

Personal Far Infrared Foot Sauna

給雙腳蒸個桑拿
暖身更暖心



Kylin®

Infrared Foot Sauna
智能足浴遠紅外干蒸腳桶



HKG PTY LTD

12/11 Mary Street Blackburn VIC 3130 Australia

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Kylin®

使用前請仔細閱讀本使用手冊，并妥善保管
Please read this instruction carefully before using this product.

千里之行 始于足下

Journey of a thousand miles begins with single step

使用前請仔細閱讀本使用手冊，并妥善保管

Please read this instruction carefully before using an Infrared Sauna for the first time.
Please keep this manual for future reference.



小脚桶 (Small)
HY-GG6014



大脚桶 (Large)
HY-GG6013

好處：
促進血液循環，緩解壓力和疲勞，緩解風濕，類風濕
提高睡眠質量，改善手脚冰冷，畏寒
改善微循環，緩解關節疼痛

Benefits:

Superior Detoxification: Removes Heavy Metals & Fat-stored Toxins
Loss Weight and Cellulite Reduction

Stimulated Immune System

Improved Circulation

Stress Release

Pain Relief

Skin Care



清洁与保养：

1. 桶体外侧
平常用材质柔软的干布擦拭；尽量少用或不用湿布擦拭。清洁时勿用酒精，稀释剂及挥发性液体清洁，否则将会造成商品变色或变形。
2. 桶体内侧
请用干布清洗，严禁用湿布或让桶体内侧沾有任何水汽，否则会造成触电的危险。
3. 绒布保温腿套
可泡水清洗，也可以用洗衣机清洗，洗后请晾干，但担心材质表面受损，建议用手清洗。
4. 请在温度降至室温后再进行保养和维护。
5. 产品应置于通风处，远离高温、潮湿、日晒、雨淋。
6. 运输过程中应防止日晒雨淋，包装后的产品应贮存在相对湿度≤80%，温度为-10℃~40℃，无腐蚀性气体通风良好的室内。

Cleaning & Maintenance

- Before using your infrared sauna for the first time, clean inside of the sauna with a damp-cloths. The product got a strong smell is normal as it is in a new condition.
- To clean the exterior, please use a feather duster or scratch proof cloth. A damp cloth can also be used to remove stubborn dirt.
- Scratches and stains on the sauna can be removed by fine-grade sandpaper over the damaged area. We recommend to with a wood preserver, wood oil or furniture polish if needed.



售后服务：

1. 本产品自购买之日起12个月为保修期，凭产品保修卡进行保修；
2. 产品按正确方法使用而出现的故障，在本公司保修期间可免费维修；

Warranty

In Australia 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 for 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.

In New Zealand our goods come with guarantees that cannot be excluded under the Consumer Guarantees Act 1993.

So, as well as your statutory rights referred to above and any other rights and remedies you may have under any other laws relating to your Kylin product, we also provide you with a Kylin warranty. It's important to note that this warranty is valid only in the country of purchase.

Kylin guarantees this product against defects caused by faulty workmanship and materials for 12 months domestic use (or 3 months commercial use) from the date of purchase. During this warranty period,Kylin will repair any defective product. If the product includes a number of accessories, only the defective part or accessory will be replaced. Kylin reserves the right to make minor adjustments instead of replacing the product or accessory. Packaging, instructions, recipes etc will also not be replaced unless faulty.

In the event of a product or accessory being replaced during the warranty period, the warranty on the replacement product will expire 12 months from the purchase date of the original product, not 12 months from the date of the replacement.

To the extent permitted by law, this Kylin 12 months warranty excludes liability for consequential loss or any other loss or damage caused to property or persons arising from any cause whatsoever. It also excludes defects caused by the product not being used in accordance with Instructions, accidental damage, misuse, or being tampered with by unauthorised persons, excludes breakables such as glass and ceramic items, consumable items and normal wear and tear and does not cover the cost of claiming under the warranty or transporting the goods to and from the place of purchase.

