

FAR INFRARED PHOTON MAT INSTRUCTION MANUAL



Thank you for choosing to purchase our FAR Infrared Photon Mat ! This user instruction manual is specially designed for the safety of you and others. Please read the instructions and safety information below before using the mat and follow them while in use.

Important Safety Instructions (Read before use)

Consult with a medical practitioner before use if you have a medical or other condition listed below. Use of the mat is not recommended without your doctor's approval.

- Skin diseases, burns, or reddening
- Sensitivity to heat/temperature
- Heart disease or illness
- Broken bones
- Just had surgery
- Feel nauseous, have a headache or other symptoms
- Splanchnic diseases
- Osteoporosis
- Suffer from abnormal blood pressure
- Currently pregnant or breastfeeding
- Anhidrosis
- Cancer or other malignant conditions
- You have any metal or other body implants

Electrical Safety

- Basic safety precautions should be followed to reduce risk of fire, electric shock, and injury. Misuse or failure to follow directions may cause overheating, fire, or injury to user and/or property.
- Before using the mat , make sure that your local electric network complies with the voltage and frequency indicated in this manual. Otherwise, the machine may be damaged in case of excessive current or voltage rise.
- It is dangerous to change or try to modify the function of this product in any way.
- Do not attempt to operate this unit if the power cord has been frayed or broken.
- Do not spill water or other liquids into or onto your unit.
- During long periods of non-use, disconnect the unit's main power.
- Controller is not waterproof. Do not immerse in water or other liquids. Keep away from wet or damp areas at all times.
- Do not use close to other electrical heated products or in high temperature places

Important Safety Instructions

- Do not wear metal jewelry or other metal items when using the mat
- Do not put the mat on a leather bed. Please put a cotton towel between mat and bed. The high temperatures can cause the PVC and leather to fuse together.
- Do not use corrosive cleaning products to clean the mat
- Do not let the mat heat without a person inside the mat. This can damage the mat
- Do not fold the mat when it is still hot. Allow the mat to cool completely before storing.

IMPORTANT SAFETY INSTRUCTIONS (CONTINUED)

- Do not wrap the cord tightly around the mat or controller. Allow the cord to be loose. Do not store items on the mat, this could potentially damage the sauna.
- Do not put the mat in direct sunlight. When storing, store the blanket in a cool, dark place.
- Please keep the inside of the mat clean and dry.
- Remove the power cord from the control box when not in use. Do not leave the working sauna unattended
- Do not allow children, toddlers, or infants to use this mat.
- Keep all dogs, cats, and other pets away from the heated product.

BEFORE USE INSTRUCTIONS

What do I wear?

- It is recommended to wear comfortable, casual, skin covering clothing. We suggest more breathable attire.

Where do I use?

- The sauna mat can be placed on any heat-resistant surface like your bed or sofa. (No waterbeds, latex, plastic, memory foam, mechanically adjusted beds, bunk beds, or child's bed/crib) and make sure you are comfortable by adding a pillow for cushion.

Before each use, inspect the mat for any damage. Inspect the controller and wires to ensure there is no fraying. Do not use if found.

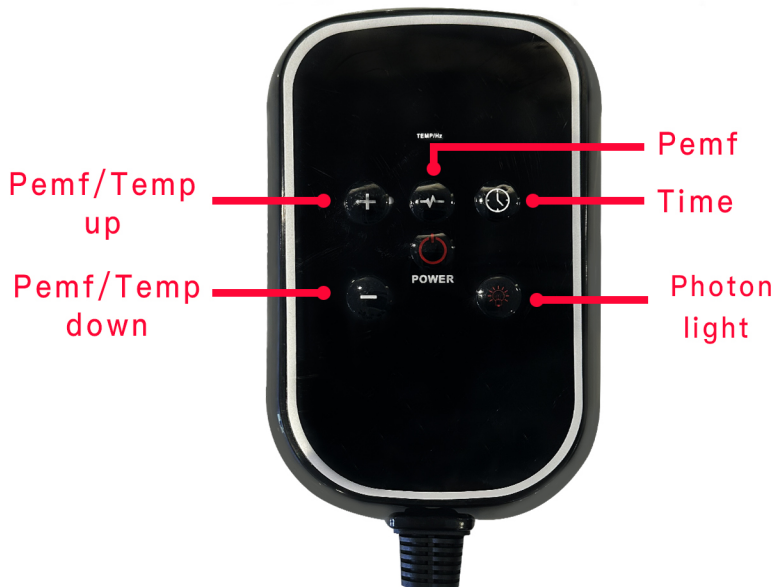
HOW TO USE THE MAT

Caution: Do not use this heated product directly on synthetic, latex, or flammable items. If you need to stop the session at any time, just press the “Power” key.

1. Place the sauna mat on a bed or other flat area. Do not use the mat in a wrinkled condition.
2. Connect the mat to the controller and then connect the controller to the power supply. Check to ensure both connections are secure
3. Press the power button to activate the controller.
CAUTION: Controller may be hot, do not place on top of the mat. Keep on a heat resistant surface.
4. Select your temperature by hitting the temperature icon button.
Important: To begin, start at a lower temperature like 60-70 degrees Celsius. The temperature can be increased to a maximum of 80 degrees Celsius. As you become more used to the mat, then raise the temperature to find the optimal level for you.
5. Set a desired amount of time you want to use the mat.
 - The controller will automatically shut off the mat after 60 minutes of use.
 - If at any time during use, you feel overheated or uncomfortable before the time is up, please exit the mat.
 - Disconnect the cable from the power supply
6. Push the PEMF button to adjust the Frequency from 1Hz-30Hz. Push the PEMF button for more than 2 second to turn off the PEMF function. The total working time for PEMF is 20 Minutes
7. After all setting down, the product will begin work in 2 seconds

HOW TO USE THE MAT

- After plugging the controller into both the mat and electrical outlet, push POWER in the middle to activate the display
- Push the +/- button to set desired temperature
- Push the TIMER button to set the desired time use (1-2 hour) Push repeatedly to adjust by 5 minute blocks
- Push the PHOTON LAMP button to turn the red light therapy on/off
- Push the PEMF button to adjust the Frequency from 1Hz-30Hz. Push the PEMF button for more than 2 second to turn off the PEMF function. The total working time for PEMF is 20 Minutes



Secure connection



Open connection

Suggested cleaning tips

1. Use a soft cloth or towel to absorb any sweat left behind
2. Use a non-toxic cleaner (gentle soap) or non-toxic cleaning wipe
3. Do not use a strong corrosive cleaner or alcohol to clean the mat

Suggested storage tips

1. Please ensure the sauna mat has completely cooled down before cleaning and storing it
2. Store in a cool, dry place
3. Do not place any objects on top of the mat
4. Do not submerge the mat in water
5. Do not place in a washing machine or dry clean



Technical Parameters:

Heat Zones:	One Heating Zone
Controller:	Handheld controller
Time setting:	5-60minute
Voltage:	100-120 Volt 220-240 Volt
Wattage:	300 Watts
Electrical Field:	Low EMF
Size:	190 x 80 cm