

FAR INFRARED PHOTON MAT INSTRUCTION MANUAL



Mat Specifications

Heat Zones:	One heating zone
Control:	Handheld controller
Voltage:	220-240Volt
Wattage:	80 watts
Perit frequency:	1-30HZ
Temperature Settings:	25-80 celsius degree
Time Settings:	5-60 minute
Electrical Fields:	Ultra low EMF - below international EMF standards
Warranty:	1 year
Size:	50*50 cm -unfolded
11 Different stones : Amethyst,black and white crystal,white marble,onyx activated carbon,6pcs red lights,6 different colors negative ion ball	



Safety Precautions

Do not use this product if your hands or body are wet. This could cause electrical shock .

Do not use this product in wet or humid areas. This could increase the risk of electric shock and could also damage the product.

Do not use this product if it is dam aged . This could cause electrical shock or other hazards.

Do not use this product on infants . This could cause burns or other injuries.

Children and those with disabilities should be closely supervised when using this product. This is to help prevent burns or other injuries.

Do not place mats, heavy objects, or flammables over the product when unattended. This could cause a fire or other hazard .

Always remember to unplug this product when not in use. This will help prevent electrical shock and other hazards.

Use caution when using the product. Burns may result from improper use.

Do not use this product on heat-sensitive skin, such as the face. This could cause burns or other injuries.

Start your Infrared PEMF mat session at a lower temperature and gradually move up to a higher temperature. This will help prevent burns or other injuries.

If you have sensitive skin, put a towel or sheet between you and the mat, or wear long-sleeved cotton clothes. This will help protect your skin from the heat.

Safety Precautions Continued

Warning: Any changes or modifications to this product not expressly approved may be dangerous and could result in electric shock.

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Unplugging the Product

- Ensure that the voltage rating of the product corresponds with the product specifications.
- Do not handle the product with wet hands.
- Turn off the product and unplug it when not in use.
- When unplugging the product, do not pull or yank the cord. Instead gently unplug it by holding the plug.
- Do not use the product if the cord is damaged or if the electrical outlet is excessively loose.
- Stop using the PEMF mat immediately if the product is damaged.

Protecting the Product

- Do not allow pets to sleep on the mat. Pets may damage the surface of the product and cause malfunctioning, which could result in injury to the pet.
- Do not iron the product.
- Unplug the product and store it in a cool, dry place when not in use.
- Do not fold the product when it is hot. Allow it to cool down before folding and storing it away.

Contraindications & Prior Use Medical Advice

The PEMF Mat is not a medical device and is not intended to diagnose, treat, or cure any disease. However, it is important to consult with your doctor before using the mat if you have any underlying health conditions or if you are taking any medications.

Specifically, you should consult with your doctor if you have any of the following conditions:

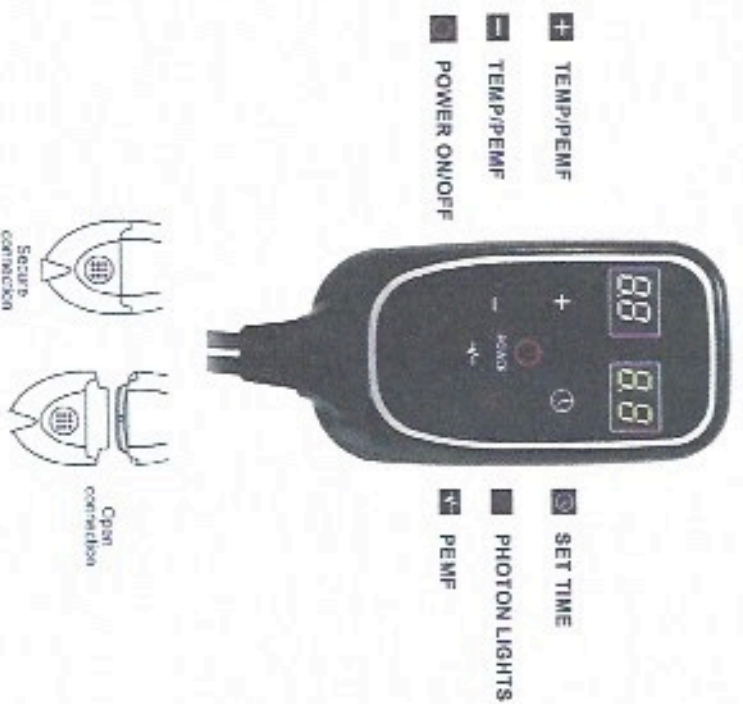
- Pregnancy
- Hemophilia
- Fever
- Sensitivity to heat
- Alcohol or alcohol abuse
- Cardiovascular conditions
- Chronic conditions
- Implanted electrical devices
- Overactive adrenal or thyroid glands
- Conditions with active bleeding
- A history of cardiac rhythm disturbances

