

USER GUIDE INFRAMAT PRO

FAR INFRARED HEATING MATS
FILLED WITH NATURAL GEMSTONES

What's Included

Setting Up

Controller

Temperature Settings

Troubleshooting

Care



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



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

THANK YOU



HealthyLine strives to achieve complete customers satisfaction by providing the highest quality products meeting or exceeding customer expectations. Since 2015, we have been extending our passion for wellness 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.

For any questions, please contact us at:
e-mail: support@healthyline.com
phone: (888) 774-4422



JUMP-START INSTRUCTIONS

FOR THOSE WANTING TO GET SET-UP QUICKLY

1. Open the box. Your box may have signs of wear on the outside due to shipping, however this does not mean that your product is damaged.
2. Review the contents of your package. Make sure you have your controller and warranty card.
3. Plug one end of the controller into the mat and the other into a power outlet. We suggest to always use a surge protector.
4. Follow the controller instructions found later in this guide, or refer to our website (HealthyLine.com/controllers).
5. Set the temperature according to your comfort. A low temperature (40°C = 102°F) is enough to get benefits.
6. Use a towel or cover to protect the mat from moistures and stains. When doing so, make sure to cover the entire stone surface, or you could disrupt the heat sensors. It is also recommended to use extra padding to improve your comfort.
7. 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.
8. Stay hydrated! Drink water before and after use. The heat from the mat may make your body sweat more than usual.
9. Do not to bend your mat in unusual places.
10. Visit our website for more in-depth information about our products.
11. Due to its multi-layered construction, you should expect your mat to take about an hour to reach the highest temperatures. Cover your mat to retain the heat, otherwise it will constantly go out into the air. Lie on the surface and use the weight of your body to press the gemstones against the inner heat layer, otherwise your mat may not reach its max temperature of 70°C.



USER GUIDE INFRAMAT PRO

HealthyLine

SAFETY PRECAUTIONS

1. Please take the time to properly familiarize yourself with the information in this user guide before using your InfraMat 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. We suggest to always use a surge protector.
3. The mat with PEMF is not suitable for individuals with a pacemaker or a metal implant.
4. Pregnant women, those who are nursing, and users who have a pacemaker or a metal implant, should not be exposed to the increased heat from the mat.
5. If you have any preexisting conditions that may be cause for concern, ask your doctor if heat therapy is a suitable treatment for you.
6. Limit heat treatment at maximum temperature to one hour per day to prevent dehydration and hyperthermia.
7. 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.
8. Do not bring the mat into contact with flammable cleaning supplies.
9. Protect your mat from moisture at all times. This includes spills and consistent perspiration.
10. Use your mat on flat surfaces.
11. When using your mat in bed, use a cloth or towel to separate them.
12. Always unplug and power down the mat completely before folding it to put away.
13. To prevent damaging the mat, only fold it in its predetermined positions.
14. When you cover your mat, always cover the entire surface. Partial coverage can make the heat sensors malfunction which can alter the temperature settings.
15. Do not apply heat therapy to areas of open wounds or serious bruising.
16. You should avoid heat therapy if you have vascular disease, deep vein thrombosis, or multiple sclerosis.
17. If you have either heart disease or hypertension, you should consult a doctor before using heat therapy and only use low-temperature settings of 30-35°C.





