



## *User's Manual*



natural health technologies

50 North Third Street, Fairfield, Iowa 52556

1-800-417-6789

Dear Customer,

Congratulations and thank you for purchasing the Steamy Wonder portable steam therapy system. After learning how to operate the system you will discover that it is truly a Wonder!

This lightweight steam canopy easily transforms a treatment bed or massage table into a versatile system that allows for multiple treatments and spa services. We have developed a comfortable and safe system for both client and therapist. The system is adaptable to a variety of locations and is easy to use, carry and store. We always keep in mind quality, appearance, and long term cost effectiveness.

Your comments and suggestions on how to improve this manual, our training information or any part of the system are very important to us. We are here to help you get the most from your equipment. Please call, E-mail, or fax us, and we will assist you promptly. We love to hear stories of new and innovative ways to give treatments with the Steamy Wonder and the experiences of happy clients.

Wishing you perfect health always,

Christopher H. Wege  
President and Founder

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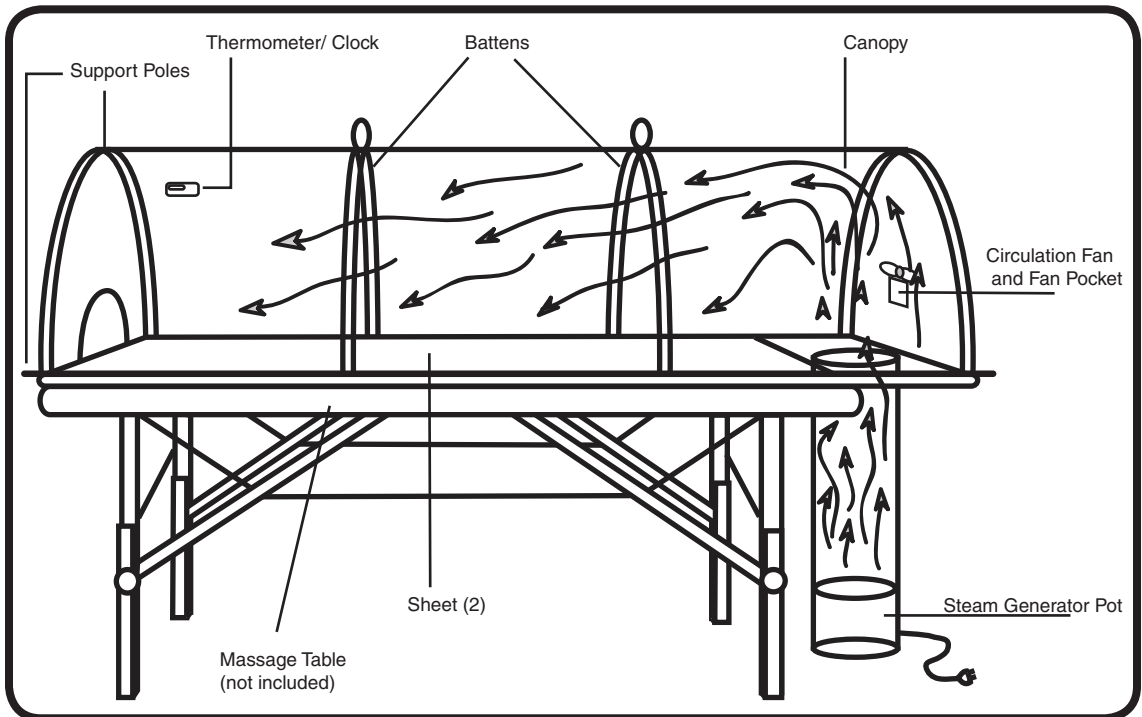
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## *The Steamy Wonder Equipment Package includes:*

- Steam canopy
- Battens and 3 support poles
- Digital clock/thermometer with AAA battery
- Steam generator
- 2 Circulation fans with D battery
- Thermal blanket
- 2 fitted cotton flannel sheets
- Instructional video
- User's Manual

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Setting up your Steamy Wonder is easy and quick. We suggest that you assemble it as soon as you get it and practice with some friends. That way you'll quickly be able to put it to work for a variety of spa treatments. Look for suggestions at the end of this manual.

