HealthyLine®

INSPIRED BY NATURE
PERFECTED BY SCIENCE

USER GUIDE

PLATINUM SERIES





INFRAMAT PRO

far-infrared heating pads filled with natural gemstones

HealthyLine is the leading innovator in gemstone heat therapy technology that's designed to enhance wellness. Our nature-inspired medical devices will enable you to feel good all year round.

PATENTED INTELLECTUAL PROPERTY

LIFETIME Upgrade

LIFETIME Trade-In

UP TO 5 YEARS WARRANTY

#1 WORLD'S GEMSTONE THERAPY SUPPLIER

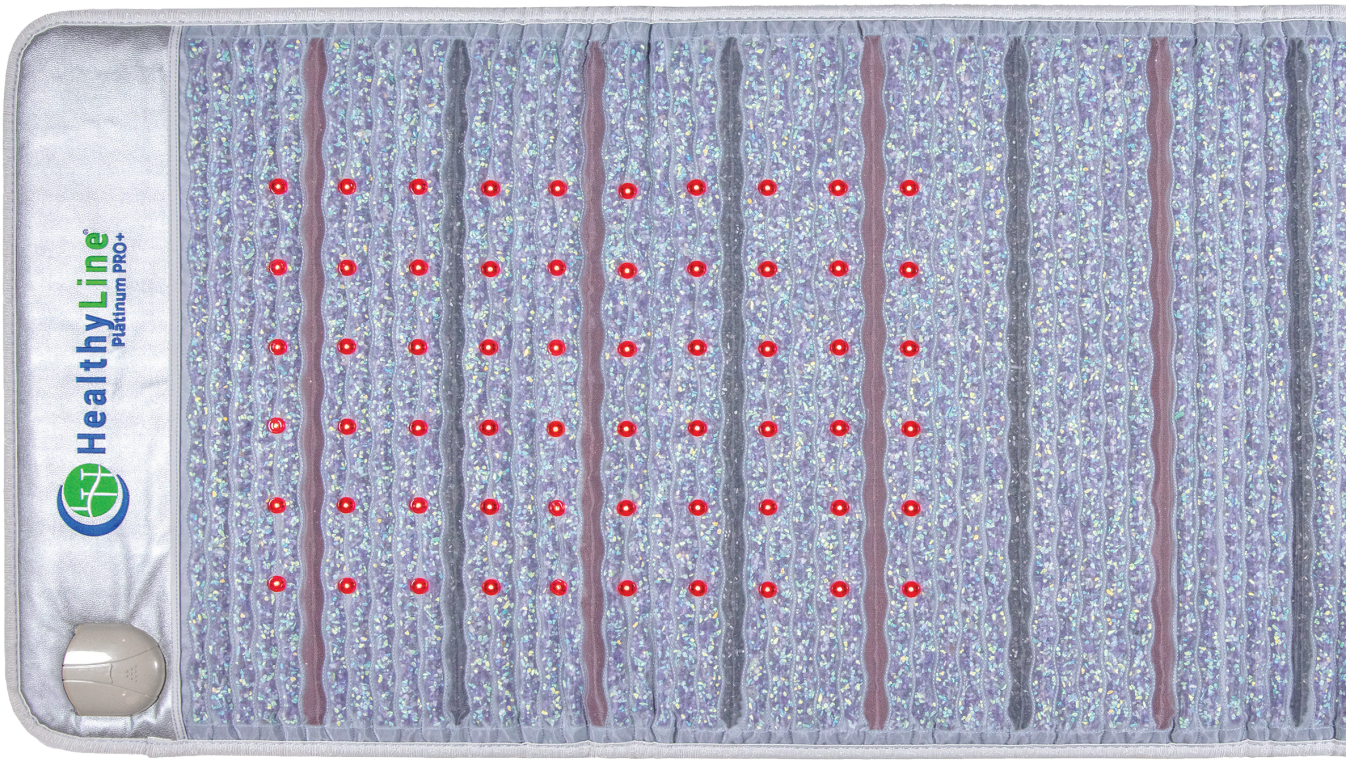
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The Inframat Pro is not just a heating pad. It's a key that unlocks your wellness potential. When using it, you can feel it deep in your tissue, throughout your whole body.

Michael D.



Models	Dimentions, mm	Power, W	Lights Qtty	PEMF Coils
Platinum-3220-PhP-adv	800 x 500 x 30	80	30	4
Platinum-Chair-4018-PhP-adv	990 x 450 x 30	90	60	4
Platinum-6024-PhP-adv	1500 x 600 x 30	210	60	6
Platinum-7224-PhP-adv	1800 x 600 x 30	260	60	6
Platinum-7428-PhP-adv (includind Platinum Aura Mat)	1850 x 700 x 30	300	60	8

THANK YOU

Here at HealthyLine, we strive to achieve complete customer satisfaction by providing high-quality products that will exceed your expectations. Since 2013, we have been sharing our passion for health and wellness with the world. Our products incorporate the most effective natural materials and technologies that reach the common goal of improved health. The most important thing for us is making a difference in our customers' lives, which is why we offer up to a 5-year limited warranty for our products.

QUICK START



1 CONTENT REVIEW
Make sure you have your controller and warranty card



2 PLUG IN
Plug one end of the controller into the mat



3 POWER UP
Plug the other end into an outlet



4 POWER ON
Press the Power button. Refer to the Controller Instructions (see page 7)

USAGE AND TIPS

1. Please follow Safety Precautions at all times when using your heating pad (mat).
2. Preheat your mat for 15-20 min before use.
3. We suggest starting the first few sessions with 104°F (40°C) for 30-minute sessions, a few times a week.
4. Gradually adjust the temperature/time settings until you find a comfortable level. Just pay attention to how you feel at different temperature settings.
5. Only sleep on a mat with low heat settings. Extended use at high temperatures may result in dehydration.
6. You can use your mat multiple times a day with low and medium settings. At high temperatures, you should not have more than one session per day.
7. Please allow up to 40 min for the surface to reach the highest temperature.
8. Stay hydrated. If you use the mat at higher temperatures, your body may lose water. It is important to drink plenty of water before and after use.
9. Cover the mat to protect it from moisture and stains, to protect your body from direct contact with hot gemstones, or to alleviate some heat if the surface is too hot for you. Make sure you cover the entire surface. Using a cover also helps gemstones to heat up faster.
10. A cover does not reduce the effects of FIR, negative ions, or PEMF.
11. Scan this QR code for product registration or visit healthyline.com/warranty.



