



[www.EREDA.COM](http://www.EREDA.COM)



LIFE WITH  
**AMETHYST MAT**



# CONGRATULATIONS ON THE PURCHASE OF YOUR EREADA® REVITALIZING MAT WITH JEWEL CRYSTALS!

*We hope you will be as pleased as we have been with the superior quality and effects of this high end product. ENJOY and BE HEALTHY!!!*



## OUR MISSION

We have personally experienced great benefits from the Far InfraRed energy mats with crystals. All our family members and friends found them to be great devices for well-being and a life enhancement experience. We were impressed by the revitalizing power and at the same time dissatisfied by the poor affordability of these mats especially those with Amethyst crystals.

Our wish to share the powers of these precious stone mats with our relatives, friends and all other people of the same holistic health beliefs, encouraged us to launch our business. We decided to make these great products affordable to everyone.



## ABOUT OUR COMPANY

We are family owned company dedicated to customer satisfaction and providing the highest quality products at the best possible prices. Our strengths are:

- ◆ Professional experience in alternative and holistic health practices.
- ◆ Our own distinctive Ereada® brand.
- ◆ Construction from the highest quality components, in the most experienced ISO, GMS, CE certified and a division of Hyundai factory in Korea with almost 20 years experience in Hot Stone Mat manufacturing.
- ◆ Direct online sales to customers.
- ◆ CEO level customer support.
- ◆ Compact hard working family team (you can see us in the catalog illustrations. :-)
- ◆ Low operating expenses passed as savings on to our customers.

The main objective of our team is to help others get the FIR InfraRed heat, Negative Ions, Amethyst and other crystals energizing power, PEMF (VLF), Photon and Negative Potential technologies for an affordable cost.



## OUR PRODUCT

Ereada® Far InfraRed Mat is a technology rich 17 layer system with a thick Amethyst layer, and optional Agate, Garnet, Jade and other natural gemstones, Yellow Mud, Charcoal, White Clay and Tourmaline Bio Ceramic balls. Our mats are distinctive from other similar products by heavier layers of gems and crystals increasing release of Negative Ions and Far InfraRed (FIR) rays.

Our mats are built with only 100% natural unpainted, non-irradiated, non-chemically treated certified grades of crystals and gems and best purity Bio ceramics.

Ereada® mats are available in the largest selection of colors, sizes and options, all with high-end design and of exceptional quality suitable for heavy duty professional use.



## RISK FREE PURCHASE

Ereada® Mat is a quality product built to last. It comes with a risk free purchase policy and a full one year warranty.

We have very low rate of product returns because usually our customers feel the benefits of hot amethyst energies from the very beginning. But we understand that such purchase is a big investment and so we do our best to provide our clients with a Risk Free protection.

In case the mat does not work for you, you do not feel benefits, or for any reason you are not satisfied, you can return the mat within 30 days after the delivery date. It is a real Risk Free purchase experience!



## WARRANTY

We provide a full one year warranty against manufacturer's defects in materials and workmanship from the date of purchase.

If during the warranty period a failure of the mat takes place, we will repair or replace the defective part or the whole mat Fast and Free. Both shipping and return shipping are always free for warranty issues. The warranty is transferable. If you get the new mat as a gift.

After warranty service is fast and reasonable. Replacement parts for standard wear and tear are always available for prompt delivery.

Lifetime trade-in policy provides you with possibility to upgrade to a new model of our mat whenever it comes to the market.



## CUSTOMER SUPPORT

We have strong ethical principles of honest dealing and open business model. We share all our knowledge and information for the benefit of all people.

We personally manage all customer service concerns via email [ereada@ereada.com](mailto:ereada@ereada.com). Our reaction time usually is not more than several hours 7 days a week.

CEO level customer support allows to solve any problems in fast and effective way and keeps our awareness and alertness on the top level.



## IT'S TIME TO REVIVE YOURSELF...

We believe you will be very pleased with your Ereada® Far InfraRed Energy Mat.

We truly wish you to get rid of stress and enjoy a better quality of life with the aid of this amazing mat.

We hope you will experience as many positive results as we have now that you own one yourself.

*Sincerely,  
Andrey Kipor, President of Ereada Corp*





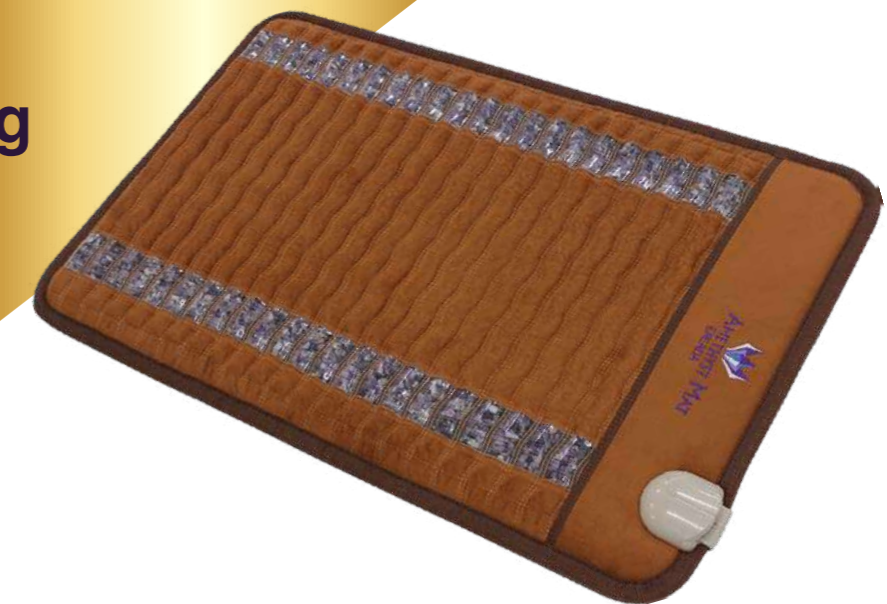
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**You Tube**  
Please, Check out our  
YouTube Channel  
[youtube.com/EreadaBiomat](https://youtube.com/EreadaBiomat)  
for informative videos!













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## Ereada® Mat Owner's Guide

### Ereada® Energizing Crystals Mats



### the powerful and harmonious energy of life...

-  Reveals crystals' powers and brings natural forces into your home\*
-  Provides a restful and calming setting in the middle of modern civilization\*
-  Creates an energized environment to feel inspired and happy\*
-  Great complement to massage, yoga and reiki\*
-  Helps to balance chakras' activity and clean energy channels\*
-  Ideal to supplement qigong practices and «chi» energy flows\*
-  Each session can help you feel invigorated and optimistic about your day\*
-  Part of a routine to help you make wellness and balance part of your lifestyle\*
-  Creates a comfortable environment to infuse spirit and boost creativity\*
-  Provides setting to relax while you meditate or seek mental clarify\*
-  Envelops with soothing and relaxing warmth\*
-  Complements active lifestyle and supports well-being\*

\*Ereada® mats are great for general wellness. They awaken the restfulness, comfort and invigoration, powers and energies and can become an important part of your healthy lifestyle. Ereada® mats may help supplement your lifestyle but they are not intended to diagnose, cure, treat, mitigate, or prevent any disease, illness or medical condition or to substitute medical treatment of any kind or to affect the structure or any function of the body. Please, see Legal Disclaimer section, page 21 for more information.





# WHAT IS EREADA® AMETHYST MAT?



Your new Ereada® Mat is a unique multilayer energizing system combining the benefits of the major natural elements of the Earth and Sun: Light, Crystal, Mountains, Air and Water.

## The mat brings these natural vital powers into your home.

- ◆ Far InfraRed Light is the Sun's spectrum most energizing radiant heat.
- ◆ Red Light is the Sun's non-heating 660 nm wavelength visible light rejuvenating the look of skin.\*
- ◆ Deep Far InfraRed Rays (FIR) are amplified and structured in the Ereada® Mat through release of Amethyst "superconductor" power absorbed during millions of years from the Earth and minerals.
- ◆ The essential elements of Mountain Air and Waterfalls are Negative Ions which are delivered by the mat directly, not through the air.
- ◆ Magnets concentrating the invisible but easily detectable forces of Earth and metals have been used for their powerful properties since ancient times. Low frequency Magnetism pulsation or PEMF is a modern application of this power, widely used in Europe and Asia.\*
- ◆ All five key components of these natural powers are synergized in one unique application for multiplication of benefits.

The main part of the Ereada® mats 17 layers system is the semi precious crystal layer forming all the surface of the mat.

To increase Far InfraRed Radiant Heat output Ereada® mats are built with up to 30% more of natural untreated purple Amethyst crystals than any other Amethyst mats of the same size.

The FIR rays generated by the heating layers are refracted and structured by the Amethyst and other Crystals and Bio Ceramics to penetrate up to 6 inches (15 cm) deep.

These rays are called «Crystal Rays» because they come in the isolated most absorbable wave length range between 4 and 16 microns.

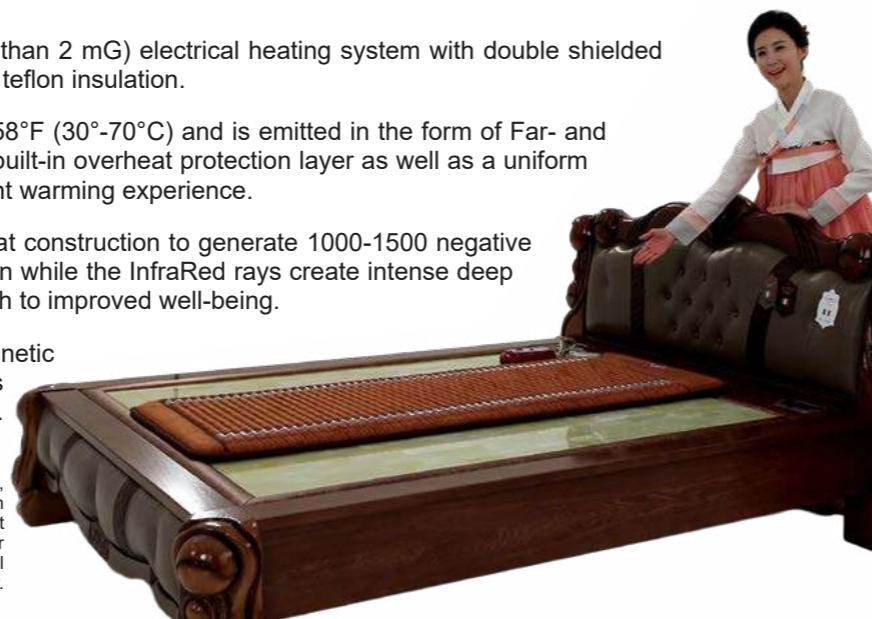
All mats come with the most advanced EMF free (less than 2 mG) electrical heating system with double shielded 24-wires twisted titanium elements in double silicon and teflon insulation.

The heat is adjustable in the range between 86° and 158°F (30°-70°C) and is emitted in the form of Far- and Mid-InfraRed rays with 93% efficiency. All mats have a built-in overheat protection layer as well as a uniform heating layer to keep users safe and provide a consistent warming experience.

Several unique layers are specifically added into the mat construction to generate 1000-1500 negative ions per cc. Anions are known for encouraging relaxation while the InfraRed rays create intense deep impact heat supporting both the body and mind on a path to improved well-being.

Optional Permanent Static Magnets, Pulsation Magnetic Fields and Red Light Photonic functions make our mats truly unique yet affordable for home and professional use.

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## HOW EREADA® MATS STAND APART FROM OTHER FIR MATS?

### 1 Ereada® Mats are original mattresses from Korea

Our products are built to last with the industrial grade materials such as the most expensive and reliable low EMF 64-wire twisted titanium heating systems with double silicon and Teflon insulation, and AUTO EMF grounding function which controls not only the magnetic waves on the safe levels of less than 0.5-2 mG but also the electric waves on the lowest levels of less than 10 V/M.

Ereada® mats are suitable for heavy duty professional use.

Their estimated lifespan is more than 10 years and many mats made by our manufacturer 20 years ago are still in use. It reaches the best industrial standards and significantly exceeds the life expectancy of the hot stone mats made in China which are recommended for home use only.

All our mats are made in Korea by the KFDA, GMP, ISO, CE registered facility of Hyundai company division with almost 20 years of manufacturing experience.

Purchasing Ereada® amethyst mattress with crystals and gemstones you receive the original Korean quality from the country where these mats were invented and used long before they came to both China and U.S. markets.



### IF YOU NEED A PROFESSIONAL LONG LASTING PRODUCT, THE MAT OF KOREAN ORIGIN IS THE BEST CHOICE

### 2 Unique Negative Potential (N.P. or E.D.N.I.) Function

The voltage of cells is about -70 millivolts. The greatest advantage of Ereada® mats is that in addition to Negative ion emission layers, some of our mats are featured with an advanced Negative Potential N.P. generation system called also E.D.N.I. or Electrical Discharge of Negative Ions.

This function is installed on Ereada® Rich Brown Amethyst mats Midsize and bigger as well as on some of our Brown and Gemstone mini mats. N.P. creates Electrostatic Field with 600 volts of Negative Potential converted at low speed into DC energy through the special Silver Fiber layer.

N.P. quickly restores the natural electrical fields that surround us. It is the most powerful technology for inducing negative ions in the amounts sufficient to alkalize.

N.P. function is available only on the FIR mats made by Korean manufacturers.

Negative Potential generation acts synergistically together with the Negative Ion function in maintaining energy potential at the optimal level and providing multiple benefits well known by practitioners and enthusiasts.

The N.P. function makes Ereada® Amethyst Mat a truly unique product in the market distinctive from other similar mattresses.

### WE CAN THINK OF N.P. AS A BATTERY RECHARGER

### 3 Powerful Magnetism Function and Red Light LEDs

Ereada® mats are very technology rich products.







Ereada® Amethyst mats of Purple Collection and Gemstone mats are featured with 300 Gauss Permanent Magnets and 100-400 Gauss Pulsation Magnetism (PEMF) Function.

These magnetic fields are several times more powerful than those of the other hot stone PEMF mats in the market and are close to special PEMF instruments.

Each of our 0.2W power monochromatic 660 nm Red Light LEDs produce at least 6-8 times more lighting energy than those of the mats of the other manufacturers.

**EREADA® MATTRESSES ARE MORE THAN HOT STONE FAR INFRARED MATS**

**4 Only 100% Natural Non-Treated Amethyst and Gems**

We use many types of Certified Jewel Grade Gemstones. The most important of these gems is the A+ Grade Natural Purple Amethyst.

Our Gemstone mats are featured with high A or A+ grades of 100% natural unpainted, non-irradiated, non-chemically treated Amethyst or blends of semi-precious crystals.

Gemstone mats are built with a multicolor variety of Natural gems may include Purple and Red Amethysts, Jade, Garnet, Red and Green Agates, Jasper, Tourmaline and other colorful types of Natural Quartz and Chalcedony from all over the world.

Several types of special Bio Ceramic Balls made of Tourmaline, Germanium, Elvan, White Clay, Charcoal, Gold Ore and Yellow Mud are added to multiply the beneficial effects.\*

**COMBINATION OF NATURAL CRYSTALS METAPHYSICAL POWERS USED BY ALTERNATIVE PRACTITIONERS FOR AGES WITH THE SCIENTIFICALLY-BASED MODERN FAR INFRARED, ANION, N.P., MAGNETISM, PEMF, AND PHOTON TECHNIQUES BUILDS A BRIDGE BETWEEN EASTERN AND WESTERN TRADITIONS**

**5 More Crystals per Mat of the Same Size**

Ereada® Amethyst mats are heavier with up to 30% more crystals per mat than other brands. The same sizes of our mattresses have more stones inside than the mats of other manufacturers. Thicker and heavier layers of gems are more valuable and powerful for radiant crystal rays and ions generation\*.

**GEMS USED IN EREADA® MATS ARE CERTIFIED GRADES DOUBLE TESTED BY KOREAN GEMOLOGICAL INSTITUTE AND CHA GEM LABORATORY**

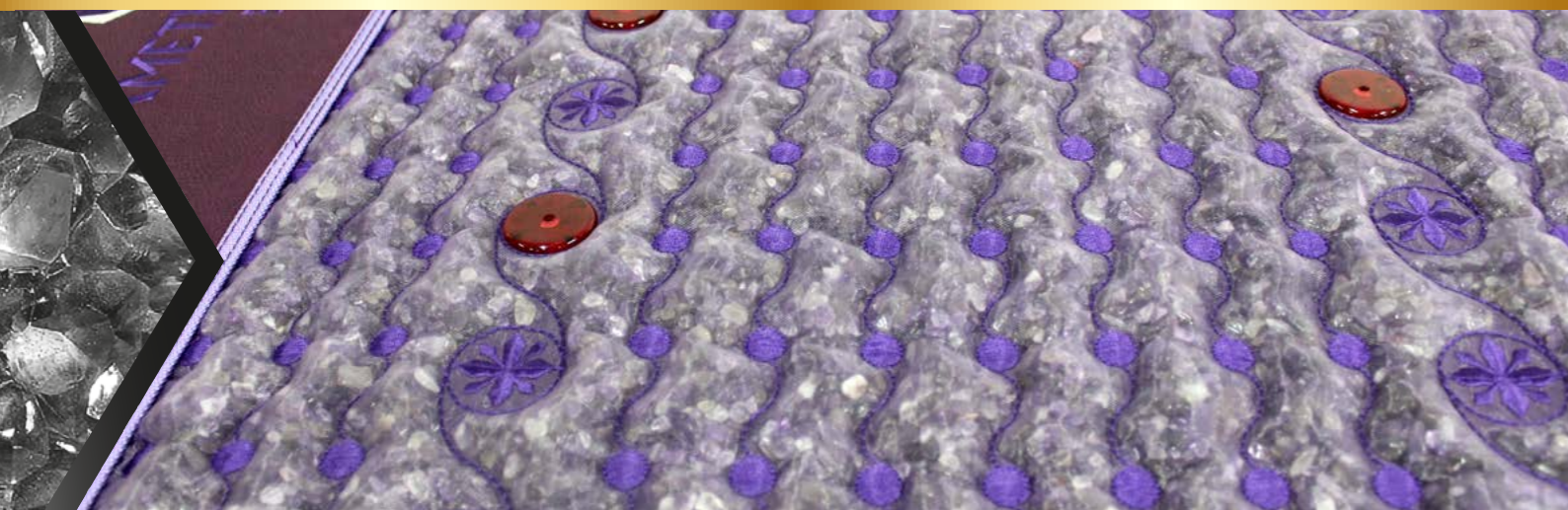


[www.hanmilab.co.kr](http://www.hanmilab.co.kr) Since 1982, The Hanmi Gemological Institute reports of diamond grading and gem identification have been proven as the cornerstone of integrity and consistency in jewelry industry.

[www.diaarts.co.kr](http://www.diaarts.co.kr) CHA Gem Laboratory is run by GG-GIA Gemological Institute of America graduate gemologist and master valuer certified in U.S.A.



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**EREADA® MAT SIZES**

Ereada® mats come in several convenient sizes for local use, whole body or even two person sessions:

- ◆ 20"x31.5" Mini
- ◆ 24"x59" Compact PRO or Midsize
- ◆ 29"x73" Professional
- ◆ 39"x75" Single
- ◆ 59"x75" Queen



It can be used on your bed, massage table, couch or chair or even on the floor for yoga and stretching.

The product line includes Ereada® Amethyst pillows great for hot stone mat high heat sessions.

These pillows come in 2 sizes (both with removable suede covers with crystals):

- ◆ Standard B-shape 
- ◆ Mini Half Roll or D-shape 

**Ereada® mats come in 3 collections**

**BROWN EREADA® AMETHYST MATS**

Rich Brown FIR Mat collection with two lines showing Amethyst crystals abundant under all surface. A thick layer of natural tumbled Purple Amethyst crystals is infused in the tubes across all the mat. High end heat resistant eco-suede is soft to the touch and yet quite durable. Midsize, Professional, Single and Queen Mats are featured with an extra silver fiber layer and N.P. function (optional for Mini Mat).

**EREADA® GEMSTONE MATS**

Brown eco-leather FIR Mat with mesh tubes infused with a blend of natural tumbled Gems that may include: Amethyst, Garnet, Agate, Jade; other colorful types of Natural Quartz and Chalcedony and several types of Bio-Ceramic micro spheres (ball-shaped). Mini Mat is featured with Permanent Static Magnets and N.P. function (optional). Midsize, Professional, Single and Queen mats are equipped with Permanent Static Magnets, Air Ion and Pulsed Magnetism PEMF functions.

**PURPLE EREADA® AMETHYST MATS**

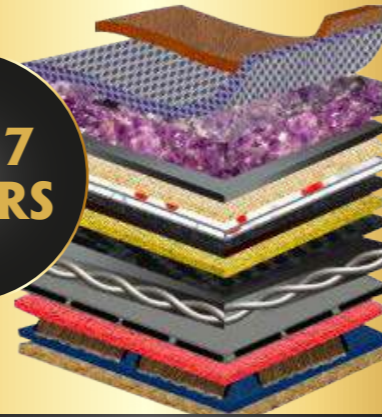
Purple FIR Mat with a thick layer of natural tumbled Purple Amethyst crystals filled in the mesh fabric tubes across all the mat. Mini Mat is featured with Permanent Magnets and Red Light 660 nm Photon LEDs. Midsize, Professional, Single and Queen mats are equipped with Permanent Magnets, Red Light 660 nm Photon LEDs, Air Ion and Pulsed Magnetism PEMF functions.







15-17 LAYERS

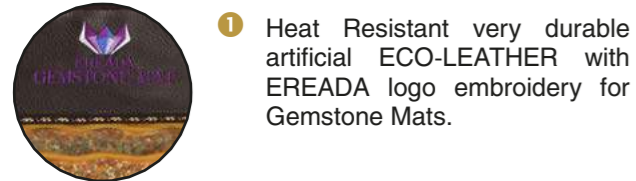


# PRECIOUS CRYSTALS POWER

Main part of the EREADA® Purple and Brown mats is the thick layer of Natural Purple Amethyst.



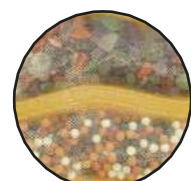
## EREADA® MAT LAYOUT



1 Heat Resistant very durable artificial ECO-LEATHER with EREADA logo embroidery for Gemstone Mats.



2 High Quality Transparent Ultrasonic bond Urethane forming two windows to view Amethysts for Brown Amethyst Mats.

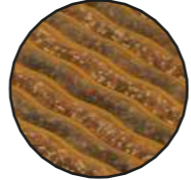
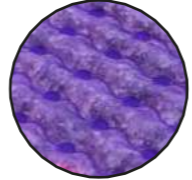


3 Blend of Grade «A», «A+» Natural, Not chemically treated tumbled 3-9 mm gems including Amethyst, Garnet, Jade, Agate and other colorful types of Natural Quartz and Chalcedony from all over the world (exact composition may vary). Several types of special Bio Ceramic Balls made of Tourmaline, Germanium, Elvan, White Clay or Pearl, Charcoal, Gold Ore and Yellow Mud are added to multiply the healthful effects.\*

OR  
1 High Quality wavy design microfiber SUEDE fabric which is very soft, elegant, durable and comfortable with EREADA logo embroidery for Purple and Brown Amethyst Mats.



OR  
2 Durable Mesh Fabric showing Amethyst, other crystals, gems and ceramics infused into wavy tubes throughout all the heating area of the mat for Purple Amethyst Mats and Gemstone Mats.



OR  
3 Selected Grade «A+» Natural, Not chemically treated tumbled 3-9 mm best Korean and Brazil Amethyst Crystals for Purple and Brown Amethyst Mats.



When crystals and ceramics become hot they start to generate the most available for you Far InfraRed (FIR) crystal rays as well as Negative Ions.

- 4 Optional Photon red light LEDs. Visible red light, at wavelength with 660 nm for optimal impact. It may be beneficial for rejuvenating and creating a comfortable environment.
- 5 Embroidery Fix Cotton Fabric for Thermal insulation.
- 6 Optional Negative Potential Silver Fiber Layer creating High Voltage Electrostatic Field with DC 600 volts of Negative Potential at low speed.
- 7 EMI Lead Grounding Wire for EMF (Electro Magnetic Fields) protection transferring absorbed by the charcoal layer E-waves into the Controller AUTO EMI function and then to the wall socket ground pin.
- 8 Optional PEMF (VLF) embedded coils. Creates recharging and restorative environment.
- 9 Charcoal Fabric Layer emits Far InfraRed rays and Negative Ions, decomposes and deodorizes smell, absorbs EMF and transfers E-Waves to ground.
- 10 Yellow Mud Clay Fabric Layer releases Far InfraRed rays and Negative Ions.
- 11 Anion Non-woven fabric which emits Negative Ions.
- 12 EMI (Electro Magnetic Interceptor) Carbon Fabric Layer with Ground Wire, shielding the user from EMF
- 13 EMF shielded and foiled double silicon and teflon insulated 64 twisted wire titanium heating elements.
- 14 Thermostat Sensors for reporting the temperature to the controller screen and Bimetal Sensors for over-heat protection with an automatic shut off feature.
- 15 Durable 0.2 mm Non Woven Fabric for Heating Wire Protection.
- 16 High Compressed Non Woven Fabric Layer for heat insulation.
- 17 Oxford Waterproof Fabric for Bottom Layer for durability, tension resistance, and overall protection from water on the bottom.