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

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WHAT'S INCLUDED

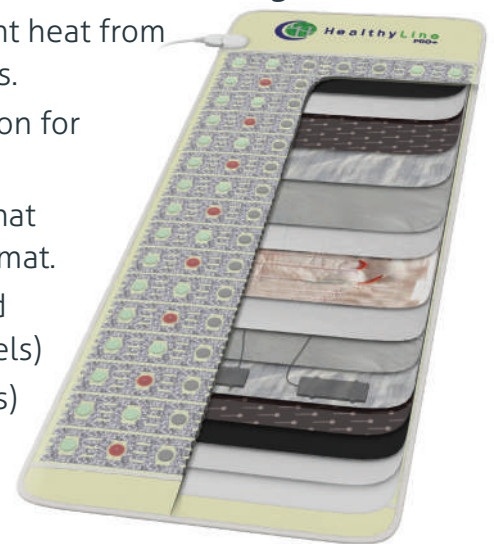
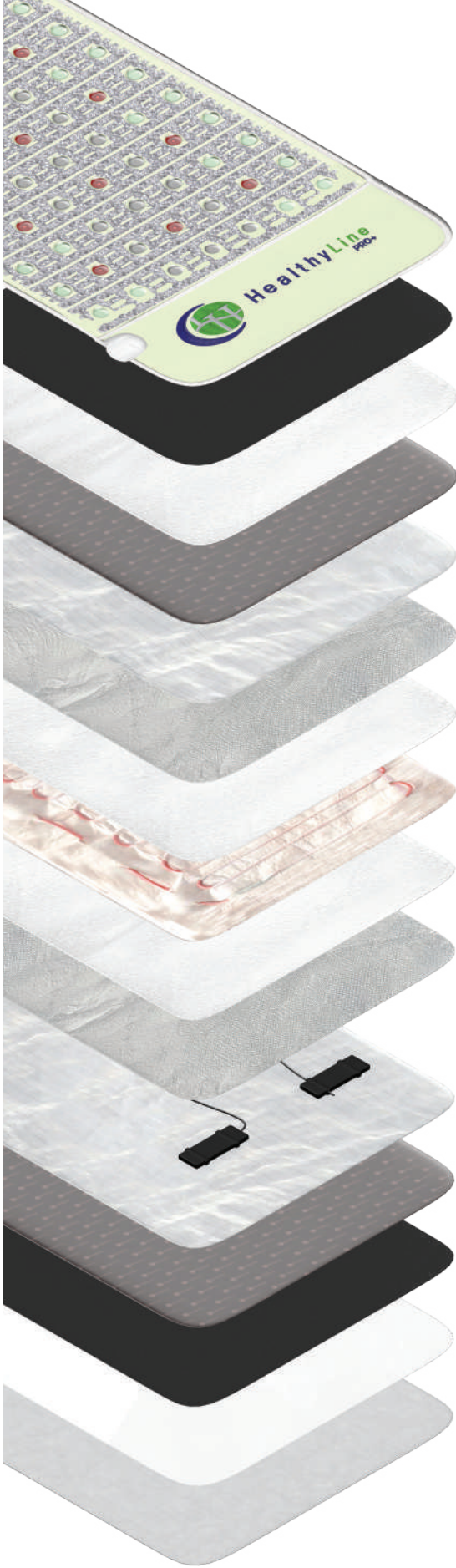


- The Mat
- LED Controller (one of several models)
- Carrying Bag
- Foil Space Blanket (optional)
- Waterproof Covering (optional)
- Warranty Card
- A Metallic Ball for Testing PEMF (optional)
- Printed Materials (optional)

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 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, 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.



2 You will find a carrying bag with your mat and accessories (optional).



3 Take the controller out and put your mat on the flat surface.



4 Plug the controller into the mat's power port.



5 Plug the other end of the controller into the power outlet. We suggest to always use a surge protector.



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

7a



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

7b



With medium and high temperature settings you should cover your mat with a towel or an optional waterproof 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.

HEALTHYLINE

OFFERS OVER 100 DIFFERENT MODELS.

Soft and flexible models can be used on any surface (reasonably flat), 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 a wide variety of mats. As a result, the controller you have may not be one pictured here. We always provide the latest model for a 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 pressing 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 press the temperature button first, 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.
- 6** When you turn PEMF on, it will run for 20 minutes and then "sleep" for 100 minutes. This cycle will repeat 3 times while the indicator light stays on. You may turn it off and on at any time to restart the cycle. PEMF can operate independently to the heat and photon lights.
- 7** When you turn the photon light system on, it usually works for 60 minutes and turns off for 180 minutes. This cycle will be repeated 3 times. At any time, the photon lights can be turned ON or OFF manually.
- 8** Rest assured, there is no combination of buttons or settings that would disrupt or damage your mat or controller.

