

# USER GUIDE

## HEALTHY WAVE MATS

FAR INFRARED HEATING MATS  
FILLED WITH NATURAL GEMSTONES

What's Included

Setting Up

Controller

Temperature Settings

Troubleshooting

Care



Healthy Wave Mats offers the world's widest variety of affordable high-quality far infrared gemstone heating mats

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**"It's not just a heating pad, you feel it deep in  
your tissue, throughout your whole body"**  
Michael D

THANK YOU



Since 2012, we have been extending our passion for health to the public. To show that we truly care for our customers, we offer a 365-day warranty. We have complete confidence that you will love our products. The most important thing to us is making a difference in our customers' lives.

If you wish to contact us, you can do so at:

e-mail: [support@healthywavemat.com](mailto:support@healthywavemat.com)  
phone: USA (360) 355-8167  
Canada (778) 736-0261

# JUMP-START INSTRUCTIONS

FOR THOSE WANTING TO  
GET SET-UP QUICKLY

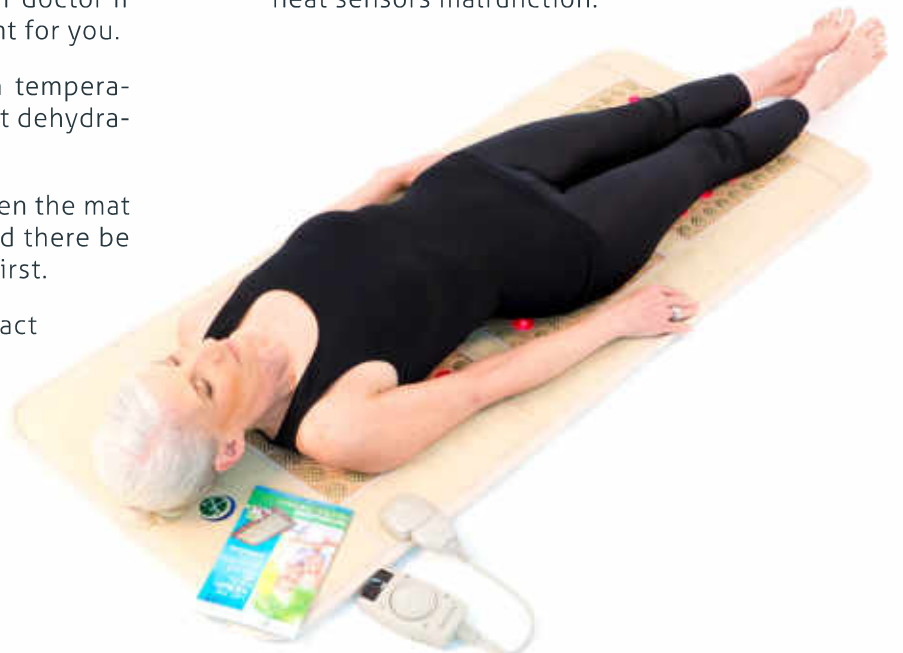
1. Open the box. Your box may have wear due to shipping.
2. Review the contents of your package. Make sure you have your controller (one of 12 models), warranty card, and printed materials.
3. Plug one end of the controller into the mat and the other into a power outlet.
4. Follow the controller instructions found later in this guide. Press the power button, timer button (if any), and set your desired temperature - [HealthyWaveMat.com/controllers](http://HealthyWaveMat.com/controllers)
5. Use a towel or cover to protect the mat from moisture and stains. You can use extra padding to add comfort.
6. You may use your mat for any duration of time. You can sleep on it overnight at a low temperature. It is suggested to start with 30-minute sessions, a few times a week.
7. Stay hydrated! Drink water before and after use. The heat from the mat may make your body sweat more than usual while you detox.
8. Set the temperature according to your comfort. A warm temperature ( $40^{\circ}\text{C} = 102^{\circ}\text{F}$ ) is enough to get benefits.
9. Try not to bend your mat in unusual places if the mat is firm.
10. Visit our website for more in-depth information about our products and the sciences behind them.