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AMETHYST CRYSTALS ARE THE MAIN COMPONENTS OF THE EREADA® AMETHYST MATS.

ONLY 100% NATURAL CHEMICALLY UNTREATED, NOT PAINTED, NOT IRRADIATED, NOT ARTIFICIALLY CHANGED BY ANY METHOD, JUST TUMBLED FOR BETTER LAYING COMFORT AMETHYST GEMS ARE USED IN EREADA® PRODUCTS.

The name «Amethyst» came from the Ancient Greek – (a-«not») and μέθυστος (méthystos – «intoxicated») a reference to the belief that the crystal magic protected its owner from intoxication, poisoning, evil and pernicious energy. In the ancient times it was one of the five main gemstones together with the diamond, ruby, emerald and sapphire. The gem was called a «healing stone» and used in the noble jewelry and royal crowns symbolizing health, luck and protection from evil.

During the ages Amethyst built a reputation of the powerful detoxifier, protecting users from addictions, poisons, diseases and even gluttony. The amethyst crystals have also been sought traditionally for their ability to induce good dreams and mind harmonizing, calming and wellbeing effects.

There are strong holistic beliefs that the amethyst pads can block the harmful electromagnetic radiation and negative influence coming from the «Dragon's veins», hot underground rivers and collectors with thermal water heated by magma, also called geopathogenic zones (the term geopathogenic also originated from two Greek words: geo means «earth» and pathos means «suffering» or «illness»).

Amethyst crystal emits an inherent wavelength of 32,876 KHz. The waves of this frequency are believed to enhance the vital activities. The InfraRed Light emitted or refracted by the amethyst crystals generates the most available and compatible deep penetrating heat.

There is a hypothesis that amethyst is natural power may function as a «natural superconductor» or amplifier providing the Far and Mid-InfraRed Light waves and the special nano vibrational frequencies with the maximum capabilities.

The mechanism of this action is called a «bio-resonance» and can be explained by an example of touching a large bell having an inherent number of it's unique vibrations with a single finger. When the bell is struck at a regular interval, it causes vibrations and it begins to move. The vibrations between molecules strengthens and the electronic energy increases making the bell ring.

Though the properties of Amethyst were discovered long time ago, due to the rareness and high price of the gemstone the purple amethyst mats, clothes and jewelries were a part of wealthy life only. In the modern times after the new Amethyst deposits had been discovered, the gemstone became more affordable and is considered semi precious now.







**RED QUARTZ**

Red Amethyst sometimes also called Red Crystal is not so famous as it's Purple analog. The crystal comes mainly from Canada and Brazil and is a rare variation of Amethyst with Hematite and Smoky Quartz inclusions providing a red shade. Three minerals produce a crystal cluster traditionally believed to bring the additional energy of courage, tenacity, inner strength, romance, and passion.

In Crystal word, in Reiki and Holistic Practices the Red Quartz is found to be more effective in balancing the Base Chakra. It carries ancient wisdom uniting sky and earth, grounds the soul, and anchors the light body shielding and protecting yourself when doing metaphysical work such as meditating or journeying.

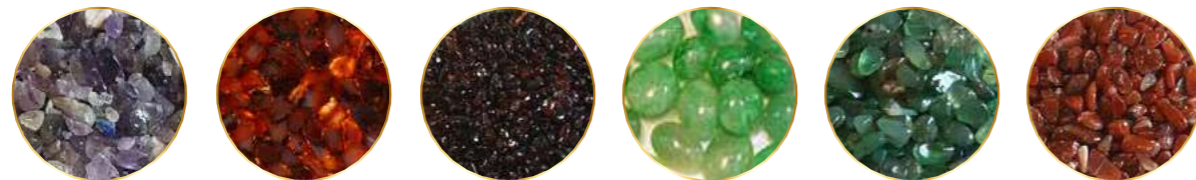
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Our Gemstone mats are filled with natural gems of several colors: Purple Amethyst, Red Agate or Amethyst, Green Chalcedony Agate or Jade, Reddish-Brown Garnet and several types of Bio Ceramic Balls made of Tourmaline, White Clay or Pearl, Charcoal, Gold Ore and Yellow Mud.



**SPECIFICATIONS OF EREADA® MATS CRYSTALS**



	PURPLE AMETHYST	RED QUARTZ	GARNET	JADE	GREEN CHALCEDONY	AGATE
GRAVEL OR BALL SIZE	3-9 mm	3-9 mm	3-9 mm	3-9 mm	3-9 mm	3-9 mm
GRADE	A+	A	A	A	A	A
ORIGIN	Korea, Brazil	Brazil	Brazil	Xinjiang, China; Brazil	Sichuan, China	Brazil
COLOR	Natural Violet Clear, no artificial paints added	Natural Red Clear no artificial paints added	Natural Brown-ish-Red Garnet, no artificial paints added	Natural Green and White, no artificial paints added	Natural Green Clear, no artificial paints added	Natural Red, no artificial paints added
CUT & SHAPE	Tumbled	Tumbled	Tumbled	Tumbled	Tumbled	Tumbled
POLARISCOPE TEST	DR	DR	SR with DR inclusions	Aggregate (AGG) DR 0.027 Nephrite DR 0.013 Jadeite	DR	DR
REFRACTIVE INDEX	1.54-1.56	1.54-1.56	1.72-1.89	1.55 - 1.68	1.53 - 1.55	1.53 - 1.55
SPECIFIC GRAVITY	2.64-2.69	2.64-2.69	3.74-3.94	2.55-3.70	2.55-2.70	2.55-2.70
FLUORESCENCE	LW No Refraction, Natural factor	None	None	None to very weak	Weak to Strong	Weak to Strong
MINERAL CLASS	Purple Quartz	Red Quartz	Rhodolite Garnet	Jadeite, Nephrite	Green Chalcedony	Red Quartz



**GARNET**

Garnet known as «the Stone of Happiness», is the mineral of Connecticut state which is the home of our company.

Gem's title is derived from the Latin name Granatum, a pomegranate, because of the resemblance the granular varieties of Garnet bears to the seeds of that fruit.

Garnets were used in Europe as far back as the Bronze Age, and in Egypt more than five thousand years ago. They were used in Sumerian culture around 2100 B.C. and in Sweden between 1000 and 2000 B.C. They were also popular in ancient Greek and Roman civilizations. According to the Talmud, the only light on Noah's ark was provided by a large Garnet. Garnet is said to have been one of the twelve stones in the Breastplate of the High Priest, and has been used as a sacred stone by the Native American Indians, the South American Indians, the Aztecs, the African tribal elders, and the Mayans. In Europe during the Middle Ages, Garnet was used to enhance truth, faith and constancy, and to dispel melancholy. These gems were especially used inlaid in gold cells found from Anglo-Saxon England to the Black Sea.

Garnet represents primordial fire, the creation of the world out of chaos, purification and love. It is a stone of strong, intense feelings. Legends and folklore place garnet among the most



ancient of talismans. As a Warrior's Stone, Garnet served as protective amulet in the Crusades for both the Christians and Muslims.

Garnet was prized for strong powers and protective energies. It is thought to have abilities to support removal of toxins and energizing the environment. At ancient times stones were placed in wounds.\*

Garnet is a sensual stone also known for its utilization of creative energy. It grounds spirit forces within the body and helps in the ability to work lovingly on the physical plane. Garnet provides a protective influence and a calming stable vitality during use. Placed under a pillow, Garnet is reputed to alleviate bad dreams. The stone has a long history of use in stressful situations.\*



**JADE**

Green Jade is the name shared by two minerals – Nephrite, and Jadeite. Though both rocks have different compositions, hardnesses, densities and crystal structures, both are exceptionally tough stones, similar in appearance, and equally valuable in metaphysical and healing properties.

Jade is known by the mankind across the globe for nearly 6,000 years. The primitive peoples in the British Isles, indigenous tribes of Mexico, Central and South America, and New Zealand carved it into masks and ritual artifacts, even cast it into wells as an offering to the water spirits for fresh and plentiful water. An endless variety of gems, vessels, incense burners, beads, burial items and statues have been carved from Jade, as well as musical instruments and pendants inscribed with poetry.



Jade is most valued for its metaphysical properties. It is the ultimate «Dream Stone», revered in ancient cultures, as well as today, to access the spiritual world, gain insight into ritualistic knowledge, encourage creativity, and dream-solve. It is cherished as a protective talisman, assuring long life and strong mind, and is considered a powerful stone, an amulet of good luck, love and friendship.





Jade has been the most highly esteemed stone in China throughout recorded history, and was valued for its beauty and powers of healing and protection. The stone is believed to radiate positive energies to protect and generally to strengthen the body.\*

Jade is also thought to be cooling. This may be why jade pads are very popular in Asian countries. When such pad is used without electricity in the summertime, its coolness creates soothing and relaxing environment.

Green and white most valuable types of Jade may be included into the crystals blend of Ereada® Gemstone mats. It works as an efficient absorber of natural InfraRed heat and passes it along gently and smoothly. Tumbled natural stones or disks are heated to emit deep penetrating FIR (Far InfraRed) rays.

Heated jade also emits negative ions, which help to counteract the undesirable positive ionization of the air caused by electronic devices.

Best of all, the unique properties of Jade work in combination with the powers of the Amethyst and Tourmaline crystals to achieve the synergic effects.



Agate is a variety of Chalcedony, which includes a wide range of other gemstones, including Chrysoprase, Bloodstone, Jasper and Carnelian. It is one of the first gemstones discovered by mankind, also called «Power Stone» and used for symbols for luck, as well as in alternative practices.

According to ancient stories and beliefs, it is believed that agate can provide water with miraculous powers. Agate infused water was used on wounds. As human body consists of water for up to 80% Agate is also transformative. It can protect against dehydration and heal skin disorders. This stone is reported to keep spiders away.\*

In addition to protective energies, agate is also reputed to enhances mental and analytical energies.

Agate has the power to harmonise yin and yang, the positive and the negative forces that hold the universe in place. In the East it is believed to stabilize the aura, eliminating and transforming negative energies.

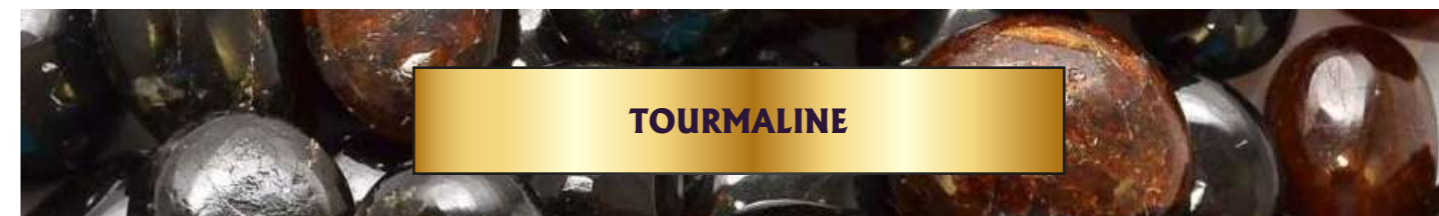
Agate is a grounding stone, supporting natural balance. It aids in centering and stabilizing physical energies. A soothing and calming stone, it works slowly but brings great strength. It may help foster feelings of acceptance, harmony, peace and appreciation.

Green varieties of Chalcedony represent situations that present stress and those demanding great courage.

In Ereada® mats Red Agates and Green Chalcedonies are used together with Amethyst and other precious stones to enhance and combine crystals powers.\*



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Natural Black Tourmalines and Tourmaline Ceramic Micro Spheres are famous for their ability to naturally produce anions. They help to create relaxing environment great for all night peaceful sleeping. Are as other crystals Tourmalines produce radiant rays. Both energies increase when more heat is applied.

**Tourmaline crystals are piezoelectric and pyroelectric.**

- ◆ Piezoelectricity is the electric charge that accumulates in certain solid materials such as crystals, certain ceramics, and biological matter in response to applied mechanical stress. The word piezoelectricity means electricity resulting from pressure. The piezoelectric effect is generally thought to act as a force sensor. This effect was exploited by research conducted at the University of Pennsylvania in the late 1970s and early 1980s, which explored the sustained application of electrical potential.
- ◆ Pyroelectricity is the ability of Tourmaline gems to generate a temporary voltage when they are heated or cooled. The change in temperature modifies the positions of the atoms slightly within the crystal structure, such that the polarization of the material changes. This polarization change gives rise to a voltage across the crystal. It is believed to be highly beneficial.\*

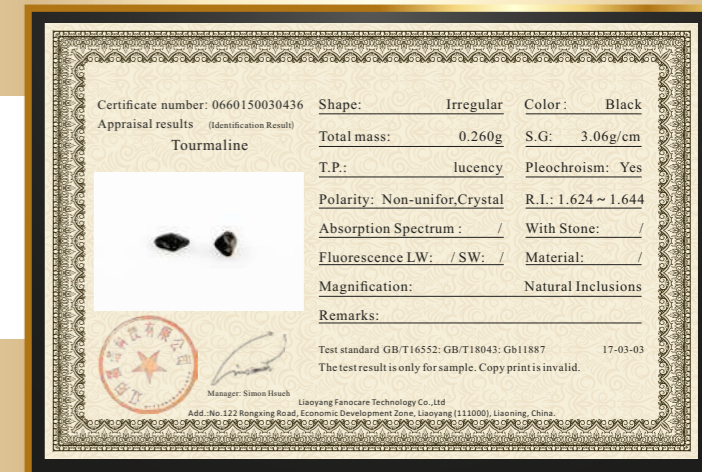
So when Tourmaline stones are pressed or heated, they produce an electrical potential and negative ions that have been linked with happiness, optimism, creativity and energy.\*

The cut and polished surface of the gems can also polarize light by shining rays so enhancing it's healing power.

All these properties make Tourmaline one of the most important stones.

Ereada® Gemstone mats in addition to special anion layers inside may be filled with Natural Black or Brown Tourmaline 3-10 mm Tumbled Gems or Ceramic Balls for negative ion emission.

Tourmaline stones naturally emit Negative ions up to 1000-1500 ions per cubic centimeter of the air, creating a refreshing and revitalizing environment in the area where the Ereada® Mat is used.







**BIO CERAMICS**

The use of white clay and ceramics in folk medicine goes back to prehistoric times. Indigenous peoples around the world still use it in the same manner as crystals and gems.

The German word for Magic «Zauber» means Ochre. Since the Paleolithic times Yellow, Gold and Red Ochre were used magically to heal, rub on the dead, and paint. It was an ingredient in the first ancient potions used by Druids to enliven the runes they scratched.

The Yellow Mud Balls are made from Tourmaline or Germanium Stone and 99% pure yellow clay with high content of Ochre, same as used the ancient preparation. These ceramic balls are produced using a low temperature heat treatment to preserve the original conditions. The most basic effect of the ceramic balls is the emission of InfraRed rays.

When stimulated by heat Charcoal Clay balls also release anions and Far InfraRed rays that raise temperature and promote warmth and comfort.

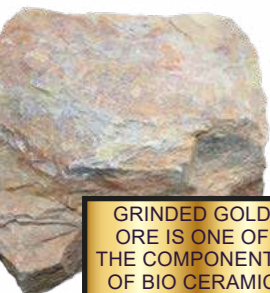
White Pearl, the «Stone of Truth, Faith and Love», is one of the optional ingredients for White Ceramic Balls.

Pearls have a centuries-long reputation for their metaphysical properties similar to those of crystals. They were famous especially among traditional Asian practitioners. Same as crystal gemstones pearls have specific frequencies of energy vibrations.

**SPECIFICATIONS OF EREADA® MATS BIO CERAMIC BALLS**



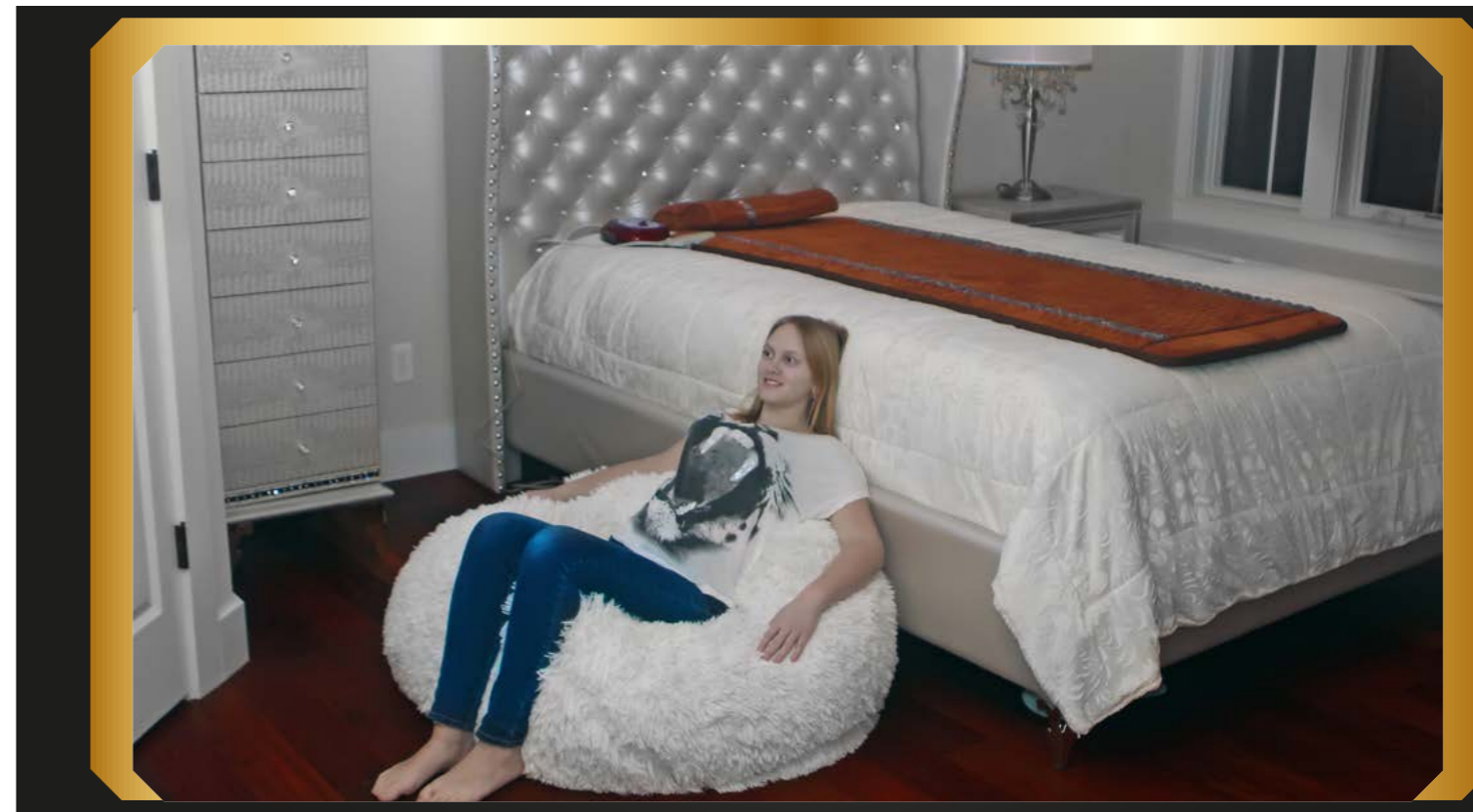
	TOURMALINE	GERMANIUM	CHARCOAL	WHITE CLAY
COLOR	Tan	Brown	Black	White
DESCRIPTION	Bio Ceramic Balls pressed from micronized Natural minerals, ores and stones and baked at high temperatures up to 1300°C to remove all impurities. Chemically Untreated, Natural Color, Non-painted, Non-irradiated. Compositions may vary.			
SHAPE	Spheres	Spheres	Spheres	Spheres
SIZE	3 mm	3 mm	3 mm	3 mm
TYPICAL COMPOSITION	Tourmaline powder, Volcanic stone, Yellow Mud, Ophiolite, Elvan, Gold Ore	Germanium powder, Red Ochre, Volcanic stone, Ophiolite Elvan, Gold Ore	Charcoal powder, Ophiolite, Elvan, Gold Ore, Volcanic stone	White Clay, Ophiolite, Elvan, Gold Ore, Volcanic stone, Pearl Powder (optional)
FIR ENERGY EMISSION (40°C)	min 92% efficiency in the best utilized by the human body wave range 5-20 microns; 3.72 x 10 <sup>2</sup> W/m <sup>2</sup>			
ANION EMISSION	up to 1500 ions per cc			
ORIGIN	Korea	Korea	Korea	Korea



GRINDED GOLD ORE IS ONE OF THE COMPONENTS OF BIO CERAMIC COMPOSITION



**HOT CRYSTALS' BENEFITS**



The application of heat has a long history. Ancient Greeks, Romans and Egyptians used hot stones, wrapping into hot blankets or immersing into the hot water or sand.

Practitioners in ancient India used regional and whole-body hyperthermia for health purposes and anti-aging. Asians heated by the sun the hand made mats with Amethyst, Agate, Tourmaline and Jadeite stones to accumulate the thermal healing power of the sun light which was transferred to the body while sleeping on the mat in the night.

Turkish baths, Russian banya and Finnish sauna are the other samples of traditional heat treatments that enhance wellbeing.

Thermal methods have great potential and the InfraRed Energy radiated by Amethyst crystals is the best source of such heat.\*

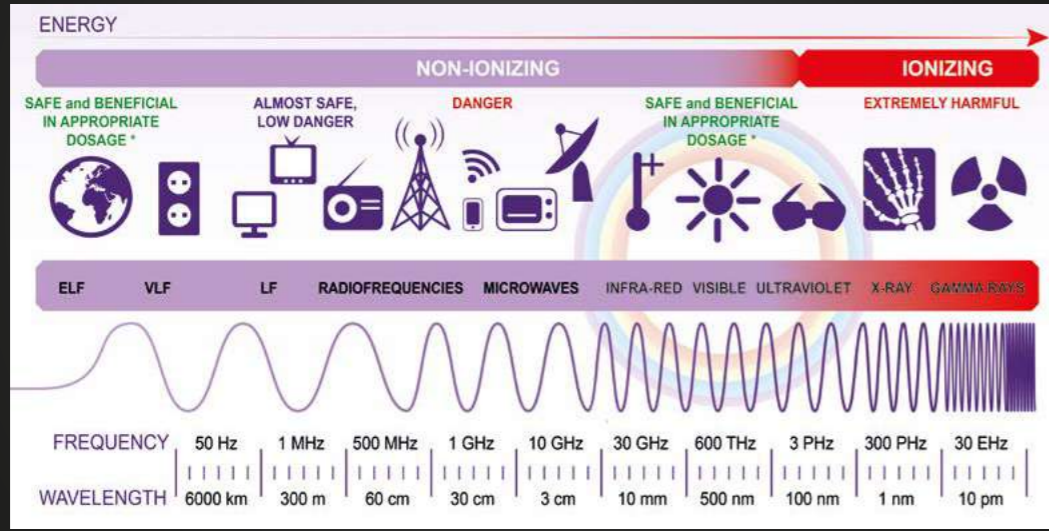


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# HELPFUL VS HARMFUL EMFs



## ELECTROMAGNETIC SPECTRUM

Electromagnetic fields (EMFs) are present everywhere in the nature. Light is its most familiar form though most part of EMFs is invisible to the human eye.

Electric and magnetic fields spectrum extends from static electric and magnetic fields, through radio frequency and InfraRed radiation, to X-rays.

They include Sun light, electricity in different forms, Earth magnetism and many micro sources of energy including our bodies, organs and cells.

It is important to understand the difference between the electromagnetic fields used for beneficial purposes and harmful EMFs which can cause damage to human bodies.

## EREADA® MAT EMF PROTECTION

Ereada® mats construction provides Far InfraRed heating without any harmful electromagnetic fields emissions. Full protection from harmful EMF is provided by the double silicon insulation and shielding of heating elements with the special wires catching and eliminating EMFs. The EMI (electro magnetic waves interceptor) layers with copper, charcoal fiber and aluminum foil control the remaining EMF on almost zero level.