● 安全注意事項 Safety Tips

Please read all health and safety instructions.

1. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities or lack of knowledge and experience, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
2. Children should not play in the appliance.
3. If the power cord is damaged it must be replaced by the manufacturer, its service agent or professionals to avoid a hazard.
4. Cleaning the appliance by steam cleaners or high pressure cleaners
5. Do not cover infrared heaters or may causes fire risk.
6. Before starting the sauna or resetting the timer, check the sauna to ensure it is in safe condition and not occupied.
7. Individuals who may be at risk from hyperthermia, such as individuals suffering from cardiovascular disease, should be ask for medical advice before using.
8. If you experience reddening (erythema) for more than a day after exposure to infrared radiation, please stop using it and ask for medical advice.
9. Please do not use an infrared sauna if you with sensitivity to heat or under the influence of alcohol or tranquilizers.
10. When installing and using the sauna, basic safety precautions should always be followed.
11. Infants, gravida and elderly people who from any medical condition directly related to temperature should consult their health care professional before using the sauna.
12. People who using medications should consult their health care professional before using the sauna.
13. Never sleep inside the sauna while the unit is in operation.
14. Do not use any type of chemical cleaning agents on the interior or exterior of the sauna or the warranty will be voided.
15. Do not stack or store any object on top of or inside the sauna.
16. Dry your hands before handling electrical controls. Never unplug the power cord or adjust the controls with wet hands or when you have wet bare feet.
17. Do not attempt any repair without consulting the manufacturer. Unauthorized repair attempts will void the warranty.
18. If replacement of heaters is required only use original manufacturers (OEM) parts.

✖ 常见故障处理:
Important precautions

现象	可能原因	维修方法
不加热	电源线未插好	重新插好电源
	电源插座不带电	维修及时更换
	电脑控制板不工作	更换保险丝或新的控制器
	设定温度低于环境温度 加热器停止工作	调高控制器设定
	工作时间设置 为 “00”	重新设置时间
	加热器损坏	设置好上面两项，3-5分钟后 加热器无加热现象，请将本商 品送至维修点进行维修。

产品目录 Contents

● 组成构件名称 功效与作用
Infrared sauna component and
functions

01

● 规格型号
Specification model

02

● 主要优点
Benefits

02

● 适用人群
Target users

03

● 产品功效
Product efficacy

04

● 操作说明
Manual instruction

05

● 友情提示
Warmest reminder

05

● 安全注意事项
Safety tips

06

● 常见故障处理
Important precautions

07

● 清洁与保养
Cleaning & maintenance

08

● 售后服务
Warranty

08

组成构件名称:
Components and functions



功效与作用:

现在医学已证实,“人老脚先老”、“寒从脚下起”、“小看脚一双, 头上增层霜”, 因为脚掌有无数神经末梢, 与大脑紧紧相连, 同时又密布众多的血管, 故有人的“第二心脏”之称。经常进行足浴, 使足部的涌泉、太冲、隐白、昆仑等诸多穴位收到热力刺激, 就会促进人体血脉流通, 调理脏腑, 平衡阴阳, 疏通经脉, 达到强身健体, 推迟衰老, 祛病延年的作用。

- 1. 有效缓解各种疼痛, 缓解疲劳、疏通经络、恢复元气, 有利于夜间睡眠。
- 2. 能促进新陈代谢, 调节身体机能, 从而达到减少血管疾病的发生。
- 3. 降低血液粘稠度, 肥胖的人和老年人血液呈高粘状态, 流动缓慢, 尤其是平常运动量少、血液粘稠度高的人, 通过对本产品的使用, 可以促进血液循环, 减低血液粘稠度, 使血液流动朝正常状态转化, 最后达到良性循环。
- 4. 具有良好的保健、美容、延缓衰老等作用。
- 5. 对风湿关节炎、腿脚麻木、抵抗力低下、易感冒症状有良好的改善作用。

What are the supposed benefits of using an infrared sauna?