## SAFETY PRECAUTIONS

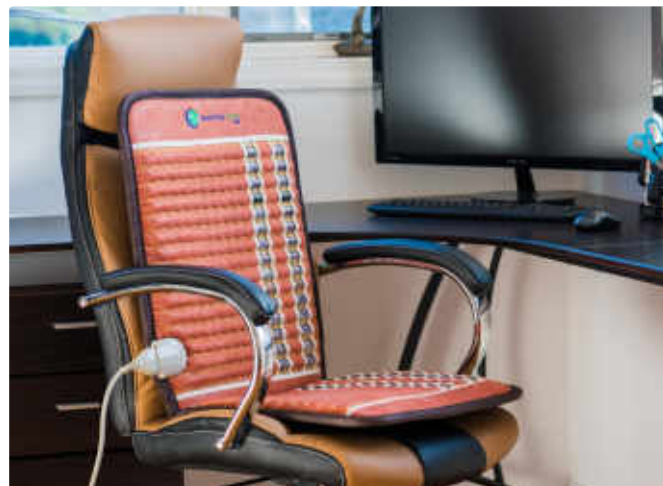
1. Please take the time to properly familiarize yourself with the information in this user guide before using your Inframmat Pro. It is the owner's responsibility that all parties that may use the mat are properly informed about the correct procedure to be followed.
2. This mat is not suitable for individuals with a pacemaker.
3. Pregnant women or those who are nursing should not be exposed to the increased heat from the mat.
4. If you have any preexisting conditions that may be cause for concern, ask your doctor if heat therapy is a suitable treatment for you.
5. Limit heat treatment at maximum temperature to one hour per day to prevent dehydration and hyperthermia.
6. Do not attempt to take apart or open the mat or controller for any reason. Should there be a problem with either, contact us first.
7. Do not bring the mat into contact with flammable cleaning supplies.
8. Protect your mat from moisture at all times! This includes spills and consistent perspiration.
9. When using the mat on your bed, make sure to put a cloth or towel beneath the mat, separating it from your mattress to prevent damage to it.
10. Always unplug and power down the mat completely before folding it to put away.
11. To prevent damaging the mat, only fold it in its predetermined positions.
12. Avoid partially covering your mat or there could be an unusual temperature disbalance. Either cover the entire stone area or do not use a cover. Partial coverage can make the heat sensors malfunction.



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"Alleviating discomfort & making my recovery a more pleasant experience."  
Rhonda Kline

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## WHAT'S INCLUDED

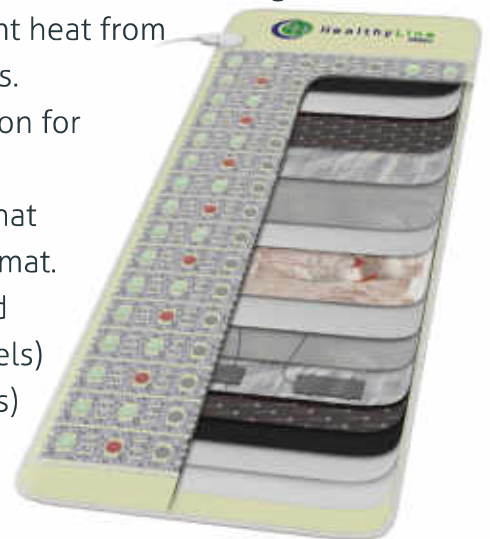
- Inframat Pro
- Your LED Controller (one of several models)
- Carrying Bag
- Foil Space Blanket (optional)
- Waterproof Covering (optional)
- Warranty Card
- A Metallic Ball for Testing PEMF (optional)
- Printed Materials for Instruction and Information



# LAYERS OF YOUR MAT

(VARIES BY MODELS)

- Synthetic leather exterior. Durable and easy to clean.
- Natural jade, amethyst, tourmaline, and obsidian gemstones that release far infrared rays and negative ions.
- Thermal distribution layer for even heat and prevention of snake patterns.
- Non-woven functional fabric for increased negative ion output.
- Oxford waterproof fabric to reduce damage from perspiration.
- Bamboo carbon fiber black cotton.
- Copper net to shield from harmful EMFs.
- Electric discharge patented layer.
- Heating system: state of the art silicon heating wire wrapped in EMF shield foil + bi-metal, and heat sensor.
- Yellow mud that increases FIR output.
- Charcoal layer.
- Heat absorption release layer.
- Oxford waterproof fabric to reduce water damage.
- Thermal insulation to prevent heat from being conducted downwards.
- Ecological compression cotton for comfort.
- Waterproof eleusine cloth that prevents wear and protects mat.
- Pulsed electromagnetic field system (PEMF) (certain models)
- Photon LEDs (certain models)



"I use this on my massage/facial spa table and clients love their services and the benefits even more."  
B. May

# SET UP

When setting up your mat it is usually important to find a flat surface. A bed, the floor, or a massage table all make for ideal placement. You will need to be near an outlet to power your mat so be sure to take that into consideration or have an extension cord on hand.



1

Open the box. It might be our original box or any other packaging.



2

You will find a carrying bag with your mat and accessories (if any).



3

Take the controller out and put your mat on the flat surface (if applicable).



4

Plug the controller into the mat's power port.



5

Plug the other end of the controller into the power outlet.



6

Turn the power button on, set the timer (if any) and set the temperature to 30-70C, according to your comfort.

7a



Lie on the mat in any way you choose. You can lie on the bare mat, especially if your mat has photon light therapy.

7b



You should cover your mat with a towel or an optional water-proof cover to protect it from spills, sweat, or stains.



# ATTENTION!

Always cover the mat in its entirety. If you cover it partially, it may over-heat due to sensor disruptions.



Many of our models come with a waterproof cover. You may also purchase one from us or use one of your own.



If you choose to cover your mat, always cover it completely.



You can lie down on the cover. It will not reduce any benefits of the mat.

# HEALTHY WAVE MATS

OFFERS OVER 100 DIFFERENT MODELS.