Heavy Amethyst layer is also known for interception of EMFs generated by electronic devices in the space around. Negative potential and Negative Ions emitted by the Ereada® mats may help to neutralize the positive ionization of harmful EMF.

The EMFs of Ereada® mats are controlled on the safest zero level. The measurement showed that even during the spikes the AC magnetic fields intensity was less than 0.2 milliGauss (mG) on low heating and less than 0.6 mG on the highest heating level, which is even less than a typical in-home background (0.5-4 mG), and is considered generally safe for sleeping (less than 1 mG is recommended). For comparison the users of the devices such as laptops are subject to EMF exposure in the range of 2 to 20 mG, electric blankets 5 to 30 mG, hair dryers 10 to 70 mG, and an in-floor electrical heating system EMFs can reach even more than 100 mG.

Ereada® mats Controller AUTO EMI (Electro-Magnetic Interception) function automatically detects and transfers absorbed by the special charcoal layer lead wires electric waves into the wall socket «ground pin» for Earthing so maintaining e-waves on the safe less than 10 v/m ( less then 1 v/m by measurements) level.

## HARMFUL EMFs

There are a lot of natural harmful EMFs as UV light in high doses, Gamma- or X-rays radiation. The hazardous manmade electromagnetic fields also surround us. These fields are generated by electrical wiring in our buildings, electric tools, kitchen appliances, cell phones, computers, telecommunications and other devices. They can be distinguished by High Frequencies and High Intensity.

Some studies have shown a link between cumulative EMF exposures and suboptimal health.\*

**Safety and absence of harmful electromagnetic fields is confirmed by EMF tests in Korean registered Laboratory.**



# BENEFICIAL EMFs

### 1 Invisible part of light spectrum

- ◆ Near UV Sun Light (beneficial for vitamin D synthesis in skin\*) emitted also artificially by the special fluorescent lamps.
- ◆ InfraRed Light, especially FIR Light that transfers deep heat by non-contact radiant rays.\*

### 2 Visible part of light spectrum

- used for Light therapy (also called phototherapy) consisting of exposure to daylight or to specific wavelengths of light using lasers, light-emitting diodes (LEDs) or very bright, full-spectrum light.
- ◆ Full-spectrum light (heliotherapy) is used to treat the SAD (seasonal affective disorder), depression and other psychiatric disorders.\*
- ◆ Red and Blue lights (LED Bio-photon therapy) are associated with the skin. Visible Red Light with a wavelength 660 nm is often used for many benefits\*

### 3 Magnetic waves

Magnetism has a long history of use in permanent magnets. Static magnets were applied since the middle ages.

Pulsed ElectroMagnetic Field (PEMF) also called Very Low Frequency (VLF) Rapid Pulsed Magnetism (RPM) is a more modern restorative technique directing Pulsed Magnetic Fields at targeted areas.

«Rapid Pulsing» means that North and South Magnetic Poles are quickly alternated up to 50-60 times per second creating a dynamic Magnetic Field with a wavelength of 6 million meters same as the Sun and Earth's natural magnetic waves.

This is the longest magnetic wave in the universe that penetrates living tissue.\*

Combination of Far InfraRed Heat, Photon Red Light, Bio-Magnetic Pulsation in one device make Ereada® mats truly unique.

## MAGNETISM: STATIC MAGNETS AND PEMF

Small electrical currents and magnetic fields naturally exist in the human body as a part of chemical reactions and biological processes, such as brain activity, digestion, pumping heart or cellular potentials.

PEMF devices emit similar Magnetic Fields nearly identical to these frequencies created by the cells, organs, bones and tissues of the body. These safe, natural magnetic fields alternating at ultra low frequencies are complementary to chemistry and functionality.

Pulsed Magnetism is recognized by scientists and professionals.

All Purple Ereada® Amethyst and Gemstone mats are equipped with 12 pcs (Queen Mat 24 pcs) powerful static magnets. They naturally produce 300 Gauss Magnetic Field without electricity.

In addition the Compact Pro size mats and bigger of the «magnetism» collections are featured with several PEMF copper coils for 100-400 Gauss intensity Pulsed Magnetic Field generation.

You can find studies and scientific reports about FIR, PEMF and LLLT published on US National Library of Medicine and National Institutes of Health website <http://pubmed.gov>.\*

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## PHOTON RED LIGHT ENERGY

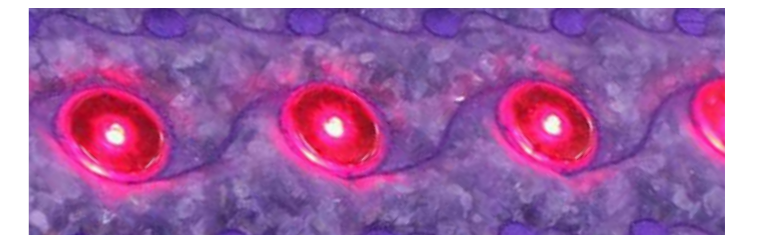
UV-free 660 Nm Red Light Therapy also called LLL or Low-Level Laser (Light) or Photonic Stimulation is a warm relaxing treat.\*

Visible Red Light with a wavelength 660 nm proved to be able to penetrate tissues.\*

Now the Red Light Phototherapy is widely used for its ability to rejuvenate the look of skin.\*

Combination of the visible Red Light with the penetrative InfraRed Crystal rays may be helpful and beneficial.\*

Ereada® mats with «PHOTON» LEDs synergies both visible (660 nm) and invisible (FIR) Red Lights in the one powerful device.





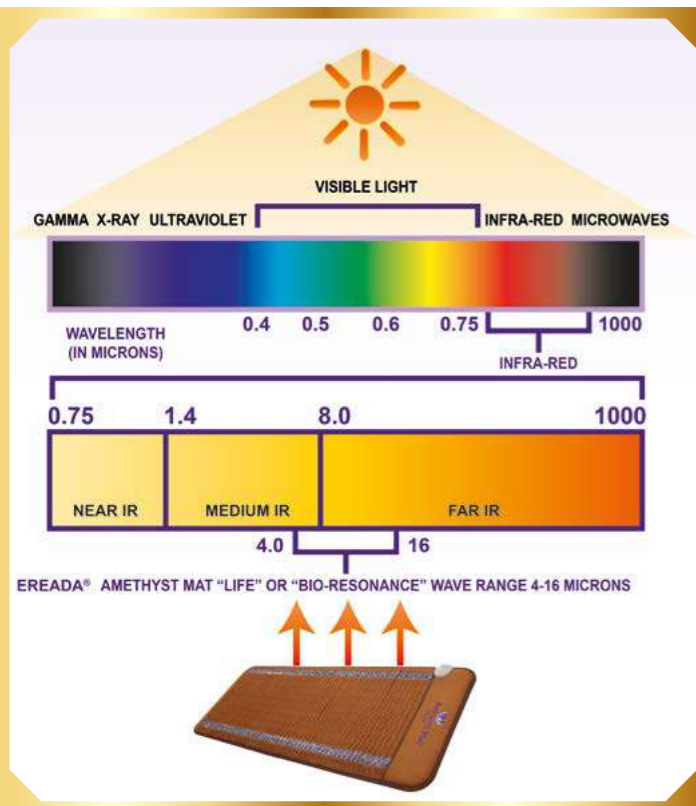


# INFRARED LIGHT

## WHAT IS INFRARED LIGHT?

Sun is the most natural source of heat. More than half of the sun radiation energy reaches Earth in the form of InfraRed Light which extends from the nominal red edge of the visible spectrum as frequencies decline from 430 THz to 300 GHz while the wavelengths go up from 0,75 to 1000 microns.

IR light is a low temperature source of radiant heat with lower frequency and longer wavelengths than those of visible light and higher frequency and shorter wavelengths than those of microwaves.



## FAR-, MID-, NEAR- INFRARED LIGHT

Industrial standards usually define Infrared rays as FIR, NIR and MIR:

- ◆ Far InfraRed Rays (FIR) with frequencies from 300 GHz to 37 THz and wavelengths from 8 to 1000 microns.
- ◆ Mid InfraRed Rays (MIR) with frequencies from 37 to 214 THz and wavelengths from 1,4 to 8 microns.
- ◆ Near InfraRed Rays (NIR) with frequencies from 214 to 430 THz and wavelengths from 0,75 to 1,4 microns.
- ◆ Near InfraRed rays are called so because they are the nearest to visible light in the spectrum.

Far InfraRed rays are the most distant from the visible light but they are the nearest to the microwave rays famous for the deepest heat transferring.

Though the Near InfraRed Rays are the most powerful and the human body normally radiates at medium MIR wavelengths in the range between 2 and 10 microns, the Far InfraRed rays with longer waves are absorbed by the tissues more efficiently.

FIR heat is also better detected and felt than NIR so the risk of overheat is much lower.

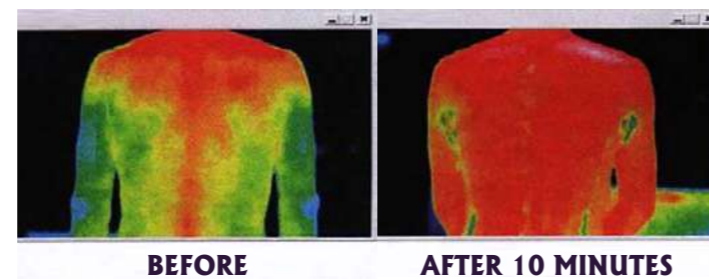
## FAR INFRARED HEAT THERAPY

Far InfraRed is nature's most efficient heat. This type of heat is based on the usage of InfraRed (IR) Light the healthiest part of invisible sun light that transfers only the heat without any harmful radiation or ultraviolet rays.

The impact rays gently envelop the body in a relaxing environment.

«FIR rays for health» is a safe, well-known, time tested technology invented in Japan more than 50 years ago.

It is mostly known for FIR Saunas which have been used to invoke wondrous benefits for many years all over the world.



## EREADA® MAT FIR HEAT

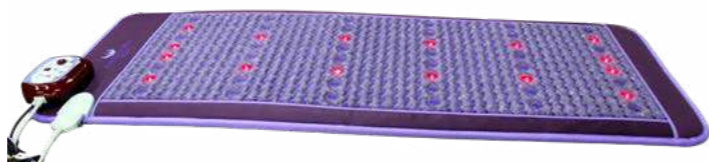
The FIR rays in Ereada® mats are refracted and magnified by the special layers with Bamboo carbon, Charcoal, Yellow Clay (Ochre) and especially by the thick layer of small natural Amethyst and/or Tourmaline tumbled crystals or by the disk shaped whole Amethyst, Agate, Tourmaline and Jade stones to penetrate with the better efficiency than the carbon InfraRed Sauna heat.

Why Amethyst is called «superconductor» of InfraRed rays?

Of course not in the «physics» meaning of this term. This term here outlines the ability of the crystal to absorb heat energy in the wide wave length range and then isolate, amplify and emit InfraRed rays in the narrow FIR and MIR range really valuable for mat technology. Amethyst delivers the steadiest, most compatible and absorbable rays. It also helps to produce the healthiest Negative Ions synergistic to InfraRed heat applications.

Ereada® Amethyst Mat emits both FIR and MIR heat with 93% efficiency in the best utilized wave range of 4-16 microns, which is also called a «life» or «bio-resonance» range.

Green Jade is the second FIR emission gem also showing very powerful properties. Far InfraRed Emission Power of the mats reaches:  $3.66 \times 10^2 \text{W/m}^2$ , by Korea Conformity Laboratories tests.



# NEGATIVE IONS

## NEGATIVE IONS vs POSITIVE IONS

Both **Positive and Negative Ions** occur naturally in the air and they also exist in the human bodies. These ions enter our body through breathing and skin. They travel through the blood and lymphatic system to the cells throughout the body.

- ◆ **Some positive ions known as «Free Radicals», steal electrons from healthy cells to neutralize their own positive charge.**

They cause cellular damage. The modern surrounding, our homes and offices are full with the harmful positive ions produced by the air pollution and electromagnetic fields generated by the high frequency devices as cell phones, computers, wireless devices, kitchen appliances and modern construction materials. Positive ions make us feel bad.

- ◆ **Negative Ions, also known as anions or atoms with extra electron or negative charge, are abundant in the lush forests, mountains, ocean beaches and near the rivers, springs and waterfalls.**

Negative Ions neutralize Free Radicals. Inside the human body they revitalize cell metabolism and enhance immune function.\*

We can meet a lot of active long-livers in the Negative Ions rich mountain areas in Russia, Europe, India and South America.

## CELL POTENTIAL

The cell resting potential is the voltage difference between the interior and surrounding of the cell. It is determined by concentrations of ions in the fluids on both sides of the cell membrane.

## AIR IONIZATION

In addition to anion layers in the mats, controllers of the Compact Pro and bigger Purple Ereada® Amethyst mats and Gemstone Mats are supplied with the built-in Air Ionization function using the working principle of "Thunder and Lightning" phenomena naturally producing negative ions. When the function is active the controller uses pulse and oscillating electrical equipment to convert electricity into Negative HVDC (High-Voltage Direct Current) to generate high corona discharge releasing 40-50 millions electrons per second converting into anions in the air.

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## NEGATIVE IONS GENERATION LAYERS

Special ionized fabric layers Gemstones and Tourmaline Ceramics are added into Ereada® mats. These layers generate negative ions upon distortion caused by the mat's heat or by the natural warmth coming from the body if the mat is «OFF».

In the Ereada® Amethyst mats anions travel through the thick layer of Amethyst which organizes them into the patterns with the highest compatibility.

Ereada® Mat output of negative ions is kept on the most healthy levels of 500–2000 ions per cm<sup>3</sup>. The mat works like a giant negative ion recharging and rejuvenating machine.

## THREE INNOVATIVE TECHNOLOGIES ARE APPLIED INTO THE EREADA® FIR MATS FOR NEGATIVE IONS GENERATION:

1. Anion generating fabric layers (ALL MATS)
2. Negative potential silver fiber (N.P. MATS)
3. Natural thunder type air ionization (AIR ION MATS)







## NEGATIVE POTENTIAL (N.P.)

**Big advantage of Ereada® Gemstone and Amethyst mats over made in China competitors' brands is that in addition to Negative Ion emission layers, our Brown Amethyst mats Midsize and bigger are equipped with an advanced Negative Potential (N.P.) generation system called also High Potential Electro Static function. The function is activated by «ION» button. Since 2017 we install Negative Potential system also on Ereada® Mini mats with special bigger controller with N.P. button.**

The N.P. function is included into our mat for a fraction of the cost of the special Negative Potential devices.

When the function is ON, the HVDC (High-Voltage Direct Current) is transferred from controller into the special N.P. Silver Fiber layer which creates High Voltage Electrostatic Field with 600 volts of Negative Potential at low speed.

Although it uses a high voltage, there is no danger because there is no electrical current flowing. The Silver Fiber system interacts with DC energy and converts the potential field surrounding the whole mat surface into a negatively charged field.

When in Negative Potential field, the positive ions start to convert into Negative Ions everywhere.

N.P. is much more penetrative and efficient than the standard Negative Ionizers. It restores the natural electrical field while the standard Negative Ionizer either transfers ions only through air (air ionization) or through surface layers (negative ion generation layers).\*

NP generation is operated by a «Negative Ion» button activating 1 hour sessions totally recharging in a short time.\*

This technology has been used for decades and has been proven to be highly effective for relaxation with absolutely no observed adverse side effects.\*

Integrated with the InfraRed heat and energies of Amethyst, the high potential environment is helpful to all.

**While during the session you may feel like you have taken a refreshing walk in a lush forest, the results are achieved very fast.**

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NOTE: Do NOT attempt to increase body temperature with your Ereada® Mat.

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# BROWN EREADA® AMETHYST MATS



### Ereada® Amethyst Mat PRO

Size: 73"x29" (186x72 cm)  
Amethyst Crystal Weight: 24.5 lbs (11,1 kg)  
Mat Only Net Weight: 33 lbs (15 kg)

### Ereada® Amethyst PILLOW

Size: 16"x7.5"x3" (40x18.5x7 cm)  
Amethyst Crystal Weight: 2.2 lbs (1 kg)  
Pillow Only Net Weight: 4.5 lbs (2 kg)

### Ereada® Amethyst MINI PILLOW

Size: 19"x12.5"x3.3" (48x31x8.5 cm)  
Amethyst Crystal Weight: 1.1 lbs (0.5 kg)  
Pillow Only Net Weight: 2.2 lbs (1 kg)



### Ereada® Amethyst Mat MINI

Size: 31"x20" (80x50 cm)  
Amethyst Crystal Weight: 8 lbs (3.5 kg)  
Mat Only Net Weight: 10.5 lbs (4.8 kg)

### Ereada® Amethyst Mat MIDSIZE

Size: 59"x24" (150x60 cm)  
Amethyst Crystal Weight: 20 lbs (9 kg)  
Mat Only Net Weight: 24.5 lbs (11.1 kg)

### Ereada® Amethyst Mat SINGLE

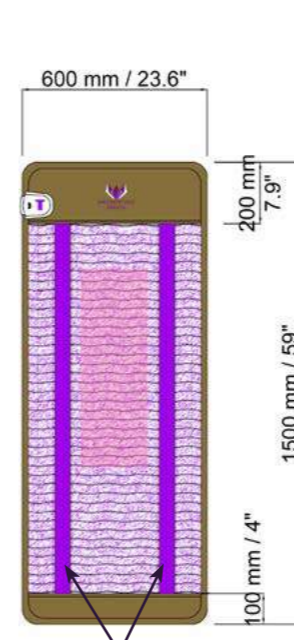
Size: 75"x39" (190x100 cm)  
Amethyst Crystal Weight: 27 lbs (12.6 kg)  
Mat Only Net Weight: 40 lbs (18.1 kg)

### Ereada® Amethyst Mat QUEEN

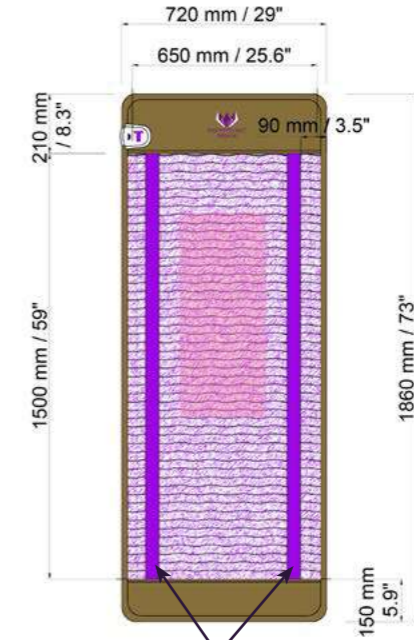
Size: 75"x59" (190x150 cm)  
Amethyst Crystal Weight: 45 lbs (20.4 kg)  
Mat Only Net Weight: 72 lbs (32.7 kg)

All products, specifications and data are subject to change without notice to improve reliability, function or design of the devices.

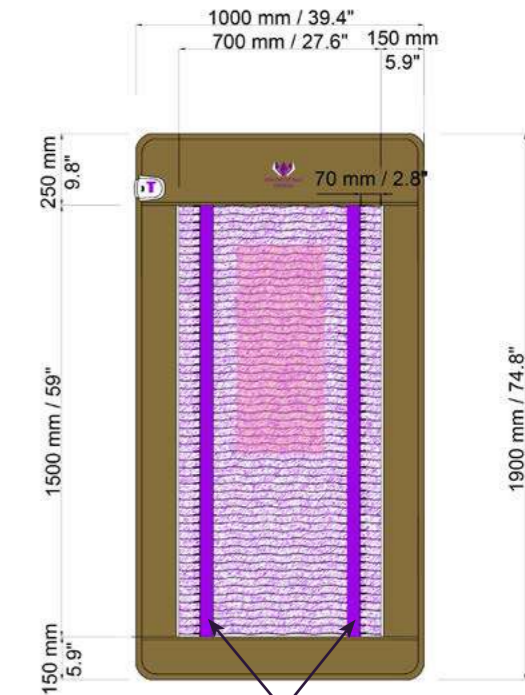
## Ereada® Amethyst Mat MIDSIZE (COMPACT PRO)



## Ereada® Amethyst Mat PRO (PROFESSIONAL)



## Ereada® Amethyst Mat SINGLE (PRO XL)



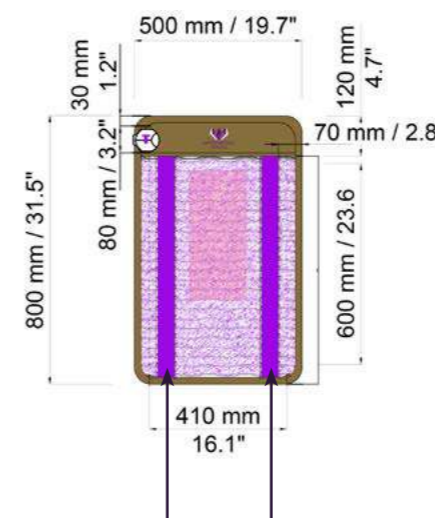
TWO TRANSPARENT VERTICAL LINES MADE OF HEAT RESISTANT PU FILM SHOW AMETHYST GEMS, ABUNDANT UNDER THE ENTIRE BROWN SUEDE WAVY SURFACE.

	NEGATIVE POTENTIAL SYSTEM
	40 SUEDE TUBES WITH AMETHYSTS
<b>T</b>	MAT TERMINAL for connecting Controller plug

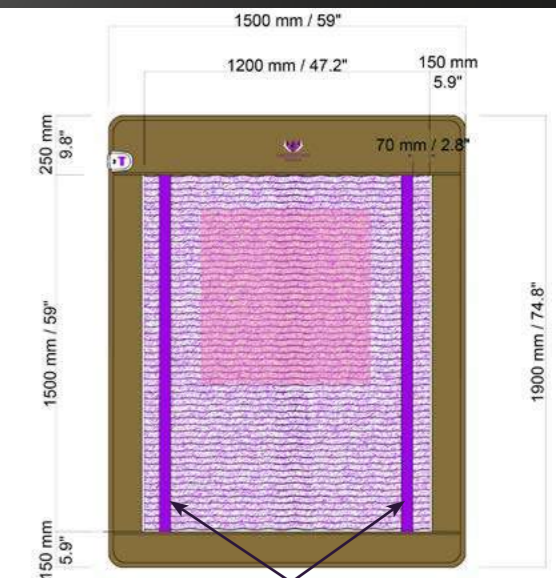
	NEGATIVE POTENTIAL SYSTEM
	52 SUEDE TUBES WITH AMETHYSTS
<b>T</b>	MAT TERMINAL for connecting Controller plug

	NEGATIVE POTENTIAL SYSTEM
	54 SUEDE TUBES WITH AMETHYSTS
<b>T</b>	MAT TERMINAL for connecting Controller plug

## Ereada® Amethyst Mat MINI



## Ereada® Amethyst Mat QUEEN



TWO TRANSPARENT VERTICAL LINES MADE OF HEAT RESISTANT PU FILM SHOW AMETHYST GEMS, ABUNDANT UNDER THE ENTIRE BROWN SUEDE WAVY SURFACE.