## *Getting Started*

1. Cover the massage table with the fitted sheet with Velcro on the outside.
2. Insert the black tips of the 3 metal poles into the canopy sleeves at the sides and top. Your Steamy Wonder arrives with the battens pre-inserted; they can be easily removed for washing or storage.
3. Set the canopy on the table. Connect the Velcro on the sheet to the Velcro on the canopy. Make sure to roll the rods toward the outside of the battens. This will make for a tighter seal. Check the seal around the table. (When working with a client, you may seal the steam in at the front opening by draping a towel over the front of the canopy around the client's neck. This also serves to keep the face cool.)
4. Open the zipper in the back of the canopy and insert the fan into the pocket. Tilt the fan to point toward the roof of the canopy, just one click above a ninety-degree angle.
5. Fill the steam generator to near the halfway point (1.5 liters, 1.58 quarts). We recommend distilled water to prevent mineral buildup. Many therapists use purified filtered water. Turn the steam generator on, and with the generator's lid removed, place the canopy sleeve over the generator. **Steam will only enter the canopy when the generator lid is removed.**



6. Turn the pot to the highest temperature setting about five minutes before placing the canopy over the client. After the water has come to a boil, turn the temperature down to approximately 325 degrees F. The exact setting will vary depending on individual factors, such as the volume of water in the pot. The ideal temperature inside the Steamy Wonder should be about 100 – 123 degrees F. See below about adjusting the temperature during treatment.
7. Further preparation, extra towels and water: Keep a pitcher of cool water beside the pot in case you need to cool the canopy temperature. Fold a towel in half at the foot of the table with the folded opening toward the head of the table. You will use this to wrap and cover the feet during steam therapy. Have another towel available for draping the body. At the head of the massage table, place two or three small hand towels and a pan filled with very cold water on the floor, which you'll use to cool the clients' head.
8. If you are giving a mud, seaweed, body wrap, or other “messy” spa treatment, you may also cover the table with a protective (waterproof) sheet or plastic, and a towel. For aroma therapy, add oils or herbs to the water just before steam therapy. If you add essential oils too soon, the fragrance will dissipate.
9. Rinse and clean the pot in between treatments. **To prevent damage to the wiring, do not immerse the pot in water.**

### Electric Steam Pot and Safety

**Take safety precautions to avoid the risk of injury.**

- The outer plastic covering of the pot stays cool to the touch.
- Keep the steam pot on the floor to avoid risk of tipping.
- Keep the electrical cord out of the way to avoid tripping. If you are using a power-strip extension cord, you can use your foot to switch the power on before beginning the steam therapy. (This is helpful when steam therapy is preceded by a massage.)
- **Pre-heat the water and always remove the lid very carefully to avoid scalding. The pot lid should be removed during the steam treatment.**

## Adjusting the Temperature

**Always keep track of the time and temperature.** As soon as you set the canopy over the client, put the thermometer sensor into the opening in the top of the canopy. The client should feel, “very warm, but not too hot.” The temperature should be between **100°-123°F** (38°-50°C), and will vary depending on room temperature, water temperature setting, and the client’s tolerance. If the water is boiling, and the canopy connects all around at the edges, the space inside the canopy will fill with steam and heat up within one minute. To heat up the steam canopy more quickly, or for higher temperature steam treatments, you can cover the outside of the canopy with the thermal blanket included in the kit.

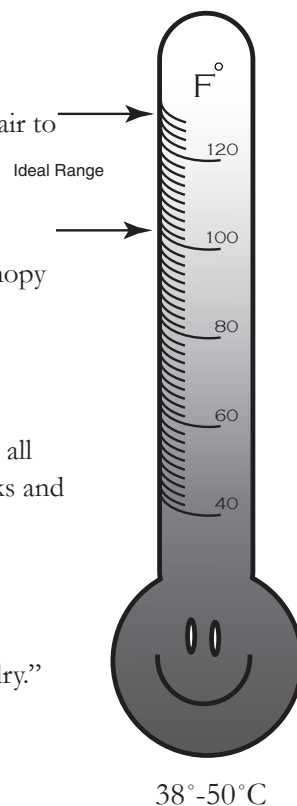
If the client feels too hot, but the steam is within the lower ranges of temperature suggested above, check that the cold cloth completely surrounds the neck. It should be very cool. Wrap the feet with a cool towel. Also, check the following instructions to lower the canopy temperature. After a series of steam treatments, many clients perception of temperature and tolerance to heat changes.