Soft and flexible models can be used on any surface, while firm models should be used on flat surfaces only. Belts, vests, pillows and other special units are easy to use according to their purpose.

OVER  
**100**  
DIFFERENT  
MODELS



OVER  
**12**  
DIFFERENT  
MODELS

# CONTROLLER

We have over a dozen controller models to accommodate mats that treat a wide variety of conditions. As a result, the controller you have may not be one pictured here. We always provide the latest model for your particular mat.



- 1** Begin by plugging your controller into the mat first and then into the power outlet. Then, power on your mat with the controller. Depending on the model you have, this is done by pushing a button, turning a dial clockwise, or flipping a switch.
- 2** To set the desired temperature, press the temperature up button or turn the dial clockwise on your controller. For certain TAO models, you will have to first press the Temperature button, then press the up button.
- 3** The LED number on your controller will adjust as you are setting the temperature. A few seconds after you set it, the number will return to the current temperature of the mat and increase gradually until it reaches the set temperature. Your mat has an internal sensor that regulates the heat.
- 4** You may adjust the timer between 1-9 hours. Some controllers can only be set to 3, 6, or 12 hour cycles. Other controllers have no timer and will turn off after 12 hours automatically. You can also turn off your mat at any time.
- 5** If your mat is a model with PEMF or photon lights there are specific buttons to operate them. They can be turned on or off at any time with or without heat. Photon Light control include a timer which turns off lights after 1 hour.
- 6** When you turn PEMF on it will run for 20 minutes and then "sleep" for 100 minutes. This cycle will repeat while the indicator light stays on. You may turn it off and on at any time to restart the cycle.

Find out more at:  
[HealthyWaveMat.com/controllers](http://HealthyWaveMat.com/controllers)

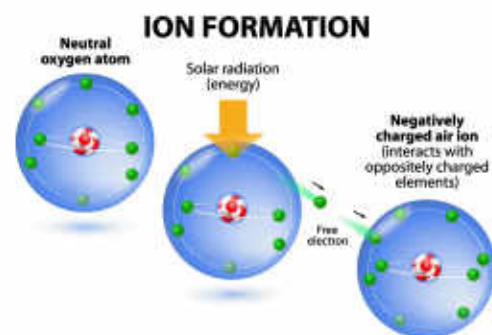
## FAR INFRARED

We use natural gemstones that convert heat energy into healing far infrared. The higher you set the temperature the more far infrared you will receive from the stones. However, even at warm temperatures, you will still get the benefits of far infrared.



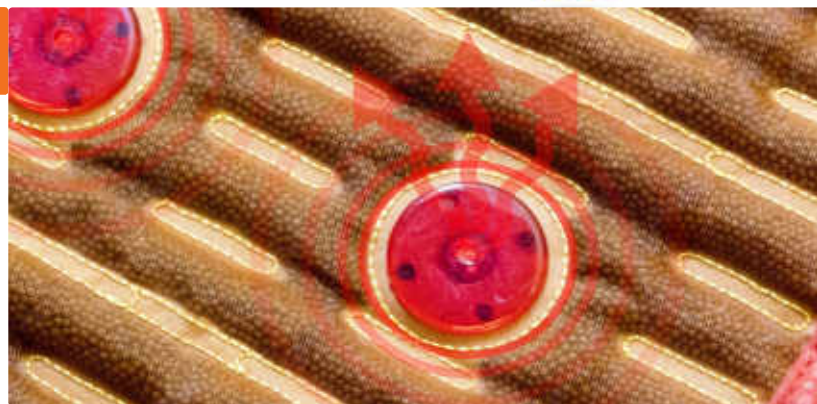
## NEGATIVE IONS

Negative ions are emitted naturally from the gemstones. Once you turn your mat on, even at 30°C (85°F), the negative ion output is greatly increased. The output of negative ions varies from 300-3000 per cubic centimeter depending on the stones and temperature.



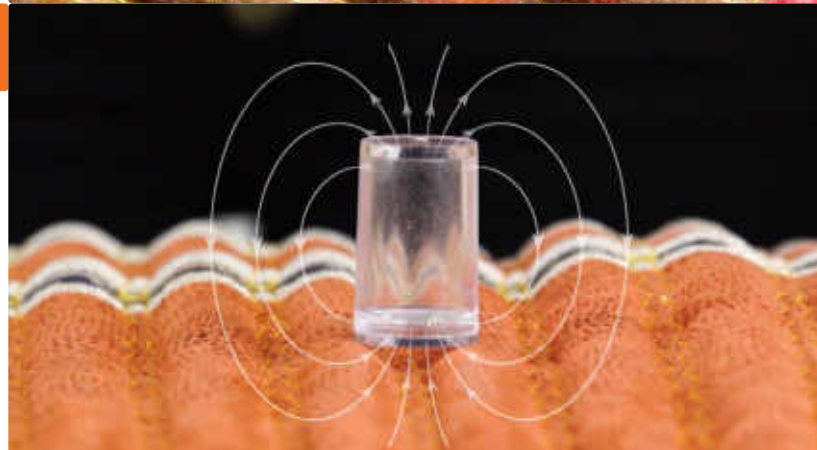
## PHOTON LIGHTS

Photon Light is part of the light spectrum at a wavelength of 660 nanometers. It is known to provide positive skin healing effects. Your mat may come with the photon lights indicated by the red circular LEDs. The photon lights should make contact with your bare skin in order to receive their full effects. Photon lights can be used for any period of time without the worry of side effects occurring.