	NEGATIVE POTENTIAL SYSTEM (Optional with Q-2000NP Controller)
	22 SUEDE TUBES WITH AMETHYSTS
<b>T</b>	MAT TERMINAL for connecting Controller plug

	NEGATIVE POTENTIAL SYSTEM
	54 SUEDE TUBES WITH AMETHYSTS
<b>T</b>	MAT TERMINAL for connecting Controller plug

All pictures and drawing are not to scale





PARAMETER BROWN EREADA® FAR INFRARED AMETHYST MATS SPECIFICATIONS							
TYPE	MINI PILLOW	PILLOW	MINI MAT	MIDSIZE MAT	PROFES-SIONAL MAT	SINGLE MAT	QUEEN MAT
UPPER FABRIC	High end soft to touch yet very durable heat resistant microfiber Eco-Suede. Transparent ultrasonic welded PU film lines which act as clear windows to view the Amethyst crystals infused into Suede tubes						
COLOR	Rich Brown						
DESIGN	Firm Cervical Support Amethyst Pillow with removable Heat Stable Memory Foam Insert and Pillow Case with crystals		Wavy tubes with Amethyst crystals along the whole surface of the Mat				
	D-Shape (Half Roll)	B-Shape					
SIZE	16"x7.5"x3" (40x18.5x7 cm)	19"x12.5"x3.3" (48x31x8.5 cm)	31.5"x19.7" (80x50 cm)	59"x23.6" (150x60 cm)	73"x29" (186x72 cm)	74.8"x39.4" (190x100 cm)	74.8"x59" (190x150 cm)
THICKNESS	Around 3-3.5" (7-8.5 cm)		Around 1-1.5" (2.5-3.5 cm)				
HEATING AREA (AMETHYSTS TUBES ZONE)	-	-	23.6"x16.1" (60x41 cm)	48"x21" (120x52 cm)	59"x25.6" (150x65 cm)	59"x27.6" (150x70 cm)	59"x47.2" (150x120 cm)
GEMSTONE TYPE	100% Natural certified Amethyst from Korea and Brazil						
GRADE	Certified Highest Jewelry Grade «A+», Chemically Untreated, Natural Violet, No color added, Non-irradiated						
AMETHYST SIZE	Thick layer of thousands of 3-5 mm tumbled Amethyst crystals		Thick layer of thousands of 3-9 mm tumbled Amethyst crystals				
AMETHYST PER MAT / PILLOW	1.1 lbs	2.2 lbs	8 lbs	20 lbs	24.5 lbs	27 lbs	45 lbs
NET WEIGHT WITHOUT CONTROLLER AND ACCESSORIES	2.2 lbs	4.5 lbs	10.5 lbs	24.5 lbs	33 lbs	40 lbs	72 lbs
FIR AND MIR ENERGY EMISSION at 40°C (104°F)	3.66 x 10 <sup>2</sup> W/m <sup>2</sup> , min 93% efficiency in the best utilized by the human body wavelength range 4-16 microns; two Amethyst Peaks at 7 and 12 microns						
NEGATIVE ION EMISSION	Min 200-300 anions per cubic cm of air		Min 700-1500 anions per cubic cm of air				
ADJUSTABLE HEAT RANGE	The crystals forming the whole surface of the pillows naturally release Far InfraRed crystal rays and Negative Ions in safe and delicate way using your own body heat		Completely adjustable temperature with 1°C (5°C for Q-2000NP Controller) increment in the range 86°F~158°F (30°C-70°C) displayed as Celsius Temperature on the controller screen		Seven temperature settings in the range between 86°F~158°F (30°C-70°C) displayed as levels 1-7 on the controller screen Level 1 is 86°F or 30°C (Sleeping mode) Level 2 is 98°F or 36°C (Low mode) Level 3 is 110°F or 43°C (Low medium mode) Level 4 is 120°F or 49°C (Medium mode) Level 5 is 133°F or 56°C (Medium High mode) Level 6 is 145°F or 63°C (High mode) Level 7 is 158°F or 70°C (Highest mode)		
HEATING SYSTEM	No electrical heating system		EMF shielded and foiled double silicon and teflon insulated 64 twisted wire titanium heating elements				
HEATING SPEED	Amethysts may absorb the excessive heat from the too hot zones of your head and return it to those areas which need more warmth		30-45 minutes to max level, if ambient temperature is not less then 70°F and the mat is covered				
VOLTAGE	Ereada® pillows are non-powered and do not utilize electricity.		110-120V 60 HZ (OPTIONAL 220-250V 50HZ or use power converter)				
OVERHEAT PROTECTION BIMETAL SENSORS	-	-	2 PCS (Auto bridge off in case of overheat)				4 PCS
HEATING POWER	The pillow protects your head while procedures on Ereada® mats from excessive heat.		80W	180W	240W	240W	480W

PARAMETER BROWN EREADA® FAR INFRARED AMETHYST MATS SPECIFICATIONS							
TYPE	MINI PILLOW	PILLOW	MINI MAT	MIDSIZE MAT	PROFES-SIONAL MAT	SINGLE MAT	QUEEN MAT
EMF EMISSION**	Ereada® Pillow blocks the harmful EMFs and hazardous effects of water vein waves and positive ionization.*		Magnetic waves emission is max 2 milliGauss measured when the mat is heating up (less than 0.2-0.5 mG by testing and 0 when the mat is not heating)**, electric waves max 10 v/m (less than 1-2 v/m by measurements)**				
	**See page 33 for more details about EMF						
CONTROLLER	-	-	Two-Storey PCB Circuit Board, Digital Controller with AUTO EMI function, LCD and timer				
AUTO EMI GROUNDING ACTIVE PROTECTION	-	-	The active EMI (Electromagnetic Interception) system consists of the special wires and carbon layer catching the peak electric and magnetic waves. It works with the Controller AUTO EMI function automatically detecting and transferring absorbed EMFs spikes into the wall socket "ground pin" for Earthing				
NEGATIVE POTENTIAL (N.P.) SYSTEM	-	-	Optional, installed only with Q-2000NP Controllers with N.P. button	-600v N.P. function converting DC high voltage into the silver fiber layer inside the Mat to generate High Negative Potential Electrostatic Field. N.P. is the most potent Anion function transforming the FIR Mat into the bath with Negative ions			
«N.P.» OR "NEGATIVE ION" BUTTON	-	-	N.P. function auto-shuts off after 30 minutes	N.P. function auto-shuts off after 60 minutes			
TIME SETTINGS	-	-	Standard Controller 1 or 8 hours. Timer should be activated to start heating and all other functions. Q-2000NP Controller does not have time settings but has built-in safety timer set to automatically turn the mat off in 8 hours	3, 6 or 8 hours Timer should be activated to start heating and all other functions			
CARTON DIMENSIONS	42x22x12cm 17"x8"x4.5"	52x34x13cm 20"x13"x5"	53x40x16cm 20"x16"x5"	64x51x21cm 25"x20"x8"	76x63x21cm 30"x25"x8"	105x65x21cm 41"x26"x8"	154x65x21.5cm 60"x26"x8"
GROSS WEIGHT	1.5 kg 3.5 lbs	2.7 kg 6 lbs	5.5 kg 12 lbs	15 kg 33 lbs	22 kg 48 lbs	25 kg 55 lbs	39 kg 85 lbs



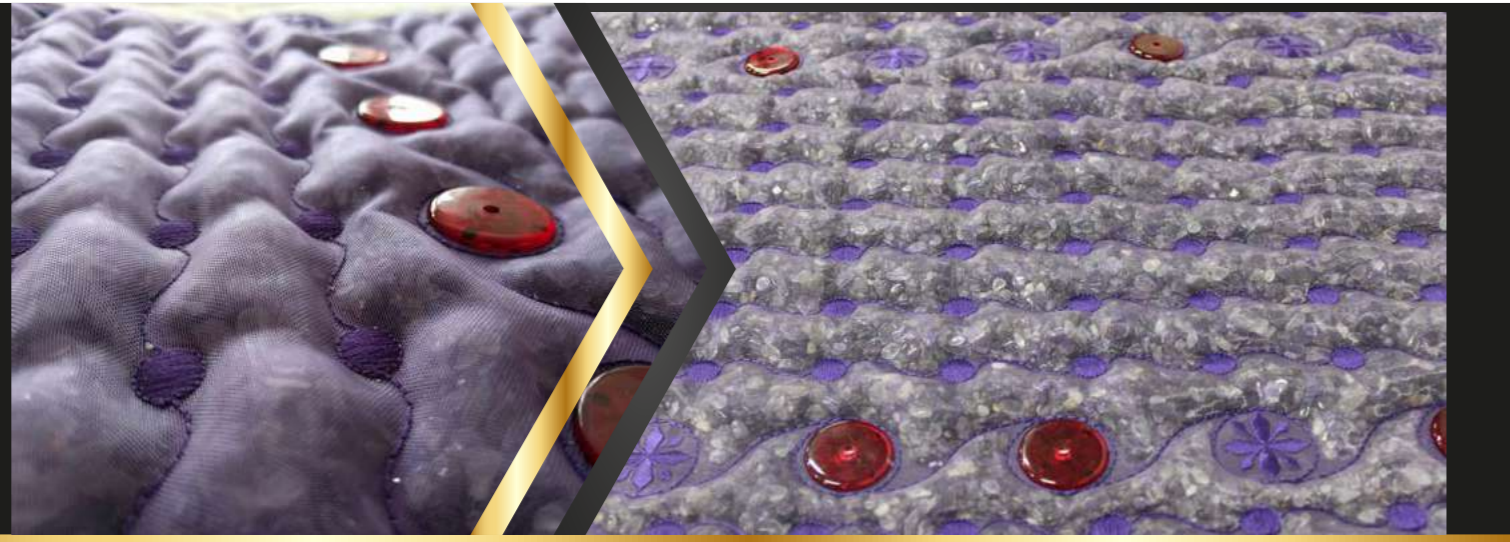
\*Ereada® mats are great for general wellness. They awaken the restfulness, comfort and invigoration, powers and energies and can become an important part of your healthy lifestyle. Ereada® mats may help supplement your lifestyle but they are not intended to diagnose, cure, treat, mitigate, or prevent any disease, illness or medical condition or to substitute medical treatment of any kind or to affect the structure or any function of the body. Please, see Legal Disclaimer section, page 21 for more information.

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# PURPLE EREADA® AMETHYST MATS



### Ereada® Amethyst Mat MIDSIZE

Size: 59"x24" (150x60 cm)  
Amethyst Crystal Weight: 21 lbs (9.5 kg)  
Mat Only Net Weight: 27 lbs (12.3 kg)

### Ereada® Amethyst Mat MINI

Size: 31"x20" (80x50 cm)  
Amethyst Crystal Weight: 8 lbs (3.5 kg)  
Mat Only Net Weight: 11 lbs (5 kg)

### Ereada® Amethyst PILLOW

Size: 19"x12.5"x3.3" (48x31x8.5 cm)  
Amethyst Crystal Weight: 2.2 lbs (1 kg)  
Pillow Only Net Weight: 4.5 lbs (2 kg)

### Ereada® Amethyst Mat PRO

Size: 73"x29" (186x72 cm)  
Amethyst Crystal Weight: 27 lbs (12.3 kg)  
Mat Only Net Weight: 35 lbs (15.9 kg)

### Ereada® Amethyst Mat QUEEN

Size: 75"x59" (190x150 cm)  
Amethyst Crystal Weight: 50 lbs (22.7 kg)  
Mat Only Net Weight: 72 lbs (32.7 kg)

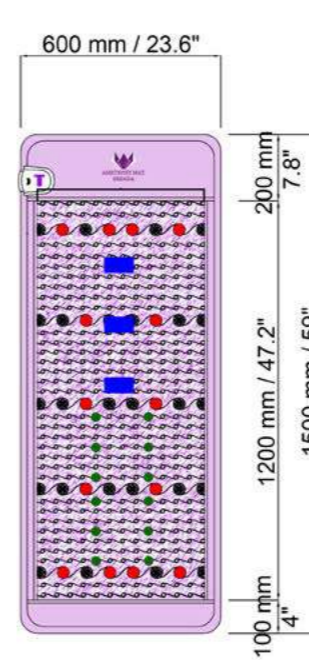
### Ereada® Amethyst Mat SINGLE

Size: 75"x39" (190x100 cm)  
Amethyst Crystal Weight: 29 lbs (13.1 kg)  
Mat Only Net Weight: 44 lbs (20 kg)

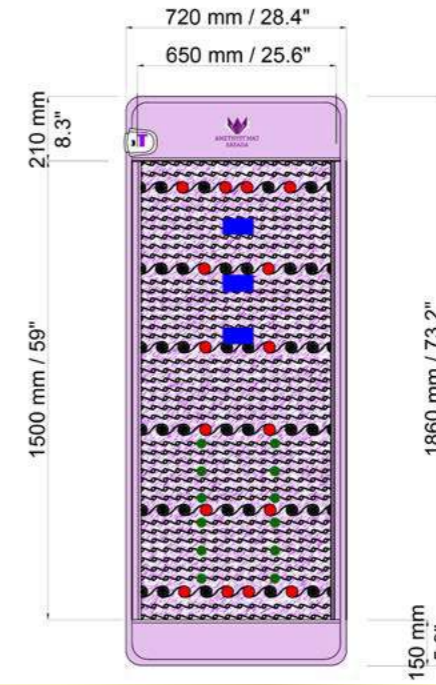


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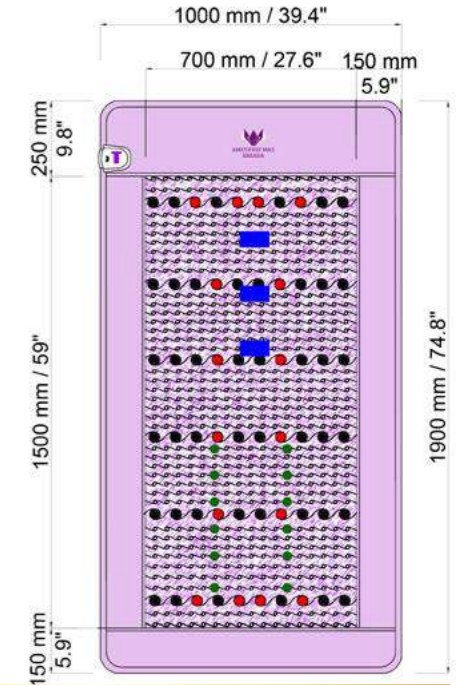
### Ereada® Amethyst Mat MIDSIZE (COMPACT PRO)



### Ereada® Amethyst Mat PRO (PROFESSIONAL)



### Ereada® Amethyst Mat SINGLE (PRO XL)

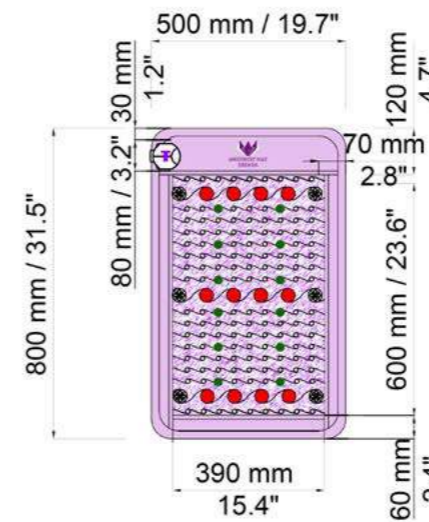


●	14 BIO PHOTON LEDS
●	12 PERMANENT STATIC MAGNETS
■	3 PEMF COILS
■	36 MESH TUBES WITH AMETHYSTS
T	MAT TERMINAL for connecting Controller plug

●	16 BIO PHOTON LEDS
●	12 PERMANENT STATIC MAGNETS
■	3 PEMF COILS
■	44 MESH TUBES WITH AMETHYSTS
T	MAT TERMINAL for connecting Controller plug

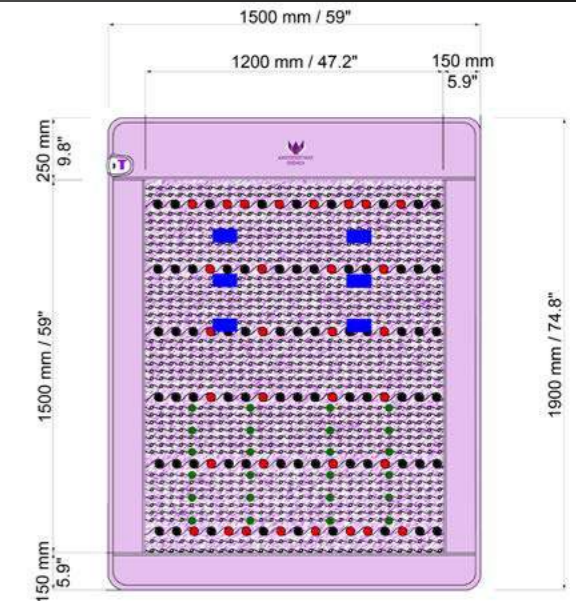
●	16 BIO PHOTON LEDS
●	12 PERMANENT STATIC MAGNETS
■	3 PEMF COILS
■	44 MESH TUBES WITH AMETHYSTS
T	MAT TERMINAL for connecting Controller plug

### Ereada® Amethyst Mat MINI



●	12 BIO PHOTON LEDS
●	12 PERMANENT STATIC MAGNETS
■	18 MESH TUBES WITH AMETHYSTS
T	MAT TERMINAL for connecting Controller plug

### Ereada® Amethyst Mat QUEEN



●	32 BIO PHOTON LEDS
●	24 PERMANENT STATIC MAGNETS
■	6 PEMF COILS
■	44 MESH TUBES WITH AMETHYSTS
T	MAT TERMINAL for connecting Controller plug

All pictures and drawing are not to scale





PURPLE EREADA® FAR INFRARED AMETHYST MATS SPECIFICATIONS								
PARAMETER	MINI PILLOW	PILLOW	MINI MAT	MIDSIZE MAT	PROFES-SIONAL MAT	SINGLE MAT	QUEEN MAT	
UPPER FABRIC	High end soft to touch yet very durable heat resistant microfiber Eco-Suede, Line shaped Amethyst view PU transparent windows		High end soft to touch yet very durable heat resistant microfiber Eco-Suede and mesh fabric with decorative elements and embroidery					
COLOR	Purple							
DESIGN	Firm Cervical Support Amethyst Pillow with removable Heat Stable Memory Foam Insert. Removable Pillow case decorated with clear lines showing the Amethyst crystals infused into Suede tubes		Wavy tubes with Amethyst crystals fixed by artisan sewing with mesh fabric on almost all surface of the Mat					
	D-Shape (Half Roll)	B-Shape						
SIZE	16"x7.5"x3" (40x18.5x7 cm)	19"x12.5"x3.3" (48x31x8.5 cm)	31.5"x19.7" (80x50 cm)	59"x23.6" (150x60 cm)	73.2"x28.4" (186x72 cm)	74.8"x39.4" (190x100 cm)	74.8"x59" (190x150 cm)	
THICKNESS	Around 3-3.5" (7-8.5 cm)		Around 1-1.5" (2.5-3.5 cm)					
HEATING AREA (AMETHYSTS TUBES ZONE)	-	-	23.6"x15.4" (60x39 cm)	47.2"x21" (120x52 cm)	59"x25.6" (150x65 cm)	59"x27.6" (150x70 cm)	59"x47.2" (150x120 cm)	
GEMSTONE TYPE	100% Natural certified Amethyst from Korea and Brazil							
GRADE	Certified Highest Jewelry Grade «A+», Chemically Untreated, Natural Violet, No color added, Non-irradiated							
AMETHYST SIZE	Thick layer of thousands of 3-5 mm tumbled Amethyst crystals		Thick layer of thousands of 3-9 mm tumbled Amethyst crystals					
AMETHYST PER MAT / PILLOW	1.1 lbs	2.2 lbs	8 lbs	21 lbs	27 lbs	29 lbs	50 lbs	
NET WEIGHT WITHOUT CONTROLLER AND ACCESSORIES	2.2 lbs	4.5 lbs	11 lbs	27 lbs	35 lbs	44 lbs	72 lbs	
FIR and MIR ENERGY EMISSION at 40°C (104°F)	3.66 x 10 <sup>2</sup> W/m <sup>2</sup> , min 93% efficiency in the best utilized by the human body wavelength range 4-16 microns; two Amethyst Peaks at 7 and 12 microns							
NEGATIVE ION EMISSION	Min 200-300 anions per cubic cm of air		Min 700-1500 anions per cubic cm of air					
RED BIO PHOTON MODULES	-	-	12 LEDs	14 LEDs	16 LEDs	16 LEDs	32 LEDs	
RED COLOR WAVE LENGTH	-	-	660 nm					
LUMINOUS INTENSITY PER LED	-	-	1200 mcd					
PERMANENT STATIC MAGNETS	-	-	12 pcs throughout the mat	12 pcs in the lower part of the mat			24 pcs in the lower part of the mat	
STATIC MAGNETIC FIELD INTENSITY	-	-	300 gauss					
PULSATION MAGNETIC COILS IN THE UPPER PART OF THE MAT	-	-	-	3 pcs			6 pcs	
PEMF MAGNETIC PULSATION INTENSITY	-	-	-	100-400 gauss depending on frequency				
PEMF FREQUENCY	-	-	With a standard controller North and South Magnetic Poles are alternated up to 50-60 times per second. Variable frequency controller has 9 levels and is adjustable between 8 and 60 times per second or you can choose auto program changing frequencies with randomized algorithm					

PURPLE EREADA® FAR INFRARED AMETHYST MATS SPECIFICATIONS							
PARAMETER	MINI PILLOW	PILLOW	MINI MAT	MIDSIZE MAT	PROFES-SIONAL MAT	SINGLE MAT	QUEEN MAT
PEMF POWER CONSUMPTION MAX	-	-	20mA / 20W				40W
ADJUSTABLE HEAT RANGE	The crystals forming the whole surface of the pillows naturally release Far InfraRed crystal rays and Negative Ions in safe and delicate way reflecting your own body heat		Seven temperature settings in the range between 86°F~158°F (30°C-70°C) displayed as levels 1-7 on the controller screen  Level 1 is 86°F or 30°C (Sleeping mode) Level 2 is 98°F or 36°C (Low mode) Level 3 is 110°F or 43°C (Low medium mode) Level 4 is 120°F or 49°C (Medium mode) Level 5 is 133°F or 56°C (Medium High mode) Level 6 is 145°F or 63°C (High mode) Level 7 is 158°F or 70°C (Highest mode)				
HEATING SYSTEM	No electrical heating system		EMF shielded and foiled double silicon and teflon insulated 64 twisted wire titanium heating elements				
HEATING SPEED	Amethysts may absorb the excessive heat from the too hot zones of your head and redistribute it to those areas which need more warmth		30-45 minutes to max level, if ambient temperature is not less than 70°F and the mat is covered				
VOLTAGE	Ereada® pillows are non-powered and do not utilize electricity.		110-120V 60 HZ (OPTIONAL 220-250V 50HZ or use power converter)				
OVERHEAT PROTECTION BIMETAL SENSORS	-	-	2 PCS (Auto bridge off in case of overheat)				4 PCS
HEATING POWER	The pillow protects your head while procedures on Ereada® mats from excessive heat.		80W	180W	240W	240W	480W
EMF EMISSION**	Ereada® Pillow blocks the harmful EMFs and hazardous effects of water waves and positive ionization.*		When PEMF function is OFF, magnetic waves emission is max 2 milliGauss measured when the mat is heating up (less than 0.2-0.5 mG by testing and 0 when the mat is not heating)**, electric waves max 10 v/m (less than 1-2 v/m by measurements)** **See page 33 for more details about EMF				
CONTROLLER	-	-	Two-Storey PCB Circuit Board, Digital Controller with AUTO EMI function, LCD and timer				
AUTO EMI GROUNDING ACTIVE PROTECTION	-	-	The active EMI (Electromagnetic Interception) system consists of the special wires and carbon layer catching the peak electric and magnetic waves. It works with the Controller AUTO EMI function automatically detecting and transferring absorbed EMFs spikes into the wall socket «ground pin» for Earthing				
«PHOTON» BUTTON	-	-	Bio Photon Red Light function 1 hour cycles each 4 hours, auto-shuts off after 2 cycles				
«ION» BUTTON	-	-	-	Air ion function, auto-shuts off after 1 hour			
«PEMF» BUTTON	-	-	-	PEMF 20 min cycles each 2 hours, auto-shuts off after 4 cycles			
TIME SETTINGS	-	-	Built-in safety timer set to automatically turn the mat off in 8 hours		4, 8 or 12 hours Timer should be activated to start heating and all other functions		
CARTON DIMENSIONS	42x22x12cm 17"x8"x4.5"	52x34x13cm 20"x13"x5"	53x40x16cm 20"x16"x5"	64x51x21cm 25"x20"x8"	76x63x21cm 30"x25"x8"	105x65x21cm 41"x26"x8"	154x65x21.5cm 60"x26"x8"
GROSS WEIGHT	1.5 kg 3.5 lbs	2.7 kg 6 lbs	6 kg 13 lbs	16 kg 35 lbs	23 kg 51 lbs	26 kg 57 lbs	40 kg 90 lbs



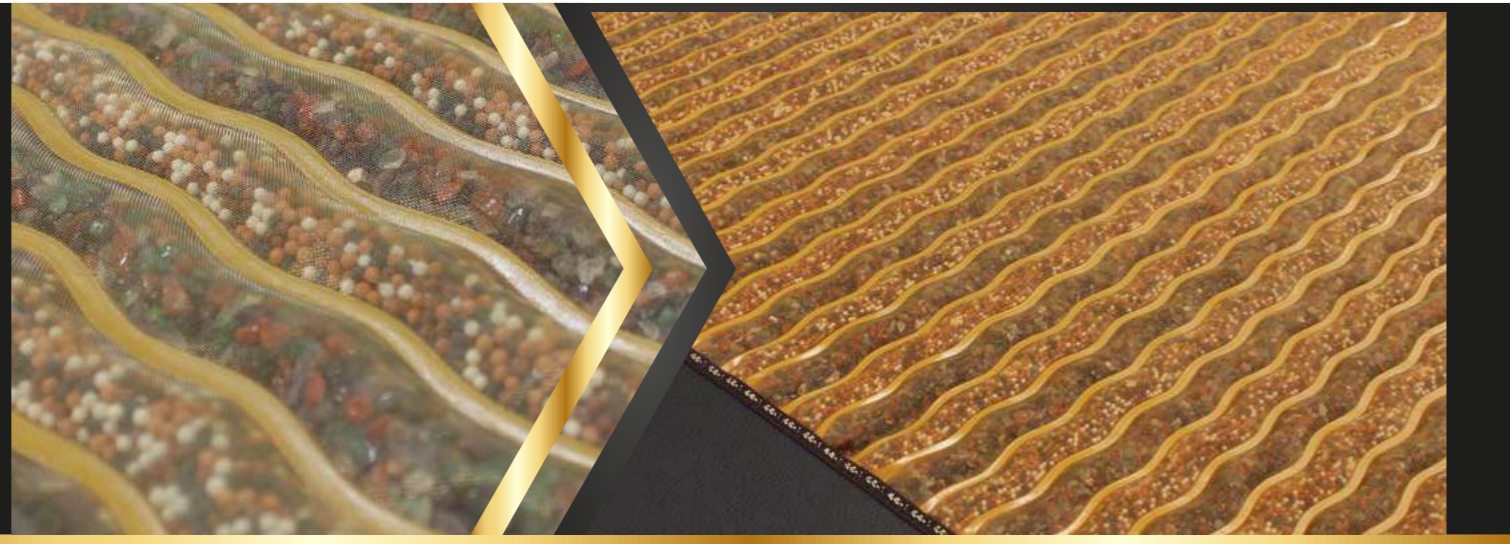
\*Ereada® mats are great for general wellness. They awaken the restfulness, comfort and invigoration, powers and energies and can become an important part of your healthy lifestyle. Ereada® mats may help supplement your lifestyle but they are not intended to diagnose, cure, treat, mitigate, or prevent any disease, illness or medical condition or to substitute medical treatment of any kind or to affect the structure or any function of the body. Please, see Legal Disclaimer section, page 21 for more information.

