

REVIVIFY MINI

PORTABLE STEAM ROOM

USER MANUAL





HELLO THERE.

Joel and I are athletes who suffered from severe ACL injuries a few months apart. We purchased multiple pieces of wellness equipment for our in-home rehab but were left disappointed and frustrated by wellness and recovery products that made big promises but gave no support, no well-thought-out plan to follow, and no results. And that's how Lifepro came about, and why the Wellness Collection was created — we've set out to change all of that. It's why every piece of equipment bearing our name not only undergoes rigorous scrutiny to make sure it delivers on power and efficacy but also comes with built-in support from our 'guiding angels' and a built-in lifetime warranty so that you're never left hanging.

Welcome to Lifepro.
We're in this together now.

Abe & Joel

With the Lifepro Revivify Mini Portable Steam Room, you can experience the myriad therapeutic benefits of heat therapy (thermotherapy) from the comfort of your own home—no need for expensive trips to the spa or gym. Steam rooms, also called steam saunas, raise your internal body temperature, resulting in a deep, detoxifying sweat that allows your body to expel toxins like heavy metals. Thermotherapy also increases your heart rate and blood flow, mimicking a workout and providing some of the same beneficial effects, including increased metabolism and fat loss. It's a great way to supplement your workout routine. Thermotherapy also boosts the immune system and lowers the risks of cardiovascular disease, high blood pressure, and stroke. The high humidity offers additional benefits, including increased skin hydration, improved detoxification and skin health, and reduced congestion.

The Revivify Mini is perfect for anyone who wants to improve their cardiovascular health, reduce pain from chronic conditions such as arthritis and rheumatoid arthritis, improve skin health, lose inches around the waist, and reduce stress. You can also add essential oils to add the benefits of aromatherapy to your steam sessions.

The Revivify Mini steam room has three layers: a satin exterior, a spray-bonded cotton center, and a waterproof Oxford fabric interior. The electric steamer system is simple to install and heats up quickly. The steamer has 15 temperature settings, P01 to P15.

Use your steam room 3 or 4 times a week for 15–30 minutes, and see results in as little as two weeks. Enjoy detoxification, performance recovery, and pain relief anytime, anywhere!

Redefine wellness and experience the transformative power of the Lifepro Revivify Mini:

- ▶ **Reduce inflammation:** improves circulation flow and alleviates chronic pain.
- ▶ **Increase relaxation:** calms your mind, relaxes your body, & reduces muscle soreness.
- ▶ **Boost the immune system and mood:** improves sleep, reduces stress, increases serotonin, and decreases cortisol.
- ▶ **Ease congestion:** reduces chest and sinus congestion and promotes respiratory health.
- ▶ **Rejuvenate skin:** stimulates cells to create new proteins and regenerate cells.

Check out the information in this manual for ways to get started using the Revivify Mini Portable Steam Room. Next, be sure to visit our website revivifymini.lifeprofitness.com for access to our **FREE library of videos** that demonstrate how to easily incorporate the Revivify Mini into your health and wellness routine.

WELLNESS RECOVERY
REVIVIFY MINI
PORTABLE STEAM ROOM

GET STARTED

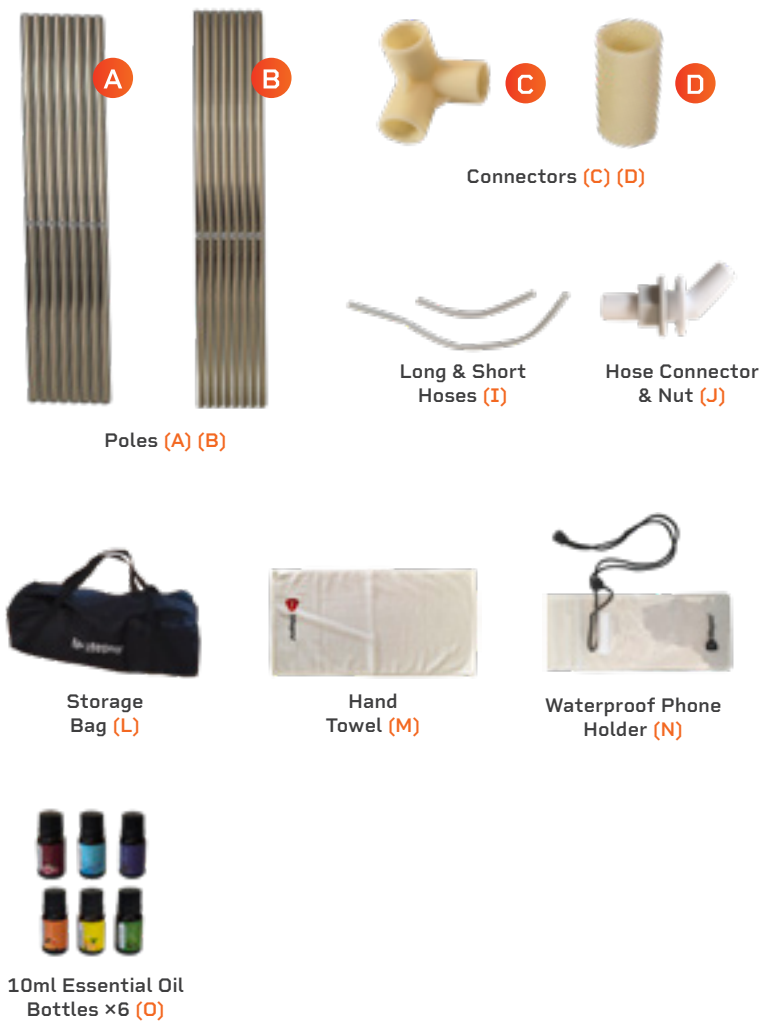
FIRST STEPS

1. Remove the components and hardware from the shipping boxes and inspect items for shipping damage.
2. Compare the parts and hardware to the items listed on pages 6–7.
3. Read carefully through this user manual and the **SAFETY INSTRUCTIONS** pages 26–31 before assembling and using your Revivify Mini.
4. Go to revivifymini.lifeprofitness.com and register your steam room within 14 days of purchase to activate your lifetime warranty.
5. To assemble the steam room, follow the steps in the **STEAM ROOM ASSEMBLY GUIDE** page 8–12.
6. Go to the **OPERATING INSTRUCTIONS** pages 13–16 and **TIPS FOR USING YOUR STEAM ROOM** on pages 17–20.

