

Frequently Asked Questions About Therasage Pads

What are the benefits of far-infrared heat?

- **Detoxifies and removes toxins from the body.**
Infrared heat causes sweating and allows toxins to be released from the body.
- **Burns calories and helps control weight.**
As you relax you can burn up to 600 calories in a 30-minute session.
- **Clears cellulite**
Clears unsightly cellulite and breaks down the lumps of fat, water and toxins trapped in pockets beneath the skin.
- **Improves skin tone**
With 3 times more perspiration and increased blood circulation, the pad can expel deeply imbedded impurities and dead skin cells while drawing out nutrients to the skin's surface for improved skin tone, elasticity, texture and color. It has been shown to relieve acne, eczema, psoriasis, burns, lesions and cuts.
- **Relieves pain from arthritis, sprains, strains and overworked muscles.**
Deep penetrating heat dilates blood vessels, bringing relief and healing to muscles and soft tissue injuries. Delivers oxygen-rich blood to joints and muscles. Muscles and joints relax more readily for greater flexibility and range of motion and heal faster when they are warm.
- **Improves the immune system**
Deep penetrating heat raises your body temperature, inducing an artificial fever. As your body works to fight the fever, your body's immune system is strengthened, and with the elimination of toxins and waste, your body's resistance to disease is increased.
- **Strengthens the cardiovascular system**
As your body produces sweat to cool itself, your heart rate increases to boost circulation, giving your cardiovascular system a continuous workout while blood pressure drops.
- **Reduce swelling and inflammation by improving the flow of the lymph system.**
- **Stimulates cellular and enzyme activity.**

Why do you use natural jade stone in your healing pads?

There is a special relationship between natural jade stone and FIR heat. Jade is one of the best natural conductors of FIR heat; when FIR waves pass through jade, the stone stores and conducts the heat evenly to your body. Also, jade emits negative ions, which is important for general wellness

Is it necessary to use the pad with the jade side on the skin's surface to receive the far infrared therapy?

It really depends on your own personal preference. Having the jade side on the skin offers both negative ion therapy and far-infrared (FIR) heat therapy. Many alternative healers have found that different stones have healing properties. The flip side is smooth to the skin and will still offer the infrared heat benefit because the FIR rays penetrate up to 3 inches in both directions.

Is the Healing Pad flexible? Can it be wrapped around a shoulder, back, or knee?

Yes; the format of the pad is totally flexible and made to mold to any area of discomfort for ultimate heating benefit and pain relief.

Are there any time suggestions, such as how long to use the pad each time, and how often it can be used per day?

You can use the pad as often and for as long as you like. Some people like to sleep on it; others use it whenever they need to relax or soothe aches and pains; some use it for healing an injury. The more you use it, the more relaxed and revitalized you will feel.

Will the pad have the same effect if I put a towel between my skin and the jade stones?

Yes. Because far infrared is a wavelength, it can penetrate towels, sheets, and most other coverings.

Is there a specific way to use the Therasage pad?

We suggest setting the pad up in a comfortable place, a place where you can relax and benefit the most from using the product. Setting the pad up on a pillow on your bed or on a couch would be great because you'd be able to relax at the same time as using the pad. We also have the 12-volt car adapter.

When should I feel results?

Many people experience immediate relief from tension and remedial pain. Some require several days of regular use to feel the benefits. The results vary and will depend upon your underlying conditions and how often you use the pad. To get the quickest results and greatest benefits, use it as often as possible.

Are there any contraindications on using the healing pad?

- Children 6 years old or younger (Children should always be accompanied by an adult.)
- The elderly
- Diseases associated with a reduced ability to sweat or insensitivity to heat
- Hemophiliacs and individuals prone to bleeding
- Fever
- Diabetes
- Pregnancy
- Have a pacemaker or defibrillator
- Dermatitis
- Weigh over 350 pounds
- Have severe bone loss due to osteoporosis
- Had recent back surgery

Are there any areas one should avoid, such as around the eyes?

You should use a hand towel or cloth if applying directly to the skin around the head and eye area, because the blood vessels are much smaller and more sensitive to FIR heat. The time for results is much shorter, thus you don't need to apply the FIR heat therapy for as long to achieve results. This pad is effective for headaches and sinus conditions. Each customer should exercise common sense when using our products.

What is the warranty on the pad?

One Year Limited Warranty on Therasage Healing Pad and replacement parts. Therasage warrants its products to be free of defects in material and workmanship. Parts, which become defective within the warranty period, will be repaired except for damage due to negligence, abuse, misuse, misapplication, unauthorized modifications, improper installation, or normal wear and tear. Therasage will not be responsible for labor incurred by its authorized service agents in removing, inspecting and reinstalling the warranty parts. Therasage will not cover any labor costs attributable to disassembly and reassembly of the unit. Therasage will not be responsible for labor costs of the routine maintenance, adjustments or alterations to the calibration of the electrical devices.

Any parts claimed to be defective must be shipped freight prepaid, to Therasage and the repaired or replaced product will be returned to the sender freight collect. When sent to Therasage, the product must be accompanied by the sales receipt or other proof of purchase date, as well as the sender's name, mailing address, daytime telephone number and any other information relating to the sender's claim.