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# EREADA® GEMSTONE MATS



### Ereada® Gemstone Mat PRO

Size: 73"x29" (186x72 cm)  
 Total Gems Weight: 15 lbs (6.8 kg)  
 Bio Ceramic Balls: 8 lbs (3.6 kg)  
 Mat Only Net Weight: 31 lbs (14.1 kg)

### Ereada® Gemstone Mat MIDSIZE

Size: 59"x24" (150x60 cm)  
 Total Gems Weight: 10.5 lbs (4.8 kg)  
 Bio Ceramic Balls: 5.5 lbs (2.5 kg)  
 Mat Only Net Weight: 21 lbs (9.5 kg)

### Ereada® Gemstone Mat MINI

Size: 31"x20" (80x50 cm)  
 Total Gems Weight: 4.6 lbs (2.1 kg)  
 Bio Ceramic Balls: 2.6 lbs (1.2 kg)  
 Mat Only Net Weight: 10 lbs (4.5 kg)



### Ereada® Gemstone Mat SINGLE

Size: 75"x39" (190x100 cm)  
 Total Gems Weight: 18 lbs (8.2 kg)  
 Bio Ceramic Balls: 10 lbs (4.5 kg)  
 Mat Only Net Weight: 44 lbs (20 kg)

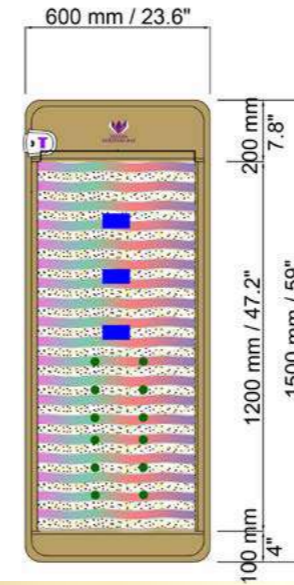
### Ereada® Gemstone Mat QUEEN

Size: 75"x59" (190x150 cm)  
 Total Gems Weight: 30 lbs (13.6 kg)  
 Bio Ceramic Balls: 18 lbs (8.2 kg)  
 Mat Only Net Weight: 72 lbs (32.7 kg)



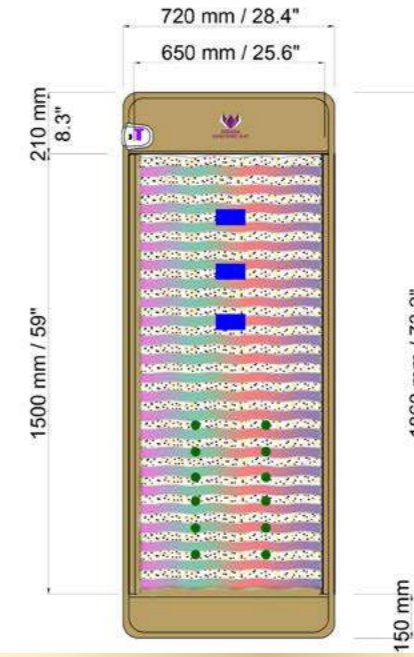
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### Ereada® Gemstone Mat MIDSIZE (COMPACT PRO)



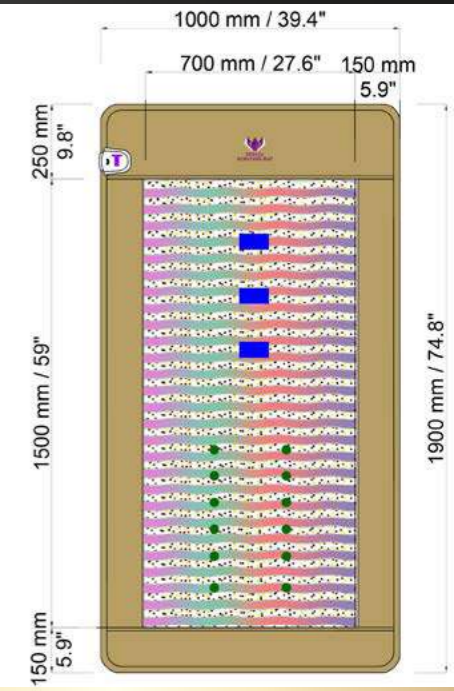
	22 TUBES WITH GEMS BLEND
	22 TUBES WITH BIO CERAMIC BALLS
	3 PEMF COILS
	12 PERMANENT STATIC MAGNETS
	MAT TERMINAL for connecting Controller plug

### Ereada® Gemstone Mat PRO (PROFESSIONAL)



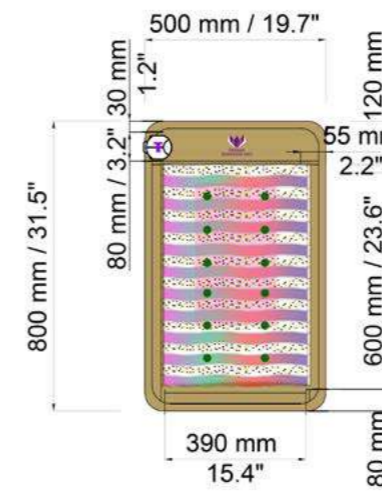
	28 TUBES WITH GEMS BLEND
	28 TUBES WITH BIO CERAMIC BALLS
	3 PEMF COILS
	12 PERMANENT STATIC MAGNETS
	MAT TERMINAL for connecting Controller plug

### Ereada® Gemstone Mat SINGLE (PRO XL)



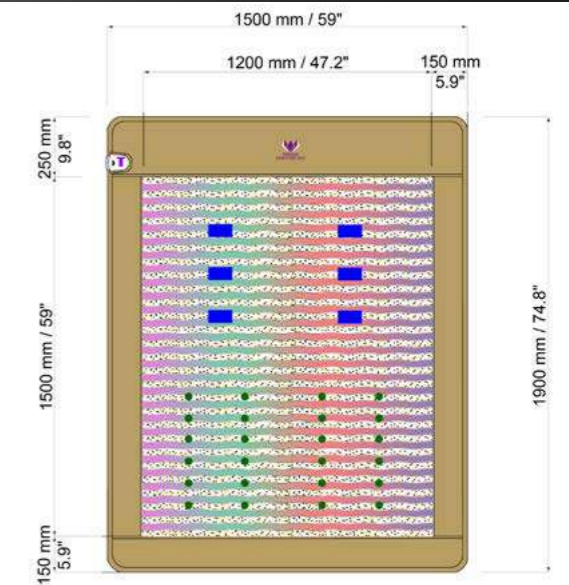
	28 TUBES WITH GEMS BLEND
	28 TUBES WITH BIO CERAMIC BALLS
	3 PEMF COILS
	12 PERMANENT STATIC MAGNETS
	MAT TERMINAL for connecting Controller plug

### Ereada® Gemstone Mat MINI



	12 TUBES WITH GEMS BLEND
	11 TUBES WITH BIO CERAMIC BALLS
	NEGATIVE POTENTIAL SYSTEM (Optional with Q-2000NP Controller)
	12 PERMANENT STATIC MAGNETS
	MAT TERMINAL for connecting Controller plug

### Ereada® Gemstone Mat QUEEN



	28 TUBES WITH GEMS BLEND
	28 TUBES WITH BIO CERAMIC BALLS
	6 PEMF COILS
	24 PERMANENT STATIC MAGNETS
	MAT TERMINAL for connecting Controller plug

All pictures and drawing are not to scale





PARAMETER EREADA® FAR INFRARED GEMSTONE MATS SPECIFICATIONS					
TYPE	MINI MAT	MIDSIZE MAT	PROFESSIONAL MAT	SINGLE MAT	QUEEN MAT
UPPER FABRIC	High quality durable artificial heat resistant Brown ECO-Leather and mesh fabric				
COLOR	Brown				
DESIGN	Wavy tubes with Multi-color Tumbled Natural Crystals and Bio Ceramic Balls fixed by artisan sewing with mesh fabric on almost all surface of the Mat				
SIZE	31.5"x19.7" (80x50 cm)	59"x23.6" (150x60 cm)	73.2"x28.4" (186x72 cm)	74.8"x39.4" (190x100 cm)	74.8"x59" (190x150 cm)
THICKNESS	Around 1-1.5" (2.5-3.5 cm)				
HEATING AREA (GEMS AND CERAMIC BALLS INFUSED TUBES ZONE)	23.6"x15.4" (60x39 cm)	47.2"x21" (120x52 cm)	59"x25.6" (150x65 cm)	59"x27.6" (150x70 cm)	59"x47.2" (150x120 cm)
GEMSTONES	Thousands of tumbled 3-9 mm size 100% Natural Certified Gemstones. This multicolor variety of gems may include Purple and Red Amethysts, Jade, Garnet, Red and Green Agates, Jasper, Tourmaline and other colorful types of Natural Quartz and Chalcedony from all over the world. All Gems are Grade «A» and higher, Chemically Untreated, Natural Color, Non-painted, Non-irradiated				
TOTAL GEMS PER MAT	4.6 lbs	10.5 lbs	15 lbs	18 lbs	30 lbs
BIO CERAMIC COMPOSITION	Thousands of 3 mm round Multicolor Bio Ceramic Balls pressed from micronized Natural minerals and baked at high temperatures up to 1300°C to remove all impurities. Chemically Untreated, Natural Color, Non-painted, Non-irradiated. Compositions may include the powdered Natural minerals, ores and stones including Tourmaline, Germanium, Elvan, Ophiolite, Pearl, Volcanic Rock, White Clay, Red and Yellow Ochre, Charcoal, Gold Ore and Yellow Mud				
TOTAL BIO CERAMIC BALLS PER MAT	2.6 lbs	5.5 lbs	8 lbs	10 lbs	18 lbs
NET WEIGHT WITHOUT CONTROLLER AND ACCESSORIES	10 lbs	21 lbs	31 lbs	44 lbs	72 lbs
FIR and MIR ENERGY EMISSION at 40°C (104°F)	3.72 x 10 <sup>2</sup> W/m <sup>2</sup> , min 92% efficiency in the best utilized by the human body wavelength range 4-20 microns; two Amethyst Peaks at 7 and 12 microns				
NEGATIVE ION EMISSION	Min 700-1500 anions per cubic cm of air				
PERMANENT STATIC MAGNETS	12 pcs throughout the mat	12 pcs in the lower part of the mat			24 pcs in the lower part of the mat
STATIC MAGNETIC FIELD INTENSITY	300 gauss				
NEGATIVE POTENTIAL (N.P.) SYSTEM	-600v optional, installed only on Mini Mats with Q-2000NP Controllers	-	-	-	-600v optional, may be installed instead of PEMF
PULSATION MAGNETIC COILS IN THE UPPER PART OF THE MAT	-	3 pcs			6 pcs if N.P. system is not installed
PEMF MAGNETIC PULSATION INTENSITY	-	100-400 gauss depending on frequency			
PEMF FREQUENCY	-	With a standard controller North and South Magnetic Poles are alternated up to 50-60 times per second. Variable frequency controller has 9 levels and is adjustable between 8 and 60 times per second or you can choose auto program changing frequencies with randomized algorithm			
PEMF POWER CONSUMPTION MAX	-	20mA / 20W			40W
ADJUSTABLE HEAT RANGE	Completely adjustable temperature with 1°C (5°C for Q-2000NP Controller) increment in the range 86°F~158°F (30°C-70°C) displayed as Celsius Temperature on the controller screen	Seven temperature settings in the range between 86°F~158°F (30°C-70°C) displayed as levels 1-7 on the controller screen Level 1 is 86°F or 30°C (Sleeping mode) Level 2 is 98°F or 36°C (Low mode) Level 3 is 110°F or 43°C (Low medium mode) Level 4 is 120°F or 49°C (Medium mode) Level 5 is 133°F or 56°C (Medium High mode) Level 6 is 145°F or 63°C (High mode) Level 7 is 158°F or 70°C (Highest mode)			
HEATING SYSTEM	EMF shielded and foiled double silicon and teflon insulated 64 twisted wire titanium heating elements				
HEATING SPEED	30-45 minutes to max level, if ambient temperature is not less than 70°F and the mat is covered				

PARAMETER EREADA® FAR INFRARED GEMSTONE MATS SPECIFICATIONS					
TYPE	MINI MAT	MIDSIZE MAT	PROFESSIONAL MAT	SINGLE MAT	QUEEN MAT
VOLTAGE	110-120V 60 HZ (OPTIONAL 220-250V 50HZ or use power converter)				
OVERHEAT PROTECTION BIMETAL SENSORS	2 PCS (Auto bridge off in case of overheat)				4 PCS
HEATING POWER	80W	180W	240W	240W	480W
EMF EMISSION**	When PEMF function is OFF, magnetic waves emission is max 2 milliGauss measured when the mat is heating up (less than 0.2-0.5 mG by testing and 0 when the mat is not heating)**, electric waves max 10 v/m (less than 1-2 v/m by measurements)** **See page 33 for more details about EMF				
CONTROLLER	Two-Storey PCB Circuit Board, Digital Controller with AUTO EMI function, LCD and timer				
AUTO EMI GROUNDING ACTIVE PROTECTION	The active EMI (Electromagnetic Interception) system consists of the special wires and carbon layer catching the peak electric and magnetic waves. It works with the Controller AUTO EMI function automatically detecting and transferring absorbed EMFs spikes into the wall socket "ground pin" for Earthing				
«ION» BUTTON	-	Air ion function, auto-shuts off after 1 hour			
«N.P.» BUTTON	Q-2000NP Controller, N.P. function, auto-shuts off after 30 minutes	-			If Optional N.P. function installed instead of PEMF, auto-shuts off after 60 minutes
«PEMF» BUTTON	-	PEMF 20 min cycles each 2 hours, auto-shuts off after 4 cycles			
TIME SETTINGS	Standard Controller 1 or 8 hours. Q-2000NP Controller does not have time settings but has built-in safety timer set to automatically turn the mat off in 8 hours	4, 8 or 12 hours Timer should be activated to start heating and all other functions			
CARTON DIMENSIONS	53x40x16cm 20"x16"x5"	64x51x21cm 25"x20"x8"	76x63x21cm 30"x25"x8"	105x65x21cm 41"x26"x8"	154x65x21.5cm 60"x26"x8"
GROSS WEIGHT	5.5 kg 12 lbs	13.5 kg 30 lbs	21 kg 46 lbs	25 kg 55 lbs	37 kg 82 lbs



\*Ereada® mats are great for general wellness. They awaken the restfulness, comfort and invigoration, powers and energies and can become an important part of your healthy lifestyle. Ereada® mats may help supplement your lifestyle but they are not intended to diagnose, cure, treat, mitigate, or prevent any disease, illness or medical condition or to substitute medical treatment of any kind or to affect the structure or any function of the body. Please, see Legal Disclaimer section, page 21 for more information.

\*\*If you are EMF oversensitive, please be aware that some parts of all electrical devices including all brands FIR mats are difficult to shield and they may emit relatively higher levels. These parts are generally the plugs, the wires, the connection terminal and the controllers which on full power can emit up to 4-8mG. Though it is still on the safe levels but for sleeping it is better to put the controller in some distance from your head (same as you should do with the phone charger, desk lamp or any other electrical devices). Also is better to use the Amethyst pillow (or at least the standard one) to avoid the occasional contacts between your head and the connection terminal. Or you can sleep with your feet towards the terminal which is situated near the logo on the top of the mat. Really the electric heating system works only during 10-20% of mat session time as it stops when the mat reaches set temperature and resumes only after the temperature drops. You can also completely eliminate exposure to any EMFs just by preheating your mat to max temperature and turning it off before the procedure. Hot crystals accumulate the warmth and will emit Infrared Rays and Negative Ions without electric power. Please, note also that when PEMF functions is ON, EMF meters cannot show correct emission and may get mad. Anyhow take extra care with pulsed magnetism is you are oversensitive to any EMFs.

All products, specifications and data are subject to change without notice to improve reliability, function or design of the devices.





# EREADA® MATS CONTROLLERS

## CONTROLLERS FOR MINI MATS



### CONTROLLER WITH 1 HOUR OR 8 HOURS TIME SETTINGS AND TEMPERATURE ADJUST DIAL

- BROWN EREADA® AMETHYST MINI MATS
- EREADA® GEMSTONE MINI MATS

- 1 Power ON/OFF Toggle Button — Push to turn Mat ON/OFF
- 2 Power ON indicator — Lights up when Mat is ON
- 3 Adjust Temperature Dial — Use to increase or decrease heat (86°F~158°F or 30°C~70°C)
- 4 LED Temperature Display — How hot the mat is now, also for a second shows the set temperature, then comes back to the current heat level in Celsius
- 5 Operation Indicator ON when mat is heating, OFF when set temperature is reached
- 6 Timer Control Toggle Button Chose 1 or 8 hours heating session with auto shut-off when time expires. Timer should be activated first to start heating
- 7 Timer ON indicators — Light ON when Timer is set to selected session length 1 or 8 hours
- 8 Auto Grounding Electro Magnetic Interceptor (EMI) active protection system. Even if there is no AUTO EMI icon on your controller, you may be sure that the active Electro Magnetic Interception system is installed



### CONTROLLER WITH PHOTON FUNCTION AND AUTO TIMER, SHUT-OFF AFTER 8 HOURS

- PURPLE EREADA® AMETHYST MINI MATS

- 1 Power ON/OFF Toggle Button — Push to turn Mat ON/OFF
- 2 Power ON indicator — Lights up when Mat is ON
- 3 Adjust Temperature Toggle Button — Use to increase or decrease heat levels 1~7 (86°F~158°F or 30°C~70°C)
- 4 LED Temperature Display — Shows the set temperature levels 1~7
- 5 Operation Indicator ON when mat is heating, OFF when set temperature is reached
- 6 PHOTON Toggle Button — Activates Red Phototherapy LEDs for 1 hour periods each 4 hours of mat active session (2 cycles within 8 hours)
- 7 PHOTON Indicator — ON when Red Phototherapy LEDs are activated, OFF when they go off
- 8 Auto Grounding Electro Magnetic Interceptor (EMI) active protection system



### Q-2000NP CONTROLLER WITH OPTIONAL NEGATIVE POTENTIAL FUNCTION AND AUTO TIMER, SHUT-OFF AFTER 8 HOURS

- BROWN EREADA® AMETHYST MINI MATS
- EREADA® GEMSTONE MINI MATS

- 1 Power ON/OFF Toggle Button — Push to turn Mat ON/OFF
- 2 Power ON indicator — Lights up when Mat is ON
- 3 Adjust Temperature Toggle Button — Use to increase or decrease heat with 5°C increments in the range 86°F~158°F (30°C~70°C)
- 4 LED Temperature Display — How hot the Mat is now, also for a second shows the set temperature, then comes back to the current heat level in Celsius
- 5 Operation Indicator ON when mat is heating, OFF when set temperature is reached
- 6 N.P. Toggle Button — Activates Negative Potential (N.P.) function, auto shut off after 30 minutes. Press the button again to stop or reactivate the function
- 7 N.P. Indicator — ON when Negative Potential function is activated, OFF when it goes off
- 8 Auto Grounding Electro Magnetic Interceptor (EMI) active protection system



30°C	86°F
35°C	95°F
40°C	104°F
45°C	113°F
50°C	122°F
55°C	131°F
60°C	140°F
65°C	149°F
70°C	158°F

TEMPERATURE CONVERSION TABLE			
LEVEL	CELSIUS	FARENHEIT	MODE
Level 1	30°C	86°F	Sleeping mode
Level 2	36°C	98°F	Low mode
Level 3	43°C	110°F	Low medium mode
Level 4	49°C	120°F	Medium mode
Level 5	56°C	133°F	Medium High mode
Level 6	63°C	145°F	High mode
Level 7	70°C	158°F	Highest mode

## CONTROLLERS FOR FULL SIZE MATS

### CONTROLLER WITH NEGATIVE POTENTIAL FUNCTION

- BROWN EREADA® AMETHYST SINGLE / PROFESSIONAL / MIDSIZE MATS

- 1 Power ON/OFF Switch — To turn mat ON/OFF
- 2 Power ON indicator — Lights up when mat is ON
- 3 Adjust Temperature Dial — Use to increase or decrease heat levels 1~7 (86°F~158°F or 30°C~70°C)
- 4 LED Temperature Display — Shows the set temperature levels 1~7
- 5 Operation Indicator — ON when mat is heating, OFF when set temperature is reached
- 6 Timer Control Toggle Button — Chose 3, 6 or 8 hours heating session with auto shut-off when time expires. Timer should be activated first to start heating
- 7 Timer ON indicators — Light ON when Timer is set to selected session length 3, 6 or 8 hours
- 8 Negative Ion ON/OFF Toggle Button — Activates Negative Potential (N.P.) function, auto shut-off after one hour. Press the button again to stop or reactivate the function
- 9 Negative Ion ON Indicator — ON when N.P. is activated. OFF when it stops
- 10 Auto Grounding EMF protection — Electro Magnetic Interceptor (EMI) active protection system



### CONTROLLER WITH AIR ION AND PEMF FUNCTIONS

- EREADA® GEMSTONE SINGLE / PROFESSIONAL / MIDSIZE MATS

- 1 Power ON/OFF Switch — To turn mat ON/OFF
  - 2 Power ON indicator — Lights up when mat is ON
  - 3 Adjust Temperature Dial — Use to increase or decrease heat levels 1~7 (86°F~158°F or 30°C~70°C)
  - 4 LED Temperature Display — Shows the set temperature levels 1~7
  - 5 Operation Indicator — ON when mat is heating, OFF when set temperature is reached
  - 6 Timer Control Toggle Button — Chose 4, 8 or 12 hours heating session with auto shut-off when time expires. Timer should be activated first to start heating
  - 7 Timer indicators — Light ON when Timer is set to selected session length 4, 8 or 12 hours
  - 8 Ion ON / OFF Toggle Button — Activates Air Ion function, auto shut-off after one hour. Press the button again to stop or reactivate the function
  - 9 Ion Indicator — ON when Air Ions are generated, OFF when function stops
  - 10 PEMF ON/OFF Toggle Button — Activates magnetic pulsation for 20 minute periods each 2 hours of mat active sessions. In total 4 cycles within 8 hours. Press the button again to stop or reactivate the function.
- If you have variable PEMF controller, you may adjust frequency from 8 to 60 Hz or choose auto program (level 9). Press the button again and again to choose the appropriate level displayed as 1-9 on the controller screen.
- 11 PEMF Flashing Light Indicator — Running when Magnetic Pulsation is activated, OFF when it goes off
  - 12 Auto Grounding EMI protection — Electro Magnetic Interceptor (EMI) active protection system



