



Selection of the best mat for you is based on the primary questions:

- What Therapies do you want?
- What size of mat?
- Where will you put the mat?

All mats have Infrared Therapy,  
Crystals plus Negative Ions  
- 3 Therapies

↓  
PLUS on certain  
models you add the  
following

←  
PLUS  
PEMF Therapy and Photon Ther-  
apy - 5 Therapy Mat  
• Must be put on flat surface

↓  
PLUS  
PEMF Therapy - 4 Therapy Mat  
• Must be put on flat surface

→  
PLUS  
Photon Therapy - 4 Therapy  
Mat

Mat sizes come in: Full size, Queen, King, Medium, Small and specialty  
items; knee, hand, hip belt, pillows , chair mat, blankets and vests



**MOST IMPORTANT:**  
Where to Place the Mat and  
how to use it

Daily Use

- 2 to 3 times per day
- Each session can be typically 20min, 40min or even longer

All night Use

- Sleep on the mat
- Use a blanket mat
- Place a small mat on your body as you need

Specialty Use:

- Knee
- Belt on Hip
- Around Hands or Arms
- Vest over shoulders and main body
- Chair mat while you are sitting
- Place small mat on specific part of your body as needed
- Use amount of time to your personal needs

**WHERE YOU CAN PLACE THE MAT  
IN YOUR HOME: Common Uses**

**MAT USE ON THE BED:**



- If you have a spare room with an extra bed, you can place the mat on this bed, and the mat can be available for use by all family members.
- You can keep the mat on the bed during the day for use and move it to the floor at night. Consider the weight of the mat (see the mat specifications) to make sure you can handle the weight.
- You can sleep on the mat directly if



you are comfortable sleeping on firm surfaces. You can also place the free thick cover provided to improve the comfort. Optionally you can buy your own foam topper mattress as shown here. These type of foam toppers will still work with the PEMF therapy but block the photon therapy. You can turn up the heat on the mat to achieve your desired temperature with a topper.



- All PEMF mats are a bit stiff except for the King and Queen sized mats. If you are not comfortable sleep on a firm surface then you will need to consider getting your own topper to get the comfort you need.
- You can also share your bed by placing the mat to one side of the bed and sleeping on the other side.
- Alternatively you can purchase a blanket mat and only have the infrared blanket mat covering you at night.

### MAT USE ON THE FLOOR:



- You should be comfortable getting up and down from the floor.
- In the bedroom. You can slide it under the bed when not being used.
- In front of the TV
- You can also put a thin foam mat under the Healthy Wave mat to make it a bit softer and more comfortable.

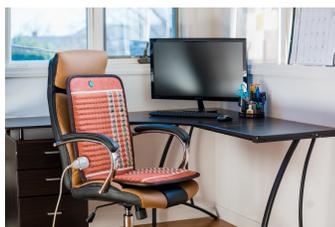


### MAT USE ON MASSAGE TABLE:



- For more comfort getting on and off the mat, you can put the mat on a massage table.
- You can put this anywhere in your home for easy access to the mat for daily use.
- Massage tables are inexpensive and readily available on many web sites for sale or you can pick up a used one from 'Craig's List' .

### MAT USE ON A CHAIR:



- The chair mat is designed to be bent in one place at a 90 degree angle.
- You can put it on many chair types. You just need to ensure you are not forcing the mat in any way to fit the chair and the mat connector must not be bent or forced by the chair design.
- The chair must be 1 1/2 feet wide at least.

### MAT USE ON A COUCH:



- A chair mat can be laid our flat and put on a couch so you can lay on it.
- A medium sized mat (32" and 20") can also be laid down on many couches.
- You just need to ensure you couch is wide enough for the mat size. Full sized mats can't be used on couches as they are too large and will hang over the edges of the couch, get bent and damaged.



### PUT A MAT ON TOP OF YOU:



- You can put a medium or small sized mat directly on top of yourself anywhere on your body.
- No matter where you lay down you can use this approach.
- You can sleep with a mat on top of you all night also.

### **SPECIALTY MAT USE:**



- Knee mat for direct knee infrared and crystal therapy



- Vest for full upper body infrared and crystal therapy including shoulder area, front and back



- Pillow for neck infrared and crystal therapy



- Belt for low back and hip infrared, photon and crystal therapy



- Mat that wraps around hands, arms and parts of the legs for infrared and crystal therapy