CUSTOMER SUPPORT

If you have any questions about assembling or using the Revivify Mini, we're here to help. Call or email us and an experienced customer support representative will be happy to assist you: (800) 563-6604 or support@lifeprofitness.com.

WHAT'S IN THE BOX



STEAM ROOM ASSEMBLY GUIDE

⚠️ ASSEMBLY WARNINGS

- Adult assembly is required. Keep children away during assembly. This product contains small parts that could present a choking hazard to children.
- Properly dispose of all packaging especially plastic bags, which can present a suffocation hazard to small children, before assembly.

ASSEMBLY NOTE: Assemble on a flat, sturdy floor, free of obstructions. Provide a few inches of clearance on all sides of the steam room for proper ventilation.

LOCATION REQUIREMENTS FOR THE STEAMER

To avoid fire and other electrical hazards:

- Only use the steamer in a dry, indoor location. Only use the steamer on a level floor.
- Ensure adequate clearance, at least 20 inches, on all sides of the steamer.
- Plug the steamer into a properly grounded GFCI electrical outlet.
- Do not use the steamer with an extension cord, generator, power converter, or inverter.
- Do not plug other appliances into the same outlet.

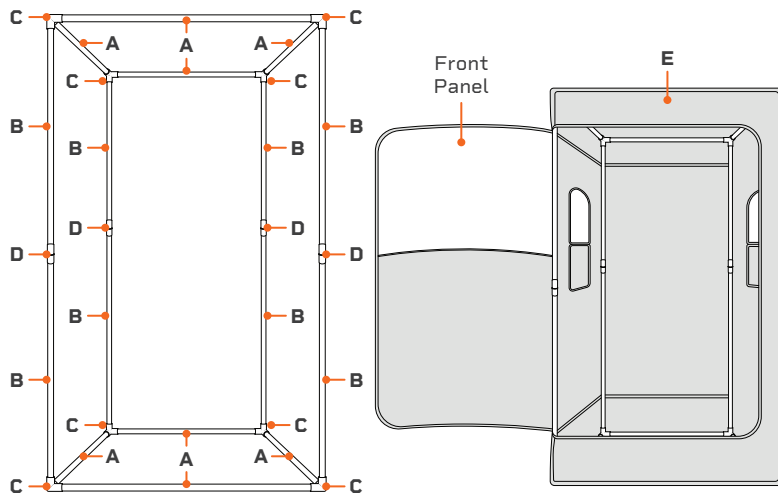


Figure 1a

Figure 1b

1 BUILD THE FRAME HALVES AND LAY OUT THE STEAM ROOM TENT

1. Gather the eight horizontal poles (A), the eight vertical poles (B), the eight corner connectors (C), the four vertical connectors (D), and the folded steam tent (E).
2. Build the bottom half of the frame as shown in *Figures 1a* and *1c*. Build the top half in the same manner using the remaining parts.
3. Unfold the steam tent and lay it on the ground with the front panel facing up. See *Figure 1b*.
4. Unzip the steam room and place the bottom half of the frame inside the bottom edge of the tent. See *Figure 1c Insert*.

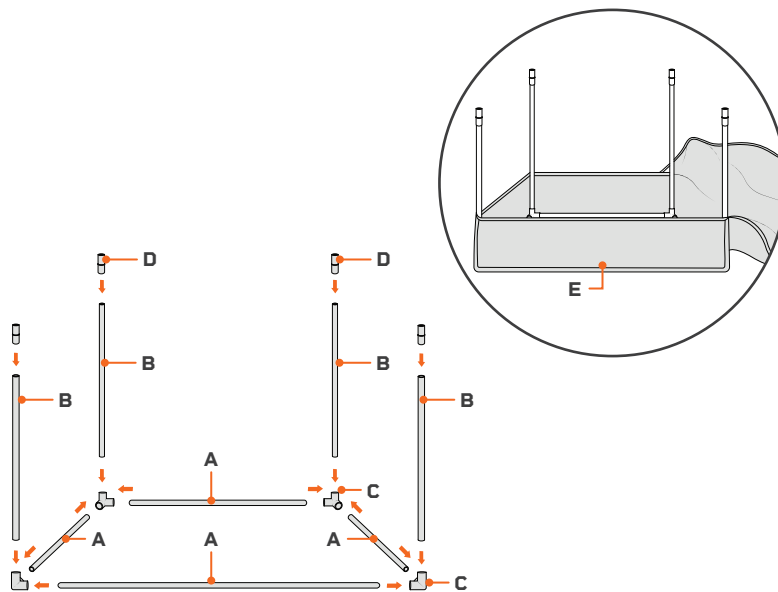


Figure 1c

2 FINISH ASSEMBLING THE STEAM ROOM

1. Gather the mat (F).
2. Finish assembling the frame by attaching the top half to the bottom half. See *Figure 2a*.
3. Slide the steam room tent over the top of the frame. See *Figures 2b* and *Figure 2c*.
4. Place the mat on the floor of the steam room.

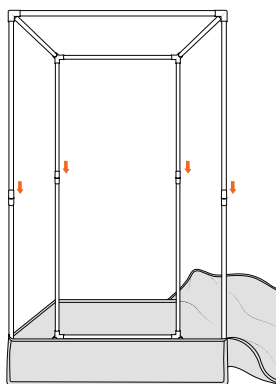


Figure 2a

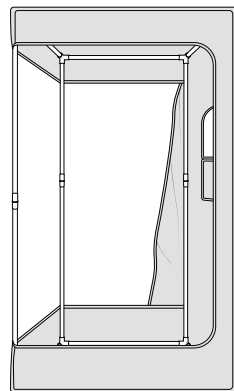


Figure 2b

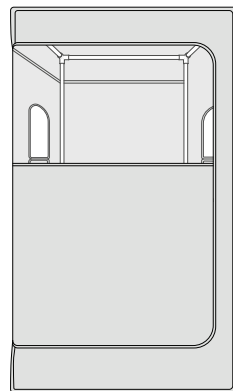


Figure 2c

3 SET UP THE STEAMER AND STEAM DIFFUSER

1. Gather the Revivify steamer (G), steam diffuser (H), long and short hoses (I), and the hose connector and plastic nut (J).
2. Insert the hose connector through the hole in the right panel, and screw on the plastic nut. The angled "elbow" should be inside the steam room. See *Figure 3*.
3. Use the short hose to connect the steam diffuser to the connector inside the tent. See *Figure 3* and *Figure 3 inserts*.
4. Place the Revivify steamer on flat sturdy ground. Use the long hose to connect the steamer to the outside of the connector.
 - a. Ensure both hoses are straight, without twists, kinks, or bends.

