héra

By ATHANA

English user manual

Read this manual carefully before use.

La FRENCH FAB

La FRENCH TECH

FCC Warning Statement

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. This equipment has been tested and found to comply with the limits for a Class B digital device, 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.

FCC Radiation Exposure Statement

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1)This device may not cause harmful interference.

(2)This device must accept any interference received, including interference that may cause undesired operation.

A message from the founder of Athana:

Like millions of women, my mother suffered from the symptoms of menopause: hot flashes, night sweats, rashes and migraines. She could have up to 15 a day! This made it difficult for her to enjoy her daily life.

The only solution she had was dangerous chemical hormone treatments. For her sake, and that of the 900 million women worldwide, I decided to take action and create a natural alternative.

After two years of R&D and collaboration between engineers, health professionals, designers and researchers, the Héra device was born. It's the first portable cryotherapy device specially designed to relieve hot flashes naturally and in a matter of seconds.

For the past three years, I've been devoting myself to menopause, a subject often ignored because of its taboos. Menopause is a natural stage in a woman's life: together, let's break the silence and change people's minds! There's nothing more powerful in the world than the energy of a menopausal woman. Thank you for being part of this revolution.

Thaddée Caron - CEO & founder of Athana

Summary

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Find us on our websites:
www.athana.shop
www.héra.shop

FAQ :
www.faq.athana.shop

Customer service :
info@athana.shop

Included in your order

(1) Héra device

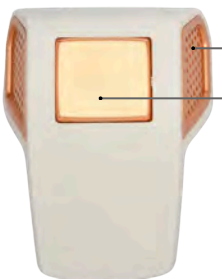
FRONT

Setting

USB-C port

ON / OFF button

BACK



Ventilation

Cold section

(2) Charger

USB-C cable

(3) Protective cover

Check that the outer carton is undamaged and that all components are included. Before use, check all components for visible damage. In case of doubt, please contact customer service.

How to use

Step 1: Start the device

Press the ON/OFF button on the device to activate the cooling within seconds.

Step 2: Set your usage preferences

Adjust your favorite temperature between two temperature levels using the “+” and “-” buttons.

Step 3: Place the device on a thermosensitive area

Apply the cold part to your neck, chest, wrists, or face to better feel the cooling effect on your body.
Relief duration: 1 minute 30 seconds (see page 8).

Step 4: Feel the cooling sensation providing relief

In a few seconds, your hot flashes will subside and your body temperature will decrease.

Step 5: Turn off the device ⚠

Make sure to turn off the device after each use as shown here on the left. The button should be pushed from right to left.

How to use Héra with the app (Optional)

Downloading the app and signing up

The device connects via Bluetooth to the application, which will guide you through configuration.

Available on the App Store

GET IT ON Google Play

1. Set your usage preferences.

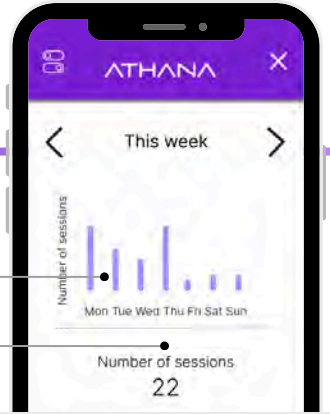
Stay informed about the remaining battery life.

Adjust your relief preferences between 5 and 10°C using the two available temperature levels.

2. Track the progression of your hot flashes.

Daily, weekly, and monthly reports.

Detailed analysis of your hot flashes.



To ensure optimal performance, the Héra device is regularly updated. These updates are downloaded automatically via the mobile app. Even if you do not use the app regularly, connect your device at least once a month to check for and install any updates.

Turning on the device

Before first use, fully charge the battery. Press the ON button located at the bottom of the device.

ON button:
From left to right

OFF button:
From right to left

Device charging

When charging your device, a **violet LED** turns on. Allow the device to charge completely until a **blue LED** appears.

Selecting the temperature level of the device:

Use the "+" button (for more cooling) and the "-" button (for less cooling). You will feel a slight vibration and see a color change with each temperature level adjustment.