Lie on the mat in any way you choose.
With low settings you can lie on the bare mat.



With medium and high temperature settings you should cover your mat with a towel or an optional cover to protect it from spills, sweat, or stains

WARNINGS

1. Please take the time to properly familiarize youself with the information in this user guide before using the InfraMat Pro®. It is the owner's responsibility that all individuals who may use the mat are aware of the correct procedures.
2. Use your mat on flat surfaces. A bed, floor, or massage table makes for an ideal spot.
3. When using your mat in a bed or chair, we recommend placing a bath towel between the backside of the mat and the surface of the bed/chair as the backside of the mat may slightly heat up.
4. Protect your mat from moisture at all times. This includes spills and perspiration. You must cover your mat. You may use a provided cover, towel, or blanket.
5. When you cover your mat, always cover the entire surface. **Do not partially cover your mat in any way.** Partial coverage can cause the heat sensors to malfunction.
6. Never leave any objects on any part of the mat surface while the mat is heating, especially the controller. This can lead to uneven surface heating and possible damage to the mat or heat damage to the object that is placed on the mat.
7. Do not attempt to take apart or open the mat or controller for any reason. If an issue arises, please contact us first.
8. We recommend you always use a surge protector. The wattage of the surge protector should be twice higher than that of the mat.
9. Never use pins or other metallic fasteners to hold a mat in place.
10. **Do not handle the plug with wet hands.**
11. Keep the controller ventilated to prevent it from overheating. **Do not put the controller on soft surfaces that may cover the vents.**
12. If the device overheats due to misuse, turn off the heat and place the controller on a table or other firm surface.
13. If you have any preexisting conditions that may be cause for concern, or if you have heart disease, hypertension, or any other serious medical condition you should consult with a doctor before using this or any other medical device.
14. You should avoid heat therapy if you have vascular disease, deep vein thrombosis, or multiple sclerosis.
15. Limit heat treatment at maximum temperature to one hour per day to prevent dehydration and hyperthermia.
16. Stay hydrated. It is important to drink plenty of water before and after using the mat.
17. Those who are pregnant, nursing, or have a pacemaker should not be exposed to the increased heat from the mat.
18. **PEMF therapy is not suitable for those who are pregnant or individuals with a pacemaker.**
19. Always unplug and power down the mat completely before folding it to put away.
20. Only fold the mat in its predetermined positions.
21. Do not immerse in water.
22. **Never unplug the mat by pulling on the cord.**
23. Do not use an electrical outlet that has become loose or does not engage the power plug tightly.
24. Do not remove product labels.
25. Do not use the mat with liniment, salve, or ointment preparations that contain heat-producing ingredients. Skin burns can result.
26. Do not leave your mat unattended while it is powered on, especially if children are present.





ATTENTION: Always cover your mat completely.





TEMPERATURE CONTROL

Heating the gemstones in your mat naturally releases far-infrared rays and negative ions. Adjusting the strength of your exposure is as simple as adjusting the temperature of your mat. The actual temperature of a mat may vary depending on the model. The gemstones used are natural heat conductors: they get hot quickly and slowly release their heat into the air. As a general rule of thumb, the higher you set the temperature, the shorter the session should be.

95°F - 105°F (35-40°C) | Overnight

Good for prolonged and overnight use. Promotes better sleep and the relaxation of both mind and body. The safe setting for those who have a sensitivity to heat.

105°F - 130°F (45-55°C) | UNDER 2 HR

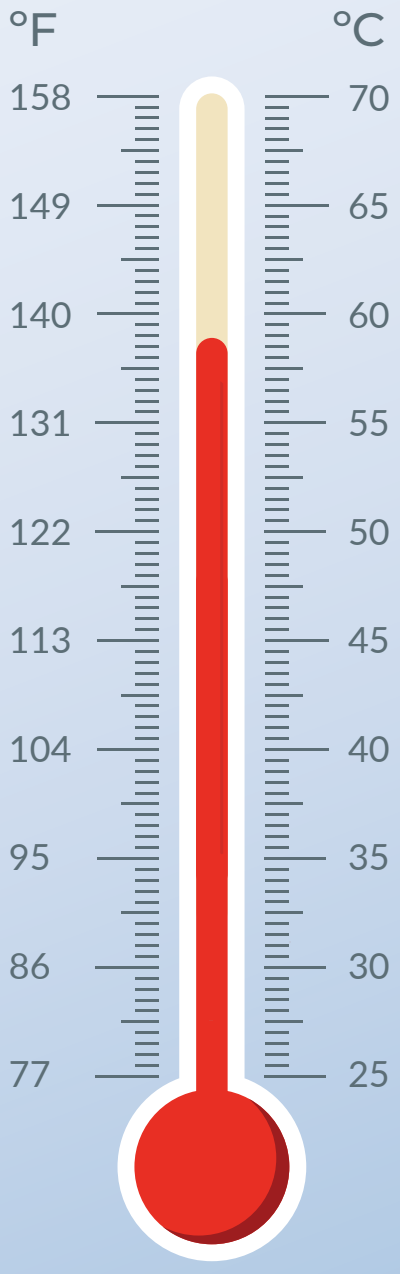
Good for cycles of 2 hours or less*. Temporary relief of joint pain, stiffness, and minor muscle pain; provides muscular relaxation, and a temporary increase in local circulation where applied. Not too warm for the average person.

