



MB RED THERAPY

INFRARED PEMF SAUNA DOME



User Manual | Setup, safety, control box guidance and first-session support

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WELCOME

MB Red Therapy PEMF Sauna Dome User Manual

Thank you for choosing MB Red Therapy. This manual is designed to help you set up your PEMF Sauna Dome safely, understand the control box, and build a consistent home wellness ritual around infrared heat, PEMF and red / near-infrared light.

Read before first use

Use this manual before operating the product for the first time. The product is intended for general wellness routines and is not intended to diagnose, treat, cure or prevent any disease. If you have a medical condition, implanted electronic device, are pregnant, or are unsure whether heat, PEMF or light therapy is appropriate for you, consult a qualified healthcare professional before use.

KEY POINTS

Before your first session

- Begin with a short, low-temperature session and increase gradually only if the experience feels comfortable.
- Perform a light-sensitivity check by exposing a small area of skin to the red-light area briefly. Stop if redness, irritation or discomfort appears.
- Keep your head outside the dome and avoid looking directly into the LEDs.
- Use the towel insert or wear comfortable clothing during the session.
- A practical first-session target is 10–20 minutes. Experienced users may build toward longer sessions, but do not exceed 30 minutes.

Consistency matters

For a calm routine, many owners use the dome several times per week. Your ideal cadence depends on your comfort, heat tolerance, schedule and wellness goals.

IN THE BOX

What arrives with your MB Red Therapy order

Item	Specification
PEMF mat	Full-length mat with integrated connector cable.
Two sliding domes	Upper / large dome and lower / smaller dome for enclosed warmth.
Dome connector cables	Connector cables for the dome components.
Curtain	Heat-retention curtain for a warmer enclosed session.
Towel insert	Soft insert for comfort and easier cleaning after each session.
Spa pillow	Head and neck support while keeping the head outside the dome.
Control box	Central controller for timer, heat, red/NIR light and PEMF functions.
Power cable	Power connection cable appropriate for the supplied unit.

SETUP

Setting up the dome

- Place the PEMF mat on a stable, flat and dry surface with enough room around the product for safe entry and exit.
- Lay the towel insert on the mat and position the two domes so they slide smoothly over the lower-body and torso area.
- Connect the dome component cables, PEMF mat cable, control box and power cable before switching the unit on.
- Attach the curtain if you want stronger heat retention. Remove it if you prefer a cooler first session.
- Lie down with your head outside the domes. Keep cables away from walking paths and avoid pulling on the connectors.

First setup tip

Before getting into the dome, confirm that all displays and buttons respond normally. If the controller does not power on, disconnect the unit and inspect the cable connections.

CONTROL BOX

Understanding the controls

Item	Specification
Timer display	Shows session time in minutes. Select a duration before pressing Start.
Time buttons	Increase or decrease the session length. Holding the button may move through values faster.
Zone displays	Separate displays show the selected values for dome zones and PEMF mat.
Temperature / frequency buttons	Adjust dome temperature, mat temperature or PEMF frequency depending on the selected zone.
Power	Turns the controller on so the digital display lights up.
Start	Begins heat output and starts the timer. Press again to end the session.
Red light	Turns red and near-infrared LEDs on or off.
PEMF	Turns PEMF output on or off and allows frequency selection.

SESSION GUIDANCE

Heat, light, PEMF and timer use

- Far infrared heat begins when Start is pressed after your preferred temperature is selected. Start low and build slowly.
- Red and near-infrared light can be used independently or together with heat and PEMF. Some near-infrared LEDs may appear dim because near-infrared light is less visible to the human eye.
- PEMF can be used as a standalone mode or as part of a combined session. Select a comfortable frequency and stop if the sensation feels unpleasant.
- The timer begins after Start is pressed. Stay awake during use and finish the session immediately if you feel overheated, dizzy or uncomfortable.

Suggested beginner flow

Begin with 10 minutes at a mild heat setting with your head outside the dome. Hydrate before and after the session and allow the dome to cool before storing.