### CONTROLLER WITH AIR ION, PEMF AND PHOTON FUNCTIONS

- PURPLE EREADA® AMETHYST SINGLE / PROFESSIONAL / MIDSIZE MATS

- 1 Power ON/OFF Switch — To turn mat ON/OFF
- 2 Power ON indicator — Lights up when mat is ON
- 3 Adjust Temperature Dial — Use to increase or decrease heat levels 1~7 (86°F~158°F or 30°C~70°C)
- 4 LED Temperature Display — Shows the set temperature levels 1~7
- 5 Operation Indicator — ON when mat is heating, OFF when set temperature is reached
- 6 Timer Control Toggle Button — Chose 4, 8 or 12 hours heating session with auto shut-off when time expires. Timer should be activated first to start heating
- 7 Timer indicators — Light ON when Timer is set to selected session length 4, 8 or 12 hours
- 8 Ion ON / OFF Toggle Button — Activates Air Ion function, auto shut-off after one hour. Press the button again to stop or reactivate the function
- 9 Ion Indicator — ON when Air Ions are generated, OFF when function stops
- 10 PEMF ON/OFF Toggle Button — Activates magnetic pulsation for 20 minute periods each 2 hours of mat active sessions. In total 4 cycles within 8 hours. Press the button again to stop or reactivate the function.
- 11 PEMF Flashing Light Indicator — Running when Magnetic Pulsation is activated, OFF when it goes off
- 12 PHOTON ON / OFF Toggle Button — Activates Red Light LEDs for 1 hour periods each 4 hours of mat active sessions, in total 2 cycles within 6 hours (1+4+1). To stop the function press the "PHOTON" button again and the LEDs will go off. To reactivate press the button again
- 13 PHOTON indicator — ON when Red Light LEDs are activated, OFF when they go off
- 14 Auto Grounding EMI protection — Electro Magnetic Interceptor (EMI) active protection system



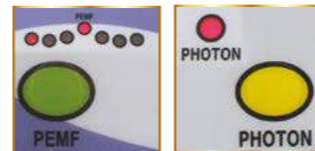




**CONTROLLER FOR QUEEN SIZE MATS**

- **CONTROLLER WITH NEGATIVE POTENTIAL FUNCTION FOR BROWN EREADA® AMETHYST AND GEMSTONE QUEEN MATS**
- **CONTROLLER WITH AIR ION AND PEMF FUNCTIONS FOR FOR BROWN EREADA® AMETHYST AND GEMSTONE QUEEN MATS**
- **CONTROLLER WITH AIR ION, PEMF AND PHOTON FUNCTIONS FOR PURPLE EREADA® AMETHYST QUEEN MATS**

- 1 Power ON/OFF Switch — to turn mat ON/OFF
- 2 Power ON indicator — Lights up when mat is ON
- 3 Left Side Adjust Temperature Dial - Use to increase or decrease heat levels 1~7 30°C ~ 70°C (86°F ~ 158°F)
- 4 Left Side LED Temperature Display — How hot the mat is now, also for a second shows the set temperature level, then comes back to the current heat (shows levels 1-7)
- 5 Left Side Operation Indicator — ON when mat is heating, OFF when set temperature is reached
- 6 Left Side Timer Control Toggle Button Chose 4, 8 or 12 hours heating session with auto shut-off when time expires
- 7 Left Side Timer ON indicators Light ON when Timer is set to selected session length 4, 8 or 12 hours
- 8 Right Side Adjust Temperature Dial Use to increase or decrease heat levels 1~7 (20°C~70°C or 68°F~158°F)
- 9 Right Side LED Temperature Display — How hot the mat is now, also for a shows the set temperature level, then comes back to the current heat (shows levels 1-7)
- 10 Right Side Operation Indicator — ON when mat is heating, OFF when set temperature is reached
- 11 Right Side Timer Control Toggle Button Chose 4, 8 or 12 hours heating session with auto shut-off when time expires. Timer should be activated first to start heating.
- 12 Right Side Timer ON indicators Light ON when Timer is set to selected session length 4, 8 or 12 hours
- 13 Negative Ion ON/OFF Toggle Button — activates Negative Potential (N.P.) function, auto shut off after 1 hour
- 14 Negative Potential ON Indicator — ON when N.P. is activated
- 15 Auto Grounding EMI protection — Electro Magnetic Interceptor (EMI) active protection system



**OPTIONAL:**  
PEMF (VLF) or PHOTON buttons and ON indicators will be on the controllers if your mat is equipped with any of these extra functions. PEMF button activates magnetic pulsation for 20 minute periods each 2 hours of mat active sessions. In total 4 cycles within 8 hours. If you have variable PEMF controller, you may adjust frequency from 8 to 60 Hz or choose auto program (level 9). Press the button again and again to choose the appropriate level displayed as 1-9 on the controller screen. PHOTON button activates Red Light LEDs for 1 hour periods each 4 hours of mat active sessions, in total 2 cycles within 6 hours (1+4+1).

TEMPERATURE CONVERSION TABLE			
LEVEL	CELSIUS	FARENHEIT	MODE
Level 1	30°C	86°F	Sleeping mode
Level 2	36°C	98°F	Low mode
Level 3	43°C	110°F	Low medium mode
Level 4	49°C	120°F	Medium mode
Level 5	56°C	133°F	Medium High mode
Level 6	63°C	145°F	High mode
Level 7	70°C	158°F	Highest mode

1. Sometimes controllers may produce buzz or humming noise and become warm which is quite normal especially if all functions are ON all together. But if the noise becomes louder and intolerable, or the controller is really hot, please, contact us for replacement. Remember that it is always recommended to connect controller to the socket through surge suppressor, automatic voltage regulator or UPS to extend it's life. Never put controller on the mat while it is heating up
2. The most frequent reason for the controller to show errors is the connection problem. Ensure the controller's plug is pushed all the way in to the mat's receptacle socket so that it is snug tight with no space at all between the plug and the mat's socket. Reconnection usually helps to reload the controller and eliminate errors. Disconnect the plug of the controller from the power socket first and then from the mat connection terminal. After this first reconnect the mat tightly to the controller and second plug it into electricity socket again. When you disconnect the plug from the mat, please always do it carefully with two hands, holding the connector with one hand while the other hand pulls the plug. Pull the plug out of the connector on the mat carefully as well. Do not pull it by the cable or the connection between the mat terminal and the controller plug may become loose.
3. Ensure the electrical wall socket that you've plugged the mat into is working correctly. Plug another device into it to ensure it has power. If it is not working, consider checking the electrical panel as a breaker may have popped (or broken) and needs to be reset. Or try another electrical wall socket that you have verified is powering other devices. If you are using a surge protector, ensure it is working properly. Plug another electrical device into and verify that it is working..
4. No need to unplug the controller connector from the mat connection terminal frequently. If the controller always remains connected to the mat it is OK as this only helps prevent the connection from loosening. Just remember to verify the tightness of the connections from time to time. If controller display shows «OF» or errors try to activate timer first. If it does not help turn ON/OFF and try reconnection.



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**EREADA® AMETHYST PILLOWS**

Ereada® Amethyst FIR pillows are more than just luxury pillows because they also bring the amazing powers of semi-Precious Gems, Crystal Far InfraRed Rays and Negative Ions into your bedroom. These pillows may support and relax your neck, back and head.

You have a choice between the bigger and heavier B-SHAPE 19"x12.5"x3.3" Pillows with two different-sized support lobes (3" and 3.5") and smaller and lighter D-SHAPE or HALF ROLL 16"x7.5"x3" Pillows.

Transparent lines on Pillows show Amethyst and optional other crystals, abundant under the entire wavy surface.

Ereada® pillows consist of 2 parts, the core insert made of special heat resistant memory foam for FIRM support, and the valuable cover with precious natural tumbled crystals of Amethyst infused along the whole length of the pillow case.

The hard core pillows with FIRM CERVICAL SUPPORT may provide better head and neck elevated position during FIR heat sessions on hot stone mats and pads. These Gemstone Pillows recapture Far InfraRed heat from the FIR Mat and radiate it at a lower intensity especially useful for high heat sessions on the FIR mat.

Since ancient times Amethyst gems filling the pillow cover: are known as healing stones. For ages these crystals soothe people engaged in rigorous mental activity.

Ereada® pillows are non-powered and do not utilize electricity. The crystals forming the whole surface of the pillows naturally release Far InfraRed rays and Negative Ions in safe and delicate way using your one body heat. The gems can absorb the excessive heat from the too hot zones of your head and redirect it to those areas which need more warmth.

Also great to use Gemstone Pillows without the heating mat for more relaxing and restful all-night sleep.



Bigger B-Shape Pillows are sewed with more then 2 pounds of gemstones.



Smaller D-Shape or Half Roll Pillows contain around 1 pound of the 100% natural purple Amethyst.

Ereada® Pillow is a great addition to all Ereada® FIR mats, definitely recommended for use in both home and professional setting.

If the pillow is too hard you can take the pillowcase with Amethyst crystals off the pillow. There is a zipper on the back side. Then put your favorite soft pillow into the pillowcase with crystals for a comfortable and restful all night sleep. You can also use one or several standard cotton pillowcases ( cotton is permeable for FIR crystal rays and ions ) on top to eliminate the crystals pressure.

- Emits Far InfraRed radiation (Emissions: 90.7%) and Negative Ions
- Performs cleansing functions, prevents molds and bed and pillow mites, purifies air
- Luxury pattern and elegance embroidery design, ultra light weight
- Blocks the harmful effects of electric and magnetic fields and water vein waves\*
- The cover of the pillow contains thousands of small crystals of the pure natural Amethyst gemstone, known for its amazing power
- The pillow case made of eco-leather is easy to clean, does not require washing, can be wiped with with a dry tissue. It is a luxury long lasting life time product

\*Ereada® mats are great for general wellness. They awaken the restfulness, comfort and invigoration, powers and energies and can become an important part of your healthy lifestyle. Ereada® mats may help supplement your lifestyle but they are not intended to diagnose, cure, treat, mitigate, or prevent any disease, illness or medical condition or to substitute medical treatment of any kind or to affect the structure or any function of the body. Please, see Legal Disclaimer section, page 21 for more information.







# EREADA® MAT PROTECTOR

## WATERPROOF HIGH ABSORPTION PAD

This multilayer Pad is specially designed for more comfortable sleeping on the Ereada® mats and for its protection from moisture, spills and stains, sweat, lotions and dust mites. The 3D Pad construction provides an excellent body support evenly distributing pressure from the mat's ribs of amethyst.

It makes Ereada® Mat session or sleeping softer and more comfortable. Protector is great for home and especially for health professionals using the mat.

Protection Pad is completely permeable for Far InfraRed Heat, PEMF and Negative Ionization, though it may dissipate some conductive heat and block Red Light. So for light sessions it may be better to use your mat without cover but protecting your eyes with special dark glasses (if you look at the photon LEDs).

Protector consists of 5 layers.

① The top layer is made of premium natural Bamboo terry (20% polyester added for durability) Air Layer or Cotton fabric with high anti-bacteria and mites protection properties.

Hypoallergenic material is soft to touch.

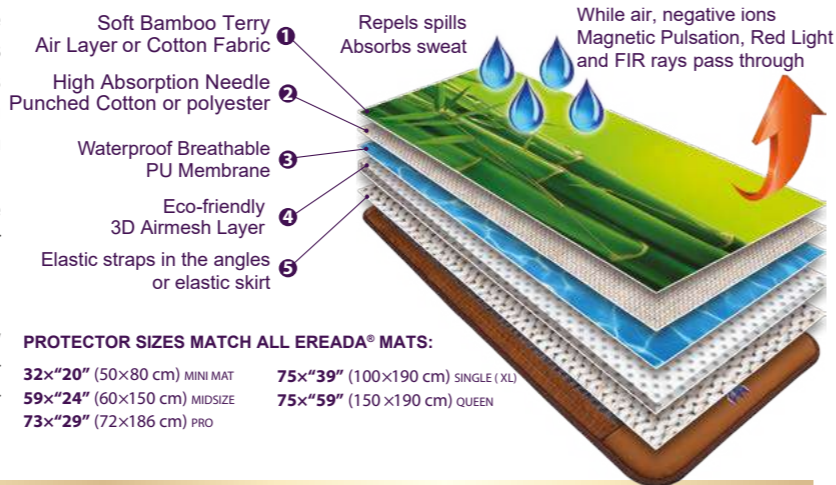
② Fitted layer with the 7d needle punched cotton or polyester provides high sweat absorption maintaining the top layer dry. It is especially usable during high heat sessions. This layer also provides extra softness and more comfort for prolonged sessions or sleeping.

③ Waterproof but air and vapor permeable heat resistant polyurethane membrane barrier repels fluids but allows the air and moisture to pass away from the mat.

④ Highly breathable eco-friendly polyester 3D Airmesh Layer has two functions. First it provides extra ventilation space between the mat and protector membrane to dissipate air and moisture from the mat. Second it provides an excellent body support evenly distributing pressure from the mat's ribs with crystals.

⑤ Durable polyester warp knit skirt with elastic strap on the edges going along all the protector pad sides to fix it on the mat.

The combination of these materials assists in preventing moisture from entering the mat while transferring moisture outward.



### EASY INSTALLATION AND REMOVAL

Protection Pad is easily installed on the Ereada® mats by the special elastic strap skirt with the Mat terminal connection holes closed with zipper. It is extremely convenient especially for the bigger size heavy mats because you do not have to lift the whole mat or turn it upside down to put on or take the protector off.

### SELF CLEANING

Thick Ereada® 3-D Pad and Thin Ereada® Cover may be included into your FIR Mat set to protect it from spills, sweat, smell, dirt, bed mites, bacteria and moisture.

Both are featured by the special waterproof heat stable PVC free Dancel membrane with high permeability for FIR crystals rays and negative ions. Thick Ereada® 3-D Pad can be distinguished by the ultrasonic quilted top Air Layer with Ereada logo on the top. It is great to maintain the contact between the body and the mat surface dry. 3-D Pad also provides soft but breathable cushioning of the mat to avoid discomfort caused by the hard crystals.

**PLEASE, CHECK MAINTENANCE TAG. PREVIOUS GENERATIONS OF EREADA® 3-D PAD WITH TOP AIR LAYER MADE OF PERFORATED BAMBOO JERSEY IS NOT WASHABLE. IF SO, AFTER PLACING 3-D PAD ON THE MAT, ALWAYS PUT THE THIN WASHABLE COVER, SHEET OR TOWEL ON TOP OF THE PAD TO PROTECT IT.**

To disinfect your Protector Pad once a week leave it for an hour on the Mat set on high temperature level.

Only on rare occasions carefully hand wash the 3-D Pad in cold water and air dry. Though the top air-layer can rip especially when washed, the Pad still can be used for its main function.

To protect and keep clean both Ereada® FIR Mat and 3-D Pad, we recommend to put a washable Thin Ereada® Waterproof Protective Cover on top of the 3-D Pad. You can also use this Thin Ereada® Cover directly on the FIR Mat without the 3-D Pad for high intensive procedures when maximum energy is desired. We include these Covers free of charge into Ereada® mats sets if your Protector Pad is not washable. The Covers are much thinner than Pads but still waterproof and protective.

**NEW EREADA® 3-D MULTILAYER PROTECTOR WITH 3-D PAD AND EREADA® COVER ARE MACHINE WASHABLE AND DRYER FRIENDLY. USE GENTLE CYCLE FOR BETTER DURABILITY.**

You can put several layers of bamboo or cotton sheets or towels on the top of your mat, 3-D Pad and Cover to make the procedure softer and more comfortable. The most part of FIR Heat, Negative Ions, Magnetic Pulsation will travel through. As soon as your body gets accustomed to crystals pressure you may choose to take away extra layers one-by-one.

## CONTRAINDICATIONS\*

It is always recommended to consult with your physician before using the Ereada® Mat. It is very important to properly hydrate with pure and mineralized water before and after sessions with the mat.

### ORGAN TRANSPLANTS

The recipients of any type of organ transplant should not use Ereada® Mat.

### PACEMAKERS / DEFIBRILLATORS

Cardiac (heart) Pacemaker and defibrillators users should not use the Ereada® Mat.\*

### AILMENTS

Anyone with a disease, ailment or medical condition should never use the Ereada® Mat without approval from the physician. It may be extremely dangerous to raise the body temperature to high levels for the persons with: Adrenal Suppression Disorders, Addison's Disease, Adrenal Insufficiency, Systematic Lupus Erythematosus, Multiple Sclerosis (MS), Brain Tumors, Bypass Surgery, Diabetics, Hypertension and many other conditions.\*

### NEWBORN BABIES / INFANTS / CHILDREN

Newborns and infants should not use the Ereada® Mat. Children may use with caution only with doctor's consent and under supervision of adults on low heat modes or Negative Ions only.\*

### PREGNANCY

Expectant women or those who are nursing should not use the Ereada® Mat in heating mode.

### PAIN

Pain should not be experienced when using the Ereada® Mat. If pain occurs or is persistent, discontinue use.\*

### MEDICATIONS / TREATMENTS / RADIATION / CHEMOTHERAPY

Anybody currently taking medications or going under medical treatments, radiation or chemotherapy should consult the physician before using the Ereada® Mat in heating mode.\*

### HYPERTHERMIA / FEVER

Anybody experiencing a high fever should not use the Ereada®

Mat in heating mode. Only the Negative Ions function can be used until the fever stops.\*

### JOINT INJURIES

Anybody with fresh joint injuries or swollen hot joints should not use the Ereada® Mat in heating modes to avoid inflammation. Only the Negative Ions function can be used until the full recovery.\*

### INSENSITIVITY TO HEAT

Anybody with diseases associated with a reduced ability to sweat or insensitivity to heat should use the Ereada® Mat with no heat Negative Ions only mode.\*

### IMMOBILITY

Anyone with difficulty moving or changing positions should use the Ereada® Mat in the Negative Ions only mode.

### WORSENE CONDITION

If there are any symptoms or conditions that worsen while using the Ereada® Mat, the use should be stopped immediately.

Some temporary symptoms may occur especially if you start too fast. It is STRONGLY RECOMMENDED to decrease intensity, duration and frequency of heating sessions and contact your health professional.

The symptoms may also be the signs of severe diseases. If symptoms persist, stop at all the use of the mat. Remember that it is your responsibility to seek the attention of a health care professional before and during the use of this product.\*

**NEVER USE EREADA® MATTRESS WHILE UNDER INFLUENCE OF MEDICINES, SLEEPING AIDS, DRUGS, ALCOHOL OR INTOXICATION.**

\*Ereada® mats are great for general wellness. They awaken the restfulness, comfort and invigoration, powers and energies and can become an important part of your healthy lifestyle. Ereada® mats may help supplement your lifestyle but they are not intended to diagnose, cure, treat, mitigate, or prevent any disease, illness or medical condition or to substitute medical treatment of any kind or to affect the structure or any function of the body. Please, see Legal Disclaimer section, page 21 for more information.





## GENERAL SAFETY INSTRUCTIONS

Ereada® mats have been carefully engineered for both effectiveness and safety. Basic safety precautions should always be observed when using any electrical device.

Before using this product, please carefully read and follow the instructions in this section. They explain the best way to use and care for the mat. Please follow the safety instruction carefully.

Please remember, that it is the owner's responsibility that all parties that may use the mat are properly informed about the correct procedure to be followed.

### 1. USAGE PRECAUTIONS

- Children and those with disability should have a doctor's permission and must be closely supervised when using the device. Infants should be strictly prohibited from using the the Mat.
- Do not use on heat sensitive skin, especially face, genitals. Also skin that is not sensitive to temperature change should not encounter the mat's surface (i.e. Diabetic or loss of feeling).
- Do not use with liniments, salves or ointments that contain heat-producing ingredients, unless recommended by a health care professional. Skin burns could result.
- It is very important to hydrate yourself well before, during and after sessions (including minerals and electrolytes). Drink a lot of pure and mineral water, juices or herbal teas.
- Start Low and Go Slow! Use low settings to begin and gradually increase the intensity, duration and frequency of sessions over time. Use carefully, low temperature burns may result from improper use.
- Overusing the device on maximum temperature may result in excessive stimulation. Use moderately on high temperature. Even if your mat can heat in a continuous mode, it is strongly recommended not to use the high heat settings for more than 1 hour for your safety! Even if you have good experience, limit heat sessions at maximum temperature levels to one hour per day to prevent dehydration and hyperthermia.
- If you have piercings or any other metal on your body, do not go above 104°F (40°C), unless that part of your body is off the Mat or the metal is removed.
- Make sure your head is not on the heating part of the mat for long periods of time. Use a pillow as a barrier between your head and the mat if you plan to sleep on it. The special Ereada® Pillow is strongly recommended.
- People who have surgical implants made of Titanium, Metal, Ceramic, or Plastic can typically use the Ereada® Mat. Surgical implants generally reflect InfraRed rays and are not heated by an InfraRed heating device. Anyhow it is strongly recommended to consult a knowledgeable physician before use.
- Silicone implants may get heated by Far InfraRed (FIR) rays. Silicone is known to melt at over 200°C (392°F), so it should not be profoundly affected by InfraRed heat. But you are strongly recommended to consult your surgeon before use.
- If you wish to use the mat for a pet, consult with a veterinarian.

### 2. SAFETY INSTRUCTIONS

Be careful with pets sleeping on the device. They can damage the Mat if left without supervision! It should always be turned off without supervision.

- Never put the Mat into the water, do not use the product in wet or excessively humid area. Do not use the device when your hands and body are wet. If your mat got wet or you spilled water over device, let it completely dry out first. Then heat it up to max level for an hour without laying on the mat. It should be enough to restore it.
- Try not to bend your mat in unusual places. DO NOT FOLD OR BEND WHILE IN USE OR IF THE MAT IS STILL HOT – Ereada® mats are designed to lay flat when in use, they should NOT be folded in half while heating up or they will over-heat, the warranty on the mat will be void and the life of the mat will be greatly diminished. The mats may be folded after they are cool, turned off, and prepared for storing. To prevent damaging the mat, only fold it in its predetermined positions.
- Only Brown Ereada® Mini Mat without N.P. function can be used to wrap or cover your body or on a chair or recliner bent up to 90 degrees. Other mini mats are also more flexible than larger ones.
- Do not spill water or put any chemicals, volatile or flammable materials and cleaning supplies such as benzene, thinner or kerosene on the mattress.
- It is recommended to always protect the Mat from moisture and consistent perspiration with the multilayer high absorption waterproof case (included into your purchase) while use or storage.
- When using your mat in bed or on hardwood floor, use a towel under the mat to separate it. This will prevent any damage to your bed mattress or flooring..
- When you cover your mat, always cover the entire surface. Partial coverage can make the heat sensors malfunction which can alter the temperature settings.
- Do not put the controller on the mat while heating is ON. It may overheat.
- Do not put heavy objects on the mat. Do not step, walk, jump, run and avoid other types of pressure which can damage inner sensors.
- Do not shine the beam of light from the LEDs of PHOTON function directly into open eyes for long periods of time. Extended exposure to any bright light may damage eyes.
- Changes or modifications of the device can be dangerous and may cause electric shock. Do not disassemble anything while the power is on.
- Do not prick the mattress with pins, knives or sharp objects.
- Changes or modifications to this device not expressly approved by the company can be dangerous and may cause electric shock.

\*Ereada® mats are great for general wellness. They awaken the restfulness, comfort and invigoration, powers and energies and can become an important part of your healthy lifestyle. Ereada® mats may help supplement your lifestyle but they are not intended to diagnose, cure, treat, mitigate, or prevent any disease, illness or medical condition or to substitute medical treatment of any kind or to affect the structure or any function of the body. Please, see Legal Disclaimer section, page 21 for more information.

### 3. POWER PLUG AND CORD

- Make sure that the receptacle where you plan to plug the mat has the same voltage rating as the specifications indicated for each product (usually 110-120V/60HZ for North America and 220-250V/50HZ for Europe and other countries). If necessary use the step down transformer converting 220-250V into 110-120V. Never use the travel adaptor or the mat will be damaged.
- To protect your warranty, always use a surge protector. This is the main reason for the mats malfunction, an electrical surge kills the controller and renders the mat unusable until a new controller is purchased. Spikes and surges are frequent in rural places and during hurricanes or snow storms.
- Always remember to turn off the electrical supply when not in use and unplug your mat from the socket. When unplugging device, do not attempt to pull the cord, pull it out of the power

outlet by holding the plug. Unplugging is the best way to protect the mat.