The supposed benefits of using an infrared sauna are similar to those experienced with a traditional sauna. These include:

- better sleep & relaxation & detoxification & weight loss
- relief from sore muscles & relief from joint pain such as arthritis
- clear and tighter skin & improved circulation
- help for people with chronic fatigue syndrome

People have been using saunas for centuries for all sorts of health conditions. While there are several studies and research on traditional saunas, there aren't as many studies that look specifically at infrared saunas.

A small 10-person studyTrusted Source found that people with chronic fatigue syndrome benefited from using an infrared sauna as part of an overall treatment.

Another 10-person studyTrusted Source found that infrared saunas helped decrease muscle soreness and increase recovery from strength-training sessions.

According to one review, several studies have found that infrared light therapy saunas may help reduce blood pressure. The lack of solid evidence and wide-spread studies about the possible benefits of infrared saunas leaves the consumer (you) to sort through the claims made by the companies who provide this service.

安全注意事项:

本商品为家用远红外线养生, 请勿使用于其他目的上!

使用前, 务必详细阅读此“安全注意事项”, 并正确使用本商品。注意事项中, 依据事情的严重程度, 区分为“警告”及“注意”, 但均为重要内容, 请务必遵守。

警告	
！ 务必遵守	正在接受医师治疗者, 身体感觉异常者, 或有下列情况者, 在使用前务必向医师咨询 <ul style="list-style-type: none">恶性肿瘤发烧者 (39摄氏度以上)皮肤知觉障碍者足部发疹者上述症状外身体异常者重症心脏病患者
禁止	<ol style="list-style-type: none">1. 绝对不能将头放入本产品内, 以免造成身体伤害。2. 请勿将手指、脚趾介入频谱发生器防护罩内, 以免烫伤。3. 请勿使用交流220V以外的电源, 以免造成火灾及触电危险。4. 电源插头务必牢插入插座内, 不能在没有插牢时使用, 以免造成触电或短路引起火灾。5. 请勿加工、曲卷、破坏电源线或造成电源线割伤、损伤, 以免造成触电危险。6. 请勿让儿童使用。将本商品置于儿童不易取得的安全地方, 以免造成烫伤或触电。7. 在通电使用过程中, 禁止用水去清洁本产品。8. 请勿在电源插头或空隙间附着水分及任何杂物, 以免造成触电及商品故障。9. 本产品不可用于给动物取暖。

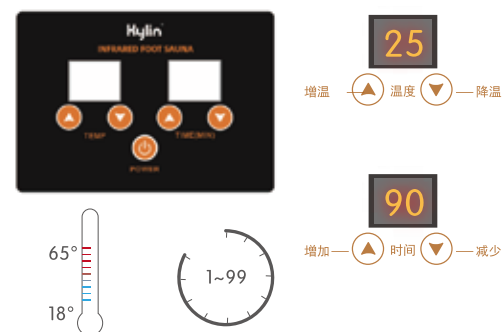
注意	
！ 务必遵守	<ol style="list-style-type: none">1. 感觉不舒服或身体及肌肤异常时, 请立即停止使用, 并咨询医师。2. 使用时, 若穿着足部有金属拉链的裤子时, 请将裤管拉上, 若戴有脚链亦取下, 金属遇热会发烫, 以免造成低温烫伤。3. 搬运商品时, 请用双手搬运, 以免商品滑落造成破损或故障。4. 本产品安装使用时要远离高频设备。5. 本产品非医疗器材, 不得当作医疗器械使用。
禁止	<ol style="list-style-type: none">1. 禁止儿童进入养生源 (房) 桶内玩耍, 以防发生危险。2. 禁止自行拆卸、修理及改造商品, 以免造成火灾及其他事故。3. 饮酒后或服用安眠药者, 禁止使用, 以免造成事故发生。4. 手湿时不能操作本商品, 不能拔出插头, 以免造成触电。



操作说明: Manual instruction

1. 首先将远红外的外接电源线插到插座上 按下电源键开机,此时左边数码显示屏显示的是桶体当前温度,右边数码显示屏显示的是设定工作时间。
2. 本机加热温度范围是18-65摄氏度,工作时间为1-99分钟。

1. Turn on the sauna by pressing the Power Button.
2. Set the temperature using the Temp Up and Temp Down buttons.
3. Set the heating duration (minutes) using the Time Up and Time Down buttons.



