



THERMO FREEZE NECK THERAPY



Instruction Manual

Smart Heating & Cooling Neck Fan

Features 2-in-1 heating and cooling: cooling lowers temperature by 59–77°F below ambient; heating ranges 104–122°F.

6 adjustable Temperature Settings, smart chip control with Dual aluminum Thermal Plates for efficient Full body Temperature Regulation

Charge First

Plug into a USB power source (e.g., wall adapter, power bank, PC) and fully charge —typically takes about 1 hour.

Select Mode

Most units operate with a button press to toggle modes:

Cooling: low, mid, high

Heating: low, mid, high

Wear It

Adjust the device comfortably around your neck. Ensure it's snug but not constricting.

Enjoy Therapy

Use whichever mode suits your current need:

Cooling for hot weather or to soothe heat-related discomfort.

Heating for warmth, muscle tension relief, or stiffness.

Safety First

Monitor for overheating or excessive cooling.

Don't use on broken or irritated skin.

Stop if you experience discomfort.

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Any questions about this product,
please don't hesitate to contact us.

cscare2021@gmail.com

Phone: 516 212 2165

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