

Important: Please Read ALL Instructions and Precautions

(Quality Assurance: All of our foot spas are brand new and come with a one (1) year warranty.)

Quick Start Guide

1. Plug the cord into wall socket and the other end into black rectangular power supply. Make sure the plug is pushed in all the way. **Wait about 10 seconds for it to power up.**
2. Plug the power cord from the black rectangular power supply into the controller unit and make sure it is pushed all the way in. Six (6) lights will flash in standby mode. (NOTE: On some units the controller will fit on one end of the foot basin. If this isn't the case, simply set it on a nearby table – or even your lap.)
3. Open one of the liner bags and slide your foot basin into the bag. Turn the bag so the seam is not in the basin. Liner bags are not required, but will extend the life of the foot basin and keep it cleaner.
4. Fill the foot basin with warm water, approximately to angle depth. **Do not add salt yet.** (NOTE: Distilled water or reverse osmosis water is not recommended. Well water is not optimal either, depending on the well.)
5. Plug one (1) black ionizer array into the controller unit, then place the black ionizer array in the foot basin between your feet. Water level should cover the array for best operation. The array is made to be submerged in water, so do not worry.
6. Press the power button on the controller unit and one (1) light will be flashing. Approximately 20-30 seconds after the unit starts, you will see very tiny bubbles coming off the array (these are ions), and the water will slowly start to darken.
7. In the event that you do not see the bubbling, as expected, you should add three (3) small spoonfuls of salt to the water to increase water conductivity. Swish the water around a little and give the salt a couple minutes to dissolve. If you don't see a lot more ions coming off the array, add some more salt. (NOTE: If you have run out of the salt which comes with the foot spa, using table salt or sea salt will suffice until you receive more of the recommended salt.) **DO NOT USE EPSOM SALT.**
8. Every five (5) minutes, you will see a reminder flash. This is normal. The unit will turn off automatically when the 30-minute foot bath has completed its cycle.

PLEASE NOTE: *The water will change color even if no feet are placed in the tub. This is not odd. Water contains minerals and other substances (including the added salt), and the ionic charges are reacting appropriately. Compared to a full-cycle foot bath with feet in the tub, you'll notice the difference.*

Additional Facts About Your Foot Spa

- The foot bath puts both positive and negative ions into the water which are then absorbed into your body. While the positive ions will help toxins release through the feet, the presence of negative ions in the body mainly works to help the body rid itself of toxins through normal physiological processes, such as urination, defecation, and perspiration. Your detoxification cannot be measured solely by the color of the water, as this is only part of the process. Instead, focus on how you feel.
 - After the foot bath is completed, empty the basin and throw away the liner bag. There might be some minor leakage from the liner depending on where the seam was. That is normal. Just dry with a towel.
 - Rinse off the array with water and leave to air dry. You may use a blow dryer to dry faster. This has also been known to extend the life of the array.
 - Depending on the quality of the water being used in the spa, arrays may last anywhere between 15 and 40 uses. To determine if the array needs replaced, watch to see if the water is not darkening or if the bubbles are not as plentiful as usual. (NOTE: There are several types of arrays, so just be observant. There is no predetermined number of treatments per array.)
 - After receiving your foot spa, please to do one (1) treatment every three (3) days for approximately six (6) weeks (for a total of between 12 to 14 treatments). After this initial detoxification period, plan to use your foot spa once or twice per month.
 - Drink plenty of water during your detoxification period. This helps to the body to continue the expulsion of toxins in the days which follow your treatment.
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Illustrations of how the control unit and array should appear after assembly:



Precautions

1. Do not use if you have any battery-operated implants (i.e., pacemakers).
2. Do not use if you are an organ transplant recipient.
3. Do not use if pregnant or nursing.
4. Before using on children under the age of 8 years old, consult with a physician.
5. If you have low blood sugar, it is recommended that you eat before use.
6. If you take multiple prescription medications, consult with a physician before use.
7. Do not use if you have heart disease or are on medications for the same.
8. If you have been diagnosed with hypertension or take medication for the same, consult with a physician before use.
9. Use foot bath before taking any regularly scheduled medication.
10. Do not use if you have open cuts on your feet or ankles.
11. Do not wear metal jewelry on your feet or ankles during use.
12. If you have any questions on the above precautions, consult your physician before use.

Disclaimer

The Ionic Foot Bath System is not a medical device and is not intended for use in the diagnosis of disease or other conditions or in the cure, treatment, or prevention of disease. Better Health Company makes no medical claims or statements of validation. If you are uncertain of any of the precautions above, you should check with your doctor. If you have a health condition and cannot use the machine, a full refund will be given if it is not used.

If you are ill or have been diagnosed with any disease, please consult a medical doctor before attempting to use any alternative treatments or any program. Any reference should not be taken in a medical sense. If you have a serious medical condition, the use of this technology should not replace any competent medical advice you are currently receiving.

Our experiences have been that most people will use this technology while continuing to visit their usual medical professionals. Refer to the precautions above. We cannot take any responsibility for those who treat themselves. The operation of this product is at the risk of the user.

The FDA has not evaluated this technology, nor is it meant to cure, treat, prevent disease, prescribe, or be used for diagnosis. Better Health Company assumes no responsibility or risk for use of this product.

Return Policy

If you purchased your product directly from Better Health Company, LLC., we offer a 30-day return policy. To be eligible for a return, your item must be in the original packaging, unused and in the same condition that you received it.

Please call or text us at 727.799.1580 to speak with a customer support representative who will provide instructions on how to return the product. Customer support hours are 24 hours a day, 7 days a week. Refunds do not include return shipping fees and / or expedited shipping charges.

Refunds

Once your return is received and inspected, we will send you an email to notify you that we have received your returned item. We will also notify you of the approval or rejection of your refund. If you are approved, then your refund will be processed, and a credit will automatically be applied to your credit card or original method of payment, within a certain amount of days.

At its discretion, Better Health Company, LLC reserves the right to deduct return shipping fees and/or customs and duty charges, as well as an 8% restocking fee from any refund due. Multiple shipping attempts from Better Health Company, LLC may incur additional shipping fees. You are responsible for paying for your own shipping costs for returning your item.

Exchanges

All units are tested and working before shipping to our customers. We only replace items if they are defective or damaged. If you need to exchange it for the same item, please contact us at customerservice@betterhealthcompany.com or call / text 727.799.1580.

NOTE: Sometimes people believe the unit is defective because they don't see the same colors in the water that they might have seen at their doctor's office or from another machine. This is not true. Reach out to customer service for concerns.

Eligible returns should be mailed to:

Better Health Company, LLC
2005 W Cypress Creek Road, Suite 106
Fort Lauderdale, Florida 33309

Common Concerns About Water Color

Often, customers are concerned because they have expectations of the water color which does not match what they see in the spa. Please realize that there are many variables at work here, including the quality of water being used, type of array, the amount of salt being added, the voltage / amperage of the machines, and an assortment of other variables.

After persistent use of the foot spa, you will begin to notice variations in the water from time to time. Use the color chart to review the variances and discover the differences. Variations in color indicate different things; the darkness of the water does not mean that anything is working more or less.