



Setting Up

Start by picking a location for the mat. Ideally, you would want to use a bed, message table, the floor, or any flat surface. Pick a place near an outlet or use an extension cord.

1. Slip the optional waterproof cover onto your mat.
2. Plug one end of the controller into your mat and then plug the other end into an outlet.
3. Turn the power on.
4. Adjust your timer to choose desired time.

If you have any problems with your controller, simply email us at support@healthyline.com and we'll take care of it immediately. DO NOT plug a controller into a different model even if it fits in the socket.



Controller

*We have over a dozen types of controllers and that is because our mats have different sizes and functions.

Although a different controller may fit into the socket please do not attempt to plug in a controller from a different mat. Your controller may look different from the one pictured for reference.



(Select controller models)

1. Begin by powering on the unit with your controller. This is done by either pressing the power button, flipping the power switch, or turning the dial clockwise.
2. To increase the temperature, press the Temperature Up button or turn the dial clockwise. For certain TAO models, you would have to first press the Temperature button then press the up button.
3. As you adjust the temperature, the two-digit number on the LED screen will show the temperature you are selecting. After you have chosen your temperature, the LED display will show the actual mat temperature and that will begin to increase until it reaches your desired temperature. The mat has an internal heat sensor that will heat up the mat when the actual temperature is below your setting and will turn off heat when it is above your setting. This is how the heat is regulated.
4. To adjust the timer from 1 to 9 hours press the Timer Up/Down buttons. For certain TAO models, you would have to first press the Timer button then either the up or down button. For other mats, press the Time button to choose between 3, 6, or 12-hour settings. Finally, some controllers have no timer function and will automatically shut off after 12 hours. You can also turn the mat off at any time.
5. If your mat has PEMF or photon lights, there are separate buttons for them. Photon lights 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 then go off for 100 minutes in a continuous cycle while the indicator light stays on. If you've had the PEMF on for a while you can turn it off then back to start the cycle over. You may also use the included PEMF tester to see if the PEMF is currently running.

Temperature Settings

The far infrared and negative ions in your mat come from the heated gemstones. Amethyst, jade, and tourmaline naturally convert heat into far infrared rays and negative ions. To adjust the strength, simply change the temperature settings.

Start with a warm temperature of 37 degrees Celsius (human body temperature) and gradually increase the temperature until you find a setting you are comfortable with. The general rule is higher temperatures for shorter uses and lower temperatures for longer uses. Always stay hydrated before and after using your mat. Note: instead of trying to convert Celsius to Fahrenheit, just note how different settings make you feel.

35-40C: Safe if you have conditions sensitive to heat. Also good for extended (overnight) use. Provides regenerative sleep and recovery. Gives deep relaxation.

45-55C: Cycles of 2 hours or more. Good for fitness and flexibility training. Helps with cardio and your respiratory system, blood pressure and sugar regulation.

55-65C: Cycles of 30-90 minutes (maximum twice per day) help with stress, tension, anxiety, and trauma relief. Increases joint, muscle, and weak tissue support, pain relief, deep relaxation, and mood. Improves the immune system and helps detoxification.

65-70C: Cycles of 30-60 minutes (maximum once per day) to provide sauna-level cleansing and detoxification of heavy metals and cellular waste. Stimulates natural weight loss, aids metabolism, and improves healthy blood circulation.

Actual temperature may vary depending on your model. Gemstones used are natural semiconductors-they heat up quickly and release heat into the air just as fast. To make sure your mat is as hot as you want it to be, cover it with a blanket or towel to trap the heat inside. You may also use a blanket or towel to protect yourself from the hot stones if you feel it is too hot.