

Healthy Wave Mat - How to turn your Infrared Mat into an Infrared Sauna



1. Wrap a sheet around the mat or have the mat thick cover on. This sheet/cover is to absorb your perspiration when you lay down on the mat.
2. Turn on the mat controller to a temperature setting of 65-70C.
3. Lay down another large towel or an absorbent sheet below you and on top of you, which will be used to absorb your perspiration.
4. Lay down the thermal blanket provided (silver space age type) over top of everything as shown in the picture. This blanket will hold in the heat to create the sauna effect. Don't lay down on the mat yet.
5. Wait for about 30 minutes for everything to warm up underneath the silver thermal blanket.
6. Now crawl onto the mat sauna. Lay on the bottom absorbent sheet/plus towel and have the top absorbent sheet on top of yourself. Wear a minimum amount of clothing as it will also get soaked with perspiration.

COMPARISON OF MAT INFRARED SAUNA AND WOODEN INFRARED SAUNA

Features	Mat Sauna	Wooden Sauna
Strong EMF Shielding	Yes	Varies but many have high EMF's
Grounded by Crystal Stones	Yes	No
Lay Down Type Sauna	Yes	Mostly Sitting Types
Your head to keep cool - Important according to Ayurvedic and Chinese Medicine	Yes	No
Space Requirements	Minimal, easy to store	Large, takes up permanent floor space
Transporting	Easy	Difficult, requires disassembly and truck to move
Assembly	Easy	Difficult, may require professional assembly
Starting Price	Low, approx. \$400	High, \$2000 and more