iLIFE®

SENSE UP YOUR LIFE

User manual

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1. Introduction

Please **ensure** you read this user manual carefully before starting the system for the first time. This manual contains important information on safety, use and maintenance of the system.

1.1. Identification

The iLifeFIR system is a combined wellness system for use by humans. The iLifeFIR system is intended for remote infrared use. Each unit is provided with a unique serial number.
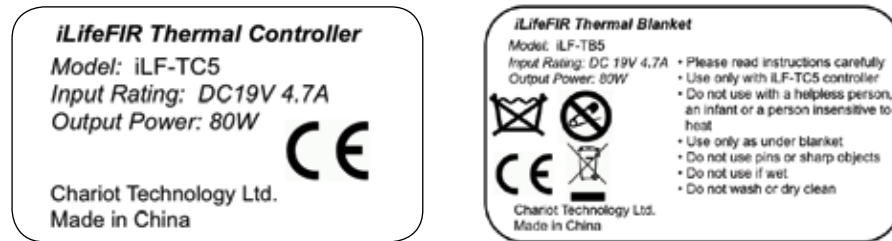

Figure 1: Label for the thermal controller (left) and the applicator (right)

1.2. Warranty terms

For proper use, the manufacturer offers a warranty in accordance with legal provisions that is calculated from the day on which the product is delivered. During this time, the device shall be replaced free of charge or repaired by the manufacturer or the relevant authorised iLife country or service centre. Faulty parts/devices must be supplied free of charge. The manufacturer headquarters are solely responsible for any civil proceedings and is also the place of jurisdiction for any manufacture faults. For accessories, a warranty exists based on legal provisions.

The manufacturer recommends the "iLife Plus warranty" as a warranty extension.

The user manual must be read, understood and observed by the person using the device.
The following are excluded from liability for defects:
- Non-observance of the user manual
- Negligent or incorrect use
- Wilful damage

as well as wear out and soiling.
In the event that the person ordering the device or a third party carries out work or interventions on the supplied device in any form whatsoever without prior approval from the manufacturer, the warranty is rendered invalid.

EN

Caution!
The device and the application must in no circumstances be opened. Opening these shall render any warranty claims invalid.

Technical modifications
We reserve the right to make any technical modifications to the illustration and information in this user manual, which are needed for improving the device/accessories.

Intellectual property right
Any reprinting or reproduction of this user manual, in full or in part, may only be carried out with prior agreement from the manufacturer.

1.3. Proper use

The iLifeFIR system is only intended to be used for the purpose of relaxation, wellness and improving well-being in humans.
The manufacturer shall not be liable for any use that does not fall within the scope of the intended proper use.
The iLifeFIR applicator iLF-TB5 is only to be used together with the supplied thermal controller iLF-TC5, power supply and the country-specific power cord.

1.4. Delivery Scope

Immediately upon receiving the device, please check that all of the following parts are included:
- iLifeFIR applicator iLF-TB5
- iLifeFIR thermal controller iLF-TC5
- iLifeFIR connector cable (splitter)
- iLifeFIR user manual

IMPORTANT!

☞ The iLifeFIR power supply must be ordered separately for **standalone operation** of the iLifeFIR.

⚠ When **used together** with the iLifeSOMM, the supplied cable can be used to connect the iLifeFIR to the power supply of the iLifeSOMM.

1.4.1. Optional accessories

For optimum relaxation and wellness applications, we recommend the **iLifeSOMM** system. The system can be purchased at any iLife International Est. sales partner.
A **carrying bag** is also available to make transportation easier.

1.5. Components

The iLifeFIR system is made up of the following components:

1.5.1. Applicator

Figure 2: iLifeFIR applicator

The iLifeFIR applicator is designed for normal use (person lying down). It is hard-wearing, but is not designed for use with pointy heels, use as a gym matt or similar. The applicator must be placed on a fixed surface, ideally directly on the iLifeSOMM system.

1.5.2. Thermal controller with connection cable

The thermal controller is used to control all the functions of the iLifeFIR system. It is operated using 5 push buttons.

