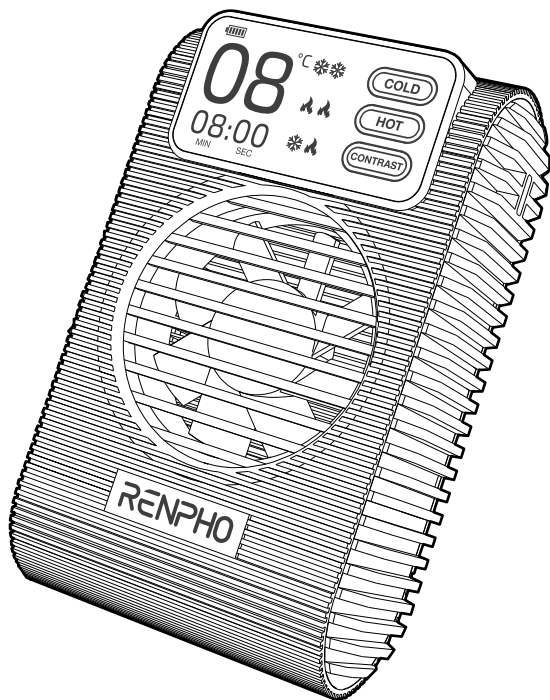


RENPHO

User Manual



Emberace Solo

Model: R-WTH01

Read the user manual carefully before using the device. The warnings, contraindications, and instructions in this manual are provided to ensure safe and proper use, as well as to help you achieve the best results.

IMPORTANT SAFETY INSTRUCTIONS

READ ALL INSTRUCTIONS BEFORE USING.

1. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
2. Children should be supervised to ensure that they do not play with the appliance.
3. **WARNING** – To reduce the risk of burns, fire, electric shock, or injury to persons.
 - (1) This appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
 - (2) Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
 - (3) Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
 - (4) Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
 - (5) Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water.
 - (6) Do not carry this appliance by supply cord or use cord as a handle.
 - (7) Keep the cord away from heated surfaces.
 - (8) Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
 - (9) Never drop or insert any object into any opening.
 - (10) Do not use outdoors.
 - (11) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
 - (12) To disconnect, turn all controls to the off position, then remove plug from outlet.
4. The device is intended for household use only and not intended for medical use. It should not be used in treatment or alleviation of disease or abnormal physical state.

Warnings & Cautions

1. This device may not reach the minimum allowable temperature 4°C if the environmental temperature exceeds 30°C.
2. It is normal for the device's temperature to rise when applied to the body, as it absorbs heat from the skin.
3. Anyone under 18 years old should always use the device under adult supervision.
4. Do not bend, pull, or tamper with electrical parts.
5. Use the USB-C cable supplied by RENPHO for recharging.
6. Place the device securely on the body, but do not restrict circulation in any way.
7. Avoid wearing the device while sleeping.
8. Discontinue use immediately if you feel severe pain or discomfort beyond what you would normally expect from an ice pack or hot shower. Also stop if the device overheats or becomes uncomfortably hot.
9. Do not allow small objects or debris to enter the cooling fan.

DANGER: Do not use while bathing or in a shower.

DANGER: Do not place or store appliance where it can fall or be pulled into a tub or sink.

DANGER: Do not place in or drop into water or other liquid.

WARNING: Never operate on a soft surface such as a bed or couch where the air openings may be blocked.

Disclaimer

The RENPHO Embrace Solo is designed for individuals in generally good health. It should not be used by anyone with a history of heart disease, cramps, or seizures.

- (1) If you are pregnant or breastfeeding, consult your doctor before using the device.
- (2) Stop use immediately if you experience any discomfort.
- (3) Do not use the device without your doctor's approval if you have any of the following conditions:
 - Pregnancy
 - Sensitivity to extreme temperatures
 - Heart disease or controlled high blood pressure
 - Recent injury or surgery
 - Unusual sensations such as numbness
 - Cancerous tumors
 - Mild peripheral neuropathy
 - Any other health concerns

Always consult a healthcare professional if you are unsure whether it is safe for you to use the device.

Contraindications

In certain situations, the risks of using this device may outweigh the benefits. Consult a medical professional before use if you have any of the following conditions:

- (1) Eczema, open wounds, skin irritations, blisters, localized inflammation, infections, or tumors
- (2) Recent or healing surgical sites or implanted hardware
- (3) Vascular or arterial diseases affecting circulation, such as blood clots, phlebitis, thrombosis, or varicose veins
- (4) Significant peripheral neuropathy or other sensory impairments, including those caused by medications
- (5) Uncontrolled high blood pressure
- (6) Severe heart, liver, or kidney disease

About the Battery

1. Do not expose the device or battery to excessive temperatures.
2. Be aware of the risk of terminals of the battery-operated device or battery being short-circuited by metal objects.
3. This device contains batteries that are non-replaceable. When the battery is at end of life, the device shall be properly disposed of.
4. Do not dismantle, open or shred battery.
5. Do not subject cells or batteries to mechanical shock.
6. In the event of a cell leaking, do not allow the liquid to come in contact with the skin or eyes. If contact has been made, wash the affected area with copious amounts of water and seek medical advice.
7. Secondary cells and batteries need to be charged before use. Always use the correct charger and refer to the manufacturer's instructions or product manual for proper charging instructions.
8. Do not leave a battery on prolonged charge when not in use.
9. After extended periods of storage, it may be necessary to charge and discharge the cells or batteries several times to obtain maximum performance.
10. CAUTION – The battery used in this device may present a risk of fire or chemical burn if mistreated. Do not recharge, disassemble, heat above 100°C (212°F).