130°F - 150°F (55-65°C) | 30-90 MIN

Good for 30-90 min cycles*. Temporary relief of joint pain, stiffness, and minor muscle pain; provides muscular relaxation, and a temporary increase in local circulation where applied. A bit warmer than what the average person is used to. Should only be used twice a day at this setting and nothing more.

150°F - 160°F (65-70°C) | 30-60 MIN

Suitable for 30-60 min cycles*. Provides a far-infrared sauna experience when the heat is trapped. Cover your body with the provided mylar blanket or with a towel to trap the heat. When you relax in intense far-infrared heat, the body works hard to release sweat, temporarily improving circulation, and recovering faster. Should only be used once a day at this setting and nothing more.



*A mat has to be covered in order to protect your body from direct contact with hot gemstones, and to protect the mat from moisture and stains (see Usage and Tips, '9)

CONTROLLER INSTRUCTIONS
HEAT + PEMF + PHOTON CONTROLLER

POWER
Press the Power button to turn ON the controller. TEMP, TIMER, PEMF, and PHOTON indicators will light up on the screen.

TEMPERATURE
SET & ADJUST

Press the TEMP button once to turn ON the heat. Press TEMP again to initiate temperature adjustment mode (the temperature indicator will start flashing). Set the desired temperature and press TEMP again to save the setting.

TEMP → TEMP → + / − → TEMP

°F or °C
UNITS SET

Press & Hold for 6 sec to switch between Fahrenheit & Celsius. TIME

TIMER
SET & ADJUST

Press the TIME button to initiate time adjustment mode (the time indicator will start flashing). Set the desired time and press the TIME button again to save the setting.

TIME → + / − → TIME

PEMF
SET & ADJUST

Press the PEMF button once to turn PEMF ON. Press PEMF again to initiate PEMF frequency adjustment mode (PEMF indicator will start flashing). Set the desired frequency (1-30 Hz) and press the PEMF button again to save the setting.

PEMF → PEMF → + / − → PEMF

Press & Hold for 6 sec to turn PEMF OFF PEMF

PEMF is set as cycles of 20 min on and 100 min off, for up to 12 hr with automatic shut-off (sleep mode).

PHOTON LIGHT
ON/OFF

Press the PHOTON to turn lights ON or OFF.

FACTORY RESET
WITH THE CONTROLLER ON

Press & Hold for 10 sec.

The controller will shut down and then turn back ON automatically.



Scan to view video tutorial!

INFORMATION

Once flashing temperature has stopped, the indicator displays the actual temperature measured at the core of the Mat.

Press and hold + or − to reach desired numbers faster.

Default PEMF frequency is set to 7.83 Hz and displayed as 8 Hz.

PEMF can be turned on or off at any time with or without heat.

Controller instructions can be found at any time at HealthyLine.com/controllers.

CONTROLLER INSTRUCTIONS

ADVANCED PEMF CONTROLLER

ATTENTION: This is a complex device, please read thoroughly



Scan to view video tutorial!

ADVANCED PEMF

With programmable features:

- **Waveform** (Sine, Square)
- **Frequency** (1 to 30 Hz with 7.83 Hz default)
- **Pulse duration** (medium, fast, ultra fast)
- **Intensity** (10% to 100% of 3000 milligauss)
- **Time** (20 min, 1 hr)
- **Billions of PEMF combinations!**

POWER

Press the Power button to turn ON the controller. TEMP, TIMER, PEMF, and PHOTON indicators will light up on the screen.



TEMPERATURE
SET & ADJUST

Press the TEMP button once to turn ON the heat. Press TEMP again to initiate temperature adjustment mode (the temperature indicator will start flashing). Set the desired temperature and press TEMP again to save the setting.



HEAT TIMER
SET & ADJUST



When the desired temperature is set, press the Heat Mode button again to initiate heat timer adjustment. Set the desired time using the H-arrow buttons and press the Heat Mode button again to save the setting.

°F or °C
UNITS SET



Press & hold the Heat Mode button untill you hear a BEEP to switch between °F & °C.

PHOTON LIGHT
ON/OFF



Press the Photon button to turn ON the photon lights. The photon light icon on the controller will light up.



FACTORY RESET
WITH THE CONTROLLER ON



To restore your controller to its factory settings

Press and hold simultaneously until you hear a beep

The controller will automatically reset and shut down

INFORMATION

The controller backlight will automatically turn off if the controller is untouched for more than 2 min.

The controller automatically shuts down, if it is not touched for more than 12 hr.

INFORMATION

Once flashing temperature has stopped, the indicator displays the actual temperature measured at the core of the Mat.

Please allow up to 40 min for the surface to reach the maximum temperature.

INFORMATION

Photon lights turn OFF automatically after 1 hr.

Photon lights can be turned ON/OFF at any time.

Photon lights operate with or without heat.

Intensity of photon light is 2.5 mW/ cm2.

The Wavelength of photon light is 660 nm.

TERMS AND DEFINITIONS

PEMF Pulse — A short burst of an electromagnetic wave.

PEMF Wave — Oscillation (disturbance) that travels through space and matter, transporting energy from one place to another.

Waveform, Wave Type (Sine, Square) — The shape of pulses in an electromagnetic wave. In PEMF this can be Sine, Square, or other types, such as sawtooth.