The thermal controller is permanently connected to the applicator. The connection is not to be disconnected or replaced with another cable as otherwise it can not be guaranteed that the system will function properly.

Figure 3: Thermal controller

1.5.3. Connector cable (splitter)

The connector cable (splitter) is used to power both the iLifeSOMM and iLifeFIR via the iLifeSOMM power supply.

Figure 4: Connector cable (splitter)

1.5.4. Power supply (optional)

The power supply is sold separately. It is required for the standalone operation of the iLifeFIR.

Do not use any other power supply as otherwise it can not be guaranteed that the system will function properly.

The power supply can be used with 100-240 V AC / 50-60 Hz power outlets and is available with different power plugs (EU, CH).

Figure 5: External mains adapter

2. General safety precautions

The manufacturer guarantees the safe, reliable and trouble-free operation of its device, provided the following requirements are fulfilled:

- The device must only be used in conjunction with the user manual.
- Any adjustments, modifications or repairs to the system must only be carried out by the manufacturer or by persons authorised to do so.
- The system must only be used with accessories and replacement parts that are listed in the user manual and their safe technical utilisation has been proven by the manufacturer.

2.1. Risks to persons

- The device must not be set up in a damp or wet room.
- The device must not be used:
  - if the operator is unable to use it safely due to having consumed too much alcohol, drugs or medication,
  - in rooms where there are inflammable gases.
- Children are only to use the system under adult supervision and the thermal controller should only be operated by an adult.
- Persons with limited physical, sensory or mental facilities, or those who lack knowledge of or experience with the system, are only to use the system under supervision or after having been fully informed of the potential risks and receiving detailed instruction on how to use the system safely.

The iLifeFIR system is **not** a medicinal system and is not intended for use in medical facilities.

2.1.1 Potential Risks

- Pregnancy

Infrared application should only be used **under medical supervision** when suffering from:
- high fever and acute inflammation
- severe heart and venous diseases
- severe diabetes mellitus
- renal insufficiency
- coagulopathy (clotting disorder) and thrombosis (blood clots)
- thyrotoxic crisis (life-threatening hyperthyroidism)
- hemolytic anemia (anemia with decrease in the number of red blood cells)

2.2. Possible Damage to Property

- The iLifeFIR applicator must be placed on a hard surface and should not be installed in adjustable beds. It is important to ensure that the applicator and the cables are not kinked or pinched.
- Allow the iLifeFIR applicator to cool down for a few minutes after use before folding it together.
- Do not stack any other objects on top of the applicator when storing it that will press down heavily on the system or damage it.
- Keep needles and other sharp objects away from the applicator.
- Do not wash the iLifeFIR applicator or place it in a dryer (see section 4.2).
- Under standard operating conditions the relative humidity should be:
- 30% - 75% at 30 °C.
  The system is not designed for use at another relative humidity and may not function properly if used at a different relative humidity.
- Check the system regularly for damage. If you notice signs of damage, contact the manufacturer or an authorized service center before using the system again.

2.3. Typographical design elements

Specific operating instructions, such as

1. Press the *start* key,
start with a number at the start of the line.

☞ This symbol indicates useful information and tips to make operating the system easier.

2.4. Symbol key

This symbol shows that the device must only be used in enclosed rooms.

⚠ This symbol means that the user must observe the operating instructions.

CE This symbols shows that the device has been developed, designed and finished in accordance with the applicable European guidelines.

3. Operating instructions

3.1. Description of the iLifeFIR system

The iLifeFIR system is made up of the following:
1 … iLifeFIR applicator
2 … iLifeFIR thermal controller
3 … iLifeFIR connector-cable (splitter)
4 … iLifeFIR power supply (optional)
5 … iLifeSOMM powr supply (external)

