

**FCC CERTIFIED**

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Note: This product has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This product generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this product does cause harmful interference to radio or television reception, which can be determined by turning the product off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the product and receiver.
- Connect the product into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

**Need Assistance? Please visit,  
[www.calmingheattips.com](http://www.calmingheattips.com)  
for additional information about your  
Calming Heat™ Weighted Heating Pad.**

This Class B digital apparatus complies with Canadian ICES-003.

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Calming Heat is a trademark  
of Allstar Innovations.  
Made in China  
Patent Pending  
#CWT04106 / #31456  
XXL-IM6

**SHARPER IMAGE®**



**CALMING HEAT™**

**MODEL:CH2**



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[www.calmingheattips.com](http://www.calmingheattips.com)  
for additional information about your  
Calming Heat™ Weighted Heating Pad.**

## **IMPORTANT SAFETY INSTRUCTIONS**

### **DO NOT DESTROY**

**DANGER:** TO REDUCE RISKS OF BURNS, ELECTRIC SHOCK, FIRE, AND PERSONAL INJURY, THIS PRODUCT MUST BE USED IN ACCORDANCE WITH THE FOLLOWING INSTRUCTIONS:

1. READ ALL INSTRUCTIONS.
2. DO NOT USE WHILE SLEEPING.
3. DO NOT USE ON AN INFANT OR ON AN ANIMAL.
4. THIS PAD IS NOT TO BE USED ON OR BY AN INVALID, SLEEPING, HELPLESS OR UNCONSCIOUS PERSON, A PERSON WITH DIABETES, A PERSON WITH POOR BLOOD CIRCULATION OR INSENSITIVITY TO HEAT.
5. THIS APPLIANCE IS NOT TO BE USED BY CHILDREN. CLOSE SUPERVISION IS NECESSARY WHEN ANY APPLIANCE IS USED NEAR CHILDREN. CHILDREN SHOULD NOT PLAY WITH THE APPLIANCE.
6. DO NOT USE ON AREAS OF INSENSITIVE SKIN.
7. BURNS CAN OCCUR REGARDLESS OF CONTROL SETTING, CHECK SKIN UNDER PAD FREQUENTLY.
8. DO NOT USE IN AN OXYGEN ATMOSPHERE.
9. DO NOT USE PINS OR OTHER METALLIC MEANS TO FASTEN THIS PAD IN PLACE.
10. DO NOT SIT ON, AGAINST, OR CRUSH PAD – AVOID SHARP FOLDS. PLACE PAD ON TOP OF AND NOT UNDER THE PART OF BODY NEEDING HEAT.
11. UNPLUG WHEN NOT IN USE. NEVER LEAVE APPLIANCE UNATTENDED, ESPECIALLY IF CHILDREN ARE PRESENT.
12. NEVER PULL THIS PAD BY THE SUPPLY CORD. DO NOT USE THE CORD AS A HANDLE. DO NOT PINCH CORD.
13. DO NOT TUCK IN, TRAP, FOLD, CROSS, PINCH OR WRAP CONTROLLER OR CORD WITH HEATING PAD DURING USE.

## **FAQ**

### **Why doesn't my Calming Heat™ feel hot enough?**

Please ensure that the printed side of the Calming Heat™ is touching your body (Page #4, Image 2). Using it on the printed side will make the pad feel substantially warmer.

### **What do I do if my heating pad unexpectedly shuts off or won't turn on (not including auto-off)?**

If this occurs, simply unplug the unit from the outlet, wait 3 minutes, and plug it back in.

### **What if I leave my Calming Heat™ on by accident?**

Calming Heat™ comes with a 2 hr. auto-off heat feature and a 15 min. auto-off for the vibration feature on the (deluxe model).

### **Can I sleep with my Calming Heat™?**

No one must lean on, or fall asleep on the pad. Falling asleep with the pad on can cause burns and be a potential fire hazard.

### **For more information on this product, please visit**

<https://calmingheattips.com/calming-heat>

# WASHING INSTRUCTIONS

**CAUTION: DO NOT DRY CLEAN! DO NOT BLEACH!  
DO NOT USE WRINGER!**

1. Disconnect pad from outlet.
2. Spot clean with damp rag or mild detergent
3. Lay flat to dry
4. Do NOT submerge in water
5. Do not plug in pad and pad connector until they are completely dry.

