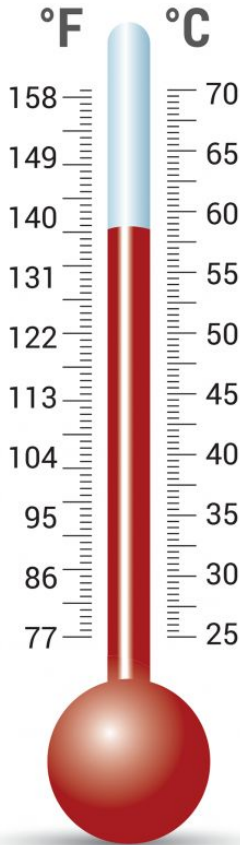


Healthy Wave Mat - Basic Setting Up Instructions

Lay your mat down on a flat surface such as a bed, massage table or floor.



Always slip the thick waterproof cover onto your mat for general use. Thin cover use and extra thick padded cover use is noted for different temperature ranges below.

Plug one end of the controller into your mat and then plug the other end into an outlet.

Turn the power on and adjust your temperature and timer to choose the desired settings.

Suggested Temperature Settings, (Far Infrared Energy and Negative Ions are both generated when the mat is heated up):

30C: Appropriate if you have conditions sensitive to heat. Also good for extended (overnight) use. Provides regenerative sleep and recovery. Gives deep relaxation.

- Add the extra thick padded (optional) cover on top of the regular thick cover for more comfort during sleep.

30-45C: Good temperature range to use when you are using the photon therapy at the same time plus you only have the thin cover on the mat or only using thin clothing. Good for relaxation before sleep. Use for 30-90 minutes before sleep or other times during the day..

45-55C: Good for fitness and flexibility training. Helps with cardio and your respiratory system, blood pressure and sugar regulation. Use for 30-60 minutes twice per day.

55-60C: Use 30-60 minutes (maximum twice per day). Help with stress, tension, anxiety, and trauma relief. Increases joint, muscle, and weak tissue support, pain relief, deep relaxation, and mood. Improves the immune system and helps detoxification.

65-70C: Use 30-60 minutes (maximum twice per week). Can provide the sauna-effect and some hyperthermia therapy. For a higher body core temperature with extra cleansing and detoxification of heavy metals and cellular waste. Stimulates natural weight loss, aids metabolism, and improves healthy blood circulation.

- Use an extra towel over the thick cover for additional absorption of sweat.

Notes:

- Drink more water when you use the mat. Cerra Water (www.cerrawater.com) is recommended for the best hydration. The detoxification process requires you to be very hydrated.
- You can also use the therapies separately or in groups depending on your specific circumstances. Some examples where all therapies might not be used at the same time.
- A mat lasts much longer if you keep it flat. It is best used on a bed or on the floor, but you can move and fold it if needed.
- Try to not get the mat wet. It is water resistant, but if you cover it with our cover or any towel it will generally stay clean. If you need to clean it, unplug it and use a wet towel.

Warnings:

- Please consult with your doctor if you have any medical concerns or issues before using this or any medical device. Consult with your doctor for suitable use for your personal condition.