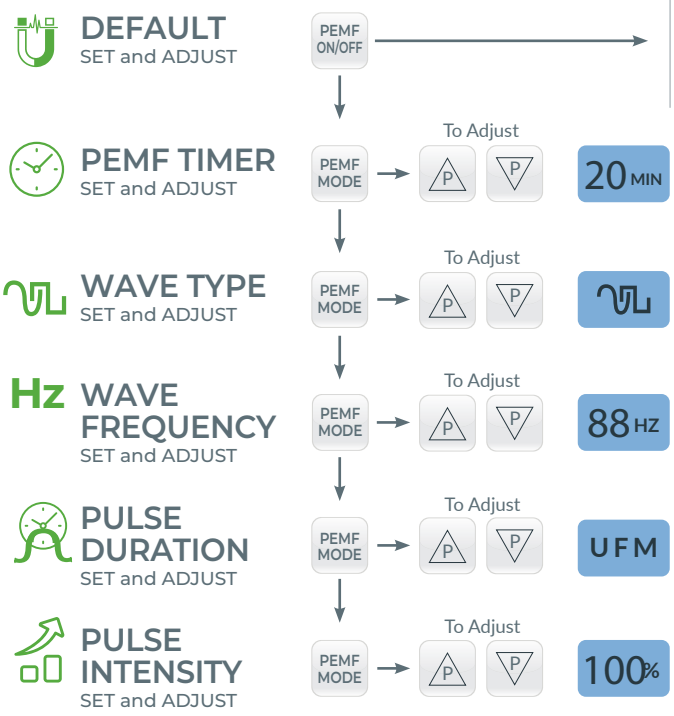
Frequency (Hertz, Hz) — The number of individual PEMF Pulses per second. 1 Hz = 1 PEMF pulses per second.

Pulse Duration — The time from the start of a PEMF pulse, to the end of that PEMF pulse. This is also referred to as “Pulse Width”.

PEMF Intensity (Gauss, G) — The measured level of the PEMF magnetic flux density. The unit of measurement is Gauss. 3 Gauss = 3000 milligauss = 0.0003 Tesla.

PEMF Functions (F1-F12) — Factory preprogrammed PEMF functions. Each of the 12 functions consists of 4 programs (ABCD). Each ABCD program has its own PEMF settings (PEMF Time, Wave Type, Frequency, Pulse duration, and Intensity).

CHANGEABLE PEMF MODE



PEMF Time: 20 min ON - 100 min OFF
Wave Type: Sine
Frequency: 7.83 Hz
Pulse Duration: Medium (M)
Intensity: 50%

Set 10, 15, or 20 min of PEMF ON time. PEMF is set as cycles of N min on and 100 min off, for up to 12 hr with automatic shut-off.

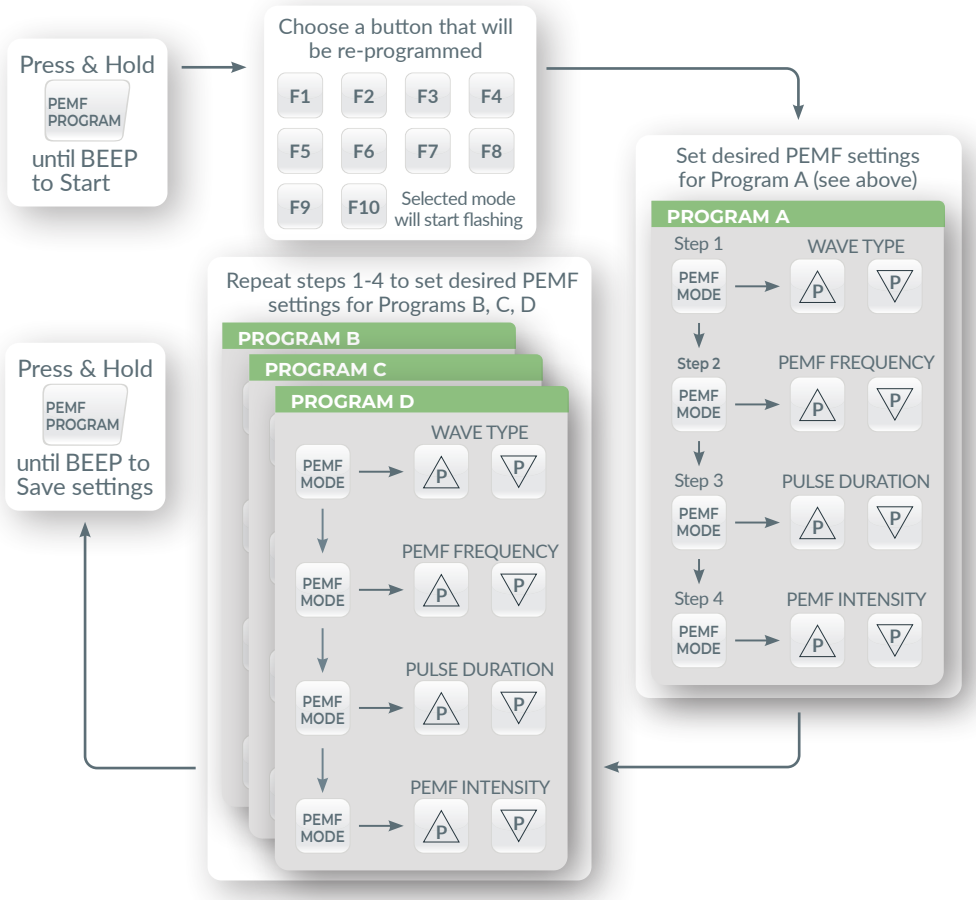
Choose between sine and square wave types.

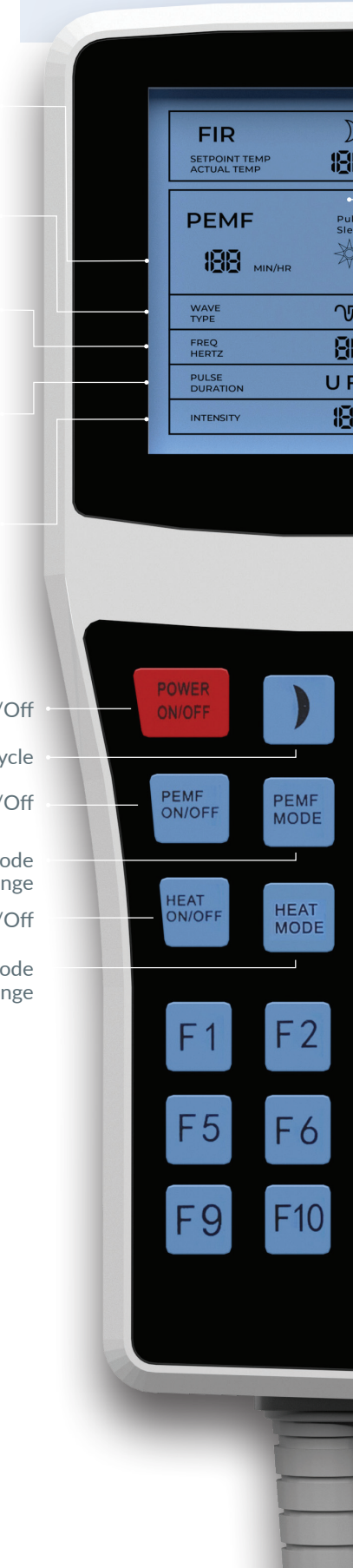
Increase or decrease frequency from 1 to 30 Hz. 1 Hz = 1 PEMF pulses per second. Default PEMF frequency is set to 7.83 Hz and displayed as 7 $^{83Hz}_{Hz}$.

