

碳纖維發熱，不含電磁輻射！

Carbon fibre produces heat thus no magnetic radiation.

使用低電壓，產品更安全！

Using low electrical voltage insures much safer in using our Products.



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MADE IN CHINA

御陽 YU YANG 砭石多功能熱墊  
Bian-stone Multi-Function Heating Pad

您的身體好幫手  
為您健康行多步

Your Health Partner for Better  
Health and Better Life



加長型

身體溫度決定了健康！  
血遇寒則凝，遇熱則行！

Body temperature affects your health and blood circulation  
is influenced by the coldness and warmth of the body.

砭石熱墊能量可溫療、溫通經絡、驅寒祛濕，改善虛冷體質，緩解痛症！

Bianstone Heating Pad provides you heat to warm the meridians as well as the body organs and tissues so as to reduce pain!



砭石熱墊可幫助人體活血益氣、疏通經絡、扶正祛邪、平衡陰陽。Bianstone Heating Pad can improve the blood circulation, enhance the body energy, eliminate toxic substances out of the body and balance Yin and Yang of the body.

遠紅外線中波長 8 ~ 14 微米，是肉眼看不到的太陽光，又稱生命之光，可滲透到身體內，提升體溫活化水分及新陳代謝，分解代謝廢物。Bianstone possesses infra-red energy of wave length between 8 to 14 micrometer which is also called solar light or life light. This wave length of infra-red energy can penetrate into our body to enhance our body temperature and betterment our metabolism. As a result our immune system can be improved to protect our body.

## 砭石的作用

### Functions of Bianstone

1. 熱療功能：促進細胞新陳代謝，加速血液循環，驅寒祛濕，活血化瘀。Heat Treatment: improve our cell metabolism, speed our blood movement and reduce stagnant plague in our blood vessels as well as eliminate coldness and wet.

2. 遠紅外線：有奇異的能量場，遠紅外線波長 8 ~ 14 微米，可在人體產生遠紅外線熱像並循環經絡，增強組織活力，提高免疫力。Infra-red wave: an amazing energy field of far infra-red of wave length between 8 to 14 micrometer can benefit our circulation of meridians, increase body tissue energy and improve our immune system.

3. 成分：含有鋇、鈦、鉻、錳、鋅等三十幾種對人體有益的稀土和微量元素，接觸人體表皮，使小血管及毛細血管中的血液流動迅速加快。Bianstone possesses thirty or more rare elements such as Strontium, Titanium, Chromium, Manganese and Zinc. When these elements contact our skin, they can activate the blood circulation inside our blood capillaries.



## 功能介紹

Different Treatments of Yu Yang Bianstone Heating Pad

**1 溫臀部長強穴：**以打坐的方式，配合自然呼吸靜坐，或放在沙發上作坐墊亦好，能調理氣血，提升陽氣，改善虛弱體質，對痔瘡問題有良好改善。Naturally and keep your mind in peace. This position can regulate your blood and energy, enhance your solar energy, improve your health and recover hemorrhoids.



**2. 溫熱頭部風府穴和肩頸部大椎穴：**可放在枕頭上，進行正躺或側臥，祛除頭風困擾；針對頭痛、偏頭痛有緩解作用，改善腦部供血不足，預防記憶力減退、腦退化，改善失眠、肩頸酸痛、肌肉疲勞。Place the Pad on the pillow to warm the head and neck especially the points GV16 and GB21 can improve blood circulation of the head. Good micro-circulation can reduce headaches, deteriorate dementia, betterment insomnia and shoulder pain.



**3. 溫熱腰背部命門穴：**可放在腰背部正躺着，緩解腰背部酸痛，對腰酸背痛，腰骶酸痛，有明顯效果。Place the Heating Pad on the back and sleep on it to warm GV4 to ease back and sacrum pain.



**4. 溫熱胸部乳腺及腋下淋巴結：**溫熱乳腺，能促進血液循環，對乳腺增生、淋巴結有明顯改善。Place the Heating Pad on the chest to warm the mammal glands and armpit glands can prevent breast hyperplasia.



**5. 溫腹部關元穴：**放在腹部肚臍中間，溫熱小肚子可預防感冒，提升陽氣。對婦女週期經痛、宮寒有明顯幫助；改善男士前列腺肥大，尿頻。溫熱大肚子能調整腸胃蠕動及消化功能，預防便秘。Place the Heating Pad on the abdomen to warm CV4 and the tripe which can raise solar energy. The energy increased can reduce menstrual pain, warm the uterus, betterment prostatic hypertrophy, and regulate the frequency of urination. Warm the belly can also help the movements of small and large intestines to help digestions and prevent constipation.