## PEMF

HealthyLine bases its PEMF technology on the specifications that have been proven to be most effective. They are a PEMF of 7.83 Hz, up to 3000 milligauss intensity, and a pulsed sinusoidal wave. This combination brings maximum effectiveness with simplicity and reduces complications. It is also the combination that is most in line with Earth's natural magnetic field, mimicking its frequency and intensity which is most compatible with our bodies' natural biorhythms.



# TEMPERATURE

**H**eating the gemstones in your mat naturally releases far infrared rays and negative ions. Adjusting the strength of your exposure is as simple as adjusting the temperature of your mat. As a general rule of thumb, the higher you set the temperature, the shorter your session should be.

**B**egin with 37 degrees Celsius, the average temperature of the human body. Gradually adjust from there until you find a temperature you are comfortable with. You can cover your mat with a blanket or a towel to trap the heat inside. The same blanket or towel can also guard your skin if the stones feel too hot for you.

## 30-40°C | OVERNIGHT

Safe if you have sensitivity to heat. Also good for overnight use or long periods of time. Provides regenerative sleep and recovery. Gives deep relaxation.



## 45-55°C | OVER 2 HR

Good for cycles of 2 hours or more. May help with cardio, your respiratory system, blood pressure, and sugar regulation.



## 55-65°C | 30-90 MIN

Cycles of 30-90 minutes may help with stress, tension, anxiety, and trauma relief. Increases joint, muscle, tissue, and pain relief as well as your mood and levels of relaxation. Twice a day limit suggested.



## 65-70°C | 30-60 MIN

Cycles of 30-60 minutes provide sauna-level cleansing and detoxification of heavy metals and cellular waste. Stimulates natural weight loss, aids metabolism, and improves blood circulation.

**A**ctual temperature may vary depending on the model you have. The gemstones used are natural semi-conductors - they get hot quickly and release their heat into the air. Cover your mat to trap the heat and achieve optimal temperatures.





## USAGE AND TIPS

- 1** As you detox, your body may lose hydration at a faster rate than it usually does. Drink plenty of water before and after use. Until your body is used to the mat, only sleep with it on warm heat settings. Extended use at high temperatures may result in dehydration.
- 2** You can cover the mat to protect it from sweat and to protect your body from direct contact with hot stones. A cover does not reduce the effects of FIR, negative ions, or PEMF. Using a cover helps to heat up the gemstones faster.
- 3** Before use, you may preheat your mat. Turn the mat on and set your desired temperature. Cover the mat with the optional foil blanket or any other material that would prevent heat from escaping into the room.
- 4** For your first few sessions, begin at a low temperature for a set period of time. Increase the temperature incrementally as you familiarize yourself with the mat. Simply take note of how you feel at different temperature settings and know how to adjust for your next session.
- 5** You can use your mat every day. At high heat settings you should not have more than two sessions per day. With medium to low settings, you can use the mat all day with proper hydration.

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**"The warmth penetrates your whole body and it's nothing like a heating pad—combined very comforting experience."**

Rita S

## EXPECTATIONS

### COMFORT

Each Healthy Wave Mat is designed with the sole intention of improving your health and wellness. It is important to remember that first and foremost this is a sophisticated wellness device. Included in every mat are pounds of natural gemstones. As a result, the mats can be a bit firm or stiff. Older models utilize large round pieces of tourmaline and jade. These mats have a firmer surface. More recent models use crushed pieces of amethyst. This includes models such as the TAO, the TAJ, and the SOFT. While the crushed stones feel more like large pieces of sand, they are still stones. It is not like laying on a mattress. No matter what model you may purchase, you may be dealing with some level of firmness. This can be improved by covering your mat with additional layers of padding to soften the surface.