Choose between Ultrafast (U), Fast (F), and Medium (M) options that respectively reflect the Highest, High, and Low number of pulses within 1 sec.

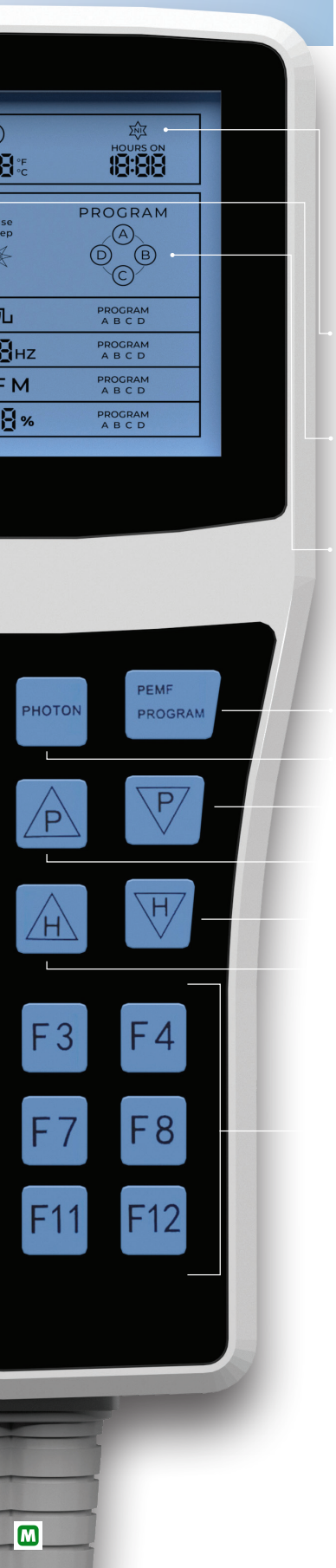
Set the desired intensity as 10%, 25%, 50%, 75% or 100% of 3000 milligauss.

PEMF PROGRAMMING MODE





-Magnetic Field



PREPROGRAMMED PEMF FUNCTIONS

20 MIN PEMF
PICK FROM TABLE 1

PEMF PROGRAM → F1 ... F10

PEMF settings of the active program will be displayed on the screen.

1 HR ENERGIZE
EASY PEMF MODE

PEMF PROGRAM → F11

Functions will run in sequence: F10 - F8 - F6 (see Table 1). The controller will shut off after 1 hr. This program is not customizable.

1 HR RELAXATION
EASY PEMF MODE

PEMF PROGRAM → F12

Functions will run in sequence: F9 - F8 - F5 (see Table 1). The controller will shut off after 1 hr. This program is not customizable.

NI ← The negative ion icon is lit when the heat is on.

Pulse Sleep ← "Pulse" is displayed when PEMF is active.

Pulse Sleep ← "Sleep" is displayed during PEMF 100 min OFF time.

PROGRAM A B C D ← The flashing arrow indicates active and upcoming programs ABCD.

Advanced PEMF Programming

Photon Lights On/Off

Decrease PEMF Settings

Increase PEMF Settings

Decrease Heat Settings

Increase Heat Settings

Preset PEMF Programs

INFORMATION

Each preprogrammed PEMF function F1–F10 consists of 4 programs (ABCD). Each ABCD program is 5 min long and has a unique combination of PEMF Wave Type, Frequency, Pulse duration, and Intensity.

PEMF function can be changed at any time by pressing different F-buttons. Active ABCD program will restart according to the chosen Function.

Functions F1–F10 can be customized or reset to the factory settings at any time (see page 10, 9).

Table 1 - Preset PEMF functions description

Program Button	Program Type	Default Frequencies in ABCD, Hz
F1	Low Frequencies	1, 3, 4, 6
F2	Medium Low Frequencies	7, 8, 10,12
F3	Medium Frequencies	14, 15, 17, 18
F4	High Frequencies	19, 21, 23, 25
F5	Before Sleep	5, 4, 3, 2
F6	Pain Assist	15, 16, 19, 20
F7	Sport Injury & Strain Assist	24, 24, 25, 25
F8	General Regeneration	7.83, 7.83, 10, 10
F9	Earth Frequencies	7.83, 14, 21, 25
F10	Wake Up/Energy	7.83, 10, 11, 12
F11	Energize	Sequence: F10, F8, F6
F12	Relaxation	Sequence: F9, F8, F5

CARE

1. Protect your mat from moisture at all times. Cover the entire mat with a blanket, towel, or provided cover to protect your body from direct heat and to protect the mat from sweat. You can also purchase a padded waterproof cover from HealthyLine.
2. For sanitary purposes, change and wash covers after each user. You can also use a disposable cover for each use.
3. After use, set the mat to a high temperature to allow any moisture to evaporate. After 15-20 minutes power down the controller and unplug. Do not leave your mat unattended while it is powered on.
4. Clean the surface of the mat and controller with a dry cloth as needed or use a slightly damp sanitizing wipe.
5. Do not use chemicals or solvents during cleaning.
6. If you need to store your mat, use the dustproof bag provided.
7. To fold the mat, unplug the controller, and then fold the mat inward at predetermined places.
8. Keep the mat in a dry and ventilated place.
9. Your mat will last longer the less you fold or bend it.