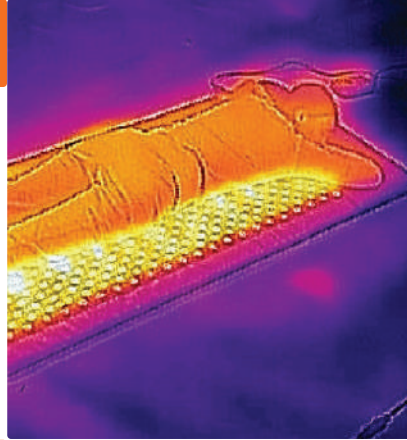


Find out more at:
HealthyLine.com/controllers



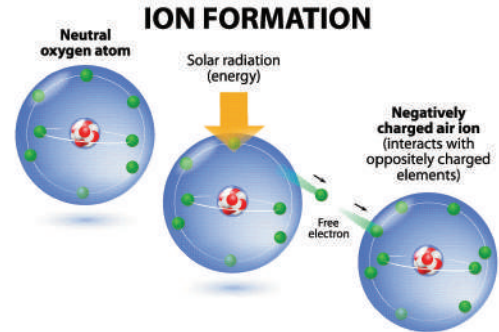
FAR INFRARED

Advanced heating systems and natural gemstones are used to deliver far-infrared deep into the body. Penetrating the body it helps to temporarily relieve stiffness, joint pain and bring muscle relaxation. The higher you set the temperature, the greater the level of far infrared you get. Even organic heat from your body activates the gemstones in our products to deliver benefits, but at a lower level.



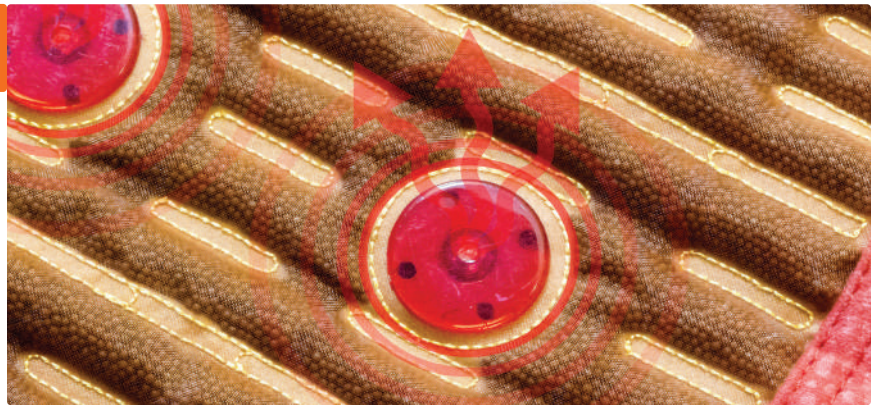
NEGATIVE IONS

Negative ions are naturally emitted from gemstones. Once your device is turned on, the negative ion output significantly increases. The higher you set the temperature, the greater the level of negative ions you will receive. The output of negative ions varies from 300 to 3000 per cubic centimeter, depending on the type of gemstones and temperature.