The iLifeFIR is controlled using the operating terminal. This can be used to make all the settings on the iLifeFIR.
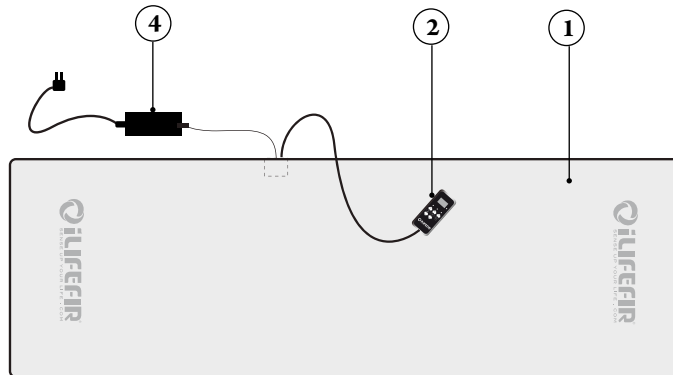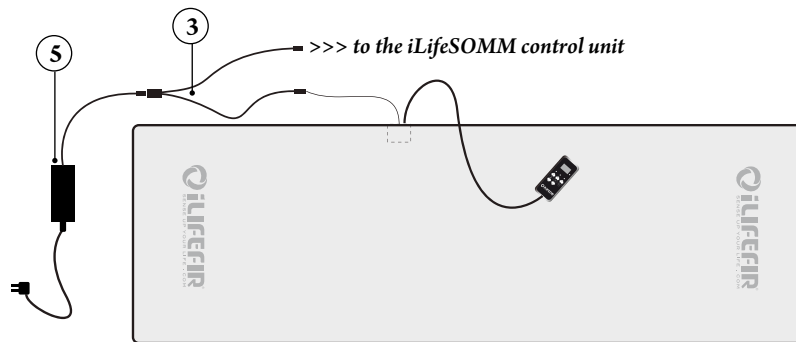
Figure 6:
iLifeFIR
Stand-Alone
Operation

>>> to the iLifeSOMM control unit

Figure 7: iLifeFIR in Combination with iLifeSOMM

3.2. Using the iLifeFIR System

3.2.1. Preparing to start up the device

If the device has been exposed to cold temperatures e.g. stored in a car at below 10°C, it should first be left for 30 minutes at room temperature 10°C …30°C before being started up.

The iLifeFIR system has **two modes** of operation:

3.2.1.1 iLifeFIR Stand-Alone Operation

See Figure 6 on page 10 for a schematic diagram.
1. Place the iLifeFIR applicator flat on a solid surface [1].
2. Connect the power supply to the cable coming out of the applicator.
3. Plug the power supply into an electrical outlet.
4. Now the system will start automatically and the display on the thermal controller will alternate between the duration and the temperature.

3.2.1.2 iLifeFIR in Combination with iLifeSOMM

See Figure 7 on page 10 for a schematic diagram.
1. Place the iLifeFIR applicator flat on top of the iLifeSOMM.
2. Unplug the iLifeSOMM power cord from the electrical outlet.
3. Disconnect the power supply for the control unit at the foot end of the iLifeSOMM and connect it to the iLifeFIR connector cable.
4. Connect part 1 of the connector cable to the cable coming from the iLifeFIR applicator.
5. Connect part 2 of the connector cable to the iLifeSOMM control unit.
6. Plug the iLifeSOMM power supply into an electrical outlet.
7. Now the system will start automatically and the display on the thermal controller will alternate between the duration and the temperature.

⚠ Notice: Please read the iLifeSOMM user manual before operating in combination with the iLifeFIR.