TROUBLESHOOTING

Common questions

Item	Specification
The unit will not turn on	Check that all connectors are fully seated, the power cable is connected and the wall outlet is switched on. If the unit still does not power on, stop use and contact support.
Some LEDs look off	Near-infrared light is not always strongly visible. If red light is selected and the controller is operating normally, the unit may still be functioning correctly.
The dome feels too hot	Lower the temperature, remove the curtain, shorten the session, or stop and allow the product to cool.
Can modes be used separately?	Yes. Heat, PEMF and red / near-infrared light can be used separately or combined, depending on comfort and preference.
How should I clean it?	Switch off, unplug, allow to cool and wipe with a damp cloth. Do not use bleach, polish or abrasive cleaners.

TECHNICAL SPECIFICATIONS

Product specification guide

Item	Specification
Model	MB Red Therapy Infrared PEMF Sauna Dome
Power	Approx. 1200W
Mat size	Approx. 180cm x 80cm / 70.8in x 31.5in
Dome size	Approx. 180cm length x 80cm width x 45cm height
Net weight	Approx. 33kg / 72.8lb
Dome temperature	Approx. 25–90°C / 77–194°F
PEMF mat temperature	Approx. 25–80°C / 77–176°F
Timer	1–60 minutes
Voltage	110–120V or 220–240V depending on supplied region model
Infrared heat wavelength	Approx. 5–14µm
PEMF settings	1–30Hz
Light wavelengths	660nm red and 850nm near-infrared
Material	Vegan leather with internal mat layers and gemstone/crystal elements depending on supplied configuration

SAFETY

Warnings and cautions

- Do not touch the inside of the dome during operation; heated interior surfaces may cause burns.
- Do not use the highest heat setting for extended periods. Start low and increase gradually.
- Do not exceed 30 minutes per session.
- Do not submerge the product, controller or cables in water. The product is not waterproof.
- Do not use while sleeping, smoking, or under the influence of alcohol or drugs.
- Keep away from children, pets, flammable materials, chemicals and open flame.
- Inspect the product, controller and cables before each use. Do not operate if damaged, frayed, wet or malfunctioning.
- Use only the supplied power cables and the correct voltage for your unit.
- Do not modify, disassemble or attempt to repair the product yourself. There are no user-serviceable internal parts.

CONTRAINDICATIONS

When to ask a professional before use

- Pregnancy, suspected pregnancy or recent childbirth.
- Pacemaker, implanted defibrillator, neurostimulator, insulin pump or other implanted electronic device.
- Serious cardiovascular conditions, uncontrolled blood pressure, epilepsy, active cancer treatment, heat sensitivity or impaired temperature sensation.
- Recent surgery, acute injury, fever, infection, open wounds, bleeding conditions, or active skin irritation in the treatment area.
- Any medication or health condition that increases sensitivity to heat or light.

Stop immediately

End the session if you feel pain, dizziness, nausea, excessive heat, unusual skin reaction, shortness of breath, palpitations or any discomfort that does not feel normal for you.

CARE

Maintenance, cleaning and disposal

- Switch off and unplug the unit before cleaning.
- Allow all heated components to cool to room temperature before folding, moving or storing.
- Wipe surfaces with a lightly damp cloth, then let the product air out fully before storage.
- Avoid bleach, polish, solvents, abrasive pads and excess moisture.
- Store in a cool, dry place away from direct sunlight and children.
- Dispose of the device according to local electrical and electronic waste rules rather than household rubbish.

WARRANTY & SUPPORT

Owner support

MB Red Therapy provides owner support for setup questions, first-session guidance and warranty coordination. Keep your order confirmation and product details available when contacting support.

Item	Specification
Warranty	1-year limited warranty for defects in materials or workmanship under normal use.
Not covered	Misuse, modification, water damage, accidental damage, unauthorized repair, or damage caused by incorrect voltage/cables.
Before requesting service	Stop using the product, photograph the issue if relevant, and contact support with your order information.
Shipping note	Ships within 10–15 business days. Tracked delivery: 12–17 days worldwide.

Important disclaimer

MB Red Therapy wellness products are not medical devices unless specifically stated. The information in this manual is general product guidance and does not replace medical advice from a qualified professional.