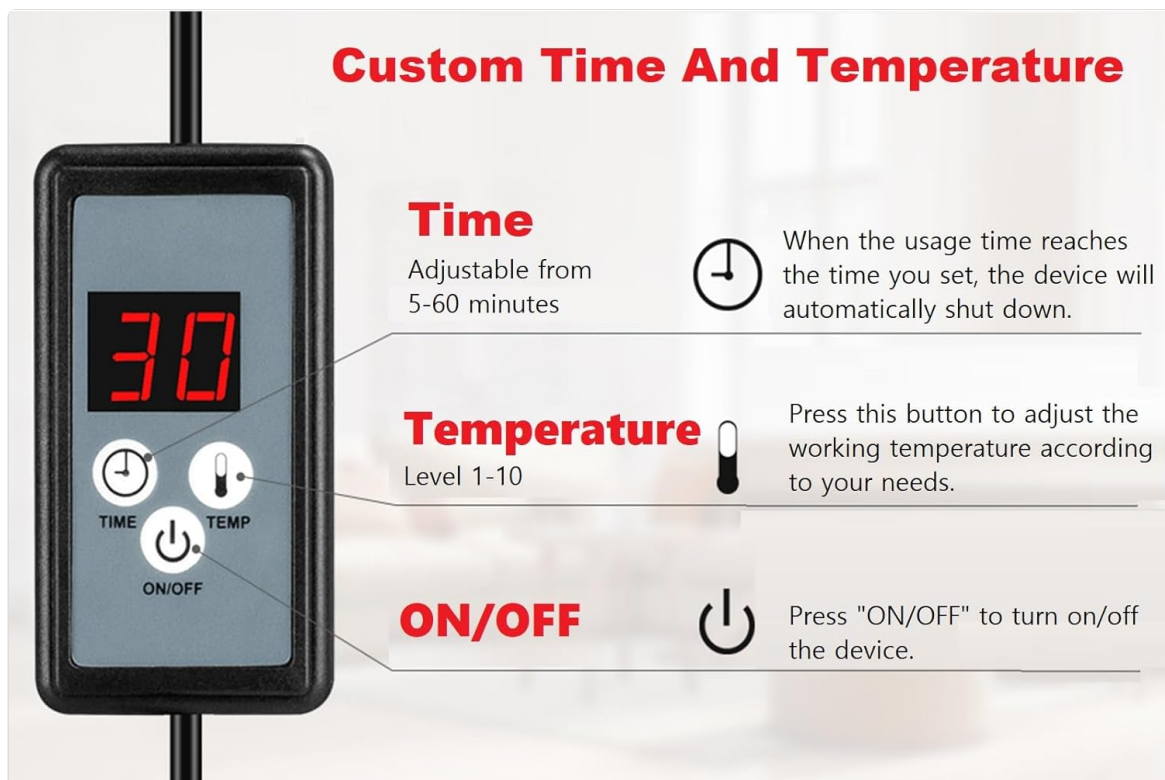


Image 5.1: The intelligent controller for adjusting time and temperature.

5.1 Power On/Off

- Connect the power cord to a suitable electrical outlet.
- Press the "ON/OFF" button on the controller to turn the device on or off.

5.2 Adjusting Temperature

- With the lamp on, press the "TEMP" button to cycle through 10 levels of temperature adjustment.
- Select the desired heat intensity. Start with a lower setting and gradually increase if needed.

5.3 Setting the Timer

- Press the "TIME" button to set the operating duration. The timer is adjustable from 5 to 60 minutes.
- Once the set time elapses, the device will automatically shut down.

5.4 Recommended Usage

- It is recommended to use the lamp at least 4 times per week, for 5 to 18 minutes per session.
- Position the lamp to direct heat to the desired area, maintaining a comfortable distance.

Watch this video for a demonstration of the lamp's operation and controller functions:

Your browser does not support the video tag.

Video 5.2: Demonstration of turning on the lamp, adjusting temperature, and setting the timer.



Image 5.3: Examples of targeted heat application on different body areas.

6. MAINTENANCE

6.1 Cleaning

- Always unplug the lamp from the power outlet before cleaning.

- Allow the lamp to cool completely.
- Wipe the exterior surfaces of the lamp and base with a soft, dry cloth.
- Do not use abrasive cleaners, solvents, or harsh chemicals, as these may damage the finish or components.

6.2 Storage

- Store the lamp in a cool, dry place when not in use.
- Ensure the power cord is not tightly wrapped or kinked during storage.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Lamp does not turn on.	<p>Not plugged in correctly.</p> <p>Power outlet is not functioning.</p> <p>Bulb is loose or burnt out.</p>	<p>Ensure the power cord is securely plugged into a working outlet.</p> <p>Test the outlet with another device.</p> <p>Check if the bulb is screwed in tightly. Replace the bulb if it is burnt out (ensure lamp is unplugged and cool).</p>
No heat or insufficient heat.	<p>Temperature setting is too low.</p> <p>Lamp is too far from the target area.</p>	<p>Increase the temperature setting using the controller.</p> <p>Adjust the lamp closer to the target area, maintaining a safe distance (30-45 cm).</p>
Lamp turns off unexpectedly.	<p>Timer has expired.</p> <p>Overheating protection activated.</p>	<p>Check the timer setting and reset if necessary.</p> <p>Unplug the lamp, allow it to cool for 15-30 minutes, and ensure ventilation is not obstructed before restarting.</p>

8. SPECIFICATIONS

Feature	Detail
Brand	Relassy
Model Number	HG:IL-01-01
Power Output	150 Watts
Voltage	240 Volts
Light Type	Infrared
Temperature Levels	10
Timer Settings	5 - 60 minutes
Product Dimensions	17.02 x 17.02 x 65.02 cm (6.7 x 6.7 x 25.6 inches)
Product Weight	2.65 kg (5.84 lbs)
Material	Glass (bulb), Metal/Plastic (housing)
Bulb Base	E26 medium



Image 8.1: Dimensional overview of the infrared heat lamp.

9. WARRANTY AND SUPPORT

For information regarding product warranty, returns, or technical support, please contact Relassy customer service through the retailer where the product was purchased or visit the official Relassy website. Please have your model number (HG:IL-01-01) and purchase date available when contacting support.