### If too hot:

- Reduce electric steam pot temperature.
- Open the zipper at the back end of the canopy to allow cool air to enter.
- Add a little cool water to the electric pot.
- Turn off fan.
- For quick and immediate relief, simply lift the edge of the canopy and allow cool room air to enter the canopy.

### If too cool:

- Check the side edges of the tent to make sure that it is secure all around. Openings or gaps around the edges will result in leaks and poor heat retention.
- Place the silver-lined thermal blanket over the outside of the canopy.
- Check that the electricity is still connected.
- Check that the pot has water, is boiling, and has not “boiled dry.”
- Check the “sleeve” to see that it is fitting snugly over the pot.
- Check to see that steam can move up freely along its length.





## *During the Treatment*

### *Length of Steam Treatment*

The aim of a steam treatment is to raise the body's core temperature, which facilitates detoxification through sweating, and enhances the absorption of therapeutic products through the pores. The *minimum* length of time required to accomplish this is 10 minutes. Steamy Wonder treatments should last 10-20 minutes. The time and temperature in the canopy will depend upon the particular treatment and the client's comfort, tolerance for heat, and the time it takes for the client to perspire.

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### **Contraindications regarding Steam Therapy**

1. Do not give steam therapy to pregnant clients.
2. Due to the increase in cardiovascular activity brought on by heat, steam therapy is not recommended for those who have high blood pressure, heart disease, or other cardiovascular problems
3. Do not give steam therapy to clients who are extremely frail, sick, or elderly.
4. Do not give steam therapy to clients you suspect may be drunk or under the influence of non-prescription substances.

If you have a question or doubt about a client's health history, suggest that they obtain their doctor's permission to receive your treatments.

### *Giving the Treatment*

It is important to stay with your clients throughout the steam treatment.

1. Have the client lie on his/her back and cover the feet before the steam bath.
2. For clients especially sensitive to heat, soak the foot towel in cool water. Male clients may use an additional cool cloth to cover genitals, if desired for comfort.
3. Position the steam pot at the foot of the table.
4. Place the canopy over the client. Connect at the edges and connect to the pot. Place thermometer and fan. Note the time and begin to monitor temperature. Temperature range should be between 100-123°F (38-50° C).
5. Drape a bath towel at the head of the canopy to keep heat and steam inside.
6. The clients' head should remain outside the canopy. Wrap a cold, moist towel completely around the neck. Rinse and change 1-2 times during treatment to keep cool: this is especially important for clients who are sensitive to heat.
7. Add cool water to pot if temperature goes above 50°C (122°F).

## Completing the Treatment

The following instructions allow the client to cool gradually before removing the canopy.

- After 10-12 minutes, begin cool-down by opening zipper in canopy.
- Turn off steam pot and remove thermometer and fan.
- Before removing canopy, allow client to rest for 1-2 minutes under tent.
- Remove cool cloth from neck and face.
- Remove the canopy and drape the client with a clean bath towel.



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## Avoid Dehydration!

**Note:** Because the head and neck stay cool, and there is no activity or exertion, clients often do not realize how much water they lose through perspiration during steam treatments.

Always offer a drink of water before and after steam therapy and remind the client of the need for additional hydration. For the body to gain maximum detoxifying effects from the treatment, it is best to wait 20 minutes after the steam treatment before drinking. Instruct your client to drink lots of water after their spa treatment, up to a gallon. Include two liters of spring water as part of the service, to send home with the client.

If your client reports a headache, tiredness, dizziness, or any similar symptoms after their treatment, it is an almost certain sign of dehydration. It is best not to drink ice water; drink room temperature water instead.