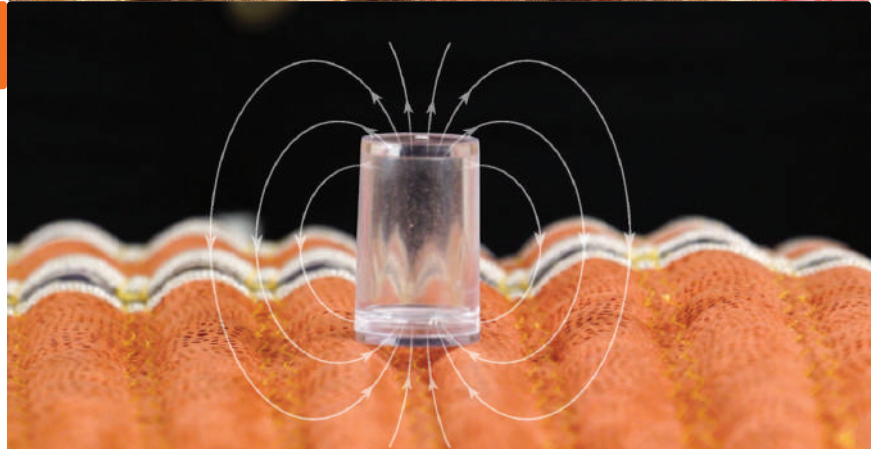
PHOTON LIGHTS

The photon lights in HealthyLine products use visible red light, at a wavelength of 660 nm, to penetrate the skin on a cellular level. Benefits are obtained when photon lights are applied through thin clothes or cover. For maximum effectiveness lights should contact directly with skin. Photon light therapy may help with cellular regeneration and improve your overall levels of wellness.



PEMF

HealthyLine bases its PEMF technology on the specifications proven to be most efficient. Currently, they are a PEMF of 7.83 Hz, 3000 milligauss intensity, and a pulsed sinusoidal waveform. These settings simulate the Earth's magnetic field, which is compatible with our biorhythms. When you initiate the PEMF function, it runs for 20 minutes and then shuts off for 100 minutes. This cycle repeats 3 times. The PEMF can always be turned OFF and then ON to restart the cycle manually.



TEMPERATURE

Heating 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.

Begin with 37°C, the average temperature of the human body. Gradually adjust the temperature until you find a comfortable level. You can cover the mat with a blanket or a towel to trap the heat inside like a sauna. You may also want to use a cover for the mat to alleviate some heat if the hot gemstone surface is too much for you.

35-40°C | 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.

45-55°C | UNDER 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.

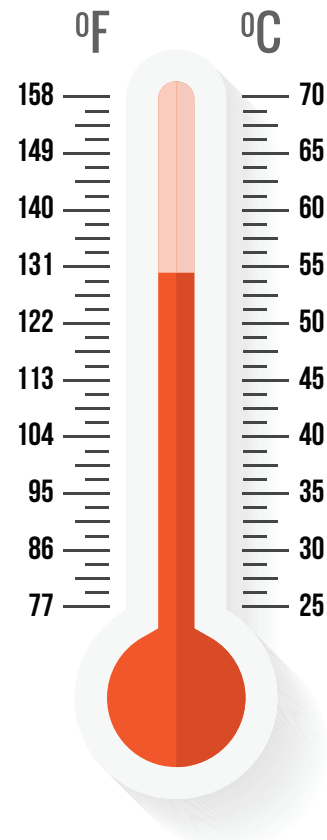
55-65°C | 30-90 MIN

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.

65-70°C | 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.

Actual temperature may vary depending on the model. The gemstones used are natural heat-conductors: they get hot quickly and release their heat into the air. Cover your mat to trap this heat and achieve optimal temperatures.



USAGE AND TIPS

- 1** If you use the mat at higher temperatures, your body may lose hydration faster than usual. Drink plenty of water before and after use. Only sleep on a mat with lower heat settings. Extended use at high temperatures may result in dehydration.
- 2** You should cover the mat to protect it from sweat and to protect your body from direct contact with hot gemstones. 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** Start the first few sessions with a low temperature for a period of time. Increase the temperature gradually as you become familiar with the mat. Just pay attention to how you feel at different temperature settings, and know how to adjust it for the next session.
- 5** You can use your mat every day with low and medium settings. At high temperatures, you should not have more than one session per day. Use a mat with proper hydration and in accordance with the manual.



