

# CONTROLLER INSTRUCTIONS

## HEAT CONTROLLER

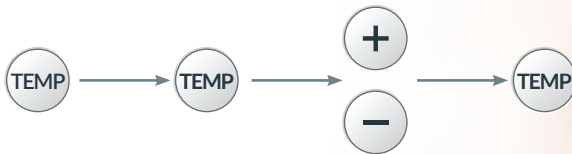
### POWER SET & ADJUST



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

### TEMPERATURE SET & ADJUST

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



### °F or °C UNITS SET

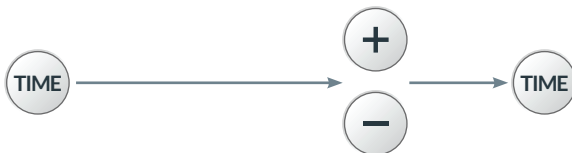
Press & Hold for 6 sec



To switch between Fahrenheit & Celsius.

### TIMER SET & ADJUST

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



### FACTORY RESET WITH THE CONTROLLER ON

Press & Hold  for 10 seconds.

The controller will shut down and then turn back ON automatically.



### INFORMATION

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.

Controller instructions can be found at any time at [HealthyLine.com/controllers](http://HealthyLine.com/controllers).

# TEMPERATURE CONTROL

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. The actual temperature of a mat may vary depending on the model. The gemstones used are natural heat conductors: they get hot quickly and slowly release their heat into the air. As a general rule of thumb, the higher you set the temperature, the shorter the session should be.

## 95°F - 105°F (35-40°C) | OVERNIGHT

Good for prolonged and overnight use. Promotes better sleep and the relaxation of both mind and body. The safe setting for those who have a sensitivity to heat.

## 105°F - 130°F (45-55°C) | UNDER 2 HR

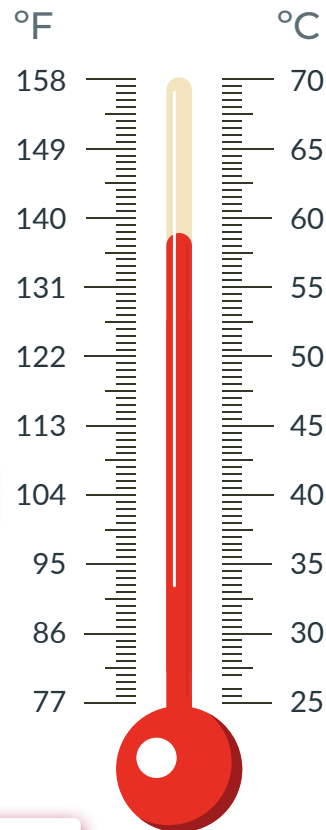
Good for cycles of 2 hours or less\*. Temporary relief of joint pain, stiffness, and minor muscle pain; provides muscular relaxation, and a temporary increase in local circulation where applied. Not too warm for the average person.

## 130°F - 150°F (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. A bit warmer than what the average person is used to. Should only be used twice a day at this setting and nothing more.

## 150°F - 160°F (65-70°C) | 30-60 MIN

Suitable for 30-60 min cycles\*. Provides a far-infrared sauna experience when the heat is trapped. Cover your body with the provided mylar blanket or with a towel to trap the heat. When you relax in gentle far-infrared heat, the body works hard to release sweat, temporarily improving circulation, and recovering faster. Should only be used once a day at this setting and nothing more.



\*A mat has to be covered in order to protect your body from direct contact with hot gemstones, and to protect the mat from moisture and stains (see Usage and Tips, \$9)