## Body Wash After Steam

You may use the small neck towels and cold water basin to wash away perspiration, remove spa products, and to bathe and wipe the body down after treatment. If there is no sink in the treatment room, simply add hot water to the basin from the steam pot to equalize the temperature.

Clients should not shower after using certain products because the skin continues to absorb sea weeds and other nutrients for two to three hours after their application.

## Finishing the Service

How you conclude the spa service will depend on different factors. Always try to end treatments with a period of rest. Let the client know that this is a transition time between the treatment and their return to their daily routine. For many clients, it is quite a contrast, and we want to allow them time to transition back into activity. Be sure the transition is smooth, easy, and comfortable so clients leave satisfied with their experience.

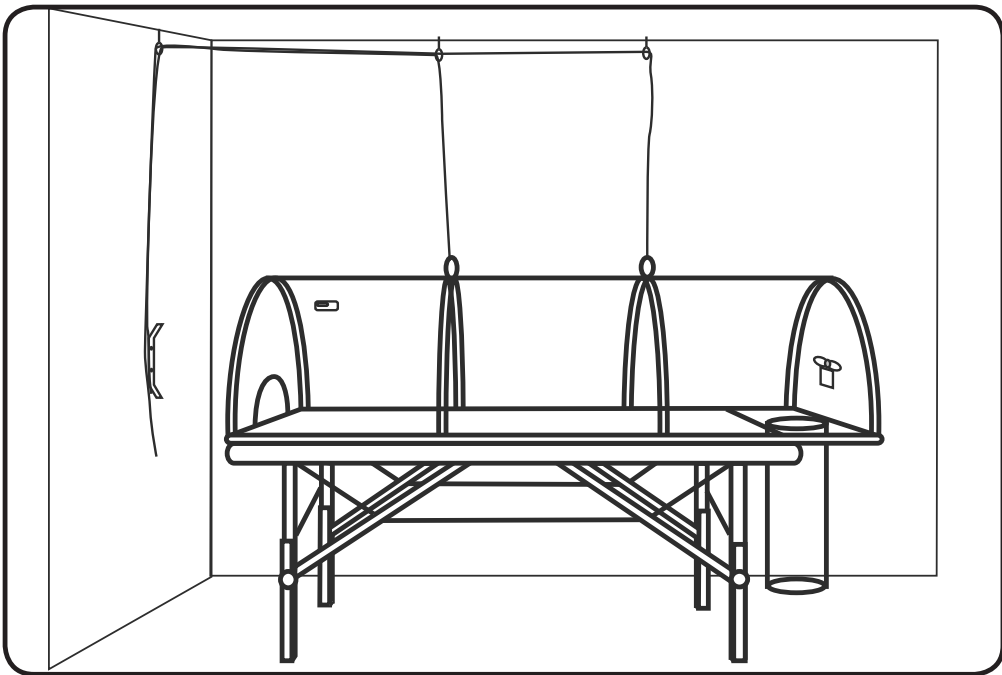
## *Storing and caring for the Steamy Wonder*

### *Hanging the Steamy Wonder from the Ceiling*

Many Day Spas find that it is attractive and convenient to store their Steamy Wonder by hanging it from the ceiling above the treatment table.

To do this, obtain nylon drapery cord, which is available at most fabric and home improvement stores. Place the cord through the loops on the top of the canopy. Place eye hooks directly above the treatment table into the structural supports of the ceiling. If you have a dropped ceiling, you may be able to hang the canopy using the crossbar supports.

Run the cord from the canopy loops through the eye hooks, across the ceiling to another eye hook in the ceiling near the wall. Lift the canopy and secure using the cord and connect to a wall cleat. Release and lower for the steam treatment.



### *Packing the Steamy Wonder*

Remove the battens and poles and fold the canopy flat for out-of-sight storage. You may also simply remove the lengthwise poles and fold it accordion style when not in use. Be sure that it is completely dry before folding it away to avoid mildew and mold.