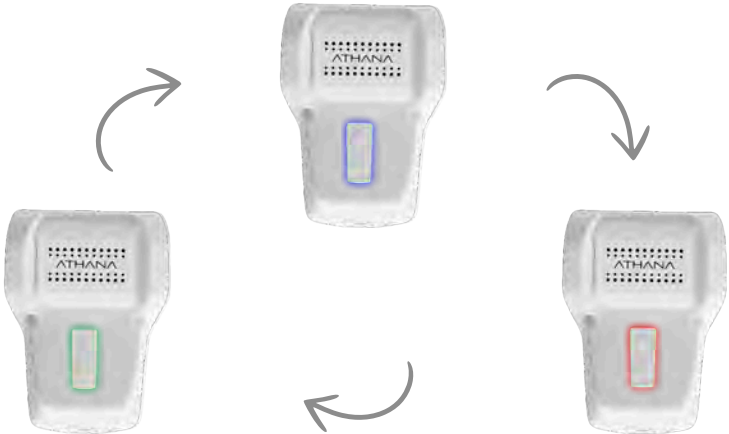
The first temperature level is **dark blue** for more cooling.

The second temperature level is **light blue** for less cooling.

Step-by-step explanation

1: Start (Blue LED)

Press ON/OFF to start a 1min 30s session (blue light).



3: New session (Green LED)

When the green light is on, start a new session or turn off the device by pressing ON/OFF.

2: Pause or stop (Red LED)*

After the session, the device needs to cool down; a red light flashes and the device vibrates (**remove it from your skin**).

***Make sure to turn off the device after each use.**

In step 2, if you do not wish to start a new relief session, you need to switch the start button to OFF as shown here.

OFF button:
From right to left

Recommendations

Potential skin reaction

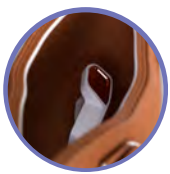
The appearance of small redness on the area where the cold is applied is possible for a few minutes, depending on individual sensitivity. This does not pose any particular risk.

Avoid liquids

Prevent any contact with liquids to avoid damaging the internal components. Do not place the product in environments exposed to water splashes.

Cleaning

Clean the device daily with an antiseptic wipe or a damp, soapy cloth. The Héra device is not waterproof: do not rinse it or immerse it in liquid.



Proper storage

Store the device in a dry and safe place when not in use, protecting it from moisture and temperature fluctuations.

Handle with care

Avoid shocks to prevent damage to the internal components and outer casing.

Warnings

Athana cannot be held responsible for damages resulting from improper use or failure to follow the instructions. When using electronic devices like this one, it is essential to observe certain basic safety precautions, such as:

- The device should not be used on a wound, open injury, or scrape.
- To avoid cross-contamination, the device is intended for use by one person only. If the cold feels too intense, decrease or stop the cooling function.
- Keep the device out of reach of children to avoid any potential danger.
- Children should not play with the Héra device. Cleaning and maintenance should not be performed by children without supervision.
- If the device is not functioning properly or overheats, discontinue use immediately.
- Turn off the device after each use.
- Protect the device from dust, dirt, and moisture. Never immerse the device in water or other liquids.
- Do not use the device near or on other heating appliances (e.g., hair dryers or ovens) or within (~1 meter) of shortwave or microwave devices.
- If the device is damaged, do not use it and contact customer service if in doubt.
- Turn off the device immediately if it is defective or has operational faults. Never attempt to open or repair the device yourself.
- Only customer service or an authorized operator can perform repairs. Failure to follow this instruction will void the warranty.

Do not ignore allergic reactions.

Do not immerse your device in water or place it near excessive heat, as this could cause malfunction.

Do not attempt to open the device without prior written consent (via email) from customer service.

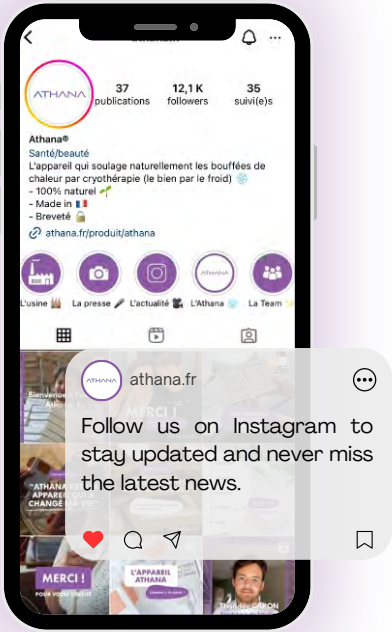
Warranty

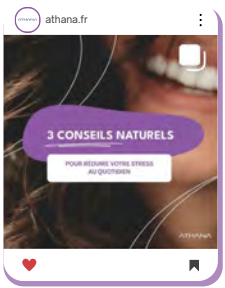
***The device is covered by a 2-year warranty from the date of delivery.**

This warranty is valid only if the device has been used according to the instructions outlined in this manual, has not been damaged due to accident or negligence, and has not been modified or repaired by the customer.
If you discover a defect upon delivery, please contact our customer service team and provide photos of the defect.

Note: The battery is covered by a 1-year warranty.*

Follow us on social networks





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