COMFORT

Each HealthyLine mat is designed with the sole purpose of improving your health and wellness. It is a powerful wellness device. Each mat contains several pounds of real gemstones. The Platinum models utilize crushed gemstones that feel more like large pieces of sand. This is not the same as lying on a mattress as there will be varying degrees of firmness. This can be softened by covering your mat with additional layers of padding to cushion the surface.





NOTES

1. Our mats are good for people of all ages, including children. Pets can benefit from the mats, too!
2. We only sell new mats. The box you receive your package in may or may not contain our branding. The box may show signs of wear due to shipping.
3. Check our website for other products and accessories. We have special models designed for chairs, knees, arms, shoulders, and non-powered energy bedding.
4. Spread the word! Share your experience with friends, family, neighbors, social media, and groups. You may also become an affiliate or referrer.
5. For helpful videos, please visit **HealthyLine.com/video.**

FEATURES THERAPIES

Our gemstone heating pads are intended for muscular relaxation, temporary relief of stiffness, minor muscle and joint pain; for the temporary relief of joint pain associated with arthritis; for the temporary relief of muscle spasms, minor sprains, and strains; for the temporary relief of minor muscular back pain; for the temporary relief of stiffness, and increase of circulation where applied.

HOT STONES

HealthyLine uses a variety of natural gemstones to create a natural healing experience. These gemstones release far-infrared rays and negative ions when heated. They can also impact pressure points to release tension in the body. Not only can they help improve physical discomfort, but also achieve the common goal of improved health.

FAR INFRARED

Advanced heating systems and natural gemstones deliver far-infrared rays (FIR). FIR penetrates deep into the body, promoting temporary relief from stiffness, joint pain, and elevating muscle relaxation. The higher you set the temperature, the greater the level of far-infrared rays. Even organic heat from your body activates the gemstones to deliver far-infrared benefits, but at a lower level.

NEGATIVE IONS

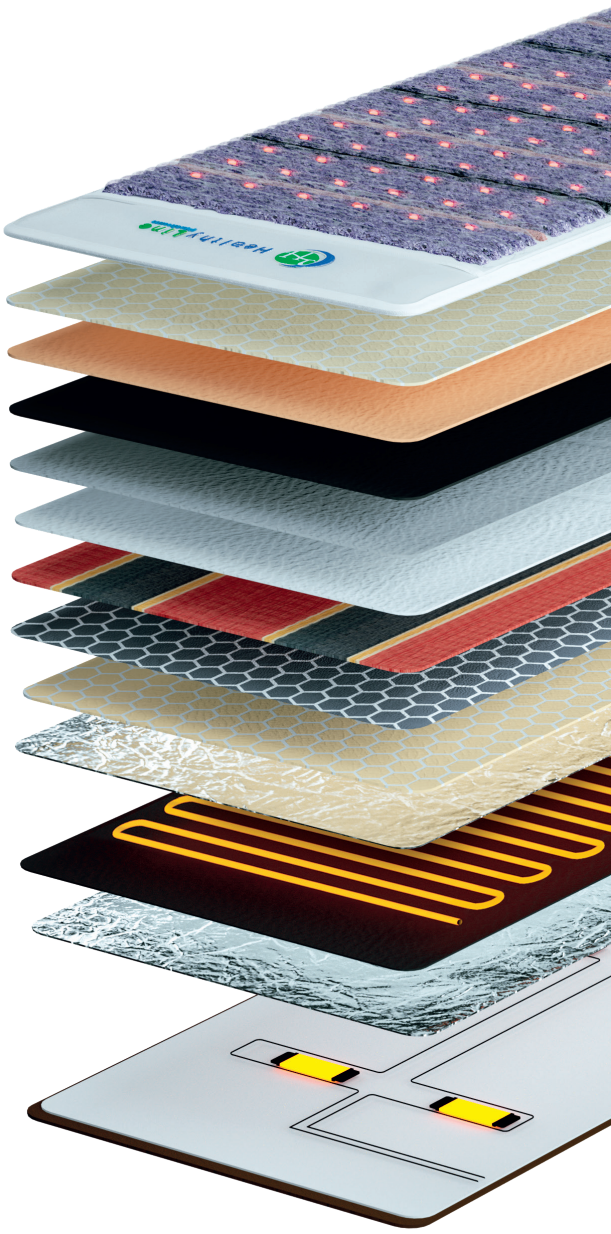
Negative ions are found in abundance in mountains, near waterfalls, and beaches. They are also naturally emitted from gemstones. When your mat is turned on, the negative ion output significantly increases. The higher you set the temperature, the greater the level of negative ions you receive. The output of negative ions varies from 300 to 3000 per cubic centimeter, depending on the type of gemstone and temperature.