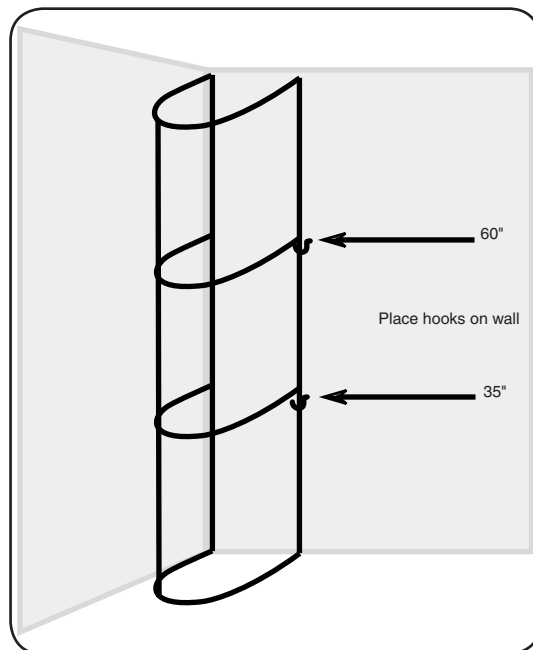
## Storing the Steamy Wonder in the Corner

Another way to store the Steamy Wonder is to stand the canopy on its poles in the corner of the room and bend it into place.

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To do this, mount a set of brass coat hooks on the wall 15 inches from the corner of the room. Face the hooks toward the corner and position them 35 and 60 inches from the floor.

Hold the canopy by the roof with the opening of the canopy facing the wall and position it, allowing the tension of the flexible tent hoops to hook under and remain held in place by the brass hooks. The canopy is upright, folded out of the way and occupies about 15"x23"x72" in the corner of the room.



To make the most of your investment, keep your Steamy Wonder in continuous and regular use. Keep your Steamy Wonder set up. Make it convenient and practical to use every day. The canopy takes up very little room and when in plain sight, it creates curiosity and allows you to explain (and *promote!*) the treatments and their benefits. After learning to use the canopy and experiencing its effectiveness for spa treatments, you'll want to use the Steamy Wonder for all your clients.

## Cleaning Instructions

Between treatments, equipment maintenance is minimal. To clean the canopy quickly between each use, wipe the canopy dry and spray it with a broad-spectrum biodegradable disinfectant. Allow it to air dry until the next treatment. You may remove the battens and support poles of the Steamy Wonder and wash the canopy as needed in the washing machine on a gentle cycle. Use cold water, a mild detergent and avoid bleach. Hang it up to dry; do not put it in the dryer.

## About Steam Therapy

### *Physiological Benefits of Steam*

Sweating is therapeutic, but so too are the other physiological effects of steam therapy. Dramatic effects derive from the circulatory changes caused by the intense heat exposure. The heart rate can increase as much as 50% to 75% during a 10-20 minute steam bath session. Within just a few minutes there is an increase of cardiac output, increased blood flow to the skin produced by vasodilation, and decreased blood flow to the internal organs. The increased blood flow brings vital nutrients to skin and subcutaneous tissue, stimulating cellular activity and growth. The parts of the skin that normally suffer from poor circulation benefit especially from this treatment, since the increased blood flow supplies it with extra nutrients and oxygen. Any increase in the metabolic rate burns calories, improves circulation, promotes water-weight loss, and beautifies skin.

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### *How the Body Detoxifies*

Because of its role in the elimination of toxins the skin is sometimes referred to as the “third kidney.” The heat of a steam bath speeds up the chemical processes in the body, making steam therapy one of the simplest and most comfortable ways to rid the body of accumulated toxins. As the pores open up, the millions of sweat glands start to excrete, and the body rids itself of metabolic and other waste products. This also helps to reduce fluid retention. Perspiration allows excretion of toxins and impurities through the skin, helping the kidneys and liver to detoxify the blood.

### *How Steam Helps Beautify Skin*

The skin's more than 2 million eccrine glands respond to rising body temperatures by excreting sweat to cool the skin and the blood in the skin's capillary vessels. According to Dr. J. Perasalo of the Finnish Student Health Service in Helsinki, sweat emulsifies the fat of the sebaceous glands far more effectively than water and cleans them of sebum and the bacterial flora they usually contain.