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

EXPECTATIONS

COMFORT

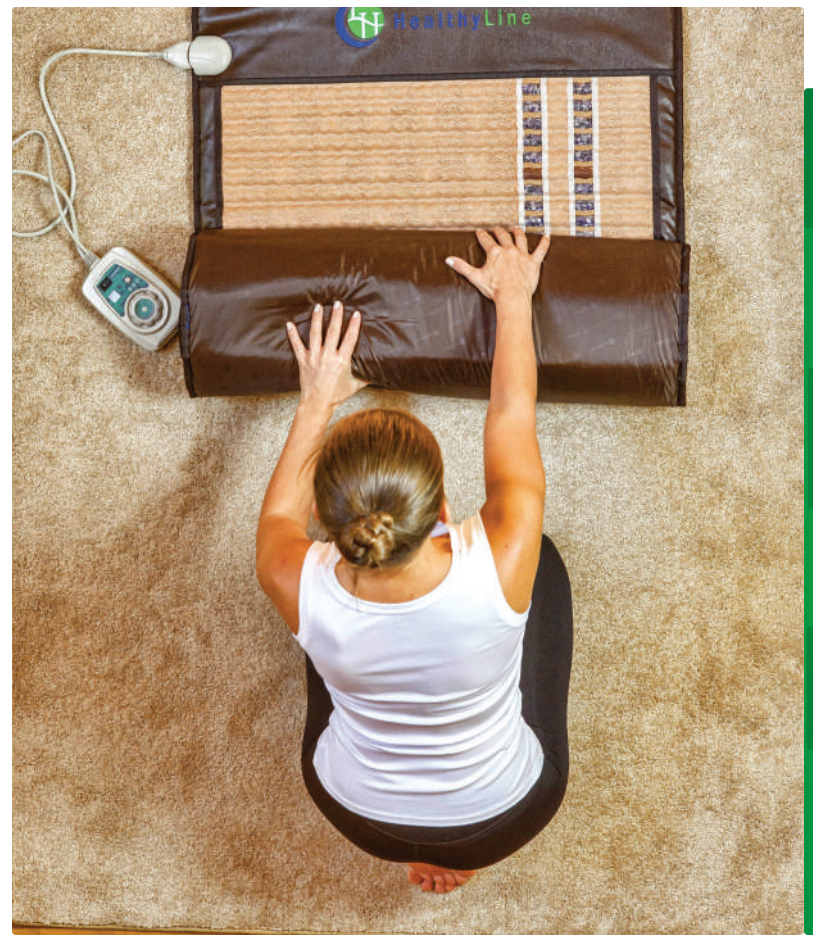
Each HealthyLine mat is designed with the sole intention of improving your health and wellness. It is important to remember that in the first place it is a complex wellness device. Each model includes pounds of natural gemstones and may be slightly hard or stiff. Some models utilize large round pieces of tourmaline and jade. These mats have a more firm surface. Other models use crushed amethyst, jade, tourmaline, etc. Although crushed gems are more like large pieces of sand, they are still gems. This is not the same as lying on a mattress. No matter what model you can get, you can deal with a certain level of firmness. This can be improved by covering the 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, most users can immediately feel muscle relaxation and temporary relief of minor muscle pain.

WEIGHT

Our mats are made with quality materials, and they contain a multitude of gemstones. The actual weight may vary from less than 10 lbs to over 50 lbs. Mats that are less than 20 lbs are classified as lightweight models. These mats are easier to transport and use while on the go. We recommend keeping heavy mats in one central location.





