



# Controller instructions

## HEAT + PEMF + PHOTON CONTROLLER



### POWER

Press the I/O button to power up the controller (the blue indicator will light up). A second press will power the controller OFF.

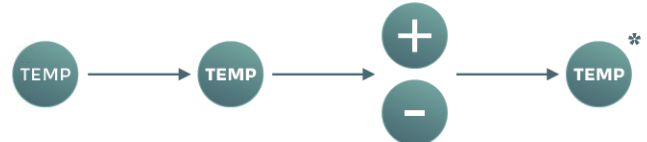
Press the Power button to turn the controller ON. Indicators TEMP, TIMER, PEMF, and PHOTON will light up on the screen. A second press will turn the controller OFF.

I/O



### TEMPERATURE SET & ADJUST

Press the TEMP button once to activate the heat (timer will be activated simultaneously). Press the TEMP button again to enter temperature adjustment mode (the temperature indicator will start flashing). Set the desired temperature and press the TEMP button again to save the setting.

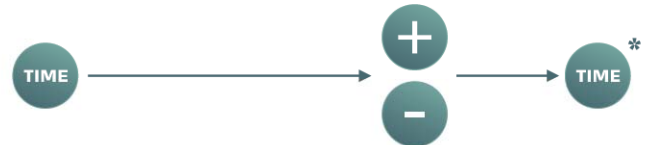


Once the temperature indicator stops flashing, it will display the actual temperature measured at the core of the Mat after 5 seconds.



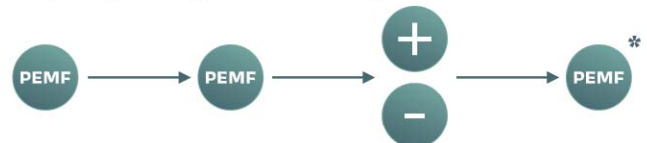
### TIMER SET & ADJUST

Press the TIME button to enter timer adjustment mode (the time indicator will start flashing). Set the desired time (0:01, 0:02, ... 0:59, 1:00, 2:00, ... 12:00) and press the TIME button again to save the setting. The timer and heat will automatically turn off when the countdown reaches 0:00.



### PEMF SET & ADJUST

Press the PEMF button once to activate PEMF. 2nd press activates PEMF frequency adjustment mode (PEMF indicator will start flashing). Set the desired frequency (0.25, 0.5, 1, ... 30 Hz) and press the PEMF button again to save the setting. the 3rd press (after the adjustment mode exit due to any button press (including the PEMF button)) will deactivate PEMF function.



PEMF is set as cycles of 20 min on and 100 min off until PEMF is turned OFF or TIMER countdown reaches 0:00.



### PHOTON LIGHT ON/OFF

Press the PHOTON button to turn the lights ON or OFF (the screen will display the light operating time countdown). Press & hold the TIME button to enter the light operating time adjustment mode (the PHOTON indicator will start flashing). Set the time (1 to 9 hrs), and press the TIME button again to save the setting. The light will automatically turn off when the countdown reaches 0:00.



\*Pressing any key will save the setting and exit adjustment mode; however, it is recommended to develop a habit of using buttons relevant to the function being adjusted

# Continued



## MEMORY MODE

Press the M1 to M4 buttons to activate a memorized mode. The screen will display the selected mode along with the corresponding temperature, time, PEMF, and photon settings (see page 2 for factory presets).

To adjust settings, follow the instructions provided above. To save new settings press & hold the corresponding M-button for 5 sec (a flashing blue indicator will confirm the successful update).

M1

M4



## °F or °C UNITS SET

Press & hold the TEMP button for 6 sec to switch between Fahrenheit & Celsius.

TEMP



## FACTORY RESET

When the controller is turned ON, press & hold the Power button for 10 sec. The controller will shut down and then turn back ON automatically.



## FACTORY SETTINGS

	Mode	Temp	Photon	PEMF	Timer
	(activated)	86°F (30°C)	1:00	7,83 Hz*	12:00
M1	Sleep	100°F (38°C)	off	3 Hz	12:00
M2	Relax	110°F (43°C)	off	8 Hz	2:00
M3	Energize	130°F (54°C)	0:30	12 Hz	1:00
M4	Recovery	140°F (60°C)	1:00	20 Hz	1:00

E1: Sensor unplugged, or connection lost.

E2: Sensor short circuit or mat overheating.

E3: Controller overheating.

Abn: PEMF coil or heating wire disconnected. The indicator will flash for 5 sec, then vanish, all other functions will operate normally.



## INFORMATION

- Upon activation, each function will operate based on the factory preset or the most recently saved settings.
- If there is no action for 5 seconds while in a function adjustment mode, the last displayed setting will be saved, and the adjustment mode will exit.
- Press and hold + or – to reach desired numbers faster.
- PEMF/PHOTON can be turned on or off at any time with or without heat.
- If there is no action for 5 min, the controller will dim and enter sleep mode (activated functions will continue to operate). Press any button to wake the screen.
- The controller is universal for 110V and 220V.

\*Displayed as 8 HZ.