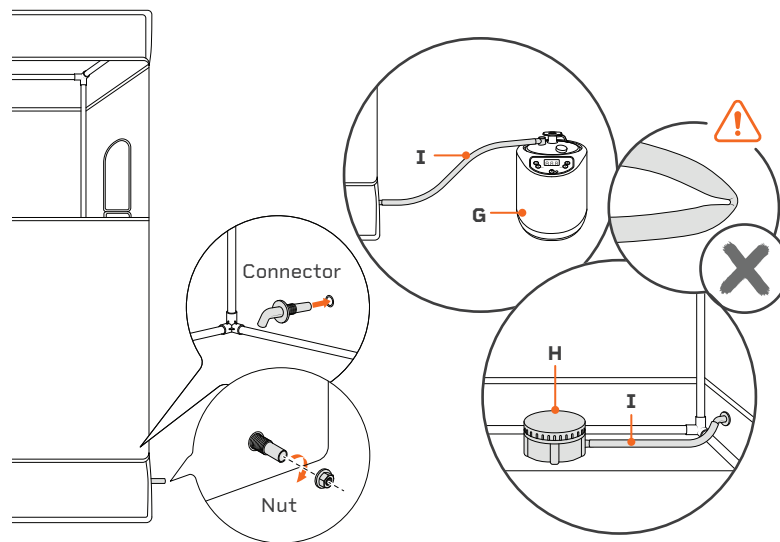
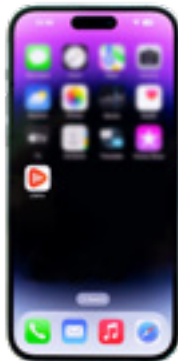


Figure 3

4 DOWNLOAD THE LIFEPRO APP TO CONTROL THE STEAMER

1. Scan the QR code, or visit the App Store or Google Play to download the Lifepro App for free.
2. Open the App and follow the prompts to create your account.
3. With the Lifepro App, you can turn the steamer on and off, adjust the temperature, adjust the session time, and view steam session history.



5 SET UP THE STEAMER REMOTE CONTROL

1. Gather the steamer remote control (K).
2. Press the battery cover on the back of the remote control and slide it down to remove it.
3. Pull the small plastic disc to remove it.

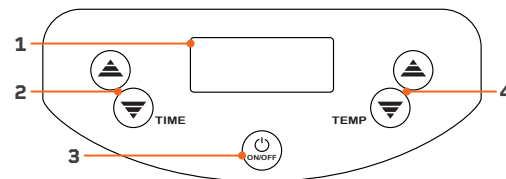
Congratulations! Your Revivify Mini Portable Steam Room is now ready to use!

To install a battery:

1. Press the back of the remote and slide it down to open the battery compartment.
2. Insert a 3V CR2025 button cell battery in the battery compartment with the positive side [+] facing up.

OPERATING INSTRUCTIONS

Please read the operating instructions before using the Revivify Steamer. Keep this manual for reference.

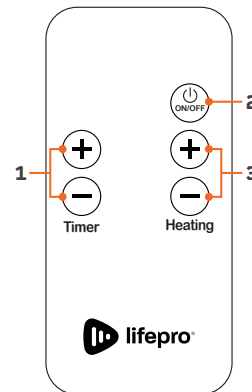


USING THE CONTROL PANEL

1. **Display:** Shows the selected temperature setting, P01-P15, or time.
2. **Increase and Decrease Time Buttons:** Press to increase or decrease the session time in 1-minute increments, from 1-60 minutes. The default time is 45 minutes.
3. **Power Button:** Press to turn the steamer on or off.
4. **Increase and Decrease Temperature Buttons:** Press to increase or decrease the temperature setting from P01 to P15. The default setting is P15. See **CHOOSING A TEMPERATURE SETTING** on page 16 for more information.

USING THE STEAMER REMOTE CONTROL

1. **Increase and Decrease Time Buttons:** Press to increase or decrease the session time in 1-minute increments, from 1-60 minutes. The default time is 45 minutes.
2. **Power Button:** Press to turn the steamer on or off.
3. **Increase and Decrease Temperature Buttons:** Press to increase or decrease the temperature setting from P01 to P15. The default setting is P15.



BEFORE YOUR STEAM SESSION

1. Take a shower to open up your pores and remove any cosmetics, lotion, sweat, oils, and dirt from your skin. Be sure to dry off thoroughly before getting starting your steam session.
2. Eat a light nutritious snack and drink 16 to 20 ounces of water.
3. Open the steamer lid and add tap water to the metal reservoir. Do not exceed the MAX fill line to avoid fire and other electrical hazards.
4. Replace the lid, twisting clockwise to lock it in place.
5. Unscrew the lid of the plastic diffuser to add essential oils or herbs, if desired. Twist the lid clockwise to replace.