TROUBLESHOOTING

If your mat doesn't work, please be advised that this may be a minor issue that can be easily resolved. Make sure you set your mat correctly according to the instructions provided. Should that be the case, try disconnecting the controller from the mat and the outlet; fold and unfold the mat to make sure that it lies flat so that it can function normally; turn on the controller again. Heat the covered mat on the maximum temperature for 30 minutes to check if the controller

is showing an increase in temperature. If your controller does not work properly, try disconnecting it from the mat and wall, and then reconnecting. Try using different sockets. Make sure you plug the controller all the way in on both ends and set the timer before trying to adjust the temperature (your mat will not heat up if the timer has not been set). If you're still having problems, please prepare the following information and then contact us:

- 1 Determine if your order is still within the 365 day warranty period.
- 2 Have your order number or a copy of your invoice ready.
- 3 Find the model number and the serial number of your mat. They can be found on the tag of your mat.
- 4 Determine which controller you have by visiting www.healthyline.com/controllers.
- 5 Your shipping address.
- 6 Once you have this information ready, contact us by email at support@healthyline.com or call





CARE

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

After use, set the mat on a 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, and then fold the mat inward at predetermined places.

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.

WARRANTY

All mats are carefully hand-made by highly qualified specialists. Each component is tested at different stages of production. Mats are tested for 35 points including EMF, heating level, heating time, weight, packaging, gemstones quality, number of layers, negative ions level, far infrared, and other test measurements. Although we offer extremely durable products with the

lowest defect rate in the industry, we still offer hassle-free 365-day warranty coverage. Our warranty covers all new mat purchases. In order to make a warranty claim you will need to provide a purchase confirmation that verifies the purchase condition like new, purchase date, model and serial number, as well as the price paid (see page 15).



LIFETIME TRADE-IN

HealthyLine offers the world's best lifetime trade-in policy. After warranty period is over, regardless of your mat's condition, you can always send it to us as a trade-in and use half of its original value for a new purchase. So, if something happens to your mat – it will never become worthless.



LIFETIME UPGRADE

If at any point you decide you want a larger or more advanced mat you have the option to upgrade your current one. Please note that the new purchase must be at least twice the value of the mat you're aiming to upgrade. As long as your mat is in good condition, simply send in your mat with assistance of our customer service and get a credit to its full original value that will be put towards your new purchase of one or more items.



If you have a concern with your product, simply:

1. Send an email to support@healthyline.com describing your concern.
2. Call us at 1-888-774-4422





NOTES

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 wellness — 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 wellness 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.
12. Spread the word! Share your experience with friends, family, neighbors, social media, and groups. You may also become an affiliate or referrer.

FAQ

How are mats protected from EMF?

Your mat is made of industry-leading double insulating wiring that fits between two layers of a copper-mesh EMF filter.

If I have a serious illness, can I use a 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 at high temperature settings gives your body similar effects to doing cardio in the gym. Infrared heat on a temperature of 50°C-60°C temporarily increases circulatory processes in the body, boosting your energy. If you set the temperature to 70°C and cover your body with a blanket, you would receive real sauna benefits with sweat. Please keep it reasonably under one hour and keep the process comfortable for yourself. Drink plenty of water.

How long can I use the mat?

You can use the mat for any period of time – even overnight. It all depends on your preference. Use the convenient temperature setting and reduce duration at higher temperature settings.

Can I fold the mat?

Yes, although certain models (such as the ones with 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, mats are designed for a flat surface such as a bed, massage table, or 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 gemstones. Which gemstone mat should I buy?

Mixed gemstones are the best choice, 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?

You can always email us at support@healthyline.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 being dehydrated. Use a lower temperature and drink more water. Enjoy the process. Maximize your wellness at a comfortable pace.

Why are 20 pounds of amethyst so cheap?

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

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 slightly wet towel (while the mat is off) and use a little bit of soap if the mat is really dirty.

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. HealthyLine 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 HealthyLine; 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 HealthyLine 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 HealthyLine 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.

* HealthyLine is not responsible for any mistakes or misprint.

* Check latest updates on HealthyLine.com



HEALTHYLINE.COM



SHOP ONLINE

FAR INFRARED
HEAT THERAPY MATS FILLED
WITH NATURAL GEMSTONES



HealthyLine.com

HEALTHY
LINE

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