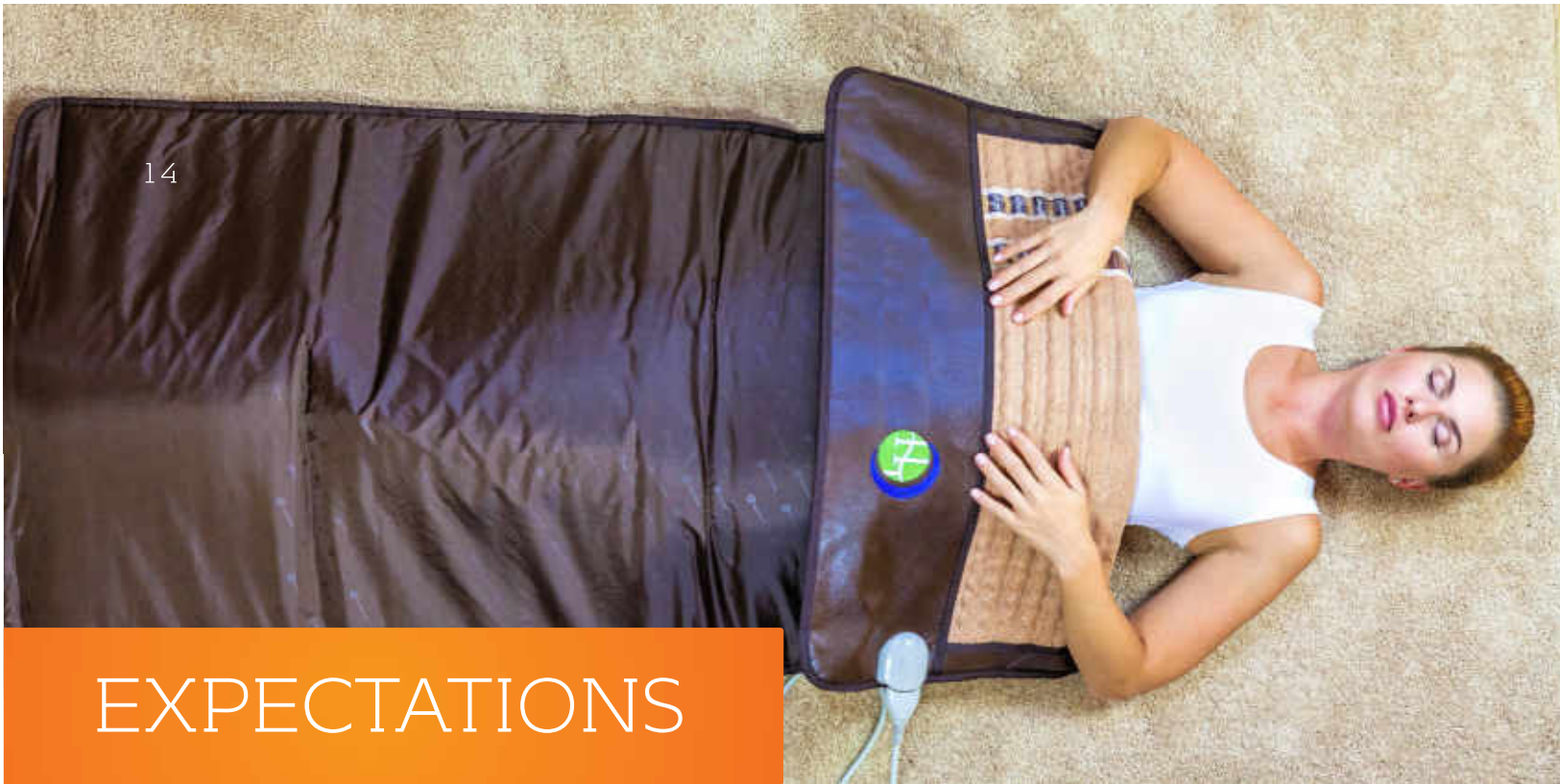
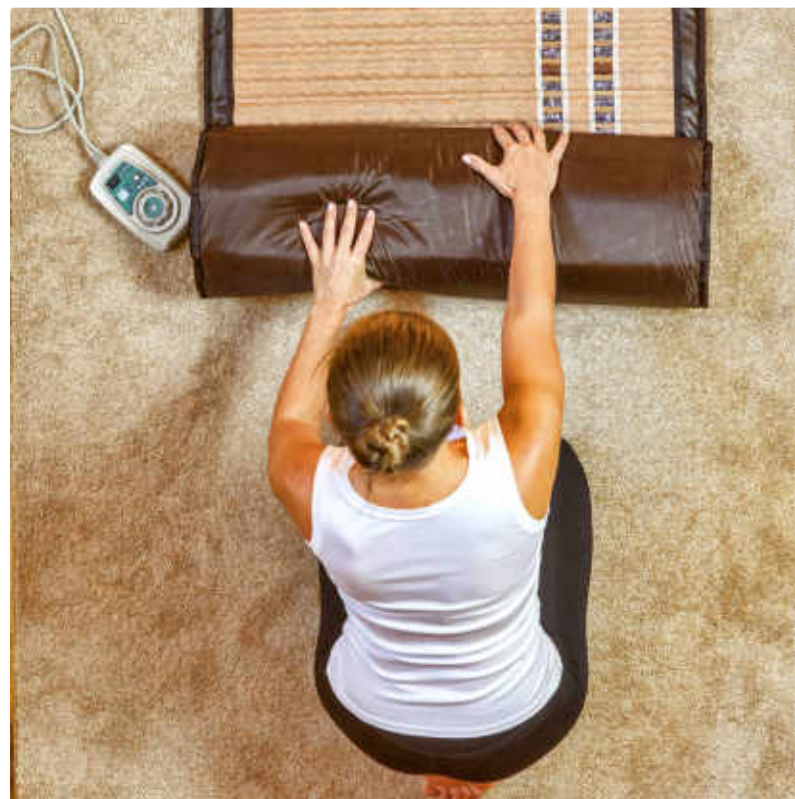
### RESULTS

Just like supplements and exercise may take months to work, using our products may take some time to notice results. However, some people may experience improvement immediately. Results may vary depending on the condition you are treating. Relief relating to muscles will be experienced the soonest.