[1] **Tip:** Use a hard mattress for example as a firm surface.
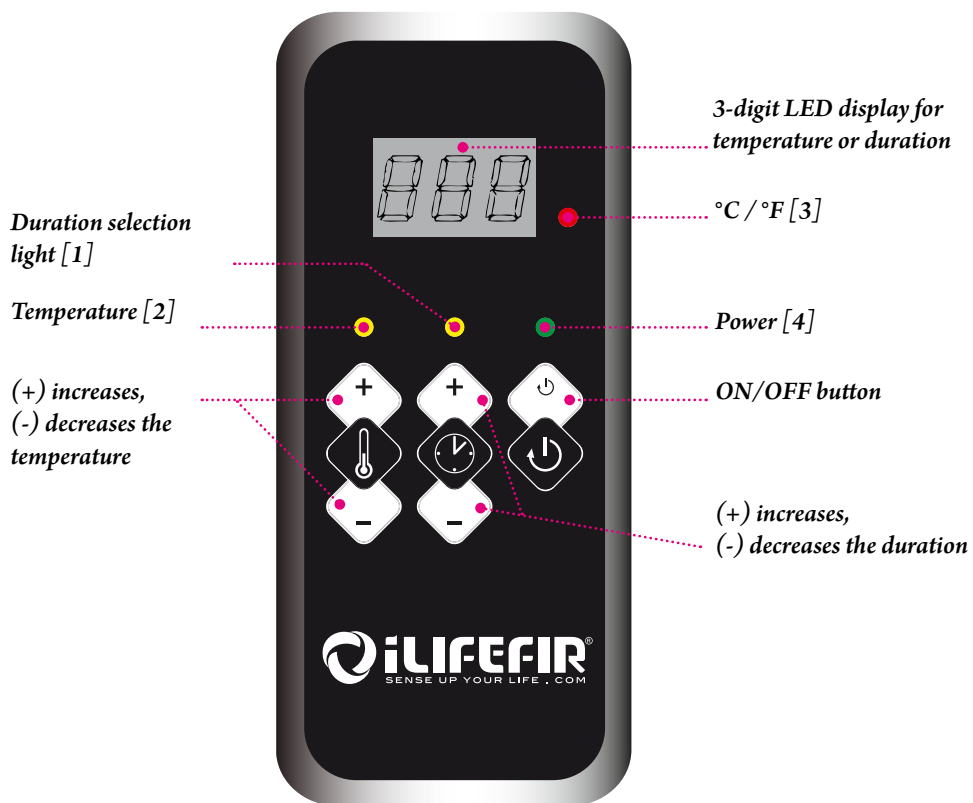
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3.2.2. Description of the Thermal Controller

3-digit LED display for temperature or duration

°C / °F [3]

Duration selection light [1]

Temperature [2]

Power [4]

(+) increases, (-) decreases the temperature

ON/OFF button

(+) increases, (-) decreases the duration

Figure 8: Description of the thermal controller

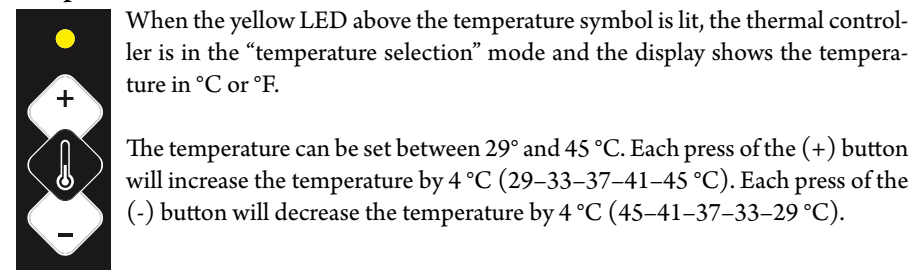| LED	ON	Blinking	OFF
Duration selection light [1]	🟡 Duration selection active		⚪ Duration selection inactive
Temperature [2]	🟡 Temperature selection active		Temperature selection inactive
°C / °F [3]	🔴 Set to °F Fahrenheit		⚪ Set to °C Celsius
Power [4]		🟢 Program is running (ON)	⚪ OFF

Figure 9: Description of the LED displays
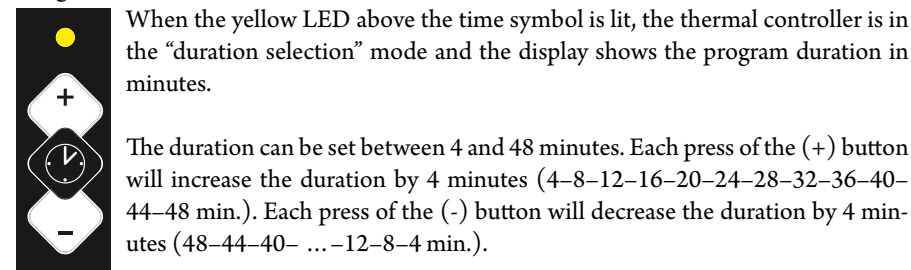