STARTING A STEAM SESSION

1. Plug the steamer into an electrical outlet. The display will show "- - -".
2. Use the Lifepro App, remote control, or control panel to turn on the steamer. The display will show "P15," the default temperature setting, and steamer will begin heating up.
3. Press the **Increase** or **Decrease Temperature buttons** to select the desired temperature setting, from P01 to P15. The display will show the selected temperature setting.
4. Press the **Increase** or **Decrease Time buttons** to increase or decrease the session time from 1 to 60 minutes in one-minute increments. The default time is 45 minutes. The display will show the set session time. NOTE: Keep the remote control outside of the steam room; steam will impede the infrared sensor.
5. Allow the steam room to heat up for about 15 minutes.
6. Enter the steam room. Bring a bottle of water so you can stay hydrated.
7. Cover the included folding chair with a large towel to protect your skin from hot metal surfaces and to avoid mold, mildew, and bacteria growth.
8. Sit and enjoy your steam session. Use a hand towel to wipe away perspiration.
9. Unzip the window or door slightly to allow fresh air inside the steam room as needed.
10. The steamer will automatically turn off when the set time ends. Press the **Power button** if you wish to stop the session before the time ends.

11. Power off, unplug, and allow the steamer to cool for at least 20 minutes before opening, cleaning, or moving.

AFTER YOUR STEAM SESSION

1. Drink plenty of cool water or an electrolyte drink to rehydrate, and eat a light snack.
2. Cool down gradually. Sit or lie down in a cool location for at least 15 minutes before taking a shower, exercising, or performing other tasks to give your body a chance to relax and start to cool down.
3. Remove the chair, mat, and all items/accessories, and allow them to dry in a separate location.
4. Wipe the inside of the steam room with a clean dry towel. Open the zippered door and allow the steam room to completely air dry.
5. When the steamer is cool (wait at least 20 minutes), twist the lid counterclockwise to open it.
6. Empty any remaining water.
7. Wipe the inside of the reservoir with a soft, damp cloth. Then wipe with a clean towel to dry. **⚠ WARNING!** Do not immerse the steamer in water or other liquids.
8. Ensure the steamer is completely cool and dry before replacing the lid or storing.
9. Open the diffuser, empty out any steam additives, and wipe the inside with a damp cloth.

CHOOSING A FREQUENCY AND DURATION

We recommend first-time users use the steam room for short 5- to 10-minute sessions, once or twice a week to allow your body to get used to heat and steam therapy. After your body has had a chance to acclimate, slowly increase how often and how long you use the steam room.

ISSUE/SEVERITY	FIRST-TIME USERS	EXPERIENCED USERS
Frequency (How Often)	1–2 times per week	3–5 times per week
Duration (How Long)	5–10 minutes	15–30 minutes

NOTE: It is not recommended to use the steam room for more than 45 minutes in a 24-hour period.

CHOOSING A TEMPERATURE SETTING

The temperature can be adjusted from levels P01 to P15. We recommend starting with the lowest temperature setting, P01, to allow your body to get used to steam and heat therapy. Increase the temperature setting and session length gradually over several days or weeks.

NOTE: People who are sensitive to heat should start with a low temperature setting and gradually increase the temperature over several days or weeks.

FCC STATEMENT

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

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

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital product, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment 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 equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment 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 equipment and receiver.
- Connect the equipment 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.



TIPS FOR USING YOUR STEAM ROOM

⚠ WARNING: Exit the steam room slowly and carefully if you begin to feel unwell or experience any of the following symptoms: dizziness or lightheadedness, trouble breathing, tightness in your chest, sleepiness, cold or clammy skin, headache, nausea, or muscle cramping. Drink cool water or an electrolyte drink and rest in a cool location. Seek medical attention if your symptoms worsen or do not improve within one hour. Consult with your physician before using the steam room again.

⚠ WARNING: If someone in your household experiences any of the following symptoms: confusion, slurred speech, body temperature over 103 °F, lethargy, seizures, nausea and vomiting, fainting or loss of consciousness, racing heart, or rapid, shallow breathing, help them move from the steam room to a cool location and seek immediate medical attention.

PREPARING TO USE THE STEAM ROOM

- Drink 16 to 20 ounces of water before your steam room session and drink plenty of fluids during and after your session to avoid dehydration. When you are dehydrated, your body cannot properly cool itself, which may result in heat exhaustion. Heat exhaustion can lead to heatstroke if left untreated, which can be fatal.
- Avoid alcoholic beverages within 24 hours (before or after using the steam room) as alcohol is dehydrating. Avoid other dehydrating foods and drinks, such as coffee, caffeinated drinks, and sugary foods and beverages such as soda, juice, and sweetened coffee drinks.
- Take a shower before beginning a steam session to remove cosmetics, lotion, sweat, oils, and dirt from your skin to maintain a hygienic steam room environment. Showering beforehand also opens up your pores and can promote perspiration. Be sure to dry off thoroughly.
- Dry brushing before using the steam room to help clear away dead skin cells and promote sweating and detoxification.
- You can wear minimal, loose-fitting, breathable clothing (cotton is recommended) that you don't mind getting sweaty. A bathrobe or a large towel are great options because you can easily remove them if you get too hot.

- You may wish to wear sandals or flip-flops to protect your feet from bacteria on the floor.
- Remove heavy clothing and any accessories, including metal or magnetic accessories, contact lenses, corrective glasses, hearing aids, watches, and jewelry. Metal or magnetic accessories, such as snaps, buttons, zippers, belts, or jewelry can heat and cause skin irritation or burns.
- Do not bring electronics, such as hearing aids, cell phones, tablets, smartwatches, and earbuds, into the steam room, as they can be damaged by steam and heat. If you want to bring your phone with you, put it in the included waterproof phone holder.
- Eat a light nutritious snack before using the steam room to provide energy and avoid headaches and dehydration. Wait 30 to 60 minutes after eating to use the steam room. Eating right before entering the steam room can cause discomfort or drowsiness and make your session less effective.
- Let the steamer run for about 15 minutes before entering the steam room to allow it to heat and fill with steam.

USING THE STEAM ROOM

- Always listen to your body and do not use the steam room for longer than recommended or at temperatures in which you feel uncomfortable.
- We recommend first-time users begin with 5 to 10-minute sessions, 1 or 2 times per week. Once your body becomes accustomed to the high humidity and heat of the steam room, you can gradually increase to longer, more frequent sessions. Do not use the steam room multiple times a day.
- Use a timer to avoid exceeding the recommended session time.
- It's best to take at least one day off between steam room sessions to allow your body to rest and rehydrate.
- It is not recommended to use the steam room for more than 45 minutes in a 24-hour period.
- People who have sensitive skin or conditions that can be exacerbated by heat, such as eczema and rosacea, may want to use the lowest heat setting for shorter durations.
- Keep towels and other flammable materials (such as books, magazines, clothing, etc) away from the electric steamer. Do not cover or obstruct the steamer or hoses in any way.