The keratin in the outer layers of the skin macerates and softens with extended contact with moisture. The skin becomes softer and more hydrated creating an optimum condition for the absorption of creams, lotions and essential oils.



## *Ancient Traditions, Holistic and Natural Steam Treatments*

Steam therapy is thousands of years old and found in cultures world wide. Many ancient traditional approaches to healing incorporate the benefits of steam to improve health and beauty. Throughout history physicians have extolled the medicinal value of the sweat bath in its various forms.

- The oldest known medical system, **Ayurveda**, considered sweating so important to health that it prescribed the sweat bath and thirteen other methods of inducing sweat. **Swedhana**, or steam therapy is part of its seasonal recommendation for detoxification, Panchakarma.
- **Temescal** comes from an Aztec word, which means sweat lodge. Many **Native Americans** use steam in the sweat lodge as a purifying spiritual practice. In one form or another, the sweat bath pervaded cultures from the Alaskan Eskimo south into the land of the Mayans. The purpose, in most cases, goes beyond getting the body clean. The sweat bath provides a cure for illness, a revitalization for aching muscles, and a sense of tribal identity.
- Variations on the **Banya**, or steam bath, are found throughout Russia, from Moscow to the remote Siberia. Russians regard their visits to a banya as key to continued good health and as a remedy to poor health, especially with regard to circulatory and respiratory illnesses.
- While **Sauna** is often thought of as a dry heat treatment, the traditional Sauna includes pouring water over heated rocks to generate a rich burst of steam. The Sauna, now found world wide, has its origins in Finland and Scandinavia.

“The Rite of Purification, or Sweat Lodge Ceremony, utilized all the powers of the Universe: earth and the things which grow from the earth, water, fire and air.

Water represents the flowing of Wakan-tanka, the Great Spirit, giving His power and life to everything. The rocks used are part of Grandmother Earth, which also illustrates the everlasting nature of Wakan-tanka. The fire represents the great power of Wakan tanka and the hot coals placed in the center of the sweat lodge portrays the center of the Universe.”

Black Elk,

from ‘The Sacred Pipe’



A Crow sweat lodge



## Spa Treatments with the Steamy Wonder

The Steamy Wonder is an excellent way to give effective body treatments. Spa treatments aim to enhance health, improve appearance, reduce stress, reduce cellulite, and diminish the effects of aging. Spas traditionally offer treatments in a series, once or twice per week for 12-24 treatments. The therapist may track the client's progress and encourage simple healthful guidelines for diet, proper rest, and exercise.

### *No-Wrap Body Wraps*

Steamy Wonder provides an excellent way to give traditional body wraps in less time and with greater ease. *No wrapping! Your client will never shiver on your table again!* The Steamy Wonder body wrap treatments do not use time-consuming plastics, linens, or blankets (and thereby avoid the associated laundry bills).

The “wrap” takes place under the canopy by simply applying the body product and leaving it on the skin during the steam session. The warmth opens the pores, softens the skin, and allows nutrients to be absorbed. Apply spa treatment products such as seaweeds, muds, scrubs, and masks to the skin.

The heat and moisture of the steam canopy allow for a lighter application of product. Because treatments are effective with less product, less labor and fewer linens, using the Steamy Wonder is an easy way for you to increase your profit margins.

### **The general procedure:**

1. Begin the service with a body scrub exfoliation, either with dry brushing or with an exfoliating body wash.
2. Apply body products such as muds, masks, special oils, hydrating creams, anti-cellulite products, nutritive ingredients or seaweed. Apply a thin layer to the skin. You need only as much as the skin can absorb during the treatment.
3. Set the canopy over the client, *without wrapping, plastics, or bandages*. Most commercially available wrap products are effective with the Steamy Wonder without wrapping or bandaging. Keep a cool cloth around the neck.
4. Allow the client to turn or change position. The complete “body wrap” treatment takes only 20 minutes, rather than the traditional 45-55 minutes.
5. Allow 2-3 minutes to cool the client down, remove the canopy, and give a body bath to complete the wrap service.