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3.2.3. Switching on the System

1. After connecting the system to the power supply, the display will alternate between the preset temperature (37°C/99°F) and duration (24 min) or the settings from the previous program.
2. Press the ON/OFF button once to start the program.
3. If no program is currently active, the thermal controller will automatically switch off after 2 minutes if no buttons are pressed. To activate the thermal controller again, simply press any button.
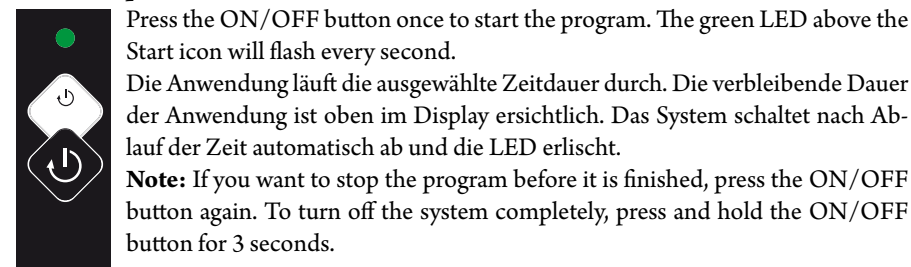
3.2.4. Setting the Desired Program

Temperature

When the yellow LED above the temperature symbol is lit, the thermal controller is in the "temperature selection" mode and the display shows the temperature in °C or °F.

The temperature can be set between 29° and 45 °C. Each press of the (+) button will increase the temperature by 4 °C (29–33–37–41–45 °C). Each press of the (-) button will decrease the temperature by 4 °C (45–41–37–33–29 °C).

Program Duration

When the yellow LED above the time symbol is lit, the thermal controller is in the "duration selection" mode and the display shows the program duration in minutes.

The duration can be set between 4 and 48 minutes. Each press of the (+) button will increase the duration by 4 minutes (4–8–12–16–20–24–28–32–36–40–44–48 min.). Each press of the (-) button will decrease the duration by 4 minutes (48–44–40– … –12–8–4 min.).

Start / Stop

Press the ON/OFF button once to start the program. The green LED above the Start icon will flash every second.

Die Anwendung läuft die ausgewählte Zeitdauer durch. Die verbleibende Dauer der Anwendung ist oben im Display ersichtlich. Das System schaltet nach Ablauf der Zeit automatisch ab und die LED erlischt.

Note: If you want to stop the program before it is finished, press the ON/OFF button again. To turn off the system completely, press and hold the ON/OFF button for 3 seconds.

3.3. Tips for Using the iLifeFIR

The ILifeFIR system is designed for whole-body use.

There is no need to remove your clothes. Lay flat on your back on top of the applicator with your head near the „iLifeFIR" logo and the thermal controller on your right.

The far-infrared radiation (FIR) element does not extend over the entire length of the applicator, but only from the top to just above the lower "iLifeFIR" logo (see hatched area).
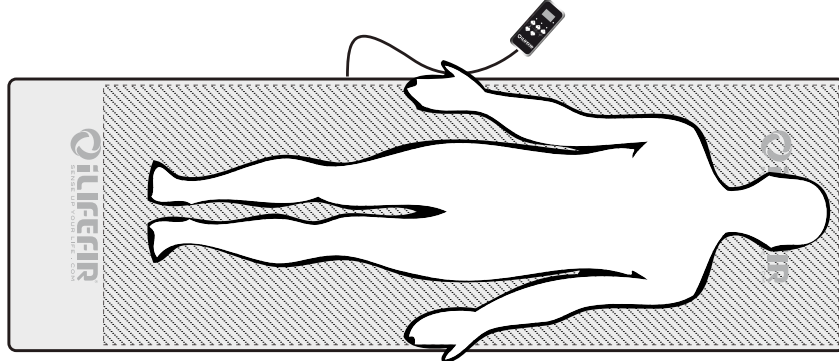