SAVE THESE INSTRUCTIONS

ABOUT THE PRODUCT

1. What's in the Box

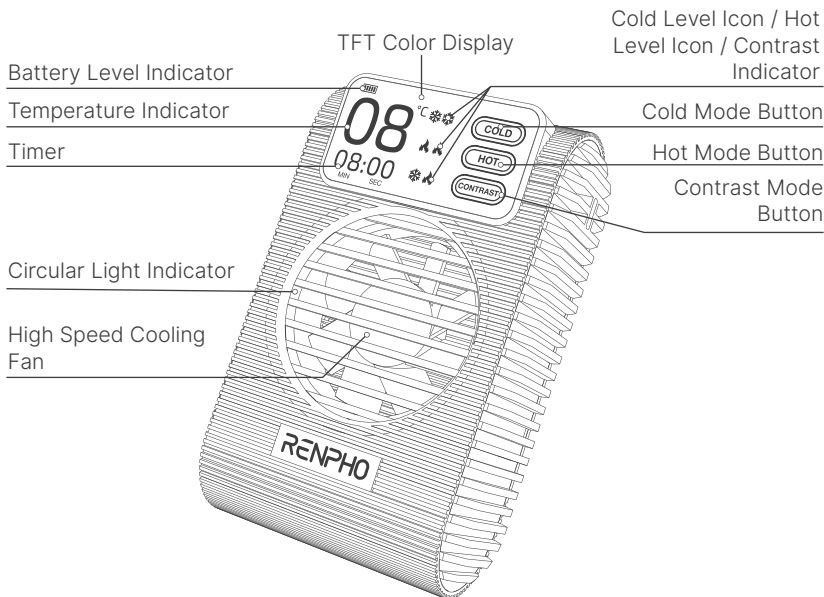
Embrace Solo
USB-C Charging Cable

Device Holder
Adjustable Strap

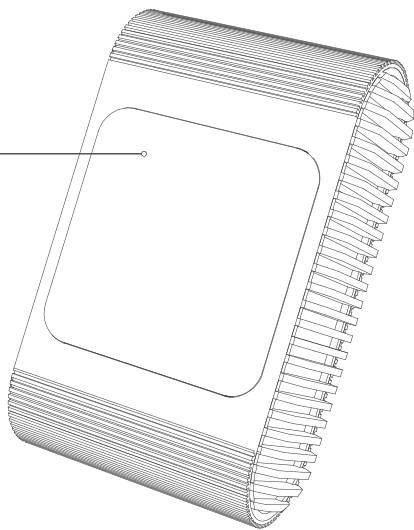
2. Specifications

Product Name: Hot & Cold Comfort Device
Model: R-WTH01
Input: 5 V $\overline{\text{---}}$ 2 A
Rated Power: 10 W
Battery Capacity: 3300 mAh 24.42 Wh
Auto-off Timer: 15 min
Charging Time: < 5 h
Operating Time: 45 min (Cooling) / 120 min (Heating)
Dimensions: 136 x 86 x 46 mm / 5.35 x 3.39 x 1.81 in
Weight: 0.81 lb / 366 g

3. Product Overview



Thermacool Metal
Plate



USING THE PRODUCT

1. Preparation

- (1) Connect the USB-C cable to the device's charging port.
- (2) Charging speed depends on the power charger used. For best results, use a 5V/2A USB charger to fully charge the device in less than 5h.
- (3) The device can be used while charging.

2. Press and hold any button for 1s to turn on or off the corresponding mode.

(1) Cold Mode:

- 1) Default Cooling Temperature: Level 1 (4°C / 39.2°F).
- 2) Press the Cold Mode button to cycle between Level 1 (4°C / 39.2°F, 2 ❄️) and Level 2 (14°C / 57.2°F, 1 ❄️).

(2) Hot Mode:

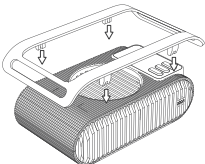
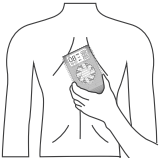
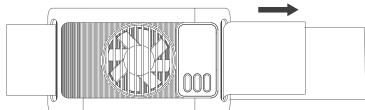
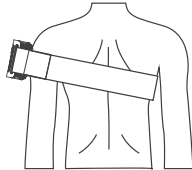
- 1) Default Heating Temperature: Level 1 (43°C / 109.4°F).
- 2) Press the Hot Mode button to cycle between Level 1 (43°C / 109.4°F, 1 🔥) and Level 2 (53°C / 127.4°F, 2 🔥).