PHOTON LIGHTS

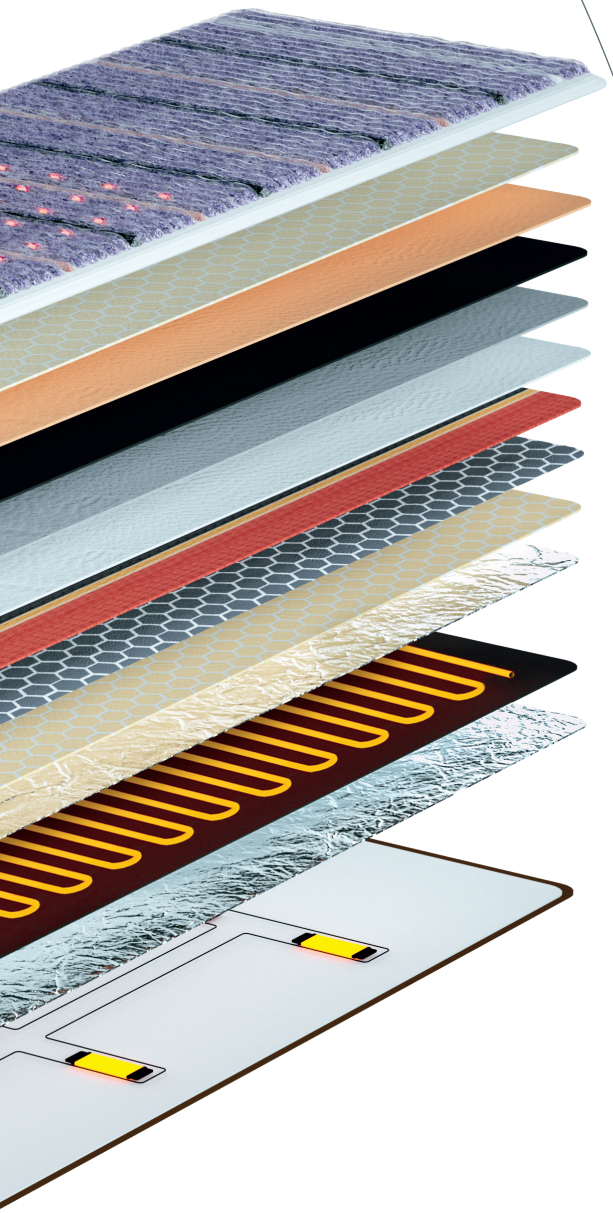
The photon lights in HealthyLine products use visible red light at a wavelength of 660 nm, that reaches just below the surface of your skin, penetrating the skin on a cellular level. For maximum benefits, photon lights should come into contact with the skin directly. Benefits are reduced when applied through a cloth or a cover. Photon light therapy may help with skin rejuvenation and improvements to your overall levels of wellness.

PEMF

Our PEMF system replicates the Earth's electromagnetic field, which is delivered directly to your body. PEMF is the process of supplying the body with much-needed magnetic fields, bypassing the electrical pollution that affects our bodies on a daily basis. By default, PEMF is emitted at the frequency of 7.83Hz in a pulsed sinusoidal waveform — the most consistent with the biorhythms of the human body. The unique combination of revitalizing natural elements in our mats takes wellness to the next level.



UP TO 21 LAYERS



External casing. Flexible membrane that keeps gemstones in place.
Synthetic leather exterior. Durable and easy to clean.

Natural tourmaline, amethyst, jade, obsidian, and quartz gemstones that produce far-infrared rays and negative ions.
Thermal distribution layer guarantees even heat distribution.

Photon LED lights.
Pulsed electromagnetic field (PEMF) system.
Waterproof eleusine cloth that prevents wear.

Non-woven functional fabric for increased negative ion output.
Oxford waterproof fabric to reduce damage from perspiration.

Bamboo carbon fiber cotton. Adds an additional layer of protection.
Copper fabric net to shield from EMFs.

Electric discharge patented layer.
Heating system. State-of-the-art silicon heating wire with EMF filtration and smart heat sensors.

Yellow mud that maximizes negative ion output.
Charcoal layer. Magnetically charged layer to boost energy.
Heat absorption release layer. Redistributes heat to avoid discrepancies.

Thermal insulation to prevent heat from being conducted downwards.
Ecological compression cotton for comfort.

OUR POLICIES

WARRANTY

HealthyLine offers a 5-Year Limited Warranty for all Platinum models. In order to make a warranty claim, you will need to provide a purchase confirmation that verifies the purchase condition like new, purchase date, model, and serial number, as well as the price paid (see page 17). For detailed information please visit https://healthyline.com/warranty-policy.

Scan this code for product registration or visit healthyline.com/warranty and conveniently store all the information needed to verify your claims if needed.

90-DAY FREE TRIAL PERIOD AND PRICE GUARANTEE

Price adjustments can be made within 90 days of your purchase if an item is further reduced in price after you purchased it. Each purchase of an Inframat Pro comes with a 90-day free trial period. You can purchase with confidence, knowing that you can return your product within that period for a full refund.



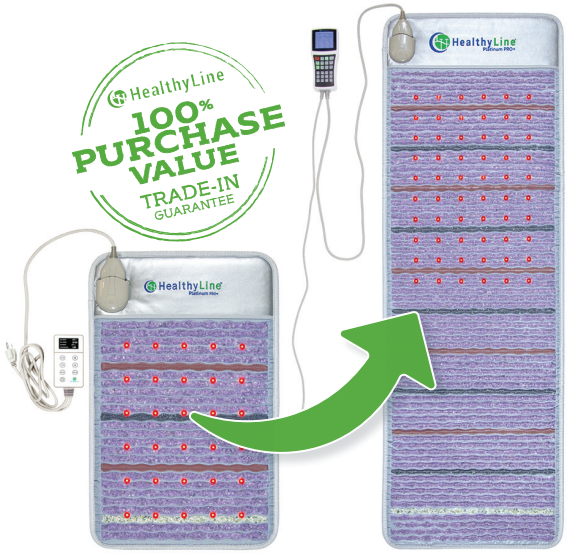
LIFETIME TRADE-IN

HealthyLine offers the world's best lifetime trade-in policy. After the warranty period is over, regardless of your mat's condition, you can always send it to us as a trade-in and use half of the price you paid for a new purchase. So, if something happens to your mat — it will never become a complete loss.



LIFETIME UPGRADE

If at any point you decide you want a larger or more advanced mat, you have the option to upgrade your current one. Please note that the new purchase must be at least twice the value of the mat you are intending to upgrade. As long as your mat is in good condition, simply send it in with assistance from our customer service team and you will get a credit of the full purchase price that will be put towards your new purchase of one or more items.



TROUBLESHOOTING

If for any reason your mat does not work, please be advised that this may be a minor issue that can be easily resolved. Make sure you set your mat correctly according to the instructions provided.