*\* Heat therapy should not be applied to areas of open wounds or serious bruising. You should also avoid heat therapy if you have vascular disease, deep vein thrombosis, or multiple sclerosis as you may be more sensitive to burns. If you have either heart disease or hypertension, you should consult a doctor before using heat therapy. Women who are pregnant should not use heat therapy.*

### WEIGHT

Healthy Wave Mats contain large quantities of gemstones, premium materials, and complex healing systems. This results in a product of decent weight. Many full-sized mats and all larger models weigh more than 20 pounds. Very few of our mats weigh less than that. When it comes to heavy mats, we recommend keeping them in





## TROUBLESHOOTING

If your mat isn't working the first thing to always do is make sure you have it set up correctly according to the instructions provided. Should that be the case, try unplugging it and then plugging it back in. Next, fold and unfold the mat to make sure it is lying flat so that it can function properly. Heat the mat covered on the maximum temperature for 25 minutes to check if the controller is showing an increase in temperature. If

your controller isn't working properly, there are ways to check for a solution. Try unplugging it from the mat and wall, and then plug it in again. Try using different outlets. Make sure you plug the controller all the way in on both ends; this is the most common cause. If you're still experiencing issues, prepare the following information and then reach out to us:

- 1** Determine if your order is still within the 365 day warranty period.
- 2** Have your order number ready.
- 3** Your model number can be found on your invoice or on the tag on your mat.
- 4** Determine which controller you have by visiting [www.healthywavemat.com/controllers](http://www.healthywavemat.com/controllers).
- 5** Your shipping address.
- 6** Once you have this information ready, contact us by email at [support@healthywavemat.com](mailto:support@healthywavemat.com)

## CARE

Cover the mat with a blanket or towel to protect the body from direct heat, and to protect the mat from sweat. You may also purchase a waterproof cotton padded cover from HealthyLine.

After use, set the mat on high heat to allow moisture to evaporate. After a few minutes turn off the power and unplug the cable. Do not leave your mat unattended while it is powered on.

Clean the surface of the mat with a dry cloth.

To fold the mat, remove the power plug then fold the mat inward.

If you need to store your mat, use the dustproof bag provided.

Keep the mat in a dry and ventilated place.

Your mat will last longer the less you fold or bend it.

## LIFETIME TRADE-IN

HealthyLine offers the world's best lifetime trade-in policy. Regardless of your mat's condition you can always send it to us as a trade-in for a new purchase and use half of its original price for the same model (or better). So, even if you damage your mat it will never become worthless.

## LIFETIME UPGRADE

If your mat is in a good working condition and you wish to get a bigger, better or more expensive one, you can send it in to get the full retail price you paid towards one or more products with a value twice as much as what you are trading in.



All mats are carefully hand-made by highly qualified specialists. Then, every component is tested on different stages of manufacturing. Mats are tested for 35 points including zero EMF, heat level, heating time, weight, packaging, quality of stones, the number of layers, the level of negative ions, far infrared, and several measurement tests. PEMF and photon lights are tested too (on certain models). After being shipped from the factory to our warehouse, we may test it again before shipping to customers. A box may appear to have been opened because we check the product,

printed materials, and accessories.

Although we produce extremely durable products with the lowest defect rate in the industry and triple-stage quality control, we still provide hassle-free 365-day warranty coverage. Our warranty covers all new mat purchases from us or any one of our authorized resellers. In order to make a warranty claim you will have to provide a proof of purchase that verifies the purchase condition as new, the date of purchase, the model number, and price paid.

## If you have a concern with your product, please follow these steps:

1. Send an email to [support@healthywavemat.com](mailto:support@healthywavemat.com) describing your concern.
2. Most issues will be resolved with a replacement controller.
3. If a new controller does not resolve your issue, we will take further steps to ensure complete satisfaction.

If your product stops working during your warranty, it is most likely due to the controller. We will send you a free replacement. Simply send an email to [support@healthywavemat.com](mailto:support@healthywavemat.com) with a copy of your order (email or screenshot of your invoice), product model, and preferably a picture of your controller on both sides. Once we get that information from you, we will take care of the problem immediately. If a new controller does not solve your issue we may send you a brand

new mat. These exchanges will be for free for you in the continental USA only (Alaska, Hawaii and other countries must pay for all associated shipping costs). Anytime after your warranty ends, you can buy a replacement controller for about \$30.





## → NOTES

## FAQ

### Is your mat free of harmful EMFs?

Yes. We use industry-leading double isolation wiring which blocks EMF, then place it between two layers of EMF-filtering copper mesh.

