

GRAY MIDSIZE (COMPACT PRO) AMETHYST MAT

QUICK START GUIDE

- **SIZE: 59"x24"** (150x60 cm)
- **HEATING AREA: 48"x21"** (120x52 cm)
- **FIR HEAT ADJUSTABLE FROM 86°F TO 158°F**
- **2 BIMETAL SENSORS • 3 PEMF COILS**
- **3 THERMOSTAT SENSORS**
- **40 SUEDE TUBES WITH 20 LBS OF NATURAL PURPLE AMETHYSTS**
- **HEATING POWER: 180W, VOLTAGE 110V, 60HZ**
- **NET WEIGHT: 24.5 LBS**
- **GROSS WEIGHT: 33 LBS**

EREADA® MIDSIZE (COMPACT PRO) MAT SET INCLUDES:

MIDSIZE (COMPACT PRO) MAT



CARRY AND STORAGE BAG FOR YOUR MAT



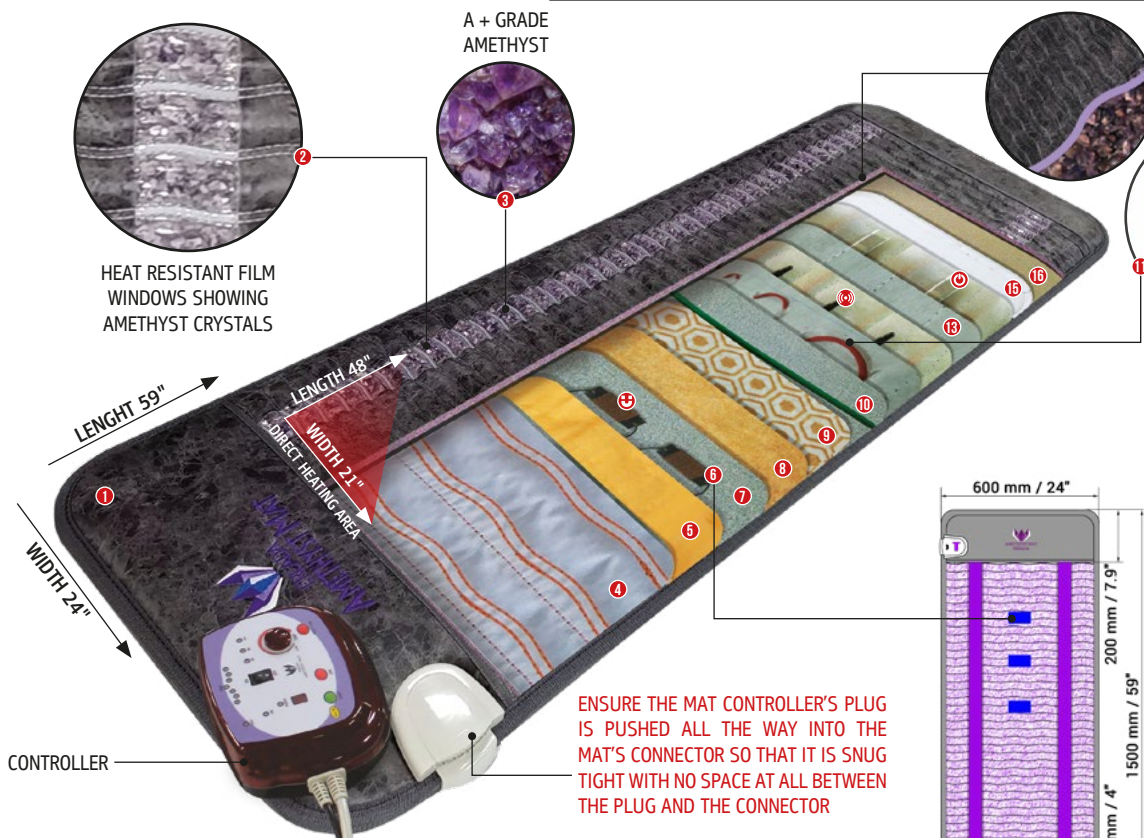
PRINTED OWNER'S GUIDE



HIGH ABSORPTION BREATHABLE WATERPROOF MULTILAYER PROTECTION COVER TO CUSHION YOUR MAT AND KEEP IT CLEAN



OPERATIONAL CONTROLLER WITH WIRES



HEAVY DUTY ORIGINAL QUALITY MADE IN KOREA



EMF FREE HEATING SYSTEM WITH TITANIUM TWISTED WIRES IN SILICON AND TEFLON INSULATION



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 good sleeping*



Helps to balance chakras' activity and clean energy channels*



3 copper coils alternating magnetic 100-400 Gauss fields 8-64 times per second in the upper part of the mat