If you have any of these conditions, your doctor may advise you not to use the mat, or they may recommend that you use it with caution.

In the rare event that you experience pain or discomfort while using the mat, immediately discontinue use.

If you have any questions or concerns about using the PEMF Mat, please consult with your doctor.

PEMF Guide



1. Connect controller to the mat and plug into electrical outlet. Press the POWER button to activate display
2. Press the +/- buttons to set temperature
3. Press the bulb pattern buttons to control photon lights
4. Press the clock pattern button to set timer
5. After pressing the wave pattern button, adjust the PEMF frequency using the +/- buttons

A long press the PEMF button for 2 seconds, the PEMF function closed. You need to reboot (power off and power on) before you can use it again.

FAQs

Q: What is PEMF?

A: PEMF, which stands for pulsed electromagnetic field therapy, sends electromagnetic waves through your body at different frequencies found in nature to promote your body's natural recovery process. PEMF has been scientifically proven to have the potential to recharge cells, aid in healing and promote relaxation.

Q: How does PEMF and Infrared work together?

A: The benefits of PEMF alone are truly amazing, but even more powerful when paired with the deep penetrating heat of Infrared. These technologies work together to increase your body's ability to heal and relax at a deep cellular level.

Q: Are there negative ions?

A: Yes, there are white/red/green/blue/yellow/brown negative ion ball, when heated, produce negative ions. Like antioxidants in the air, negative ions can help neutralize free radicals and also help to boost your mood by raising serotonin levels. Think of negative ions as the feeling you get when you walk on the beach, or if you've ever taken a walk through a forest after it rains.

Q: What should I expect during my sessions?

A: A quick session on the PEMF mat can give you the same grounding results as one hour of yoga or meditation, plus you're plugging in to the benefits of Infrared. Results vary from person to person as well as frequency to frequency.

Q: When should I use my PEMF mat?

A: You can use it really any time. You can use it every day, as many times as you'd like. Some of our favorite times for a PEMF session are: before a workout, before bed time, while relaxing watching TV while reading, doing emails, during meditation, or really any time at all. It just depends on what you need at any particular time. Remember, there are stimulating frequencies which may energize you, and there are relaxing frequencies which may help you wind down and relax.

Q: How long should I stay on the mat?

A: We recommend starting out with 10 to 15 minute intervals and increasing from there as you become accustomed to the mat and the therapy. The PEMF cycles are automatically 20 minutes long.

The heat will stay on for as long as you choose. As long as the heat is on, you are getting negative ions (from the crystals being heated)

Q: What should I wear on the mat?

A: You can wear as much or as little as you please. The infrared function can heat up to 80 Celsius degrees, so if you are turning the temperature up, be mindful of your skin being in contact with the hot mat. You may want something in between, like clothing or a towel.

Q: What are the benefits of far infrared?

A: Improved circulation Far infrared heat can help to improve circulation by causing blood vessels to dilate. This allows more blood to flow to the tissues, which can help to reduce inflammation and pain.