### If I have a serious illness, can I use this mat?

If you have a serious health concern you could use your mat at a low-temperature setting. However, you should ask your doctor if heat therapy is right for you.

### How can I burn calories?

Using the mat gives your body similar effects to doing cardio in the gym. Infrared heat on a temperature of 50C-60C increases your heart rate and blood circulation, boosting your energy and metabolism on a cellular level. An hour of cardio can burn up to 500 calories. Another calorie burner is a sauna. If you set the temperature to 70C and cover your body with a blanket, you would receive real sauna benefits with sweat and detoxification. That is another several hundred calories being burned. Please keep it reasonably under one hour and keep the process comfortable for yourself. Drink plenty of water.

1. Our mats are good for people of all ages, including children. According to customer feedback, pets love the mats too! They eat better, play with more energy, and show signs of better health—regardless of their age.
2. You can always sleep on the mat at any time.
3. Drink plenty of water before, during, and after use.
4. The box you receive your package in may or may not contain our branding. The box may show signs of wear due to shipping and customs. We only sell new mats.
5. If you need to use a mat outside of North America you need to use a power converter. We also have a good selection of 220V versions.
6. Check our website for other products and accessories.
7. You should cover your mat with a towel, blanket, or one of our special waterproof covers.
8. Try a chair model. Watch TV, read a book, or give it to your kids to preserve their health starting at a young age. Get rid of the negative impact of constantly using computers and the TV. Your body will thank you.
9. There is protection built into the mats to prevent overheating. The mat will stop heating at the set temperature. Once the temperature drops, it will heat again.
10. We have special models designed for chairs, knees, arms, shoulders, and non-powered energy bedding.
11. For helpful videos, visit [healthyline.com/video](https://healthyline.com/video).
12. Spread the word! Share your experience with friends, family, neighbors, social media, and groups. You may also become an affiliate or referrer.

### How long can I use the mat?

You can use this mat for any period of time— even overnight. It all depends on your preference. Use a comfortable setting.

### Can I wash the mat? How do I protect my mat?

Cover the mat with a towel, bed sheet, or waterproof cover. If you need to clean the mat, use a wet towel (while the mat is off) and use a little bit of soap if the mat is really dirty.

## Can I fold the mat?

Yes, although certain models (such as the ones with a layer of PEMF) are less flexible. If you think you'll be storing the mat in a tight area, consider getting a mat such as the Reverse or SOFT models. But remember, when you fold the mat too often it may eventually lose its durability.

## Can I use it on the floor or bed?

Yes, our mats are designed for a flat surface such as a bed, massage table, or the floor.

## Can I use my mat overseas?

All mats use 110V power for USA and Canada, but you can still use the mat overseas with a good power converter. Most models are now available in 220V power — just ask or look carefully through the website.

## I see your mats are made with different stones. Which stone mat should I buy?

Mixed stones are the best unless you have your own preference. Amethyst is similar to jade. In general, the best mat choice is the TAO or TAJ with built-in PEMF.

## What size should I choose for sleep?

It is recommended to get 72" x 24" size, but if you roll over during the night you might consider getting 76" x 32", or 80" x 40". You can also consider Queen or King sizes.

## If I have more questions what is the best way to get answers?

Always email us at [support@healthywavemat.com](mailto:support@healthywavemat.com) and we'll get back to you with details and answers.

## I have a slight headache after usage of the mat. What do I do?

A headache is a sign of detoxing too fast and being dehydrated. Use a lower temperature and drink more water. Enjoy the process. Become healthy at a comfortable pace.

## Why are 20 pounds of amethyst so cheap?

When we buy one stone or a few, it costs a fortune. When we buy 100 lbs it costs less. But when we buy 1,000,000 pounds each year we can afford to sell our mats at a fraction of its cost!

# DISCLAIMER

This information is not intended to cure, diagnose, give advice on, or treat any medical condition, nor is reading this a substitute for reading the product User Guide. Please consult with a physician before use of this product. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Information with regard to our products does not reflect or represent product claims. HealthyLine assumes no responsibility for the improper use of its products or for a user's self-diagnosis and/or treatment using its products. Healthy Wave Mat products should not be used as a substitute for medically supervised therapy. If you suspect you suffer from clinical deficiencies, consult a licensed, qualified medical doctor. No action should be taken solely on content provided by Healthy Wave Mat; regardless of any perceived scientific merit, readers should consult healthcare professionals on any matter related to their health. The information in HealthyLine's materials was obtained from materials that are believed to be accurate, as presented by their respective authors, but Healthy Wave Mat assumes no liability for any errors or personal interpretation. Users and customers who fail to consult their physicians prior to the purchase or use of any product assume the risk of any adverse effects incurred. The Food and Drug Administration has not approved or evaluated the information contained in the literature or on this site. Any printed reference or direct link to a specific product is for your information or convenience only and may not be construed as an enticement to purchase and further is not intended or implied to be used in the mitigation, diagnosis, treatment, cure, or prevention of any disease. Except as specifically stated, neither Healthy Wave Mat nor any of its directors, employees or other representatives will be liable for damages arising out of or in connection with the use of this product or information. This is a comprehensive limitation of liability that applies to all damages of any kind, including (without limitation) compensatory, direct, indirect, or consequential damages, loss of data, income or profit, loss of or damage to property, and claims of third parties.