- Layer 1** – High quality heat resistant soft, elegant, durable and comfortable gray microfiber suede fabric with Ereada® logo embroidery.
- Layer 2** – Transparent ultrasonic bond urethane film two line windows showing Amethyst crystals abundant in the wavy gray lines forming the entire heating area of the mat from edge to edge.
- Layer 3** – Selected Grade «A+» Natural, not chemically treated, crushed to 3-9 mm and polished best Korean and Brazil Amethyst crystals. When crystals become hot they start to naturally emit Far InfraRed (FIR) crystal rays as well as Negative Ions.*
- Layer 4** – Thermal preservation cotton fabric layer for even heat distribution.
- Layer 5** – ElectroMagnetic Interception (EMI) layer for primary shielding user from any electromagnetic fields (EMFs). Web of wires transfers absorbed by the charcoal layer E-waves into the Controller AUTO EMI chip and then to the wall socket ground pin. It is an active system working like a lightning rod safely conducting EMFs into the earth.
- Layer 6** – ELF PEMF (Extremely Very Low Frequency Pulsed Electromagnetic Fields) system coils.
- Layer 7** – Charcoal fabric layer emits Far InfraRed rays and Negative Ions, decomposes and deodorizes smell, absorbs EMFs by special wires and transfers E-Waves to ground.
- Layer 8** – Heat accumulation cotton fabric laminated with yellow mud clay naturally releases Far InfraRed rays and Negative Ions.
- Layer 9** – Non-woven anion functional fabric layer for increased release of Negative Ions upon heat distortion.

- Layer 10** – Electro Magnetic Interception (EMI) carbon fabric layer with ground wire, shielding user from EMF.
- Layer 11** – EMF shielded and foiled double silicon and teflon insulated 64 twisted wire titanium heating elements.
- Layer 12** – Thermostat sensors measuring temperature in the different points of multilayer structure and reporting to the controller. The temperature sensors help to maintain uniform heat level throughout the mat as set by user. They are also a part of overheat protection controller system.
- Layer 13** – Durable 0.2 mm non-woven fabric for heating wire fixing and protection and heat absorption and accumulation.
- Layer 14** – Bimetal switches for emergency overheat protection with automatic power shut-off feature if the controller overheat protection system fails and the mat heats up to 80°C or 176°F.
- Layer 15** – High compressed non-woven cotton padding for heat insulation, thermal protection and increased comfort. This reflection layer blocks heat from being conducted downwards.
- Layer 16** – Oxford Waterproof Fabric for Bottom Layer for durability, tension resistance, and overall protection from moisture and dirt on the bottom.