(3) Contrast Mode (Cooling & Heating Cycle):

- 1) Alternates between cooling at 4°C for 5 minutes and heating at 43°C for 3 minutes.

- 2) Press the Contrast Mode button to switch between Celsius (°C) and Fahrenheit (°F).

2 Ways of Operation

Steps	Hands-Free Operation	Handheld Operation
Step 1	 Position the device in the holder until it clicks securely into place.	 Hold the device and position it firmly on the area you want to treat.
Step 2	 Take the adjustable strap and thread it through one of the holder's buckles. Secure it with a hook-and-loop fastener.	/
Step 3	 Wrap the strap around the body part, thread it through the buckle on the opposite side, adjust for a comfortable fit, and secure it with a hook-and-loop fastener.	/

Notes:

- **Switching Modes:** If one mode (i.e. Hot Mode) is already active, press and hold an alternate button (i.e. Cold Mode) for 1s to switch directly.
- **Temperature Units:** In any mode, press the Contrast Mode button to switch between °C and °F.

3. TFT Color Display: Provides real-time information for easy monitoring and control.

	Battery Level (5-Segment Icon) 5 segments — 100% 4 segments — 80% 3 segments — 60% 2 segments — 40% 1 segment — 20%
08 ^{°C}	Temperature: Shows the current heating or cooling temperature
08:00 MIN SEC	Timer: 15-minute auto-off timer for safety and convenience
     	Cold Level Icon:  Hot Level Icon:  Contrast Indicator:  / 

4. Indicate Light

- (1) Cold Mode: Blue Light
- (2) Hot Mode: Yellow Light
- (3) Charging Status:
 - 1) Charging: Green Light breathes (blinks every 3–4s).
 - 2) Fully Charged: Green Light stays solid.
- (4) Low Battery(≤5%): Red Light flashes for 15s, then the device automatically shuts down.

MAINTENANCE & CARE & STORAGE

- Cleaning: Wipe the device with a slightly damp towel, then dry it with a soft cloth.
- Do Not Use: Avoid using chemicals or alcohol to clean the device.
- Storage: Keep the device in a cool, dry place out of reach of children. Do not store it in areas where the temperature can exceed 40°C (e.g., direct sunlight, inside a car, or metal buildings in hot weather).

WARRANTY POLICY

Your RENPHO product purchase is covered by a one-year limited manufacturer warranty from the date of delivery.

For warranty terms and conditions, please visit:

<https://renpho.com/pages/warranty-terms-and-conditions>

Note: Product registration is not required for the warranty. If you choose not to register your product, it will not diminish the product warranty.

CUSTOMER SERVICE

Please feel free to contact us if you have any questions or concerns. RENPHO Customer Service Team guarantees a quick response and hassle-free solutions to any issue you may have within business hours.



TEL: +1(844) 417 0149 (US&CA)

Monday-Friday 9:00AM-4:30PM

1800 MY RENPHO (1800 69 7367) (AU ONLY)

Monday-Friday 9:00AM-6:00PM (AEST)

+44(0)7434 666088 (UK ONLY)

Monday-Friday 9:00AM-5:00PM (GMT)



Email: support@renpho.com (US&CA)

support-au@renpho.com (AU)

support-eu@renpho.com (UK&EU)

*For defective products or the return of items, please contact us with your order number within the specified warranty period. DO NOT dispose of any product parts as they may be required for inspection/repair.

1. Meaning of the crossed-out wheeled bin symbol



The crossed-out wheeled bin symbol means that you are legally obliged to dispose of these appliances separately from unsorted municipal waste, i.e. old appliances must be disposed of separately from household waste. Batteries or rechargeable batteries that are not permanently installed must be removed beforehand and disposed of separately.

2. Options for returning old appliances

Owners of WEEE can return or collect it within the framework of the possibilities set up and available by public waste management authorities to ensure proper disposal.



1. The symbol of the crossed-out garbage can on batteries or accumulators indicates that they must not be disposed of in household waste at the end of their life.
2. You are legally obliged to return old batteries and accumulators after use. You can do this free of charge at a collection point in your area. Addresses of suitable collection points can be obtained from your city or local government.
3. Batteries may contain substances that are harmful to the environment and human health. The separate collection and recycling of old batteries and accumulators is intended to avoid negative effects on the environment and human health.
4. Please avoid the generation of waste from old batteries as far as possible, e.g. Please avoid littering public spaces by not carelessly leaving batteries or electrical and electronic equipment containing batteries.



Hereby, Shenzhen Ruiyi Business Technology Co., Ltd. declares that this equipment complies with Directive 2014/30/EU, Directive 2011/65/EU, Restriction of the Use of Certain Hazardous Substances in Electrical and Electronic Equipment Regulations 2012, and other relevant provisions. The full text of the Declaration of Conformity can be obtained at the following internet address: <https://renpho.eu/pages/compliance-data>

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