Figure 10: Normal position on the iLifeFIR with the head at the top of the applicator

☞ Those who are particularly sensitive can turn the applicator around so that their head is not on the FIR element. When used in combination with the iLifeSOMM, please be sure to turn the applicator around and not to simply lie down in the opposite direction.
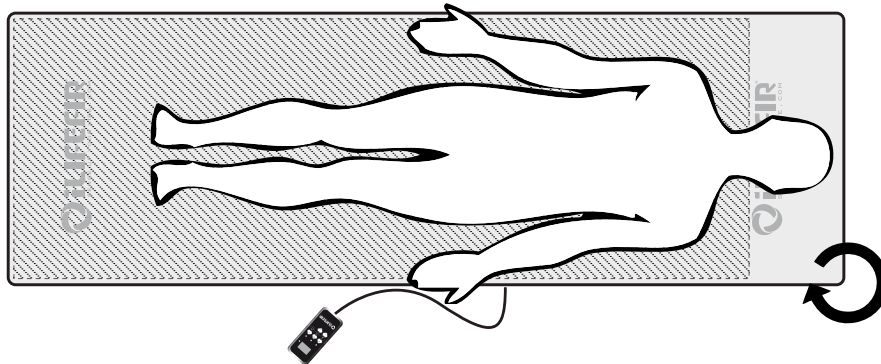

Figure 11: Reversed position on the iLifeFIR with the head at the bottom of the applicator

☞ The far-infrared radiation penetrates about 5 to 7 cm deep into the body, even through clothing. For further optimization, you can also lay on your stomach and start the program again.

3.3.1 Selecting the Correct Temperature

Please note that it can take up to 3 minutes before the iLifeFIR begins to feel warm. The temperature is measured directly at the FIR element. This temperature may vary slightly due to external influences (e.g. ambient temperature).

Begin the first weeks with low temperatures to allow your body to slowly get used to the effect, and then increase the temperature as desired.

Setting 29°/33 °C (84°/91 °F)
soothing, calming, relaxing, for wellness, prevention, ...

Setting 37 °C (98 °F)
balancing, harmonizing, for muscle relaxation, prevention, ...

Setting 41°/45 °C (105°/113 °F)
toning, stimulating, for detoxification, prevention, ...

3.3.2 Selecting the Right Duration

The duration can be set for between 4 and 48 minutes. There are no set rules when selecting the duration, it is simply most important to select what feels best for you.

☞ As a **guideline**, you can follow this rule of thumb. The stronger the symptom or the longer you have had the problem, the longer the duration and the lower the temperature.

3.3.3 E-Smog-Free Operation

The ILifeFIR system is equipped with a unique shielding that enables almost entirely e-smog-free operation. In order for this shielding to function properly, the power supply must be connected to a grounded power outlet.

⚠ If you are not sure if the outlet is grounded, please consult an electrician.

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4. Care and Maintenance

4.1. iLifeFIR Thermal Controller

The controller does not require any special maintenance. It can be cleaned with a dry or damp cloth.
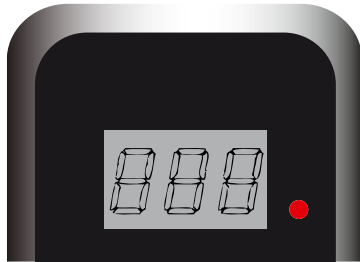
4.1.1. Changing between °C / °F

To change the temperature display from Celsius (default) to degrees Fahrenheit, press and hold both the (+) and (-) buttons for the temperature setting for 3 seconds.
Both yellow LED lights will turn on.

The temperature will now be shown in °F (84-113 °F) and the red LED next to the display will turn on to indicate that the controller is set to Fahrenheit.

To return the display to Celsius, press and hold both the (+) and (-) buttons for the temperature setting for 3 sec again. The LED next to the display will turn off.