- Stay a minimum of 16 inches from the diffuser to avoid scalding and burns.
- Do not touch the electric steamer, diffuser, or hoses during operation or immediately after use to avoid scalding and burns.
- Do not use creams, ointments, oils, salves, liniments, balms, or other topical products that contain ingredients that produce heat (such as pain-relievers containing capsaicin) before using the product, as this may result in skin irritation or burns.
- Unzip the window as needed to allow fresh air into the steam room.
- You can wear a sauna hat (optional/not included) to prevent heat loss through your head.
- If you start to get a headache, exit the steam room and drink an electrolyte beverage to rehydrate.
- Avoid standing or lying down in the portable steam room.
- Cover your chair with a large towel to protect it from perspiration and avoid mold, mildew, and bacteria growth.
- Use a towel to wipe away perspiration. This will help your body perspire more freely.
- Enhance the relaxation benefits of your steam session by gently stretching or massaging your arms, legs, neck, feet, and hands.
- Always use fresh towels to avoid mold, mildew, and bacterial growth.
- The high humidity of a steam room can make it feel difficult to breathe. Sit up straight and breathe slowly and deeply through your nose.

USING THE ELECTRIC STEAMER

- When filling the water reservoir, do not exceed the MAX fill line.
- Only use clean tap water in the water reservoir. Never use chlorinated water.
- Never add essential oils, herbs, or other additives to the water reservoir to avoid fire and other electrical hazards. Aromatherapy additives may ONLY be added to the plastic diffuser.
- Avoid using distilled, softened, and well water with your steamer as these can corrode the metal water reservoir over time.
- If you have hard water and are concerned about the buildup of hard-water stains, fill the steamer with filtered tap water.

USING THE PLASTIC STEAM DIFFUSER

- You can enhance your steam session with aromatherapy or herbal steam therapy, simply add herbs or a few drops of essential oils to the inside of the diffuser.
- Do not add any flammable, explosive, toxic, harmful, corrosive, or expanding additives.
- Clean the diffuser thoroughly after using additives.

AFTER YOUR STEAM SESSION

- Turn off the steamer, unplug it from the electrical outlet, and allow it to cool for at least 20 minutes before opening, cleaning, or moving.
- Use a clean dry towel to wipe the inside of the steam room. Open the zippered door and allow the steam room to completely air dry to avoid mold, mildew, or bacteria growth.
- Remove the chair, mat, and all other items/accessories from the steam room, and allow them to completely dry before using them again to avoid mold/mildew growth.
- Drink plenty of water or an electrolyte drink to replenish fluids and avoid dehydration. A light nutritious snack can also help your body refuel.
- It is normal for your body to feel warm after a steam room session.
- Sit or lie down for at least 15 minutes before taking a shower, exercising, or performing other tasks to give your body a chance to relax and start to cool down. Afterward, take a lukewarm shower to continue gradually lowering your body temperature and to rinse away sweat and expelled toxins. Hot water can cause you to overheat and cold water can cause you to cool down too quickly and close up your pores.
- Use a gentle moisturizer after your steam session to lock in moisture.

FREQUENTLY ASKED QUESTIONS

Q: WHAT ARE THE BENEFITS OF USING A STEAM ROOM?

A: Steam rooms, also called steam saunas or wet saunas, provide whole-body steam and heat therapy. The benefits of using a steam room include:

- Reduce sinus and chest congestion, especially when paired with essential oils, such as peppermint or lemon grass,
- Reduce pain and systemic inflammation in joints, muscles, and connective tissues.
- Loosen stiff joints and muscles and promote entire body relaxation.
- Reduce symptoms of arthritis, rheumatoid arthritis, and fibromyalgia.
- Increase sweating and enhance the body's natural detoxification system.
- Increase circulation and heartbeat.
- Burn calories, boost metabolism and weight loss.
- Reduce the risk of high blood pressure, cardiovascular disease, and stroke.
- Help hydrate and moisturize the skin.
- Reduce cortisol and increase serotonin, reducing stress and depression.
- Boost the immune system.
- Reduce muscle soreness and promote faster recovery post-workout.
- Improve skin health and appearance and reduce acne, by cleansing and unclogging pores.
- Reduce the appearance of cellulite through sweating and fat loss.
- Strengthen and repair damaged hair and promote scalp health.
- Alleviate allergy and hay fever symptoms.
- Promote brain health and cognition, and may help reduce the risk of neurological disease.
- Stimulate collagen production and activate cell regeneration, improving skin appearance and reducing fine lines and wrinkles.

Q: WHAT SHOULD I WEAR DURING A STEAM SESSION?

A: It's best to wear as little clothing as possible in the steam room. Wear loose-fitting, breathable clothing (cotton is recommended) that you don't mind getting sweaty. A bathrobe or a large towel are great options because you can easily remove them if you get too hot. Avoid tight clothing as it can restrict your pores and prevent air from circulating around your skin.

Remove your shoes and any accessories, including metal or magnetic accessories, contact lenses, eyeglasses, hearing aids, smartwatches, and jewelry.

Q: WHAT TEMPERATURE SETTING SHOULD I USE?

A: We recommend starting with the lowest temperature setting, P01, to allow your body to get used to steam and heat therapy. Increase the temperature setting and session length gradually over several weeks.

Q: HOW LONG WILL THE STEAM ROOM TAKE TO HEAT UP?

A: It takes about 15 minutes for the steam room to heat up and fill with steam.

Q: HOW OFTEN CAN I USE A STEAM ROOM?

A: We recommend first-time users do short 5 to 10-minute steam sessions, once or twice a week to allow your body to get used to heat and steam therapy. After your body has had a chance to acclimate, slowly increase the length and frequency of your steam sessions.

We recommend no more than one steam session every 24 hours. The most important thing is to pay close attention to how your body feels after a steam session. If you feel dehydrated or tired, it may be best to skip a day.