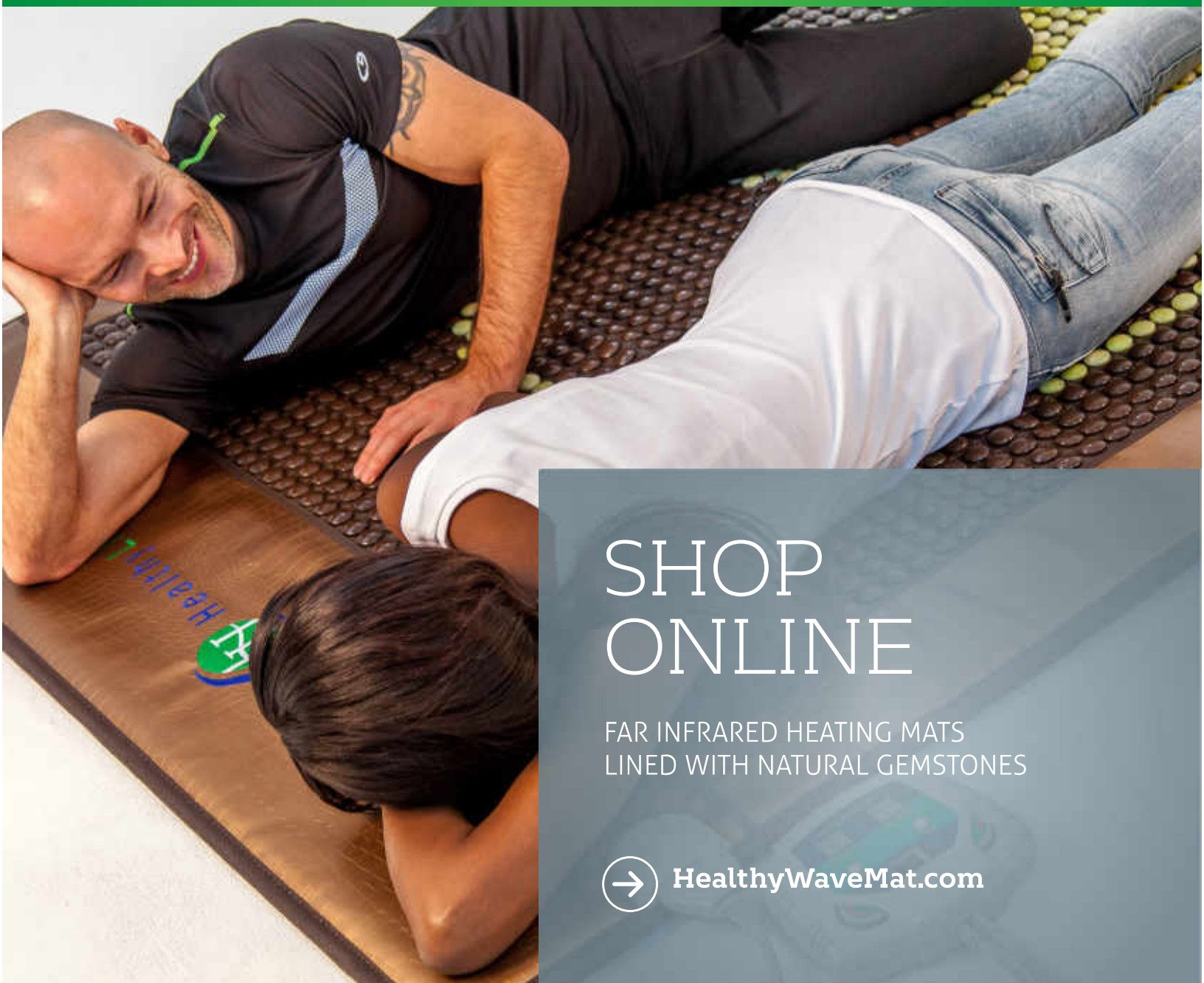
\* All information in this booklet is subject to change without notice.

\* Healthy Wave Mat is not responsible for any mistakes or misprint.

\* Check for updates on [HealthyWaveMat.com](http://HealthyWaveMat.com)



HEALTHYWAVEMAT.COM



# SHOP ONLINE

FAR INFRARED HEATING MATS  
LINED WITH NATURAL GEMSTONES

→ [HealthyWaveMat.com](https://HealthyWaveMat.com)

HEALTHYWAVEMAT.COM

2609 East 14 Street  
#303  
Brooklyn, NY 11235

Phone USA (360) 355-8167  
Canada (778) 736-0261  
Email [support@healthywavemat.com](mailto:support@healthywavemat.com)