Reduced inflammation Far infrared heat can help to reduce

inflammation by increasing the production of nitric oxide. Nitric oxide is a compound that helps to relax blood vessels and reduce inflammation.

Pain relief Far infrared heat can help to relieve pain by reducing i

inflammation and increasing circulation. This can be helpful for people with chronic pain conditions such as arthritis, muscle pain, and back pain.

Improved sleep Far infrared heat can help to improve sleep by relaxing the body and mind. This is because far infrared heat can help to reduce stress and anxiety, which can make it easier to fall asleep and stay asleep.

Skin health Far infrared heat can help to improve skin health by

increasing circulation and stimulating the production of collagen. This can help to reduce wrinkles and improve the overall appearance of the skin.

Detoxification: Far infrared heat can help to promote detoxification by increasing sweating. Sweating helps to remove toxins from the body through the skin.

Q: How do I know which PEMF frequency to use?

A: You really can't go wrong (with some energizing exceptions when you want to relax). As explained before, there are four different categories of frequencies :

Q: What are the benefits of each stone?

A: 1) white and black crystal stones:

improve memory, reduce electromagnetic radiation, balance the body energy, so that the individual mind clear, refreshing

2) white marble and Onyx:

Improve skin quality, reduce fatigue and enhance temperament

3) Amethyst:

Promote brain cells, enhance memory, improve sleep, enhance the relationship between husband and wife

4) Activated carbon:

Adsorption of dirt tissue in the air, purify the air

Q: What is the wavelength and benefits of red lights?

A: 660nm red lights can release different wavelength, which penetrates into different tissues of the body and has the effect of relieving pain and promoting wound healing, as well as the effect of beauty and skin care and promoting the recovery of diseases.

Q: How do I know which PEMF frequency to use?

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Delta (1-4 Hz): Frequencies in this range promote deep relaxation enhance restorative sleep, and support the body's regenerative abilities . They may assist in reducing stress and promoting a sense of rejuvenation.

Theta (4-8 Hz) : Frequencies in this range can help induce a state of relaxation , enhance mental clarity, and support creative thinking. They may aid in reducing anxiety and promoting a sense of calmness.

Alpha (8-12 Hz) : Frequencies in this range can assist in promoting relaxation , improving focus and concentration, and supporting stress reduction . They may enhance mental clarity and aid in achieving a state of mindfulness .

Beta (12-30 Hz): Frequencies in this range help increase mental alertness, promote cognitive function, and support productivity. They may aid in improving mental performance, memory, and overall mental acuity

Generally, lower frequencies are more relaxing while higher frequencies can be more stimulating.

Maintenance and Storage

Before cleaning your mat, make sure to turn off the controller and un-plug the product from any power source.

Remove any dust from the surface of the mat with a slightly damp cloth, a non-toxic cleaning wipe, or handheld vacuum cleaner.

Do not use any chemical solvents (such as benzene or thinner) on the controller pad. These may damage the product.

Do not wash this product or the controller in a washing machine.

To store, fold the product in the appropriate manner and store inside of the provided carrying bag.

Do not wrap the controller or plug around the mat. The sharp edges of the power socket may damage the surface of the mat.

Do not store the mat in a humid, dusty or oily place

Do not place heavy objects on top of the product when storing

Warranty

WARRANTY:

We warrant this device will function and perform within its specification for 1 years from the date of delivery.

WHAT DOES THIS WARRANTY COVER?

This limited warranty covers any defects in material or workmanship under normal use during the warranty period. During the warranty period, our company will repair or replace, at no charge. Products or parts of products that prove defective because of improper material or workmanship under normal use and maintenance.

WHAT DOES THIS NOT COVER?

The limited warranty does not cover any problem that is caused by damage resulting from negligence, improper maintenance or modification, damage by natural causes like lightning, floods or other natural disasters, theft or loss of the product.