友情提示:

- 设定温度与时间调整后具有记忆功能，客户每次开机后默认按上次客户设定的参数工作。
- 出厂设定: 温度设定为40度，时间设定为60分钟（由于出厂升温调试，温度和时间可能略有不同，请注意）。
- 在一定工作过程中，客户可以随意修改温度和时间值，修改完毕即按照新设定的时间与温度工作。
- 温度设定：因人而异，通常使用温度在40℃~50℃。
- 使用次数及时间：1~2次/日，每次45~60分钟,每次间隔不少于1—2小时，足部血管适当扩张与收缩有利健康。
- 为了防止脚汗滴落，建议穿袜使用。
- 饭前、饭后30分钟不宜足浴。饭前足浴可能会抑制胃液分泌；饭后足浴，足部血管扩张、血容量增加,造成胃肠血液减少，影响消化。
- 有传染性皮肤疾病者，如足癣病人，应穿着棉质足套进行足浴，避免交叉传染。
- 足部骨折、扭伤当天不可足浴，防止毛细血管出血加重。
- 足浴后1小时内不宜用凉水洗澡或洗脚。

Warmest reminder:

- We recommend the sauna sessions should be 30-45 minutes at 40°C – 50°C.
- Allow approximately 10 to 20 minutes (depending on the ambient temperature) for the sauna to warm up before starting a session.
Try to drink some hot tea before your sauna session to induce a deeper sweat.
- The heaters will automatically maintain the set temperature inside the sauna once the set temperature is reached.
- Try not to eat anything at least an hour before your sauna session.
It is better to use the sauna on an empty stomach.
You are more likely to feel uncomfortable sitting in a sauna in full.
- Ensure you drink plenty of water before, during and after your sauna sessions.
We recommend to drink 1L water before and during the session and also drink 0.5L water after every session. Water acts to move the toxins from your body.
Drinking water before the session will maximise perspiration during the session.
Drinking after will help to keep your fluid levels up after sweating.
- To help relieve sore and tense muscles, massage the affected areas while in the foot sauna.
- Treat your ankles and feet more effectively by elevating them while inside the foot sauna.



规格型号: Specification model

规格型号	Model No.	HY-GG6014	HY-GG6013
规格尺寸	Dimension	L x W x H 388 * 350 * 250 MM	L x W x H 568 * 402 * 686 MM
功率	Voltage	114 W	300 W
电源	Power	220 V - 240 V	220 V - 240 V
计时范围	Minute	1 - 99 分钟	1 - 99 分钟
净重	Weight	6 KG	16.7 KG



频谱养生原理:

采用生物频谱技术的新型足疗保健设备，是适合人类健康生活需要的高科技产品。融合了日光浴与频谱疗法的优点，发射出的频谱能量通过远红外线产生共振。通过其对人体组织的作用，双向调节人体生理功能，促进血液循环，改善微循环，促进新陈代谢，改善神经系统功能，提高机体免疫力，使人体在排汗的同时，排除体内有害物质，从而达到保健身体，养肤美颜的目的。



Even if your sweat session doesn't do all of the things it claims to do, at least it still feels good. Plus, it contributes to your overall health and well-being by helping you relax, loosening up stiff or tight muscles, reducing joint pain, and giving you some much needed time to yourself.



主要优点: Benefits



耗电量低，开机后预热5~10分钟左右即可使用。
Allow approximately 10 to 15 minutes (depending on the ambient temperature) for the sauna to warm up before starting a session.

时间与温度皆可调控，理疗效果快速而又显著轻松 消除疲劳感。
We recommend the sauna sessions should be 30-45 minutes at 40°C – 50°C

无需加入水，使用变便捷、安全。
No water needed. Fast, simple, safe and easy to clean.