**6. 溫膝蓋腿和小腿：**保持膝腿筋肌的柔韌性和關節靈活性，改善膝腿酸痛、腿部靜脈曲張，改善小腿的血液循環，預防小腿抽筋。Place the Heating Pad on the legs and knees can increase the elasticity of the muscles and movements of the joints. The better blood circulation of the legs means the less chance of getting sore knees and varicose veins.



**7. 溫灸足部湧泉穴：**針對手腳冰凍，改善血液循環，增強心肺供氧量！Place the feet on the Heating Pad to warm KI1. It can improve the blood circulation, increase the heart and lungs oxygen amount and can keep cold fingers and toes warm.



## 御陽砭石多功能熱墊 使用說明

### Yu Yang Bian-stone Multi-Function Heating Pad Operation Manual

加長型

## 顯示器使用方法：

Display Panel Operation Method

1. 長按⏻鍵開機，開機後，預熱 10 分鐘，預設固定溫度在 50℃，溫差 ± 5℃，預設固定時間 60 分鐘開始倒數計時。長按⏻鍵開機，長期不使用請關電源。

Press the ⏻ for a few seconds to start the operation. After switching on the Pad, wait for 10 minutes until the default temperature reach 50℃ with a difference +5℃ or -5℃. The default fixed time is 60 min. and the count-down begins. Press the ⏻ for a few seconds to turn off the Pad. Remove the plug from the electric power when not in use.

2. 倒數計時設定：按⏻鍵，液晶顯示時間位置閃，用“+”鍵或“-”鍵調節時間，共有 3 種倒數計時，分別為 60/90/120 分鐘。Count-down setting: Press the ⏻ to adjust the time duration. There are three count-down time displays which are 60/90/120 minutes. Press the “+” switch or “-” to adjust the time required.

3. 溫度設定：按⏻鍵，液晶顯示溫度位置閃，用“+”鍵或“-”鍵調節溫度，共有 7 種分別為 40/45/50/55/60/65/70℃。Temperature setting: Press the ⏻ to adjust the temperature. There are 7 temperature settings which are 40/45/50/55/60/65/70 °C. Press the “+” switch or “-” to adjust the temperature required.

4. 聲音提示：倒數計時完成，會有一聲“滴”，有故障一直長“滴”。Sound indicator: 1 beep sound means the count-down reaches zero. Once the Heating Pad is not functioning well, a long beep sound will be heard.

5. 液晶顯示 E1、E2、E3 表示有故障，請聯絡本公司維修。When the display panel shows E1, E2 or E3, it means the Heating Pad needs repairing. Please contact Our Company immediately.

## 使用注意事項：

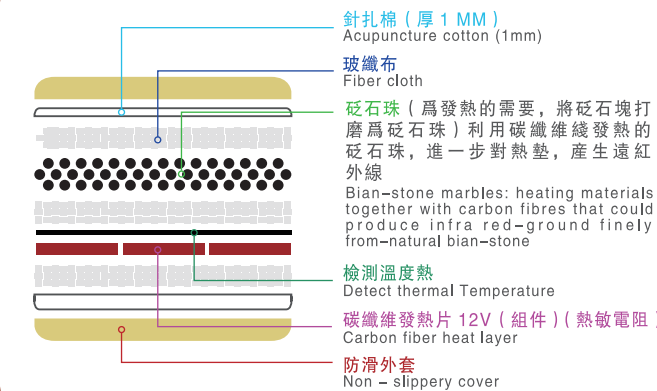
Precautions

- 心臟病或心律不正者慎用。Use with great care for those people who are suffering from heart disease or irregular heart pulses.
- 女性生理期間或懷孕請勿在腹部使用。Do not apply on abdomens during menstruation period or pregnancy.
- 酒後禁止使用。Do not use the equipment after drinking wine.
- 若本產品跌落或遭撞擊而受損時，請停止使用。Stop using the equipment if it is damaged.
- 本機若出現故障，請交本公司修理，若由非專業人士修理，可能因操作不當而導致意外等。In case of malfunction of the product, please take it back to our Company for repairing. Never attempt to repair it by non-professional persons to prevent unexpected accidents.
- 請勿將本產品在接近水源的地方使用，例如浴室、浴缸、臉盆或其它高度潮濕的地方，會引致故障。Never place the equipment near wet area such as bathroom, basin or other high humidity positions which may cause damage to the equipment.



## 橫切面圖

Cross Section Description



## 電力資料：

Electrical Data

電源適配器 / Power Adapter: 輸入 / Input AC100~240V 50/60Hz, 輸出 / Output DC 24V 4A

功耗 / Watt: 86W ± 10%

溫度 / Temperature: 40℃ ~ 70℃ ± 5℃

主機顯示器 / Panel display: 輸入 / Input DC 24V 4A

產品重量 / Weight: ≈ 2KG

墊尺寸 / Pad Size: 1000mm\*400mm