Q: I FEEL LIKE I'M NOT SWEATING ENOUGH. HOW CAN I SWEAT MORE TO INCREASE DETOXIFICATION AND FAT LOSS?

A: Make sure to drink plenty of water before, during, and after your steam session. You can't sweat more if you don't have enough liquids in your system.

Other tips to promote sweating:

- Avoid alcohol, caffeine, heavy meals, and sugary foods and beverages.
- Use a towel to wipe away sweat, which encourages more sweating.
- Wrap a towel around your head or wear a sauna hat to prevent heat loss through your scalp.
- Take several short breaks during your steam session. Allowing your core temperature to decrease periodically can help increase sweating.
- Dry brush your skin before a steam session to remove dead skin cells and promote sweating and detoxification.

- Eat spicy foods or drink a hot beverage before your steam session.

Q: HOW CAN I MAKE MY STEAM SESSION EVEN MORE RELAXING?

A: A sauna hat (optional/not included) can help you maintain an even body temperature during your session, keep your head and ears from feeling too hot, and protect your hair from heat damage. Check out our featured products at the end of this manual or visit our website, lifeprofitness.com, to learn more.

Q: HOW DO I CLEAN THE STEAM ROOM AND ACCESSORIES?

⚠ WARNING! Do not allow water or other liquids to contact the steamer heating elements or power cable. Do not immerse the steamer in water or other liquids.

A: Turn off, unplug, and allow the electric steamer to cool for at least 30 minutes before opening, cleaning, or moving. Empty any remaining water and wipe the inside of the water reservoir with a clean, damp cloth after each use. Dry thoroughly with a clean towel. Wipe the control panel and remote control with a clean, dry cloth, as needed.

Wipe the inside of the steam room with a clean dry towel. Then, open the zippered door and allow the steam room to completely air dry.

Wipe the plastic diffuser with a damp cloth to clean. If you used essential oils or other additives, wash the diffuser with mild soap and warm water.

Allow all components to completely dry before storing.

NOTICE

- Keep electronic products such as hearing aids, smartphones, smartwatches, tablets, and earbuds away from the steam room, as they can be damaged by heat and sweat.
- Unplug the product immediately in the event of a power failure.
- Only use the provided accessories with the product, other accessories may damage the product or interfere with the system functionality.
- This product is intended for in-home use only. Do not use in any commercial, rental, institutional, or therapeutic setting.
- The steamer will automatically power off when the set session time ends. Do not operate the steamer continuously for more than 1 hour.

TROUBLESHOOTING GUIDE

Quickly troubleshoot simple issues you might experience with the Revivify Mini Portable Steam Room using the table below.

Please contact a customer support representative for additional assistance at: support@lifeprofitness.com or (800) 563-6604. Please do not attempt to repair the product.

ISSUE	POSSIBLE REASON	HOW TO RESOLVE
STEAMER IS NOT WORKING	Steamer is not plugged in.	Plug the main power cable into an electrical outlet.
	Steamer is not turned on.	Press the power button to turn on the steamer.
	The control panel is not responding.	Unplug the main power cable from the electrical outlet. Wait one minute, then plug the power cable back in.
STEAMER STOPPED WORKING SUDDENLY	Steamer automatically shuts off when the set session time ends.	Turn the steamer on to begin a new session. Wait at least 24 hours between sessions.
	Steamer shuts off automatically if it runs out of water.	Turn off, unplug, and allow the steamer to cool for at least 20 minutes. Then, open the lid to check the water level.
	The power cable is not connected.	Ensure the power cable is properly connected.
STEAMER REMOTE CONTROL IS NOT WORKING	The battery has run out.	Replace the old battery with a new 3V CR2025 button cell battery.
	Using the remote control inside the steam room.	The steamer remote control cannot be used inside the steam room as the steam will impede the remote's infrared signal.

STEAM ROOM DOES NOT FEEL WARM ENOUGH	It takes about 15 minutes for the steam room to heat up.	The temperature will begin to feel hotter as the steam room warms up.
	Selected temperature level is not optimal.	Select a higher temperature setting.
STEAM ROOM FEELS TOO HOT	Selected temperature level is not optimal.	Select a lower temperature setting.
		Unzip the window or door slightly to allow fresh air to enter the steam room.
STEAM IS NOT COMING OUT OF THE DIFFUSER	Steamer is not turned on.	Press the power button to turn on the steamer.
	The power cable is not connected.	Ensure the power cable is properly connected.
	The steamer has run out of water.	Turn off, unplug, and allow the steamer to cool for at least 20 minutes. Then, open the lid to check the water level.
	Hoses are not properly connected or are obstructed.	Check the hoses to ensure they are properly connected to the steamer and diffuser. Make sure the hoses are straight with no twists, kinks, or bends.

SAFETY INSTRUCTIONS

Keep this manual in a safe place for future reference.

Before using this product, read all safety warnings and operating instructions. Failure to do so may result in burns, fire, electric shock, serious injury or death, or damage to the product or property.

CONTRAINDICATIONS

- This product is intended for use by people in good health.
- Do not use this product if you:
 - Are pregnant, suspect you may be pregnant, or if you have recently given birth.
 - Have a history of fainting or dizziness, or have severe osteoporosis.
 - Have a defibrillator implant, a pacemaker, or other heart implant.
 - Have a fever, nausea, headache, if you feel sick, or if you are dehydrated or have a hangover.
 - Have an infection, an open or bleeding wound, or a severe sunburn or other burn.
 - Have an eye condition or disease.
- Consult your physician before using this product if you:
 - Are under the care of a physician for a pre-existing health condition or have any concerns about your health.
 - Are over the age of 60. The body's ability to regulate temperature declines with age which can result in overheating, heat stroke, dehydration, fainting, and falls.
 - Have asthma, lung disease, a respiratory condition such as COPD, or a respiratory illness, such as pneumonia, acute bronchitis, or a cold.
 - Have diabetes, poor blood circulation, peripheral neuropathy dysfunction, or sensory deficiencies, including an impaired ability to sense external temperature or elevated body temperature, or if you are insensitive to heat.
 - Have heart disease, vascular disease, heart arrhythmia (irregular heartbeat), abnormal (low or high) blood pressure, severe aortic stenosis, splanchnic diseases or conditions, if you are receiving treatment to normalize your blood pressure, if you recently had a heart attack, or if you have been having chest pain.