## Aroma Therapy Steam Treatments

Aroma Therapy is a system of health emphasizing relaxation and stress management. Essential oils, extracts, herbs or decoctions (mint tea, for example) may be placed directly in the water. You may customize each client's Steamy Wonder treatment with essential oils. Many aroma therapy products are available today, including ready-made blends called synergies for specific influences. Therapists customize treatments using essential oils formulated according to Ayurvedic body type, the season, or for relaxation, stress reduction, vitality, and emotional balance. Essential oils in steam and massage treatments soothe and enrich the skin while their aromas promote deep relaxation.

Steam therapy provides an ideal complementary environment for aroma therapy. When using the Steamy Wonder, simply add 7-11 drops of the essential oil to the already heated water to generate aromatic steam.

*Camomile:* has a relaxing aroma, sometimes described as like "apples and straw" and is a calming oil which eases anger and strong emotions. It is very effective against insomnia and can sooth restlessness and impatience. The oil is useful in the treatment of aches and pains in muscles and joints.

*Lavender:* has a floral, clean, fresh fragrance. It is very useful to reduce stress and to help with insomnia. It has a soothing, balancing and restorative effect that can be used to counteract irritability, stress, and depression. Encourages calmness and serenity.

*Sweet Orange:* has a sweet, warm, and sensuous aroma. It is particularly good for the skin, of all types. It's regenerative qualities make it useful for mature skin by softening the epidermis and increasing circulation. Orange oil also balances the emotions. It can revitalize, energize, and offer a warm, happy and light influence. May be irritating to sensitive skin.

*Rose:* has a rich, sweet, floral, and deep yet slightly spicy scent. It is cooling, relaxing, and toning; it increases feelings of vitality, creating a sense of well-being. Can be used in the treatment of a wide range of stress-related conditions. Rose can also be used to treat skin problems. Its rejuvenating properties relieve dryness, inflammation, heat, and itching of the skin.

*Eucalyptus:* has a unique, penetrating and refreshing aroma. It is a classic remedy for respiratory ailments. Mentally stimulating and refreshing, it can be used alone or in a blend to increase concentration and combat mental exhaustion and sluggishness. (Must not be taken internally)

*Ylang-Ylang:* has an exotic, rich, and sweet fragrance. It has deeply relaxing qualities, relieving anxiety and tension. It is stabilizing and balancing and may soothe fears and anger. It is said to have anti-depressive properties; it can uplift and encourage positive thoughts.

**Important Note:** The information provided about Essential Oils is for educational purposes only. This data is not considered complete and is not guaranteed to be accurate.





For a head-to-toe service, add an aroma-steam treatment to a simple facial. Have the client sit in a bath robe during the facial, then during the mask stage add the Steamy Wonder for a full body experience.

### *Face Massage and Scalp Treatment*

Because the therapist remains in the room, most practitioners offer a **face massage** or **scalp treatment** during steam therapy. An easy way to accomplish this is to apply a small amount of oil or lotion and massage the face. Stand at the head of the table to mobilize and massage the scalp. Massage the ears. Lift the client's head, turn it to one side and stretch the neck. Do other side. Reach under head and massage upper back and neck.

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### *Massage Therapy with Steam*

The Steamy Wonder relaxes and loosens tight muscles, allowing deep tissue work. It is *easy* to extend an ordinary massage therapy session to include a Steamy Wonder treatment. This is a great way to introduce the “wonders of steam” and get your regular massage clientele interested in other body treatments and spa services. Instead of the usual one-hour massage, suggest a shorter massage to allow for a 15-minute detoxifying aroma therapy steam treatment at the end, free of charge.

Therapists are able to “do less and accomplish more” because they are not working as long or as hard. Many therapists report greater client satisfaction (and bigger tips!) when combining a shorter massage with Steamy Wonder because clients feel that they are getting more service for the same price.

## *Caring, Quality Service*

We recommend that you maintain a settled, quiet atmosphere in the treatment room. Many therapists give treatments in silence. The client is there for a relaxing, deep, and pleasurable experience. Let the client know at the beginning of the service that you are there for *them*, and that you will remain quiet so that they may completely let go and relax.