- Do not disconnect the mat from the controller more frequently than necessary. It may cause loose connection.
- Do not use the device when it is damaged or the cord is damaged or if the electrical outlet is excessively loose, find another socket that will correctly hold the plug.
- Stop using and immediately unplug the mat from its power source (wall outlet) if you experience strange conditions such as smell, smoke shocks and/or fire.
- Before cleaning, turn off the Amethyst mat using the button on the controller and then unplug the device from its power source.
- 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.

## EREADA® MAT SETUP FOR OPERATION

### UNPACKING AND PREPARING

- 1 When you receive the box with your mat, It may have wear due to shipping but everything inside should be well protected. Please take a moment to verify that the item was not damaged in transit. Carefully unpack the box and review the contents of your package. Please, check if everything is included and in due condition. If there is any problem, please contact us right away by email [ereada@ereada.com](mailto:ereada@ereada.com) or phone (800) 688-7780, so that we can resolve the issue as fast as possible.
- 2 Open the box. The set Includes:
  - ◆ Ereada® Mat or Pillow
  - ◆ Controller with terminal and plug wires (not included into the unpowered Pillow sets).
  - ◆ Waterproof Protector for your Mat (not included into the Pillow sets). Protection pads and covers may be shipped on the mats to protect them during shipping.
  - ◆ Carrying Bag for your Mat (may not be included into the Pillow sets)
  - ◆ Owner's Guide and printed materials for instruction and information
- 3 If you have any kind of medical issue or disease, it is strongly recommended NOT TO USE the mat without the Health Professional approval. This mat should not be used by infants, pregnant women, patients with organ transplants or incapacitated persons. Do not use on heat mode if you have sensitive skin, face, genitals or where there is loss of feeling. If you have pacemakers and implants of any kind, ask your doctor if Far InfraRed (FIR) heat and PEMF are safe for you. To ensure your safety with the mat, please, study Contraindications, Precautions, Safety Instructions and Usage Tips sections of this owner's guide.
- 4 If you purchased your Ereada® product on [Amazon.com](https://www.amazon.com) or on [Ereada.Com](https://www.ereada.com) your warranty is auto-activated. Otherwise, please, email to [ereada@ereada.com](mailto:ereada@ereada.com) the device model and serial number (should be on your box, on your mat connector or on the controller sticker) for warranty activation.
- 5 These are some important steps to start your Far InfraRed Mat properly.

- ◆ When you get the box with your mat, if it is too cold or too hot or wet outside, please, keep the mat inside for an hour to adjust to room temperature before connecting to the power socket.
- ◆ During this time, please, read your catalog / user guide and visit our website for more in-depth information about our products and the sciences behind them.
- ◆ Put the mat on the flat surface with crystals side upwards. If your area is subject to frequent electrical blackouts or power spikes, it could be better to connect the device to electricity through a surge protection, AVR or UPS device

like that one which protects computers or refrigerators.

- ◆ Next step is to test the mat at the highest temperature level (70°C equal to 158°F) for 2-3 hours. No need to lay on it during this time. Due to its multi-layered construction, it may take up to an hour for your mat to reach its highest temperatures. It maybe less than 70°C. You should cover your mat entirely with a thick blanket to trap the heat, or it will continuously escape into the air.
- ◆ For safety the logo area, the edges of the mat and the end tubes with crystals do not have direct heating. But if







the mat is ON for a long time the end tubes will heat up indirectly from the neighbor hot stones or crystals.

- ◆ Set the temperature according to your comfort. A warm temperature of levels 2-3 (36-43°C = 98- 110°F) is enough to get benefits.
- ◆ The mat is really hard and stiff because of the crystals. It is quite standard to have some adaptation in the beginning. After some time your body will adjust and stop to feel any discomfort. The hard pressure from crystals is not a really bad thing as it is great for short 5-10 minutes procedures on bare mat for benefits. Of course it may cause some painful feeling if overused from the very beginning.
- ◆ If you would like to lay for longer time or even sleep on your mat, it could be great to do it slowly adapting your body to crystals pressure. So the first rule is to start with shorter sessions and move forward slowly. Other way to decrease the pressure from the mat ribs with stones is to use some cotton or bamboo towels, sheets or blankets on the top of the included into the set Ereada® 3-D Pad Thick Protector to make the mat softer. The most useful part of Far InfraRed Radiant Crystal Heat will travel through the Ereada Pad and the natural materials (cotton, bamboo, wool) toppers as negative ions and you will have more comfort laying on the mat.
- ◆ Put as many layers as you need not to feel pain after 10-15 min procedure. It is enough to start. Later as soon as your body gets used to the mat you can take away the extra

layers one by one.

- ◆ Use slow and continuous mode of increasing session intensity. Begin with the low temperature levels and short time sessions of half hour or less and gradually increase the length and intensity.
- ◆ Never fold the mat while hot, never heat it in folded condition, remember that only the mini mat (20"x32") can be bent a little to wrap the body or used on chair while heating. Avoid walking, exercising or dancing on the mat or putting heavy or sharp objects or applying pressure in order not to damage the inner sensors and heating system.
- ◆ Remember to unplug the controller from the power outlet when the mat is not used. It will protect both the mat and controller from power surge caused faults.
- ◆ All larger than MINI mats should be used only flat on the bed or on the floor. When you fold the mat for storage always do it in the same manner as you received it, with the top surface with crystals upside. If the mat is folded in wrong direction it maybe damaged.
- ◆ If the display of your mat controller shows errors or the mat does not heat up properly sometimes the cause for the problem is poor connection. The plug with the connector from the controller (#1) to the mat terminal socket (#2) should be connected tightly. Ensure the controller's plug is pushed all the way in to the mat's receptacle socket so that it is snug tight with no space at all between the plug and the mat's socket like on the picture below.

### SET UP EREADA® MAT FOR OPERATION

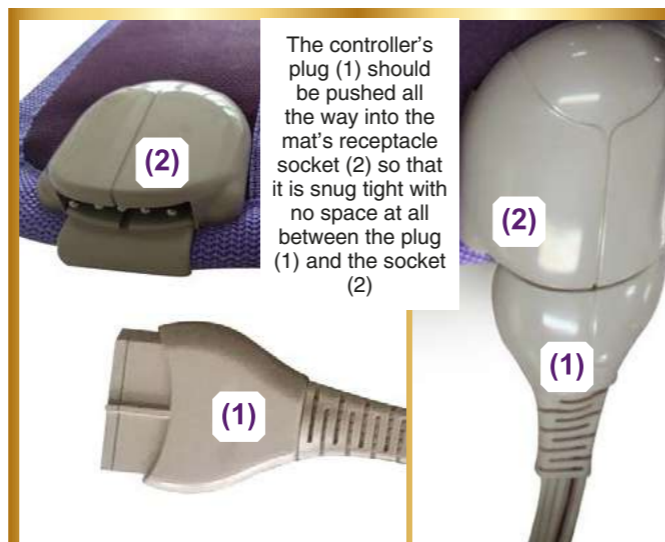
1 Start by connecting the controller's attachment (1) to the receptacle (2) on the Mat.

**NOTE: This step MUST be first or the mat's controller may not work and simply remain OFF.**

2 Then plug the controller into a safe power supply grounded socket.

3 Turn on the power to the mat by pressing the POWER ON/OFF Toggle button or Switch. The POWER Indicator light or Temperature Display on the controller should be lit if the mat is getting power. If the mat is not getting power, re-check steps 1 and 2 above to ensure your connections are snug. Try another outlet if you are still having trouble getting the POWER Indicator light to display.

4 Press the POWER ON/OFF Toggle button again to turn the mat off when desired.



### POWER ON/OFF TOGGLE BUTTON



TEMPERATURE CONVERSION TABLE			
LEVEL	CELSIUS	FARENHEIT	MODE
Level 1	30°C	86°F	Sleeping mode
Level 2	36°C	98°F	Low mode
Level 3	43°C	110°F	Low medium mode
Level 4	49°C	120°F	Medium mode
Level 5	56°C	133°F	Medium High mode
Level 6	63°C	145°F	High mode
Level 7	70°C	158°F	Highest mode

### HOW TO OPERATE YOUR EREADA® MAT

#### 1. SETTING THE MAT'S TEMPERATURE

1 Ereada® mats Midsize and bigger have seven temperature settings in the range between 86°F ~ 158°F (30°C-70°C) displayed as levels 1-7 or the controller screen. Most part of Mini Mats controllers show Celsius Temperature on the controller screen. Please, use the table for conversion to the equivalent Fahrenheit temperature values.

2 There is a round «Adjust Temperature Dial» on the Midsize and bigger Ereada® mats controllers. In order to select your preferred temperature, dial the wheel to increase or decrease the temperature

and make the mat hotter or cooler. Once your desired temperature Level (1-7) or Celsius Numbers (30°C-70°C), appears in the LED display, stop dialing.

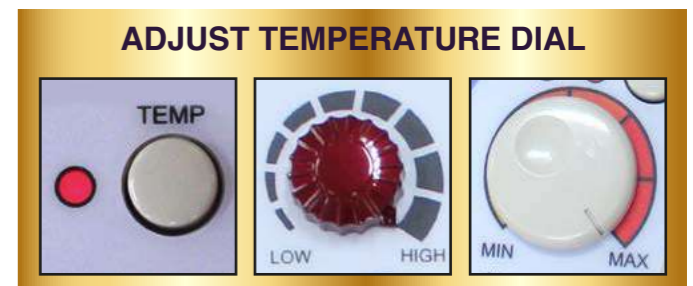
If there is no round «Adjust Temperature Dial» on your controller the temperature of the mat can be set using the button controls. Press the Temperature Control Button to start adjusting and hold it until your desired temperature appears in the LED display.

3 If the two digits number Celsius temperature is displayed, after a couple of seconds, the display will revert back to showing the mat's current temperature in Celsius while the mat begins to heat to your requested temperature if you increased the temperature or to cool down if you decreased.

If your controller shows the one digit number between 1 and 7, it is the Temperature Level that you have set. it will remain on the display until you turn the Mat off or change the Level.

4 The Operation Indicator light will light up when heating starts, but then turn off when the selected temperature Level is reached. Whenever the temperature of the mat is several degrees below the selected temperature, the mat's heating process will resume and the Operation Indicator light will come back on again.

5 The Queen size mat dual zone controllers allow to independently control the heat temperature and session time in the left and right sides of the mats.

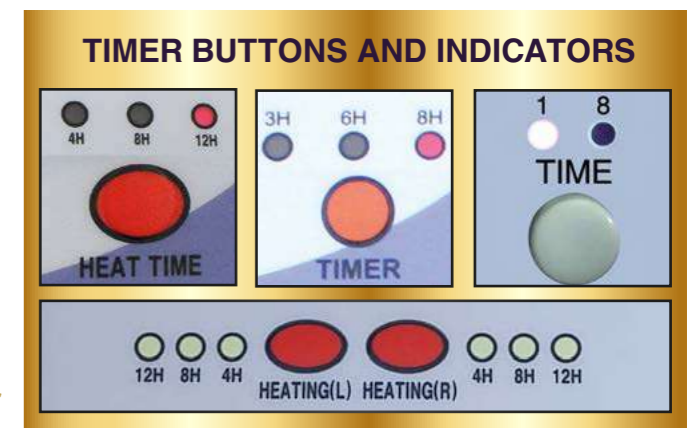


#### 2. TIMER AND AUTO-OFF FUNCTIONALITY

1 Ereada® mats are equipped with a timer function allowing you to set an automatic turn OFF time.

2 Timer button provides possibility to set the mat's heating function to automatically shut off after a number of hours. You can chose between the following settings:

- ◆ 1, 8 hours or 3, 6, 8 hours or 4, 8, 12 hours for the controllers with a choice of three temperature settings pointed by the corresponding indicator lights
- ◆ Some models of the controllers have built-in safety timer with auto shut-off after 8 hours of mat operation



It may be beneficial for sleeping, relaxation or other uses, but **USE EXTREME CAUTION** and be careful to use only low level temperature settings while using the mat for prolonged periods of time.

3 The mats will not start to heat up unless you chose one of timer settings. If the preset time is over, controller will display «OF» and the mat will stop to heat. Add more time or finish your session.

For longer life and safety reasons it is recommended not to use the continuous medium settings heating for more than 12 hours and high heat modes for more than 4 hours.

**IMPORTANT! For your safety, do not use the mats in the high heat modes of more then 113-122°F (45-50°C) in night time or when you are in the bed before sleeping. Do not rely on the Timer function only. Be extremely careful with the high heat settings. You can fall asleep and get dehydrated even in the day time. You may chose to connect your mat through the additional external timer plugged-in the wall socket and programmed for auto shut-off for extra safety.**

4 For the controllers with a choice of three temperature settings set the desired heating time by pressing the «Time» Control button.

This button toggles through several options (for example 8, 6 & 3 hours). When you press it, the first selection is 8 hours and then when you press it again, it will select 6 hours, then if you press it a third time, it will move to select 3 hours.

- a. The Timer Indicator light will turn off and the heating system will stop when the selected time period is finished.
- b. The dual zone Queen Ereada® Mat controllers allow to set timer function separately for left and right side of the mat. The button to operate timer function may also be named «HEATING L» for left side or «HEATING R» for right side of the queen mat.

#### 3. NEGATIVE ION AND AIR ION GENERATION

1 Ereada® mats have special layers (with anion generation fibers) added so that mats will generate negative ions when they are turned on and functioning. Some ions are also produced by the Crystals and Bio Ceramic Balls when the mat is «OFF».

\*Ereada® mats are great for general wellness. They awaken the restfulness, comfort and invigoration, powers and energies and can become an important part of your healthy lifestyle. Ereada® mats may help supplement your lifestyle but they are not intended to diagnose, cure, treat, mitigate, or prevent any disease, illness or medical condition or to substitute medical treatment of any kind or to affect the structure or any function of the body. Please, see Legal Disclaimer section, page 21 for more information.

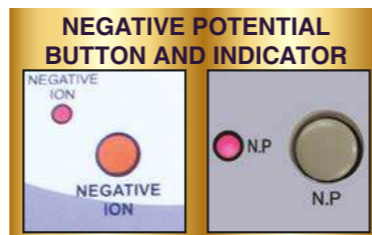




The controllers do not have special buttons for activation of Negative Ions generation from the inner mat layers because the ions generation starts automatically when the mat is «ON» due to the piezoelectric and pyroelectric effects caused by the distorted by heat crystallographic structure of the mat's anion generating layers and Crystals and Bio Ceramic Balls.

2 Negative ions generation will decrease when the mat cools down. The number of ions goes up when you lay on the non-powered mat as the Crystals and Bio Ceramic Balls use your body natural heat to produce anions.

3 Air Ion Function is installed on the Midsize and bigger Purple Ereada® mats and Gemstone Ereada® mats. The «ION» button of the controllers activates Air Ionization function for 1 hour. «ION» indicator will light up. Air ionizer uses pulse and oscillating electrical equipment to make low voltage rise to negative DC high voltage, then use sophisticated HVDC (High-voltage direct current) to generate high corona, and then release large numbers of electrons. While electrons cannot exist for a long time in air, they would be immediately captured in the air of oxygen molecule (O<sub>2</sub>), forming a negative ion. It's working principle is the same as of natural «thunder and lightning» phenomena producing negative ions.



#### 4. NEGATIVE POTENTIAL GENERATION

1 Negative Potential or N.P. is the most powerful Anion function introducing significant amounts of negative ions to infiltrate deeply, «transforming» the FIR Mat into the bathtub with Negative Ions where you are sinking the whole body to relax and rejuvenate it. N.P. converts -600v of DC high voltage into the silver fiber layer inside the Mat to generate High Negative Potential Electrostatic Field. If you push «NEGATIVE ION» button of the Midsize and bigger Brown Ereada® mats controller or «N.P.» button of the Ereada® Queen mats Controllers the function will be activated for 1 hour. «N.P.» button of the new Q-2000NP Mini Mats Controllers activates Negative Potential for 30 minutes. «NEGATIVE ION» or «N.P.» indicator will light up showing that the function is active.

2 Both Air Ion and N.P. functions last until automatically cut-off. The indicators will go down showing that the functions stopped. You can also turn off both functions earlier or reactivate them again by pressing the appropriate toggle button again.

#### PLEASE, PAY ATTENTION TO THE FOLLOWING USEFUL TIPS ABOUT HOW YOUR MAT HEATS UP.

1 Usually if you set the temperature on the highest level 7 (158°F or 70°C), It takes around an hour for the mat to reach max level. Remember to cover your mat with protector, towel or a blanket to accelerate heating especially if the ambient temperature is too cold. You can lay on the Mat while it preheats and feel how the crystal rays start to travel to your body gradually getting warmer.

2 These FIR hot stone mats do not function like conventional heating pads. Ereada® mats do not heat the ambient air surrounding the mat so much as the standard heating pads which are hotter to touch but do not heat the body so much. So it will only feel warm even on the highest settings and not too hot to your touch, even though the heat sensor might indicate high. This allows the FIR Amethyst mats to generate the penetrative heat yet not burn the body as conventional pads might.

3 The temperature on the controller display shows the condition of the inner heating elements measured by sensors inside the heating system with the variation of up to 5°C (10°F). It does not reflect the surface of the mat temperature which may be much lower. Usually the surface temperature of the Mat (under the 3D Protector Pad) is around 110-120°F on the 7th level because when preheated the Amethyst crystals transfer the most part of the mat energy in the form of Far InfraRed Rays. Sometimes when the ambient temperature is low and it is windy, the mat can be only 100-110°F on the top on max level as the heat dissipates, but it will still generate the FIR rays. This heat is radiated same as sun energy by rays with only a small part through conduction (conduction and convection are the main ways of heat transferring by conventional heating devices).

4 If you cover the FIR Mat with several layers of natural materials you will lose only a portion of conductive heat (20-40% depending on mat temperature, lower the temperature, lower the ratio of conductive heat) but the InfraRed Rays will still penetrate through the towels / blankets / covers and heat from the inside.

5 The FIR warmth is much more penetrative and provides deeper effect so the mat should be used on much lower «sensible» temperature than the standard electric heating devices and demands extra care especially for all night use. Especially it refers to the bigger size mats which are very powerful and may cause hyperthermia or buzz effects if overused (the Mini Mat is much safer in this regard). **Never use too long on high heat to avoid burns!**

6 Our skin sensors are more familiar with conduction heat so extra care should be taken with the radiant heat to avoid low temperature burns or overuse. It is very amazing when you lay on the warm mat and start to sweat after half an hour as if you are in sauna. Of course not everybody starts to sweat from the 1st use of the mat as usually it demands some accommodation period for the body but finally it works so.

7 There is a correct way to test the mat heating element's REAL power. it is not recommended to do frequently as it can overload the heating elements and overheat the bimetal sensors.

a. Turn the Mat on the highest level and preheat if for half an hour. Sometimes when the ambient temperature is low and it is windy, the mat can be only 100-110°F on the top on max level as the heat dissipates, but it will still radiate the FIR rays.

b. Put a Thick non-permeable Pillow ( like our Amethyst Pillow ) on the top of the Mat and leave it for half an hour.

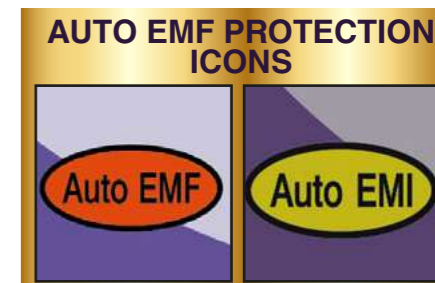
c. Take away the Pillow and measure the temperature on the mat surface under the Pillow. It can be really hot and reach 160-170°F! Because all the conductive heat (which ratio is maximum on the highest levels) and some part of FIR Heat will be blocked and the mat surface will get really hot. Remember that your body absorbs FIR energy even more effectively. Take care and listen to your body to avoid overheat and dehydration.

8 Please, check the «TEMPERATURE GUIDANCE» section of the owner's guide for some tips about how to chose the proper temperature.

#### AUTO EMF PROTECTION

Ereada® Mat construction provides negative ions generation and Far InfraRed deep penetration heating without any harmful electromagnetic fields emissions. Full protection from harmful EMFs (Electromagnetic fields) is provided by double shielding, foiling and silicon and Teflon insulation of advanced low emission titanium heating elements.

Remaining EMFs (electric waves) are suppressed and earthed by the special EMI (electric and magnetic waves interceptor) layers and Controller active EMI auto-grounding function. Heavy Amethyst layer also is known for interception of EMFs generated by electronic devices in the space around.



#### PEMF/VLF (optional)

1 IF PEMF FUNCTION is installed on the Ereada Mat, it can be activated by pressing the «PEMF» toggle button on the controller. The PEMF indicators will light up.

2 The function lasts for 20 minutes, then it will automatically cut-OFF. The «PEMF» indicators will go down.

3 When timer is set for 8 hours or more and you turn PEMF on, it will run for 20 minutes and then «sleep» for 100 minutes. This cycle will repeat 4 times. PEMF flashing Indicator light will be running while function is active. It goes OFF when the cycle is over.

4 Pressing the «PEMF» toggle button again you may turn PEMF OFF and ON at any time to restart the cycle. PEMF can operate independently to the heat and photon lights or together with them.

PEMF magnetic waves while «ON», increase the Infra-red heat impact of the mat.

If you have a variable PEMF controller, you may adjust frequency from 8 to 60 Hz (levels 1-8) or choose auto program (level 9) changing frequency every 2-3 seconds. Press the PEMF button again and again to choose the appropriate level displayed as numbers 1-9 on the controller screen. PEMF running light indicator accelerates when level is increased.

PEMF LEVEL	1	2	3	4	5	6	7	8	9
FREQUENCY	8 Hz	16 Hz	24 Hz	30 Hz	38 Hz	46 Hz	52 Hz	60 Hz	8-60 Hz variable



#### PHOTON RED 660 NM LIGHT (optional)

1 IF PHOTON FUNCTION is installed, it can be activated by the «PHOTON» toggle button on the controller. The Photon indicator will go «ON» while in operation.

2 The function lasts for 60 minutes, then it will automatically cut-off. The «PHOTON» indicator will go down.

3 While the mat power is ON, the function will be automatically reactivated after 3 hours. In total 2 cycles within 6 hours (1h+3h+1h). Photon Indicator Light is ON when function is ON. It goes OFF when the Red Light LEDs go off.

4 This function can also be stopped or reactivated any time by pressing «PHOTON» button again. It can operate independently to the heat and PEMF function or in combination with them.

#### FOR SAFETY, UNPLUG THE MAT WHEN IT IS NOT IN USE. DO NOT FOLD WHILE IN USE

When unplugging the mat, do not pull on the cord, instead, disconnect it from the outlet by pulling the plug directly.

Ereada® mats are designed to lay flat, they should NOT be folded in half while heating is «ON» or they will over-heat, the warranty on the mat will be void and the life of the mat will be greatly diminished. They may be folded after they are cool, turned off, and prepared for storing.

\*Ereada® mats are great for general wellness. They awaken the restfulness, comfort and invigoration, powers and energies and can become an important part of your healthy lifestyle. Ereada® mats may help supplement your lifestyle but they are not intended to diagnose, cure, treat, mitigate, or prevent any disease, illness or medical condition or to substitute medical treatment of any kind or to affect the structure or any function of the body. Please, see Legal Disclaimer section, page 21 for more information.





## TROUBLESHOOTING

Ereada® mats are original made in Korea top quality, durable products with a long lifespan. Our mats encounter only a very small percentage of factory defects. They are manufactured under the strict quality control of SGS, ISO, GMP and CE certification standards at facilities oldest in the manufacturing business, with almost 20 years of consistent experience.

In the rare instance you may encounter a problem, it might occur mainly due to a power spike (an electrical current surge in the power line causing too much power to flow down the line and «burn out» a device plugged into the line). This might likely happen to electronic devices if they are not plugged into a surge protector. The easiest solution to this problem is to purchase a new controller for your mat.

Other reasons might include, the mat or controller being dropped, some sort of heavy impact (sometimes happens during parcel delivery) or improper use of the product. Consider the instructional steps below to try and solve the problem you may be having or contact the Ereada® support team by email for assistance: [ereada@ereada.com](mailto:ereada@ereada.com).

**The controller may show “OF” on display. It means that either preset heating time is over or the connection between controller and mat is lost. Try to add time, to power ON/OFF controller, to reconnect it. If nothing helps, please contact us via email for the replacement process.**

**NEVER PUT YOUR CONTROLLER ON THE MAT, WHEN THE MAT HEATS UP IT CAN DAMAGE THE CONTROLLER!**

### If the controller is not working at all:

- ◆ Ensure the controller's mat plug is pushed all the way in to the mat's receptacle socket so that it is snug tight with no space at all between the plug and the mat's socket. ALWAYS DO THIS FIRST!
- ◆ Ensure the electrical wall socket that you've plugged the mat into is working correctly. Plug another device into it to ensure it is properly powering. If it is not working, consider checking the electrical panel as a breaker may have popped (or broken) and needs to be reset. Or try another electrical wall socket that you have verified is powering other devices.
- ◆ If you are using a surge protector, ensure it is working properly. Plug another electrical device into and verify that it powers other devices just fine.
- ◆ Make sure that the power button on the controller has been turned on, timer is activated and the time period set has not elapsed.