If there is an issue, try disconnecting the controller from the mat and the outlet; fold and unfold the mat to make sure that it lies flat so that it can function normally; turn on the controller again. Try using different sockets. Make sure you plug the controller all the way in on both ends and set the timer before trying to adjust the temperature (your mat will not heat up if the timer has not been set). Heat the covered mat at the maximum temperature for 30 minutes to check the controller is showing an increase in temperature. If you're still having problems, please prepare the following information and then contact us:

1. Have your order number or a copy of your invoice ready.
2. Determine if your product is still within the 5 year limited warranty period.
3. Find the model number and the serial number of your mat on the tag of your mat.
4. Your shipping address, including zip code.
5. Once you have this information ready, contact us by email at **support@healthyline.com** or call us at **1-888-774-4422**

DISCLAIMER

This information is not intended to cure, diagnose, advise, or treat any medical condition, nor is reading this a substitute for reading the product User Guide. Please consult with a physician before use of this product. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Information with regard to our products does not reflect or represent product claims. HealthyLine assumes no responsibility for the improper use of its products or for a user's self-diagnosis and/or treatment using its products. HealthyLine products should not be used as a substitute for medically supervised therapy. If you suspect you suffer from clinical deficiencies, consult a licensed, qualified medical doctor. No action should be taken solely on the content provided by HealthyLine; regardless of any perceived scientific merit, readers should consult healthcare professionals on any matter related to their health. The information in HealthyLine's materials was obtained from materials that are believed to be accurate, as presented by their respective authors, but HealthyLine assumes no liability for any errors or personal interpretation. Users and customers who fail to consult their physicians prior to the purchase or use of any product assume the risk of any adverse effects incurred. The Food and Drug Administration has not approved or evaluated the information contained in the literature here or on the website. Any printed reference or direct link to a specific product is for your information or convenience only and may not be construed as an enticement to purchase and further is not intended or implied to be used in the mitigation, diagnosis, treatment, cure, or prevention of any disease. Except as specifically stated, neither HealthyLine nor any of its directors, employees, or other representatives will be liable for damages arising out of or in connection with the use of this product or information. This is a comprehensive limitation of liability that applies to all damages of any kind, including (without limitation) compensatory, direct, indirect, or consequential damages, loss of data, income or profit, loss of or damage to property, and claims of third parties.

- All information in this booklet is subject to change without notice.
- HealthyLine is not responsible for any mistakes or misprints.
- Check the latest updates at HealthyLine.com.

FAQ



Can I use it on the floor or bed?

Yes, our mats can be used on any flat surface such as a bed, massage table, or floor.

What size should I get to sleep on?

72” x 24” is recommended to sleep on. However, if you roll over during the night, you might consider getting a 74” x 28”.

How can I burn calories?

Using our mat at high temperature gives your body similar effects to doing cardiovascular exercise. As a reference, an hour of cardio can burn up to 500 calories. Setting the infrared heat to a temperature of 122°F-140°F (50°C-60°C) will increase your heart rate, boost metabolism, increase your energy, and elevate blood circulation on a cellular level. You can also use the sauna effect for the calorie burner. Set the temperature to 158°F and cover your body with a regular or a mylar blanket. You will receive all the benefits of a sauna, including sweat and detoxification. At these temperatures, please keep it reasonably under one hour. And always drink plenty of water, before and after.

Is your mat protected against EMFs?

Yes, we use industry leading double insulated wiring for advanced EMF shielding. The system is then placed under EMF-filtering copper mesh layer. Mats are also made with grounding for additional EMF protection.

How long can I use the mat?

You can use this mat for short or extended periods — even overnight. It all depends on your preference. For extended or overnight use, settings should be at a low or comfortable setting.

If I have a serious illness, can I use this mat?

If you have any preexisting conditions that may be cause for concern, or if you have heart disease, hypertension, or any other serious medical condition you should consult with a doctor before using this or any other medical device.

Can I use my mat overseas?

All mats use 110V power for the USA and Canada, but you can still use the mat overseas with a good power converter. Most models are now available in 220V power — just ask or look carefully through the website.

How is 20 lbs. of gemstones so affordable?

It would cost a fortune to buy small quantities. If you were to buy 100 lbs, it costs considerably less. At HealthyLine, we buy thousands of pounds of certified gemstones each year. Because of this, we can afford to sell our mats at a fraction of its cost!

Can I wash and protect my mat?

Covering your mat fully with a towel, bed sheet, or waterproof cover will help avoid messy issues. If you must clean your mat, unplug it, and use a damp towel. If your mat is truly dirty, unplug it, and use a damp cloth with a small amount of soap. To rinse the soap, use a damp cloth and then let it air dry.

If I have more questions what is the best way to get answers?

You can always email us at support@healthyline.com, and we'll get right back to you, typically that same day.



What to do in case of a spill of something smelly?

1. Unplug and turn off the controller;
2. Use paper towels or dry soft cloth to absorb excess moisture as much as possible;
3. Thoroughly wipe the affected area with multi-surface cleaning wipes.
4. Spray odor remover on the damaged area from 6-8 inches away. Leave the mat in a well-ventilated area until it dries completely.
5. Turn on the mat and set the maximum temperature. After the maximum is reached keep the mat running for 30-60 minutes. Do not cover the mat so that it can ventilate. Do not leave the mat unattended.
6. Repeat steps 2-5.



I have a slight headache after using the mat. What do I do?

A headache is a sign of detoxing too fast and being dehydrated. Use a lower temperature and drink more water. Enjoy the process. Maximize your wellness at a comfortable pace.

I see your mats are made with different gemstones. Which gemstone mat should I buy?

Each mat is made with a different combination of gemstones. What you choose should depend on ailments or the area of wellness you would like to focus on. In general, the best mats come with a combination of gemstones, along with built-in PEMF.

Can I fold the mat?

Yes, you can. PEMF models are rigid and should only be folded inward at predetermined places.

Please note that your mat will last longer the less you fold or bend it.

INFRAMAT PRO

FAR INFRARED HEATING MATS FILLED WITH NATURAL GEMSTONES



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