- Have a seizure disorder.
- Have a history of stroke or transient ischemic attack (TIA).
- Have mobility issues or obesity.
- Have hyperthyroidism or an autoimmune disorder that affects the thyroid.
- Have had an organ transplant, if you have recently had surgery, recently injured a joint or broken a bone, or if you have osteoporosis.
- Have a weak or compromised immune system, an immunodeficiency disorder.
- Have multiple sclerosis, central nervous system tumors, or a chronic condition that impairs the body's ability to sweat.
- Have epilepsy, kidney disease, hemophilia, or another condition that prevents blood clotting or makes you prone to bleeding.
- Are sensitive to heat or if you easily overheat.
- Are nursing or plan to begin nursing.
- Are taking any prescription medications. Some medications may induce drowsiness or affect heart rate, blood pressure, circulation, and the ability to sweat or regulate temperature. It is important to talk with your doctor about whether you can safely use this product with your prescribed medication.
- Are taking over-the-counter diuretics or other medications that cause heat intolerance, including antihistamines and decongestants (allergy and cold medicines).
- Have, or suspect you may have, cancerous lesions.
- Have a skin condition, such as rosacea, eczema, or dermatitis.

DISCLAIMER

- This product is not a medical device. This product and the information in this manual are not intended to diagnose, treat, cure, or prevent any disease or medical condition. The health benefits suggested or implied in this manual, other product literature, and company website are not certified or endorsed by any regulatory authority or medical institute. The information in this document is not a substitute for expert medical care or advice.

- The use of this product is entirely at the user's discretion. Please read all instructions and safety information carefully before using this product. We assume no responsibility and expressly disclaim any and all liability for personal injury, death, or property damage or loss sustained through improper use, failure to follow the instructions and warnings in this manual, improper assembly, or inadequate or incorrect maintenance or neglect of this product.
- It is the responsibility of the owner to ensure that all users of this product are adequately informed of all warnings and cautions.
- Use this product only as instructed in this manual.

⚠ WARNING: CHOKING HAZARD

Children under 3 years old can choke or suffocate on small parts required for the assembly of this product. Adult assembly is required. Keep children away during assembly.

⚠ WARNING

To reduce the risk of burns, fire, electric shock, serious injury or death, or damage to the product or property:

- Only use the provided power cable at the specified voltage. Using a power cable other than the one provided, or using a power outlet that does not meet the listed specifications, may result in fire or explosion.
- The power cable may only be plugged into a properly grounded GFCI electrical outlet installed by a certified electrician.
- Always ensure the outlet is in proper working order. Outlets with loose wiring connections or other problems must be fixed by a certified electrician before the steamer may be used.
- Do not use an extension cord, generator, power converter, inverter, three-prong to two-prong plug adapter with this product.
- Do not plug other appliances into the same electrical outlet.
- Do not place the steamer where the power cable can be stepped on, pinched, or become a tripping hazard.
- Do not use the provided power cable with other appliances.
- Keep flammable or explosive items, chemicals, fire, and heat sources away from the steamer. Do not operate in high temperatures or direct sunlight.

- Do not operate in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.
- Do not use outdoors, in high-moisture environments (such as a bathroom, a damp basement, or near a swimming pool or hot tub), or in any place where the product may become wet.
- Do not immerse the steamer or expose the heating element or power cord to water or other liquids.
- Keep towels and other combustible materials (such as books, magazines, clothing, etc) away from the steamer. Do not cover or obstruct the steamer or hoses in any way.
- Do not bump, hit, or break the steamer, as this may result in an electrical short or a fire.
- Keep sharp objects from the steamer and power cable.
- Do not plug in or unplug the power cable with wet hands. Do not use the control panel with wet hands or when you have wet feet.
- Never place the steamer inside the steam room while it is running.
- Never move, open, or clean the steamer while it is running.
- Do not operate the steamer continuously for more than 1 hour.
- Never use the steamer on a floor that is not level to avoid tipping as this can result in a fire and other electrical hazards.
- Never leave the steamer unattended while it is powered on.
- Turn off and unplug the steamer when not in use.
- Never bend, tie, pull, or twist the power cable. Unplug the power cable by holding and pulling the plug itself, not the cord.
- Always check the main power cable (the cable, connector, and wall plug) for damage, wear, or fraying before using. Never use a damaged or modified power cable.
- Do not modify, tamper with, damage, or attempt to disassemble the steamer. This product has no user-serviceable parts.
- Never operate the steamer if the device or power cable has been damaged, opened, or tampered with.
- Before each use, inspect the steamer, power cable, and hoses for damage, wear, and proper operation. Discontinue use and contact customer support if the steamer appears to be malfunctioning or damaged, or if the heating element has been exposed to water.

- In the event of abnormal function, odors, or noises during use, immediately turn off the steamer and unplug it.
- Do not operate the steamer during an electrical storm.

⚠ WARNING

To reduce the risk of serious injury or death:

- Drink plenty of fluids before, during, and after a steam session to avoid dehydration. When you are dehydrated, your body cannot properly cool itself, which may result in heat exhaustion. Heat exhaustion can lead to heatstroke if left untreated, which can be fatal.
- Exit the steam room immediately if you begin to feel unwell or experience any of the following symptoms: dizziness or lightheadedness, trouble breathing, tightness in your chest, sleepiness, cold or clammy skin, headache, nausea, or muscle cramping. Drink cool water or an electrolyte drink and rest in a cool location. Seek medical attention if your symptoms worsen or do not improve within one hour. Consult with your physician before using the steam room again.
- If someone in your household experiences any of the following symptoms: confusion, slurred speech, body temperature over 103 °F, lethargy, seizures, nausea and vomiting, fainting or loss of consciousness, racing heart, or rapid, shallow breathing, help them move from the steam room to a cool location and seek immediate medical attention.
- Do not use immediately following strenuous exercise. Wait at least 30 minutes after exercise.
- Do not use while under the influence of drugs or alcohol. The use of alcohol or drugs before or during the steam room session may lead to unconsciousness.
- Avoid alcoholic beverages within 24 hours (before or after a steam session) as alcohol is dehydrating. Avoid other dehydrating foods and drinks, such as coffee, caffeinated drinks, and sugary foods and beverages such as soda, juice, and sweetened coffee drinks.
- Never sleep or smoke while using the product.
- For adult use only. Do not allow children to use the steamer or steam room. Children should be supervised to ensure that they do not play with the steamer or inside the steam room.
- Keep pets away from the steamer and steam room at all times.