Figure 12: Display with LED for °C / °F

4.2. iLifeFIR Applicator

The lying surface is made from high quality Alcantara material. While providing a comfortable lying surface, this microfiber may collect dust over time. To clean the surface, simply brush it with a soft brush. A standard shoe or clothes brush is perfect for this purpose.
Stains should be removed immediately to prevent them from setting. Remove liquid stains with a highly absorbent cloth to soak up the liquid. Never rub, but pat. Afterwards, wipe the area with a clean damp cloth. Do not use grease or oil-based leather care products. Also, never use solvents (e.g. acetone) or cleaners with an abrasive effect.

NOTICE: Do not dry-clean!
Water or other liquids entering the iLifeFIR system may cause serious defects. Therefore, carefully prevent any liquids from entering the iLifeFIR system.

5. Troubleshooting

In the event of a fault, check the following:
- Are all external cables correctly and properly connected?
- Is the power supply correct; is the control LED lit on the external mains adapter?
- Is the operating terminal connected using the original connection cable?

If you are unable to fix an error, please contact the repair and service center below.
As already mentioned, do not attempt to open or manipulate the iLifeFIR system in any way, as this will void any warranty and may lead to dangerous situations!

Defect device:
The iLifeFIR system is designed as a maintenance-free product.

Manufacturer:	Chariot Technology Ltd
	Kowloon, Hong Kong
Service and Repair, Sales:	iLife International Est.
	Föhrenweg 5
	LI-9496 Balzers,
	Principality of Liechtenstein
	Tel: +432 388 1100
	hq@iLifeEurope.com
	www.iLifeEurope.com

6. Technical data

Classification:	iLifeFIR system
Nominal voltage:	110 V AC – 230 V AC;
Nominal frequency:	50 / 60 Hz
Nominal consumption:	max. 85W
Protection class:	Class l (with the specific mains adapter) iLifeFIR must only be used with the specific power supply!
Output voltage:	19 V DC
Operating duration:	programme-dependent, 4 – 48 min
Temperature range:	29–45°C (84–113°F)

Measurements:

Length:	200 cm
Width:	65 cm
Height:	approx. 3 cm
Weight:	approx. 5 kg

Operating temperature:	+10°C to +30°C
Lagertemperatur:	0°C to +70°C
Humidity:	30% – 75% rel. humidity, non-condensing

Rights to modification and product development reserved.

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7. EU declaration of conformity

EMTEK

Dongguan EMTEK Co., Ltd.
No.281, Guantai Road, Nancheng District, Dongguan, Guangdong, China
www.emtek.com.cn Tel:+86-769-2280 7079 Fax:+86-769-2280 7079

Certificate of Conformity

NO.: ED130302005S

The following product has been tested by us with the listed standards and found in conformity with the council LVD directive 2006/95/EC. It is possible to use CE marking to demonstrate the conformity with this LVD Directive.

Applicant Address	:	CHARIOT TECHNOLOGY LIMITED
	:	Room 1801, 18th Floor, Two Grand Tower, 625 Nathan Road, Kowloon, Hong Kong.
Manufacturer Address	:	CHARIOT TECHNOLOGY LIMITED
	:	Room 1801, 18th Floor, Two Grand Tower, 625 Nathan Road, Kowloon, Hong Kong.
Factory Address	:	DAKA MANUFACTURING LTD.
	:	Dali District, Qingxi Town, Dongguan City, Guangdong Province, China.
EUT	:	iLife FIR Thermal Blanket
Trade Mark	:	N/A
M/N	:	iLF-TB3, iLF-TB5.
Technical Data	:	DC19V, 80W, Class III.
Test Standards	:	EN 60335-2-17:2002+A1:2006+A2:2009 in conjunction with EN 60335-1:2012

$C\mathcal{E}$

(Manager)
April 22, 2013

The certificate is based on a single evaluation of one sample of above-mentioned products. It does not imply an assessment of the whole production and does not permit the use of the test lab. logo.

EMTEK
Dongguan EMTEK Co., Ltd.
No.281, Guantai Road, Nancheng District, Dongguan, Guangdong, China
www.emtek.com.cn Tel:+86-769-2280 7078 Fax:+86-769-2280 7079

Certificate of Conformity

NO.: ED130221037S

The following product has been tested by us with the listed standards and found in conformity with the council LVD directive 2006/95/EC. It is possible to use CE marking to demonstrate the conformity with this LVD Directive.