EREADA

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QUICK START GUIDE

1. **Consult your health professional** to make sure that you can use hot stone therapy, FIR sauna, and PEMF (pulsed electromagnetic fields). Take extra care if you have any health issues or conditions.
2. **Read the USER GUIDE, safety instructions, «use with caution» and contraindication sections** to be sure that the mat is OK for you, especially if you are going to use it on high heat settings or sleep on it.
3. **Drink a lot** of water, juices, herbal teas before, during, and after sessions, and replenish minerals such as calcium, potassium, sodium, magnesium and others which may be lost with perspiration or urine.
4. Create **a relaxing surrounding atmosphere**.
5. Put the mat on your bed or on the floor **with crystals facing up**.
6. Connect the controller to the mat **very tightly**, then to the power socket.
7. Turn the controller ON and set the timer, only then **set the max temperature to test the mat for an hour**. While it is cooling down, **test PEMF functions for 15-20 minutes**. Do not put the protector on the mat or lay on it during this time.
8. **Cover the mat ENTIRELY with a thick blanket to pre-heat the stones** for 30-60 minutes to set level. If the mat is covered only PARTIALLY, it may cause different temperatures in different parts of the mat, sensors disruption and controller malfunction.
9. **Do not** move a lot on the mat, **do not** stand on it, **do not** bend it and **do not** put your head on hot stones.
10. If mat is too hard for you, put some of the included pads or covers on the mat to cushion it and **eliminate the crystals' pressure**. You may add more towels if necessary.
11. **Start with the mat on the lowest heat settings**, levels 1-3, and short sessions only for 15-20 minutes (do not forget to preheat the mat, it will be slightly warm) and watch how your body reacts.
12. If you **enjoy shorter sessions and your body reacts well**, move up to longer or more intensive and frequent sessions.
13. Gradually increase the temperature by several degrees and session time **by 5 minutes each other day**, and only if you feel comfortable and want more intensive experience.
14. You should choose the length, intensity and frequency of the sessions so that **you feel comfortable and refreshed**. If your mat is equipped with adjustable frequency controller, it is suggested to start PEMF at a low frequency such as 8 Hz then increase to 16, 24 or 32 Hz (PEMF Levels 1, 2, 3, 4). Usually lower frequencies have more calming effects while higher frequencies promote activity. You can also try PEMF on 60 Hz or random program (PEMF Levels 8-9) for 5-10 minutes for the first time.
15. You should also have some rest between the sessions and **never start with more than three a week** before you are better informed as to how they influence you.
16. You can also **try the PEMF function, on the lowest heating levels, for 20-30 minutes to check how your body reacts**. Later if necessary you will be able to use all the functions or any of their combinations together. However, we recommend not to use PEMF on high heat to avoid overstimulating.
17. **You should not feel any discomfort** – but if there is any, rest several days, and restart with the temperature, length and frequency set to the lowest possible.
18. **Unplug your controller from the wall socket always when not in use. But do not disconnect controller from the mat more frequently than necessary**, in order to avoid the connection becoming loose.
19. In addition to anion layers in the mats, controllers of the Compact Pro and bigger Gemstone mats are **supplied with the built-in Air Ion function using the working principle of «Thunder and Lightning» phenomena naturally producing negative ions by high corona discharge releasing 40-50 millions electrons per second converting into anions in the air**. You can activate the air Ion function by ION button when you turn ON your mat. It may be beneficial to clear the air in the room and enrich it with negative ions while the mat is preheating to set level. One hour later air ion function will auto shut-off.
20. **Do not put rubber or foam mats**, non-permeable toppers or solid items on the mat. It can cause overheat and catch fire.

CONTROLLER

WITH TIMER, FIR HEATING, PEMF AND AIR ION FUNCTIONS
FOR MIDSIZE, PROFESSIONAL AND SINGLE MATS



- 1 **Power ON/OFF Switch** – To turn the mat ON/OFF.
- 2 **Power ON Indicator** – Lights up when the 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 the mat is heating, OFF when it reaches the set temperature.
- 6 **Timer Control Toggle Button** – Select 4, 8 or 12 hours heating session with auto shut-off when time expires. Activate the Timer first to start heating or other functions.
- 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 with auto shut-off after one hour. Press the button again to stop or activate the feature.
- 9 **Ion Indicator** – ON when the controller generates Air Ions, OFF when it ends.
- 10 **PEMF ON/OFF Toggle Button** – Activates magnetic pulsation for 20 minute periods every 2 hours of mat active sessions. In total four cycles within 8 hours. Press the button again to stop or activate the function.
- 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. It catches and directs electric waves into the ground prong of your power outlet for earthing.

Your mat may be delivered either with a single frequency 60 Hz PEMF controller or with a variable PEMF controller with adjustable from 8 to 60 Hz frequency (levels 1-8) or an auto program (level 9) changing frequencies every several seconds.

PEMF LEVEL	1	2	3	4	5	6	7	8	9
FREQUENCY HZ	8	16	24	32	40	48	56	64	random 8-64
INTENSITY GAUSS	100	125	150	200	250	300	350	400	random 100-400

If after you press PEMF button, the PEMF indicator lights start to blink and run, it means that you have a standard controller calibrated for 60 Hz / 400 Gauss Pure Sine Wave PEMF.
If you repeatedly press the PEMF button and the main display changes numbers from 1 to 9, it means that you have an advanced controller able to set PEMF level and frequency. Both controllers are interchangeable.

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

LEGAL DISCLAIMER

*Ereada® stone mattresses, mats, pillows can help you create a relaxing, soothing and re-energizing environment to maintain your wellness, balance, good sleeping, physical strength and fitness and awaken the restfulness, comfort and invigoration powers and energies. Together with exercises and healthy diet Ereada® products may supplement your daily activity and become an important part of your healthy lifestyle which can improve your ability to do the everyday things and enhance life experience. Ereada® products 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. Information here is never to be construed a medical advice. It does not reflect or represent a product claim. FDA has not approved or evaluated Ereada® products or this information. All products, specifications, and data are subject to change without notice to improve reliability, function or design of the products.

All products, controllers, specifications and data as well as a set of items packaged in a box are subject to change without notice to improve reliability, function or design of the devices.

Please, check for the most updated products details at www.Ereada.com web site.