### If the Mat is not heating:

- ◆ **FIRST** – Unplug the controller from the wall and then from the mat.
- ◆ **SECOND** – Plug the controller into the mat tightly.
- ◆ **THIRD** – Plug the controller into a surge protected power source so that it fits snug.
- ◆ **Check** the Power button, ensure it's been turned on and rotate the temperature dial to increase the heat.
- ◆ If you are operating the mat in an environment with extremely low temperatures, the mat's sensor can temporarily malfunction.
- ◆ **DO NOT** open the controller or try to get inside of it (to access parts) while it is plugged into a power source.



## STARTING YOUR EREADA® MAT AND USAGE TIPS

### BEFORE THE SESSION

#### 1. CONSULT A DOCTOR

It is generally safe to use your Ereada® Mat for negative ions generation on lowest temperature levels. But it is strongly recommended that you consult a doctor before using the thermal settings on mid and high levels.\*

#### 2. HYDRATION

Proper rehydration is very important for Ereada® Mat usage. Drink plenty of pure or mineral water along with the important minerals and electrolytes that the body needs when replenishing itself after perspiration. Do this before and after

your sessions with the mat especially if you are using higher heat temperatures or are using the mat for a more prolonged period of time. During sessions have a bottle of water or fresh juice within easy reach.\*

#### 3. ARRANGE YOUR SPACE

Prepare your mat space to create tranquility, privacy and an optimal atmosphere. You will get the most out of your Ereada® Mat if you set up a private and stress-free environment where you will use it. Your session should be calm and free of any disturbance. Creating a healthy ambiance will enhance your overall experience and optimize your outcome with it. Some people choose to have a blanket and relaxing music playing in the background while they spend time on their mat. The mat will best serve you if you are free of all disruptions and are able to create a calming environment.

Consider turning off all of the signals on your phones and electronic devices and using a «Do Not Disturb» sign.\*

#### 4. PROTECTION COVER

It is strongly recommended to put on your mat the special High Absorption Heat Permeable Protector Cover included into the set. This multilayer cover is specially designed to keep Ereada® mats from moisture, liquids, stains, lotions, and dust mites.

The combination of several layers assists in preventing spills and sweat from entering the mat while transferring heat and moisture outward protecting your device. Protection cover is completely permeable for Far InfraRed Heat, PEMF and Negative Ionization, though it may dissipate some conductive heat and block Red Light. So for photon sessions it may be better to use your mat without cover but protecting your eyes with special dark glasses (if you look at the photon LEDs).

The 3-D pad construction provides an excellent body support evenly distributing pressure from the mat's hard stone disks or ribs of amethyst, jade and tourmaline tumbled crystals.

Protector is great for home and especially for professionals using the mat in their practices. If you do not feel enough soft, you can add an extra layer with a cotton (only natural fiber is recommended) sheet, towel or blanket.

Consider to set the mat temperature a little higher than without a pad to compensate the conductive heat dissipation.

The protector pad and cotton or other natural material sheets are permeable for FIR wavelengths so you will get all the desired benefits of the Ereada® Mat.

#### 5. OVERHEATING

Always cover the mat in its entirety. If you cover it partially, it may overheat due to sensor disruptions. Do not use too thick layer, especially that one of heavy wool or synthetic blankets partially covering the mat. It may cause permanent operation of overheat protection bimetal sensors. When the heat is blocked, the mat still heats up until AUTO cut OFF by bimetal switches. The mat is double protected by overheat sensors but the heating element and/or bimetal sensor life may be decreased.

A low permeable pillow on the heating surface can also disrupt your Ereada® Mat temperature sensors functionality as different sensors will report different temperatures to the main computer chip.

When you cover your mat, always cover the whole surface. Partial coverage can make the heat sensors malfunction which can alter the temperature settings and break the controller calibration.

Taking precautions to keep the mat from overheating should make it last for a much longer time.

#### 6. CLOTHES

For best results, avoid wearing synthetic clothing on the Ereada® Mat. It is best to wear cotton or natural fiber clothes during your sessions.\*

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## DURING THE SESSION

### 1. START LOW AND GO SLOW

It is best to begin using the Ereada® Mat slowly and increasing the intensity of your sessions over time. This will give your body a bit of time to adjust to the mat's effects. Start with a lower temperature at first and use a small amount of time to see how your body likes and responds to the mat.

Use low settings to begin and gradually increase the intensity, duration and frequency of sessions over time. It is easy to overdo if you move ahead too quickly, and the cumulative effects are much more desirable without the lightheadedness or side effects.

If you are just starting out 20 minutes on the low or medium levels 1-4 may be enough.

Start gradually, in small increments. Once or twice a week sessions will be a reasonable way to begin. Everyone is different some people do great with low to mid-range temperatures and others prefer higher temperatures for the best experience. Use this personal experimentation process and you should be able to discover the optimal settings your body prefers most over time. Try to get the cumulative effect. Ereada® Mat provides cumulative benefits to body, mind and spirit on every setting. No need to hurry.\*

You can gradually go up to use more powerful sessions as soon as your adaptation to the lower temperature settings is built up. Good results are reported from two or three 30-minute higher intensity sessions per week.\* As soon as you are sure that your body reacts fine, you can use your mat as long as you like. Unless you have special needs, you can use it from a few times a week for 30 minutes to 12 hours daily and it should be an enjoyable process.

If you accelerate this way, the first aim may be to create a restful and relaxing environment. The standard procedure is to have a short session before bed of about half an hour, starting at 40-50°C, and then decreasing to the lowest levels of 30-40°C. If these levels cause any feeling of overstimulation, the temperature should be set even lower or even the mat should be used unpowered for the first time.

The second target usually is to cause sweating. All intensive high heat procedures should be done with proper rehydration and electrolyte replenishment, and within the first half of the day. It may take up to an hour to preheat the mat under a thick blanket to a high heat level. Then you can lay on your back on a bare mat, or a mat with a thin protector or a towel on it and cover yourself with a blanket.

After the procedure just leave the bare mat for half hour more while still heating to dry it out. Of course if your body does not sweat much, you may not start to sweat from the first session – but after several sessions it should come. Drink a lot of hot herbal teas (not cold drinks) before and during the procedure to accelerate sweating.\*





You can increase both the temperature of the mat and add PEMF magnetism and/or red light function as well as the amount of time you spend on the mat as soon as you become more used to how it functions and how your body responds to it.\*

If you choose the mat with pulsed magnetism function, the standard PEMF frequency of Ereada® mats is 60 Hz. Your mat may be equipped with a variable frequency controller with 9 levels of frequency and intensity of magnetic waves with pulsation from 8 to 60 times per second. Usually higher frequencies have more energizing effect while lower ones may be better to create relaxing environment. It is important to self-educate and listen your body's response to find what works for you the best.

If your mat have Red Light LEDs, for the first time you can try the PEMF and red light functions, on the lowest heating levels, for 20-30 minutes to check how your body reacts.

The standard PEMF session is a simple half-hour procedure (it will auto OFF after 30 minutes). Later you may choose to cycle it for several hours. If you have an adjustable frequency controller you may try different ways to use to find what works for you the best.

When you get more experience if necessary you will be able to use all the functions or any of their combinations together. However, for some folks it is better not to use PEMF on high heat to avoid overstimulating.

Main rule is to use the lowest temperature 86°-104°F (30°-40°C) settings for anytime recharging relaxing for sleeping or longer time periods. Medium temperature settings 104°-131°F (40°- 55°C) are the best for recovery and physical therapy. Highest temperature 131°-158°F (55°- 70°C) is for short time and should not be used for prolonged time and without proper rehydration.\*

If you are falling asleep while on mat, turn OFF PEMF and Photon functions if they are ON (so that they do not wake you up when the red light resumes in 4 hours or if PEMF is programmed for auto cycling). But most importantly, choose 30°C to 45°C or 86°-110°F low levels of FIR Heat before going to bed .\*



If you have a good experience, to sweat more you may chose to cover yourself with several natural fabric towels or blankets or to use the Ereada® Mat Mini as a cover (to be "sandwiched" between two mats). This may increase benefits by retaining your body's heat.

The maximum time for each level is not specified. It depends on the mat's size, temperature level, and one's age, body size and composition, and many other factors. Of course if you are an experienced FIR sauna user, you can go with the maximum temperature level, but we always recommend checking with your doctor first and using common sense to avoid overuse.



## 2. GENERAL TEMPERATURE SETTINGS GUIDANCE

If you're working with a professional, follow their suggested instructions. Consider the below suggestions as general guidelines that make sense for majority of the people who will use the mats. For minority the settings outside the suggested ranges will work better. If so, you may just have to carefully experiment to find out what will work best for your body and mind.\*

If you use the mat with the Ereada® Mat Protector Pad, other thick protection case, a towel or a blanket (remember to use only natural materials) it may block some of the mat's conductive heat energy. You may try to chose a little higher temperature setting than without protector pad or towels on the mat.

Note:

**Use Low Temperatures: for relaxing, rejuvenating, when sleeping, or for longer periods of time.\***

**Use Medium Temperatures: for recovery and physicality.**

**Use High Temperatures: for deeper sessions and shorter amounts of time\***

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Ereada® mats are calibrated to 7 heat levels.

- ◆ **Level 1** is 86°F or 30°C (used for Negative Ions and Potential, all night sleep low heat mode)
- ◆ **Level 2** is 98°F or 36°C (Low mode)
- ◆ **Level 3** is 110°F or 43°C (Low medium mode)
- ◆ **Level 4** is 122°F or 50°C (Medium mode)
- ◆ **Level 5** is 133°F or 56°C (Medium High mode)
- ◆ **Level 6** is 145°F or 63°C (High mode)
- ◆ **Level 7** is 158°F or 70°C (Highest mode)\*\*

Above information also refers to the Purple Ereada® Amethyst Mini Mat. The Brown Ereada® Amethyst Mini mats and Gemstone Mini mats are fully adjustable from 30°C (86°F) to 70°C (158°F).

The heating power depends on ambient room temperature and air flow. There are also some variations caused by artisan nature of the devices. It is quite normal If the mat can reach the max temperature 63°-70°C as per controller display.

The FIR Amethyst Mat does not work like a conventional heating source. Most part of the heating energy is transferred in the form of radiated Far InfraRed Rays and only smaller part of heating energy is conducted through the mat surface.

The effect of FIR heat is activated when it envelops the body. It does not heat the mat surface or ambient air surrounding the mat, so the mat surface will only feel warm even on the highest settings and not too hot to your touch, even though the heat sensor might indicate high.

This allows the FIR Amethyst mats to generate well absorbable crystal rays radiant heat yet not burn the body as conventional pads might.

**Take care and do not overuse! This FIR Heat can cause low temperature burns, overheat or buzz feeling.**

If you do not sweat from the first procedure it is quite normal. Many customers realize the true power of the mat only after some time of use.

**WARNING: DO NOT USE HIGH HEAT FOR LONG PERIODS OF TIME WITHOUT PROPER HYDRATION – remember this is not only water, but the essential mineral and electrolyte**

**replacement your body needs when you have perspired. Drink a lot of pure or mineral water before and after sessions. Proper rehydration is very important to get the Ereada® Mat benefits.\***

SLEEPING ON THE EREADA® MATS – consider using the lowest temperatures for an all-night «sleeping session» with your mat. If you've never done it before, start on the lowest. Never use the mat on high heat settings before sleeping. Do not rely solely on timer auto shut-off function. You can fall asleep and overheat.

### LEVELS 1, 2: (30°-36°C or 86°-98°F)

**Power on, set temperature level 1 or 2, activate the «Negative Ion» button.**

- ◆ Safe for extended use and sleeping.
- ◆ Refreshes\*
- ◆ Purifies and ionizes the air\*

### LEVEL 3: (36°-43°C or 98°-110°F)

- ◆ Safe for extended use
- ◆ Some more experienced users sleep on these settings\*
- ◆ Invigorates and recharges\*

### LEVEL 4: (43°-50°C or 110°-122°F)

**Take care and properly rehydrate with water and minerals while extended use.**

- ◆ Facilitates deep relaxation and meditation\*
- ◆ Creates a revitalized and reenergized environment\*

### LEVEL 5: (50°-56°C or 122°-133°F)

**Take care and properly rehydrate with water and minerals.**

- ◆ Encourages activity\*
- ◆ Unlocks and sparks inner forces\*



\*\*The temperatures above show the condition of the inner heating elements with the variation of up to 5°C (10°F) and do not reflect the surface of the mat condition. Displayed on the controller exothermic temperature level is measured by sensors inside the heating system. The mat's surface temperature under the 3-D pad and the protector may be 5-10°C (10-20°F) lower or higher if measured after some non-permeable object (as Ereada® Pillow or other Memory Foam Pillow or thick blanket is put on top of the mat for half an hour on that spot where the temperature is measured.





## LEVELS 6-7: (56°-70°C or 133°-168°F)

Take extreme care and consult your doctor before high intense sessions.

- ◆ Sauna level cleansing\*

Consider: listening to your body and controlling the heating temperature of the mat during the session depending on how you feel it.

If the mat is equipped with Bio-Magnetism Pulsation or Red Light function, they can be used separately or together with any of the heating modes.

The most efficient procedure may be to heat the core up quickly on the highest level and, once perspiration starts then turn the mat to mid or low level.

### 3. THERMOTOLERANCE

Be aware of thermo tolerance if you plan to use your Ereada® Mat frequently at the highest heat levels for longer periods of time. Some scientists believe extreme use of high heat could reduce the effects because human cells develop resistance to heat, which persists for about three days and may reduce the effects of repeated heat sessions in this period.

Some scientists suggest maximum session schedule of twice a week. Russian and Japanese researchers suggest «cycles» up to four times a week apart. Consider educating yourself on the topic if you are going to start intensive usage.\*



### 4. KEEP YOUR HEAD AND SENSITIVE AREAS COOL

The best choice for head protection from heat is to use the non-powered Ereada® Amethyst Pillow. It provides good head and neck support during the sessions. The pillow recaptures Far InfraRed heat from the Ereada® Mat and radiates it at a lower intensity safe for sensitive areas. It is particularly beneficial when using the mat for shorter periods at high heat level but can also be used for sleeping. The pillow naturally releases Far InfraRed rays and Negative Ions in safe and delicate way. It is comfortable and usually does not demand a long adaptation for sleeping and relaxation. Do not forget about other heat sensitive areas. Consider using some cooling pads or protection wear for genitals if sitting on the mat or putting it on the lower abdominal area or nearby.

Remember not to put solid items, synthetic not permeable materials or pillows blocking the heat dissipation directly on the mat heating surface, especially on the clear windows with Amethyst crystals while the mat is on high heating mode.

### 5. «FEELING HEALING»

Consider wearing an eye pillow and noise-canceling headphones so that nothing distracts you from the session. Try to exercise positive thinking, visualization and meditation techniques. It works fine to concentrate your mind on feeling the rays from the mat enveloping your body, revitalizing you.

### 6. SWEAT

If you're new to using the Ereada® Mat, be aware that you probably won't start sweating until about 15-20 minutes into the session. This is quite normal for most people since they aren't used to sweating. It usually takes about 2 to 3 sessions to train your body starts healthy sweating. It is not recommended to stay on the mat longer to try to get sweat as the body can overheat when it is not sweating. As soon as the body gets used to sweating, it will be able to regulate it's temperature better. Over time, most people sweat more quickly and also at a lower temperature than when first starting the Ereada® Mat sessions. Most people notice they sweat quicker and more profusely with each new session. Also during the session, drinking cold drinks or water can keep your body from heating up faster and drinking hot herbal tea can induce sweating quicker.

### 7. HEART RATE AND OVERHEAT CONTROL

Consider using your heart rate monitor (if it is heat proof) while on the mat. Once you start itching or feeling like your heart rate is going up noticeably faster, this may be the good time to stop session. Over time, most people will be able to tolerate longer session times. But it is not recommended to stay on the mat when the pulse is more than 30% above the normal resting pulse. Unless you get to know your body better, during the session you can also chose to measure your body temperature so that it does not go over a few degrees above your normal temperature. 1-2 degrees to start may be quite enough.

### 8. HEAT CRISIS

If you overdo it, you may find yourself experiencing some negative effects. Be sure to hydrate and support your body accordingly.

It is STRONGLY RECOMMENDED to decrease intensity, duration and frequency of heating sessions and contact your health professional because symptoms may be the sign of severe disease. If symptoms occur or persist, stop all use of the mat until you get doctor's approval. Remember that it is your responsibility to seek the attention of a health care professional before and during the use of this device.\*

### 9. NEVER USE THIS DEVICE WHILE UNDER INFLUENCE OF MEDICINES, SLEEP AIDS, DRUGS OR ALCOHOL

Some medicines can make you insensitive to heat or unable to make reasonable decisions. It is extremely dangerous to use the mat on high heat session during sleeping. If you take sleeping pills, do not rely solely on timer auto shut-off function. Do not use the mat on high heat settings before sleeping.

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### AFTER SESSION

#### 1. RELAX AND CLEAN YOUR SKIN

After the session, most people feel relaxed and energized. It is a good idea to relax for 10-15 minutes after an intense heating while body is still continuing to sweat. You may have a need to drink fresh juices or eat some fruits or even something salty to recover mineral loss from perspiration. A warm shower with a body scrub will be helpful to remove the toxins from the skin after the session. Some people even prefer to finish by closing skin pores with a cold shower.

#### 2. ARRANGE REGULAR USE

Do your best to maintain regularity and consistency in your sessions. Schedule the use of the Ereada® Mat into your daily routine. It is a key to get accumulated effects.\*

#### 3. SHARE YOUR EXPERIENCE

Once you begin to experience the benefits of the Ereada® Mat, you may share your experience with your friends, family and community. Please, contact us by email [ereada@ereada.com](mailto:ereada@ereada.com) to get a special existing customer's discount for a new purchase. If you like your Ereada® Mat product, please leave also a review about your experience on our web site or on Amazon. It will help us to make the mat better, to prepare more tips (like these). Also it will be useful for other people to go through a learning curve faster. Your feedback is very important for us and will be greatly appreciated.

#### 4. STORAGE, CARE AND MAINTENANCE

- 1 After use, set the mat on high heat to allow moisture to evaporate. After 15-20 minutes turn off the power and unplug the cable. Do not leave your mat unattended while it is powered on. Before cleaning, turn off the Ereada® Mat using the button on the controller and then unplug the device from its power source.
- 2 Remember the mat is made of eco-leather or microfiber suede, so just use a dry or slightly damp cloth to wipe off dirt and dust. You could also use a vacuum to remove any dust from the surface of the mat.
- 3 Do not use chemical solvents such as benzene or paint thinner and aggressive cleaning agents on the controller or pad as they may damage the device.
- 4 Do not wash the mat or controller with water. Do not put the device or the controller in the washing machine or dryer.
- 5 To fold the mat, remove the power plug then fold the mat inward. Fold the mattress in appropriate manner and store in the dustproof bag provided. Consider storing the controller and plug separately so the sharp edge of the power socket does not damage the mat's soft suede or leather.
- 6 Do not store the device in a humid, dusty or oily place. Do not get the mat wet. Keep the mat in a dry and ventilated place.
- 7 Do not place the product under heavy objects that may damage it. Try not to bend your mat in unusual places. Your mat will last longer the less you fold or bend it.
- 8 Do not use sharp objects on, around or near the mat.
- 9 Ironing the device is strictly prohibited.





## CUSTOMER SUPPORT

All questions about the Ereada® mats can be sent to us via email [ereada@ereada.com](mailto:ereada@ereada.com). We are willing to help you and reply most inquiries within several hours 7 days a week.

In order to solve any issues immediately, we provide you with the CEO level customer support.

We operate our customer service mostly through email but if you need to call us for urgent matters or leave a voicemail, the phone is (800) 688-7780.

Should you need to contact us via our mailing address, we can be reached at: Ereada Corp, 25 Fawn Run, Avon, CT 06001, USA.

Please be aware that we are NOT medical professionals and cannot

provide any medical advice, assistance or recommendations.

Please visit our Youtube channel for instructional videos and our website (<http://www.ereada.com>) for more valuable information about our products and to download the most up to date version of the Ereada® Mat Owner's Guide. Please, sign up for our promotions newsletter. We provide some special offers and discounts for our existing customers. All you need to do is to request it by email.

We believe you will be very pleased with our company, but more importantly, with the stress-free functionality of our Ereada® mats. We wish you and yours better health and quality of life.

## WARRANTY

Ereada® mats are top quality, durable products with a long life and a very small percentage of factory defects. Our products are covered by a one year warranty, starting from the day of purchase.

Your warranty is automatically activated if you purchased your Ereada® product on [Ereada.com](http://Ereada.com) web site or Amazon marketplace.

Our goal is to help you get the product working quickly and with no or minimal expenses to you. We will do our best, but, please note that though the warranty is full against manufacturing defects, it does not include typical wear and tear, accidents or improper use. Please, remember that the most frequent cause for controller failure is the power surge, which is not covered by the warranty. It is your responsibility to ensure the controller is properly plugged into a socket that is fully surge protected. If you believe this is the reason for your controller's failure, the quickest path to resolution is to purchase a new controller from us which may cost \$50-\$100, shipping included.

The full standard warranty terms are below.

1. This warranty provided for the products marketed by Ereada Corp shall be twelve (12) months from the date of purchase unless stated otherwise by Ereada Corp or it's representatives.

2. The warranty applies only to the products purchased from Ereada Corp in the USA.

3. The warranty is subject to each of the terms and conditions stated herein, Ereada Corp warrants that this product is free from defective materials or factory workmanship and will replace or repair this unit or any part thereof, if it proves to be defective in normal use within the warranted period (12 months) from the date of original purchase.

4. This warranty applies only to the operation of the product by original purchaser under conditions for which it was designed, and does not cover loss or damage resulting from unauthorized modification, connections, repair including but not limited to the use of unauthorized spare parts in repairs, accident, negligence, abuse or misuse,

environmental conditions such as fire, flooding, corrosion, sand, dirt, windstorm, hail, earthquake, or accidental damage resulting from improper use, falling down or electrical surge and fair wear and tear of the product.

5. This warranty does not apply if the product serial number has been removed, defaced or altered.

6. Any repaired or replaced product will be warranted for the balance of the original warranty period or for ninety (90 ninety) days from the date of repair / replacement, whichever is longer.

7. Transportation, delivery and handling charges incurred into the shipping of the product to and from the company or its authorized dealer center will be born by the purchaser unless stated otherwise by Ereada Corp.

8. If the product is presented after the limited warranty period, the normal service policies shall apply and the purchaser will be charged accordingly.

10. The purchaser must produce a copy of the original sales slip, a credit card receipt, or other proof of the date of the original purchase to confirm the warranty validity when servicing the product. In the event that this confirmation is not produced, service charges together with the payment for any parts being replaced are applicable and the purchaser will be charged accordingly.

11. All warranty information, product features and specifications are subjected to change without notice.

12. To invoke warranty service prior to submitting your product, contact us by email [ereada@ereada.com](mailto:ereada@ereada.com) to obtain a return merchandise authorization (RMA) number. This number is required and must be placed in a visible area on the front of the package. All postage, insurance, transportation, or shipping costs incurred in presenting or sending your product for service will be your responsibility unless stated otherwise by Ereada Corp.

## ABOUT OUR COMPANY

Ereada Corp is a small family-owned company dedicated to customer satisfaction and providing the highest quality health and beauty products mainly from natural Amethyst at the best possible prices.

We have personally experienced great benefits from the Ereada® Mat products and have decided to make them available to our customers for an affordable cost. We became so impressed by how the functionality of our mats compares to other brands sold much more expensive that

decided to launch our business focused on creating these amazing mats. Our purpose is to let other people unveil the secret of this reviving experience at a substantial savings from the competition. We think not just the wealthy, but everyone sharing holistic health, naturopathic, and alternative beliefs should be able to use the revitalizing power of gems and crystals.

We hope you experience as many positive results as we have, now that you have your own Ereada® Mat.

**Important:** Ereada® is the trademark of Ereada Corp. All the information in this manual and on websites [Ereada.com](http://Ereada.com) is the intellectual property provided for customers' home use only. It cannot be copied, reproduced, posted on the Internet or used in any other manner without written permission of Ereada Corp. All rights reserved by Ereada Corp 2017.





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