HEAT
CONTROLLER
### INSTRUCTION MANUAL

HW HEALTHY WAVE

POWER

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

TEMPERATURE
SET and ADJUST

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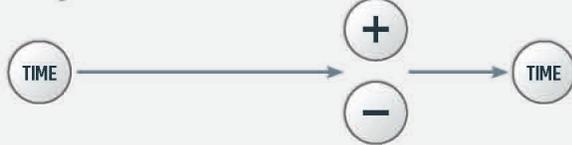
TEMP → TEMP → + / − → TEMP

● TEMP 120 °F

● TIMER 10:00
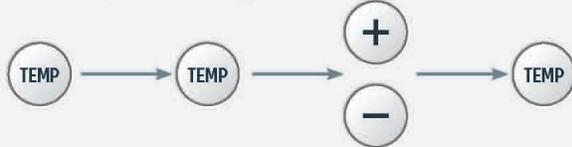
°F or °C
UNITS SET

Press and Hold for 6 sec — TIME — To switch between Fahrenheit and Celsius

TIMER
SET and ADJUST

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

TIME → + / − → TIME

FACTORY RESET
WITH THE CONTROLLER ON

Press and Hold for 10 sec — The controller will shut down and turn back ON automatically

ⓘ Information

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

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.

GEMSTONE HEAT THERAPY

HEALTHY WAVE

ealthyWave is the leading innovator in gemstone heat therapy technology. Continuously striving to improve our model range altogether we offer more than 100 models with various sizes, voltage and functions. Therefore, we have more than a dozen different controller types, specifically designed for particular models.

owever, controllers of different types may not substitute each other even if they fit in the jack. The controller is subject to change depending on the updates made to the product. For more information please visit www.healthywavemat.com

°F		°C
158		70
149		65
140		60
131		55
122		50
113		45
104		40
95		35
86		30
77		25
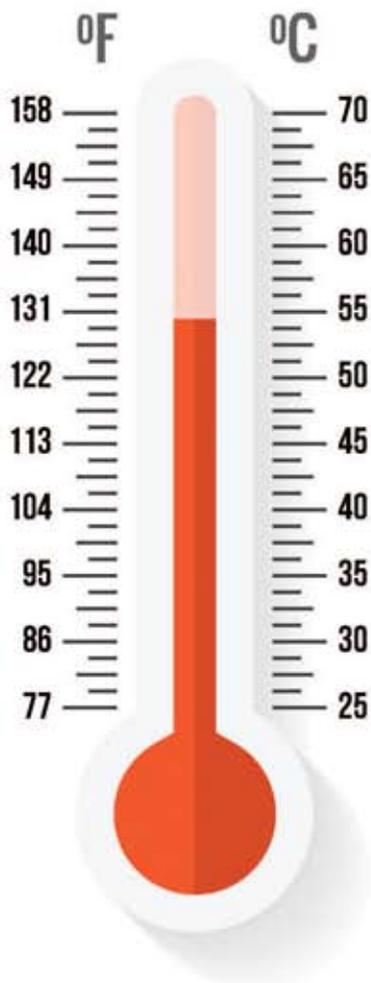
95°F - 105°F | OVERNIGHT

Good for prolonged and overnight use. Promote better sleep and both mind and muscular relaxation. Safe setting for those who have sensitivity to heat.

105°F - 130°F | OVER 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 | 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. Not too warm for the average person. A twice a day limit is recommended.

150°F - 160°F | 30-60 MIN

Good for 30-60 min cycles. Provides the effect of an far infrared sauna when heat is captured by a mylar blanket. When you relax in the gentle far infrared heat, the body works hard, producing sweat, temporarily improving circulation and recovering faster. Once a day limit is recommended.

ⓘ INFORMATION

Please note that you always get the right controller for your mat. Cover the mat to retain heat and reach desired temperature faster.

Please do not switch controllers between different mats.

Drink plenty of water before, during, and after use.

The higher the temperature setting, the shorter the session should be.

ⓘ WARNINGS

Please consult with your doctor if you have any medical concerns or issues before using this or any medical device.