



EYE PUFFY THERAPY

ADVANCED COOLING & HEATING EYE THERAPY



INSTRUCTION MANUAL

Using an eye puffy therapy unit (cooling & heating eye mask) is simple and safe when used correctly. These devices are designed to help with:

Puffy eyes
Eye strain & fatigue
Dry eyes
Dark circles
Sinus pressure or headaches

Here's a step-by-step guide on how to use one:
How to Use the Igia Eye Puffy Therapy (Cooling & Heating) Unit

1. Power the Device

USB Powered: Plug it into a USB port, wall adapter, or power bank.
Some models use rechargeable batteries, others need to stay plugged in.

2. Select Heating or Cooling Mode

Temperature settings, usually:
68 F cooling mode to 102 with visual indicators: Blue (cool) Red (Warm) Purple Cycle

3. Set Timer (if available)

Typical durations: 10 minutes for heating and 8 minutes cycle mode
Auto shutoff is common for safety- after 3 minutes

4. Position the Mask

Close your eyes and place the unit comfortably over them.
Adjust the elastic strap for a secure but gentle fit.
Ensure full contact with eyelid/under-eye area.

Cooling Mode Tips

Use for:

Puffy eyes
Morning refresh
Allergies
After screen time
Can be stored in the fridge (if gel-based) or cooled electronically

Suggested use: 10–15 minutes per session

Heating Mode Tips

Use for:

Dry eyes
Tired eyes
Sinus pressure
Dark circles
Before sleep

Suggested use: 15–20 minutes per session

Safety Tips

Do not overuse: Max 2–3 sessions per day
Avoid sleeping with the unit on
Clean the fabric regularly with a damp cloth (follow manufacturer instructions)
Discontinue use if you experience irritation or excessive heat
Consult your doctor if you have eye conditions (e.g. glaucoma, recent eye surgery)

Works Best When:

Used daily, especially at night or in the morning

Thank you for
choosing us!

Love and passion
for beauty!



Quickly register your product at
www.IGIA.com to secure your

1-Year Warranty

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

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