Applicant	: CHARIOT TECHNOLOGY LIMITED
Address	: Room 1801, 18th Floor, Two Grand Tower, 625 Nathan Road, Kowloon, Hong Kong.
Manufacturer	: CHARIOT TECHNOLOGY LIMITED
Address	: Room 1801, 18th Floor, Two Grand Tower, 625 Nathan Road, Kowloon, Hong Kong.
Factory	: DAKA MANUFACTURING LTD.
Address	Dali District, Qingxi Town, Dongguan City, Guangdong Province, China.
EUT	: iLife FIR Thermal Blanket
Trade Mark	: N/A
M/N	: iLF-TB3, iLF-TB5.
Technical Data	: Adaptor: Input: 100-240V~, 50-60Hz, 1.6A, Output: DC19V, 4.8A, Blanket: DC19V, 80W, Class III.
Test Standards	: EN 60335-2-17:2002+A1:2006+A2:2009 in conjunction with EN 60335-1:2012

CE

(Manager)
April 28, 2013

The certificate is based on a single evaluation of one sample of above-mentioned products. It does not imply an assessment of the whole production and does not permit the use of the test lab. logo.

EMTEK
Dongguan EMTEK Co., Ltd.
No.281, Guantai Road, Nancheng District, Dongguan, Guangdong, China
www.emtek.com.cn Tel:+86-769-2280 7078 Fax:+86-769-2280 7079

Certificate of Conformity

NO.: ED130221037E

The following products have been tested by us with the listed standards and found in conformity with the council EMC directive 2004/108/EC.It is possible to use CE marking to demonstrate the conformity with this EMC Directive.

Applicant	: CHARIOT TECHNOLOGY LIMITED
Address	: Room 1801, 18th Floor, Two Grand Tower, 625 Nathan Road, Kowloon, Hong Kong
Manufacturer	: CHARIOT TECHNOLOGY LIMITED
Address	: Room 1801, 18th Floor, Two Grand Tower, 625 Nathan Road, Kowloon, Hong Kong
EUT	: iLife FIR Thermal Blanket
Trade Mark	: NA
M/N	: iLF-TB3, iLF-TB5
Test Standards	: EN 55014-1: 2006+A1: 2009+A2: 2011 EN 61000-3-2: 2006+A1: 2009+A2: 2009 EN 61000-3-3: 2008 EN 55014-2: 1997+A1: 2001+A2: 2008

CE

(Manager)
April 19, 2013

The certificate is based on a single evaluation of one sample of above-mentioned products. It does not imply an assessment of the whole production and does not permit the use of the test lab. logo.

EN

Certificate of Conformity

NO.: ED130221038S

The following product has been tested by us with the listed standards and found in conformity with the requirements.

Applicant	:	CHARIOT TECHNOLOGY LIMITED
Address	:	Room 1801, 18th Floor, Two Grand Tower, 625 Nathan Road, Kowloon, Hong Kong.
Manufacturer	:	CHARIOT TECHNOLOGY LIMITED
Address	:	Room 1801, 18th Floor, Two Grand Tower, 625 Nathan Road, Kowloon, Hong Kong.
Factory	:	DAKA MANUFACTURING LTD.
Address	:	Dali District, Qingxi Town, Dongguan City, Guangdong Province, China.
EUT	:	iLife FIR Thermal Blanket
Trade Mark	:	N/A
M/N	:	iLF-TB3, iLF-TB5.
Technical Data	:	Adaptor: Input: 100-240V~, 50-60Hz, 1.6A, Output: DC19V, 4.8A, Blanket: DC19V, 80W, Class III.
Test Standards	:	EN 62233:2008

(Manager)

April 28, 2013

The certificate is based on a single evaluation of one sample of above-mentioned products. It does not imply an assessment of the whole production and does not permit the use of the test lab. logo.

iLIFE®

SENSE UP YOUR LIFE

CE

Version: 01│06.13