## PRODUCT SPECIFICATIONS

Pad Size:	20"x24"
Power:	Rating: 120V 60HZ 120W
Auto Shut-Off Timer	Heat 2 Hours Massage 15 Minutes
9 Massage Settings: Auto Off 15 Minutes	Low Speed Pulse Low Speed Constant Low Speed Speed Up and Slow Down Med Speed Pulse Med Speed Constant Med Speed Speed Up and Slow Down High Speed Pulse High Speed Constant High Speed Speed Up and Slow Down
3 Heat Settings: Auto Off 2 Hours	Low Temp Range (~97F) Med Temp Range (~127F) High Temp Range (~135F)

14. CAREFULLY EXAMINE PAD, COVER, CORD AND CONTROLLER BEFORE EACH USE. DISCARD THE PAD IF ANY SIGN OF DETERIORATION, WEAR OR DAMAGE. DO NOT TAMPER WITH THIS PAD IN ANY WAY. THERE ARE NO USER SERVICEABLE PARTS. IF PAD DOES NOT FUNCTION SATISFACTORILY, SEE WARRANTY FOR CONTACT CUSTOMER SERVICE.
15. LOOP CORD LOOSELY WHEN STORING, TIGHT WRAPPING MAY DAMAGE CORD AND INTERNAL PARTS. ALLOW TO COOL BEFORE STORING AND DO NOT CREASE BY PLACING ITEMS ON TOP OF IT. STORE IN THE ORIGINAL PACKAGING, IN A COOL, DARK, DRY PLACE.
16. USE THIS PAD ONLY AT RATED VOLTAGE, AS MARKED ON THE PRODUCT. DO NOT USE WITH GENERATORS, POWER CONVERTERS, OR INVERTERS.
17. DO NOT USE THIS PAD WITH LINIMENT, SALVE OR OINTMENT PREPARATIONS. SKIN BURNS COULD RESULT.
18. THIS APPLIANCE IS NOT INTENDED FOR MEDICAL USE IN HOSPITALS.
19. MODELS WITH A MASSAGE FUNCTION: NO NOT MASSAGE ABDOMEN WHEN PAIN IS PRESENT, OR AREAS THAT ARE SWOLLEN, INFLAMED, COVERED WITH SKIN ERUPTIONS OR UNEXPLAINED PAIN. CONSULT A PHYSICIAN BEFORE USING ANY EQUIPMENT OF THIS TYPE.
20. MODELS MAY CONTAIN FILLING MATERIALS (CLAY BEADS). IF FILLING MATERIAL IS RELEASED DUE TO PRODUCT DAMAGE, DISCONTINUE USE OF PRODUCT. DO NOT INGEST FILLING MATERIAL. IF FILLING MATERIAL IS INGESTED, SEEK MEDICAL ATTENTION.
21. DO NOT DRY CLEAN, DO NOT BLEACH, DO NOT IMMERSE IN WATER.
22. NEVER USE PAD IF THE PRODUCT FABRIC IS NOT INTACT
23. SAVE THESE INSTRUCTIONS.

## RESET INSTRUCTIONS

If your heating pad unexpectedly shuts off (not including the Auto-Off setting feature), follow these steps:

1. Unplug the unit.
2. Wait 3 minutes.
3. Plug unit in and operate normally.

# HOUSEHOLD USE ONLY

## NORTH AMERICAN MODELS WITH POLARIZED PLUGS:

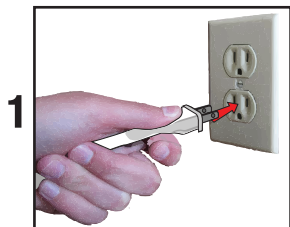


THIS APPLIANCE HAS A POLARIZED PLUG (ONE BLADE IS WIDER THAN THE OTHER). TO REDUCE THE RISK OF ELECTRIC SHOCK, THIS PLUG IS INTENDED TO FIT IN A POLARIZED OUTLET ONLY ONE WAY. IF THE PLUG DOES NOT FIT FULLY IN THE OUTLET, REVERSE THE PLUG. IF IT STILL DOES NOT FIT, CONTACT A QUALIFIED ELECTRICIAN TO INSTALL THE PROPER OUTLET.

**DO NOT ATTEMPT TO MODIFY THIS PLUG OR DEFEAT THIS SAFETY FEATURE IN ANY WAY.**

# INSTRUCTIONS

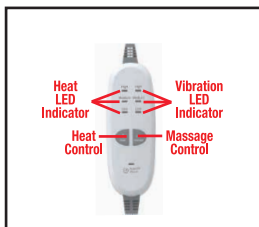
1. Plug into any 120 volt AC electrical outlet and turn the switch to the ON position.
2. Place heating pad on the desired location with the printed fabric side against body.
3. Select desired heat and/or massage level. To turn OFF, scroll through the remaining heat and/or massage settings by pressing the buttons sequentially, until LED indicator turns off.
4. Wait for the pad to heat up.
5. Avoid sitting on or crushing pad. Avoid folding during use.



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# CONTROLLER FEATURES

## Power & Heat

- Press x1 = Low  
Press x2 = Med  
Press x3 = High  
Press x4 = Off



## Massage

- Press x1 = Low Pulse  
Press x2 = Low Constant  
Press x3 = Low Speed Up & Down  
Press x4 = Med Pulse  
Press x5 = Med Constant  
Press x6 = Low Speed Up & Down  
Press x7 = High Pulse  
Press x8 = High Constant  
Press x9 = Low Speed Up & Down  
Press x10 = Off

Auto-Off

## AUTO-OFF FEATURE -

This product includes an Auto-Off Feature: The heating function will turn off automatically after 2 hours of continuous use, and the vibration feature will turn off after 15 minutes of continuous use.

**NOTE:** After a power outage, the Auto-Off feature automatically resets the timer.

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