比传统用水的SPA足浴器空间更大，可做较大面积的底底SPA。
The Infrared Foot makes therapy simple with plugging in device and slipping feet into the device. It is lightweight which makes it very easy to carry and transfer across different locations.

高级天然木材制成，抗菌、防霉、防水、防漏水，密封性能极佳。
The natural choice - solid Canadian hemlock wood , good strength-to-weight ratio, excellent working properties and good machining qualities

适用人群:
Target Users



● 女性群体
对女性内分泌失调少出汗、皮肤干燥者，有很好的效果。



● 青少年群体
刺激穴位、促进增长、增强智力。



● 特殊职业群体
高强度使用腿脚的运动员、舞蹈员、杂技人员、军人、司机、业务人员。



● 办公室群体
精神压力大，长时间用脑，需要及时补充供血的各类专业人员，如教师、公务员、白领等。



● 中老年群体
缓解关节炎症、疼痛、促进微循环、提高免疫力、四肢低温患者、关节炎、腰酸背痛，下肢肿、麻木患者。

For whom is the foot sauna suitable?



Working Professionals
Athletes
Elderly
Anyone who cares about their foot health and general well-being

产品功效:
Product efficacy



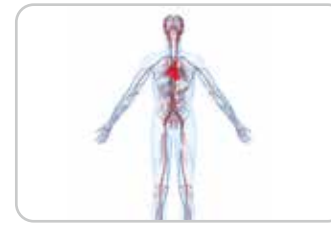
● 提高睡眠质量、改善手脚冰凉、畏寒
发射出的远红外线能够深入人体肌肤，使人体生物细胞产生共振，将远红外热传递到人体皮下深层部分，促使皮下深层温度上升。从而，由内而外地改善寒冷体质促使血管扩张，引导气血下行，有效缩短入睡时间，让人睡得更香、更熟。



● 缓解风湿，类风湿，调节内分泌
生物电波共振可加快脚底血液循环，刺激穴位点，促进身体活化，增强身体免疫力。对于风湿，类风湿，内分泌等疾病有很好的缓解作用。



● 改善微循环，缓解关节疼痛
血液循环加快，可以改善微循环系统。对因“风、寒、湿、邪”引起的病症如：如下肢麻木、抽筋、发凉、肿胀、风湿、类风湿性关节炎、腰椎颈椎痛、腰酸腿疼、背痛、胳膊痛等一定疗效。



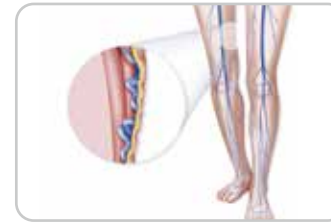
● 提高血液循环，缓解高血压，高血脂，高血糖
通过托玛琳电气石 远红外线的综合作用 使足部微循环加速、血脉通畅。同时，全身血液流动加速，能有效缓解高血压，高血脂，高血酸等症状。



● 缓解压力和疲劳
人体下肢受热以后，能使全身舒适、放松，从而有效缓解人体疲劳、缓解精神压力。



● 抑制毒菌，治疗脚气
打破传统观念 采用新科技托玛琳电气石远红外沐足法，它的强杀菌作用让脚部真菌无法存活，同时促进足部细胞分裂，对各类脚部疾病有很好的调节作用。



● 预防静脉曲张
加快腿部血液循环 使腿部静脉血液及时向右心回流，有利于减轻腿部的静脉淤血，有效预防下肢静脉曲张。



● 时刻享受脚底SPA
远红外线的温热效果，有排毒、御寒的效果，还有美容足部的功能。它可将精油、乳液的营养吸收到你的足部，让僵硬、发黄、发白的脚底外部，变得红润、光滑、富有弹性。

The benefits of using a foot sauna include:

- Relaxation of foot muscles
- Improvement of blood circulation
- Detoxification of harmful toxins from the body
- Relief of joint pain
- Speeds up metabolism
- Improves general well-being
- Improves sleep quality