You want your clients to feel at ease with the service and with you. They should feel comfortable letting you know how they feel, if there is any sore spot or area of the body needing special attention, or if *any* question or comment occurs to them.

Keep in mind how you would feel on the table. Exchange treatments with others to understand how the steam treatment feels to your client. Not only will you enjoy the many benefits, it will improve the quality of your treatments. Steam therapy is a soothing treatment that leaves the person feeling fresh and healthy. Of course a happy customer is the basis for return and referral business.

## *A Word about Modesty*

Ideally, the client should remove all clothing for steam treatments and body wraps. You may use small towels to drape the client during treatment. When the canopy is lowered in place, the client then removes the drape or wrap. Clients report they feel less exposed and less vulnerable while under the canopy, and because they stay in the same room for all of the treatments, the services remain very private.



## *What to Charge for Spa Treatments and Steam Therapy*

Many business owners and spa therapists ask our advice on how to set prices for spa treatments and steam therapy. Costs and fees vary according to geographic location, so it is not possible for us to give specific price guidelines. The rule of thumb is to make your prices similar to the usual fees for massage therapy or comparable spa services in your area.

If you do not know the going rates, call local day spas and massage therapists to find the price of a one-hour massage. Also compare the rates for spa treatments, such as body wraps, scrubs, body masks, facials, anti-cellulite treatments, stress reduction, holistic, and Ayurvedic treatments. Your costs for these services will be lower, because less spa products and fewer linens are required when using the Steamy Wonder.

For example, suppose a one-hour massage in your area usually costs about \$60. At a dollar a minute, a 15-minute **Blissful Steam** should cost about \$15. When essential oils are added the price will increase \$5-10, so an **Aroma Steam** should cost \$20-25.

Therapists who learn and offer the spa treatments outlined earlier usually charge between \$75-175 per treatment, depending on location, their area rates, length of treatment, and products used.



For more information about the worldwide history of steam therapies and their benefits we recommend the book *Sweat*, by Mikkel Aaland published in 1979 by Capra Press, or look online at [www.cyberbohemia.com/Pages/sweat.htm](http://www.cyberbohemia.com/Pages/sweat.htm)

**Enjoy the benefits and pleasures you provide with the Steamy Wonder.  
Please contact our staff Monday through Friday 9:00am--5:00pm CST for education,  
training, or treatment information, or for customer service and product information.  
We are always happy to hear from you.**

**Our toll free number is 800 417 6789 International customers call 641-472-0945  
[www.steamywonder.com](http://www.steamywonder.com)**

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## Limited Warranty

Natural Health Technologies, Incorporated (“NHT”) warrants to the original purchaser that the Steamy Wonder™ canopy manufactured by NHT will be free from defects in materials and workmanship for a period of one year from the date of purchase. All other accessories will be free from defect for a period of ninety days from the date of purchase.

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In the event of a malfunction during the warranty period attributable directly to faulty workmanship and/or materials, NHT will, at its option, either repair or replace the faulty product. NHT shall have no obligation under this warranty if the product has been misused, carelessly handled, damaged (including attempted unauthorized repairs), modified or altered. This product must be returned with proof of purchase, in its original (or other adequate) packaging to the manufacturer. The product must be returned with shipping charges prepaid and either insured or if not, the purchaser will bear the risk of loss or damage during shipment. NHT’s determination as to its responsibility for the product shall be final.

**NHT’s liability is limited to the remedies provided above. NHT makes no further warranties either express or implied with respect to this product or its quality, performance, merchantability, or fitness for any particular use. In no event shall NHT be liable for any special consequential, incidental, or other damages whether or not NHT has been advised of the possibility of such loss, however caused, whether for breach or repudiation of contract, breach of warranty, negligence, or otherwise. In no event shall NHT be liable for any action arising out of third party claims against purchaser.**

**Please note that laws vary from state to state, and that some of the provisions of this warranty may not apply to you.**

Keep your original sales receipt for the product with this warranty statement.

Product:

Date of Purchase:

Where Purchased: