

Healthy Wave Mat - Use of Covers Guide: With Photon Red Lights and without Photon Red Lights

Healthy Wave Mats are provided with 3 free covers for most mats:

Thin Cover: Designed to allow the photon red lights to shine through the cover so you still receive the photon light therapy (when supplied with the mats)

Thicker Cotton Cover: Designed to protect the mat make the mat a bit softer. This cover may be used with all mats (with photon red light or without). This cover will block much of the photon red light and is not intended to be used when you want to use the photon red light therapy.

Optional Extra Thick Padded Cover: This cover can be purchased optionally to be put on top of the mat for a more comfortable Sleep

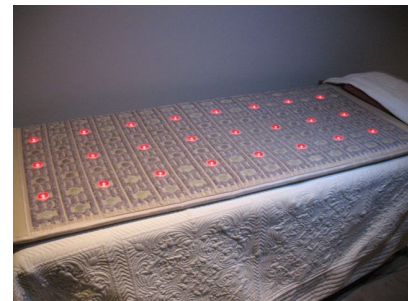
Foil blanket: Makes your mat into an infrared Sauna—see instructions on <https://healthywavemat.com/articles-manuals-additional-information>

The thin and thick covers are waterproof and intended to protect the mat from sweat. The thick covers also protect the body when higher mat temperatures are used.

Mats with Photon Red Lights

All the mat therapies are meant to be used together and the following guide shows how the covers can be used to maximize the photon red light therapy when used. The photon red light therapy is intended to be used for a 1 hour mat session to get the most benefit. You can use the photon red light therapy for shorter durations if you wish.

For photon red light therapy, the mat is optimally used **without any covers** (mat on the right)



For photon red light therapy, and thin cover used(mat on the left):· When using thin cover about 90% of the photon therapy comes thru

Mats with Photon Red Lights (continued)

For photon red light therapy, and thick cover used
(mat on the right):

- With the thick cover the mat should be mainly used without the photon red light therapy.
- Thick cover will block most of the photon therapy



For photon red light therapy and thin clothing, the mat is optimally used **without any covers** (mat on the left):

- You can wear some thin clothing as shown and you will get the photon red light therapy.
- Thicker clothing such as blue jeans will block the photon therapy

Summary:

- Optimal photon red light therapy is achieved when the skin is directly exposed to the red light.
- With thin covers or thin clothing you will still get photon red light therapy but it is reduced by the amount the light is blocked. If the light is only 75% as bright as the maximum then you are getting 75% of the photon red light therapy.
- Thick covers are not intended to be used with photon red light therapy.

Mats without Photon Red Lights:

Use generally only one cover at a time: Thin or Thick

- Set the mat temperature to any desired temperature and use mat as a sauna if desired.
 - The thick cover is used for better comfort and protection of the mat from sweat. When the mat is used at the higher temperatures for the “Sauna Effect” additionally place a towel over the thick cover to absorb moisture.
- The thin cover is used for protection of the mat from sweat. The thin cover is to be only used when the mat temperature setpoint is 45 degrees C or lower
- Do not use both thin and thick covers at the same time as this is not necessary
- Use the mats at any temperature that is comfortable for you and use with the other therapies simultaneously. Do not use high temperatures directly on the body/skin.
- Wear any clothing you wish to.

Extra Thick Padded cover (optional purchase):

- The extra this padded cover can be placed over the regular supplied thick cover to provide extra padding for the most comfort especially if the mat is used with sleeping
- Wear any clothing you wish to.

Use without cover:

- Set the mat temperature to medium setting of less than 45 degrees C such that you don't sweat a great amount.
- Wear any clothing you wish to.