- Do not put sleeping or unconscious people or infants in a steam room.
- This product is not intended for use by people with diminished mental, sensory, or physical capacity unless they are closely supervised by a responsible adult.

⚠ CAUTION

To reduce the risk of minor or moderate injury:

- To avoid burning your skin, do not touch the steamer, diffuser, hoses, or connector during operation. Stay at least 16 inches away from the diffuser to avoid burns and scalding.
- Turn off the steamer, unplug it from the electrical outlet, and allow the it to cool for at least 20 minutes before opening, cleaning, or moving.
- Do not wear metal or magnetic accessories, such as snaps, buttons, zippers, belts, or jewelry as the metal may heat and cause skin irritation or burns.
- Do not use creams, ointments, oils, salves, liniments, balms, or other topical products that contain ingredients that produce heat (such as pain-relievers containing capsaicin) before using the product, as this may result in skin irritation or burns.
- The steam room is designed for one person; do not allow multiple people to use the steam room at a time.
- Wait at least 1 hour after eating to begin a steam session.
- Do not leave towels, books, or other accessories in the steam room after your session, as this can promote the growth of mold, mildew, and bacteria.
- Do not store items on top of or inside of the steamer or steam room.

PRODUCT SPECIFICATIONS

STEAMER SPECS

Power: 1200W

Voltage: 110-120V

Settings: P01-P15

Timer: 1-60 minutes

Water Capacity: 0.69 gal (2.6 L)

Certifications: FCC, CE, RoHS, SAA, PSE

Operating Temperature: 41-104°F

Storage Temperature: 14-104°F

Materials:

Exterior: Plastic

Water Reservoir: 304 Stainless Steel

STEAM ROOM SPECS

Assembled Size: 31.50" × 31.50" × 70.87"

Net Weight: 13.22 lb

Materials:

Tent: Satin, Cotton, Oxford Cloth

Poles: 201 Stainless Steel

Connectors: ABS

ACCESSORIES

Mat: Diatomaceous Earth

Folding Chair:

Materials: Oxford, Steel, ABS

Max Weight: 260 lb

Hand Towel: Cotton 13.8" × 29.5"



LIFETIME WARRANTY

Lifepro Fitness creates quality, durable exercise products and we stand by that quality with a lifetime warranty on all of our products. If your Revivify Mini ever breaks (and we doubt it will), we'll send you replacement parts and show you how to repair it. If your Revivify Mini cannot be repaired, we'll replace it—free of charge. Register your Revivify Mini at revivifymini.lifeprofitness.com to activate your lifetime warranty within 14 days of purchase.

MADE IN CHINA

WELLNESS COLLECTION
REVIVIFY MINI
PORTABLE STEAM ROOM

SAUNA HAT

The sauna hat (aka Banya Bonnet - Finnish for sauna hat) has roots in Europe and is traditionally made with felted wool as it is a breathable, natural fabric that helps regulate the temperature in both warm and cool environments. The sauna hat is a perfect complement for both head-in (box) and head-out (blanket or dome) style saunas. Traditional wool can be washed minimally and air-dried (although you should always follow the manufacturer's care instructions).

Head in a Cool Environment (Sauna Dome / Sauna Blankets)

- When used in a lie-down or seated-style sauna where your head is outside and exposed to cooler, room-temperature air, the sauna hat prevents heat from leaving through your head.
- For the same reason, it works just as well in a hot tub, cold plunge, or for ice swimming.

HEAD IN A HOT ENVIRONMENT (BOX STYLE SAUNA USE)

- A sauna hat helps maintain a more even, overall body temperature. You won't feel warmer but it will help decrease head sweating and help avoid headaches afterward.
- A sauna hat will help the head itself, even the ears, from feeling too hot, allowing you to feel more comfortable for longer durations.
- Use the sauna hat to protect your hair from heat damage or from becoming too dry, especially if you are a frequent user. We recommend a sauna hat if you have processed, fine, or damaged hair.
- If you have a heart or circulatory issue it is often recommended to use a sauna hat, though you should speak first with your care provider to ensure suitability for your self-care goals.



REJUVACURE

FAR INFRARED SAUNA

The Rejuvasure is a full-size sauna made from solid Canadian hemlock and is heated by energy-efficient, zero-EMF carbon fiber heaters. The carbon heaters distribute heat evenly, heat up quickly, and are more technologically advanced and last longer than ceramic heaters. When heated, the carbon heaters emit far infrared waves (5.6–15 microns) which penetrate up to an inch and a half into muscle and fat, warming your body from the inside out. There is no hot air, so it's less intense than a traditional sauna and safer for sensitive skin. The Rejuvasure is perfect for anyone who wants to improve their cardiovascular health, reduce pain from chronic conditions such as arthritis and rheumatoid arthritis, improve skin health, lose inches around the waist, and reduce stress.

The Rejuvasure Far Infrared Sauna has a built-in chromotherapy module which provides seven color therapy modes, each with a range of therapeutic benefits. You can connect a mobile device to the built-in speakers via Bluetooth to listen to music or podcasts during your sauna session.



REJUVACURE BENEFITS

- Alleviate pain & stiffness
- Increase metabolism
- Boost mood
- Rejuvenate skin
- Reduce inflammation



Access Lifepro TV, our library of free personal training videos on the web at revivifymini.lifeprofitness.com to learn how to get the most out of your Lifepro® Revivify Mini and achieve the results you want.



**YOU'VE
GOT
THIS**