MediCrystal®

THERMOGEM™ AMETHYST TOURMALINE JADE KNEE WRAP

QUICK START GUIDE

- ◆ SIZE: **41"x15"** (104x38 CM)
- ◆ HEATING AREA: **23"x12"** (70x30 CM)
- ◆ FIR HEAT ADJUSTABLE FROM **86 °F** TO **158 °F**
- ◆ **1** BIMETAL SENSOR
- ◆ **1** THERMOSTAT SENSOR
- ◆ **6** BIO-STIMULATION RED LIGHT LEDS
- ◆ **1.2 LBS** OF CRUSHED AMETHYST CRYSTALS
- ◆ **0.5 LB** OF CRUSHED TOURMALINE CRYSTALS
- ◆ **0.5 LB** OF CRUSHED GREEN JADE STONES
- ◆ **8 PCS** CERAMIC TOURMALINE HEXAGONS
- ◆ HEATING POWER: **45W**, VOLTAGE 110V, 60HZ
- ◆ TOTAL WEIGHT: **4.5 LBS** / GROSS WEIGHT: **6 LBS**

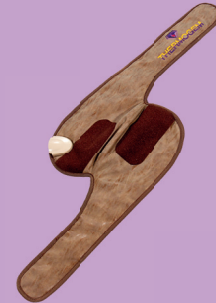### THERMOGEM™ WRAP SET INCLUDES:

CARRY AND STORAGE BAG FOR YOUR WRAP

PRINTED OWNER'S GUIDE

KNEE WRAP

Only one wrap is included into set. You can work on your knee one by one. If you need to process both knee simultaneously, please, purchase two sets.

H-60P OPERATIONAL CONTROLLER WITH WIRES

EMF FREE HEATING SYSTEM

19 LAYERS

The wrap has Velcro straps to fit both left and right arms or legs of almost any size.

Natural Amethyst

Monochromic 660 nm Red Light LEDs

Green Jade

Ceramic Tourmaline

Natural Black Tourmaline

heating area 23" 12"
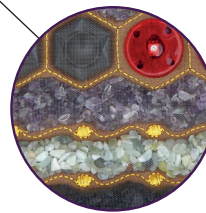
41"

15"

Wrap electrical connector for controller plug. Tight connection between the wrap and controller is essential to avoid errors and faults

Tumbled Natural Amethyst, Tourmaline, Jade crystals, and 1/4 inch thick ceramic Tourmaline hexagons are fixed without glue by special heat resistant mesh fabric

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❶ **Layer 1** – High quality heat resistant tan brown bicolor artificial leather and eco-suede which is elegant, durable, comfortable, and easy to clean, featured with ThermoGem™ Logo on the top.

❷ **Layer 2** – Heat resistant Mesh fabric with elegant embroidery to fix Amethyst, Jade and Tourmaline by no glue artisan sewing process.

❸ **Layer 3** – High Grade «A-AB» crushed to 2-10 mm and tumbled Natural, Not chemically treated Purple Amethyst Crystals, Natural (non-ceramic) Black Tourmaline and Green Jade Gems and Ceramic Tourmaline Hexagons. Hot crystals and gems release heating Far InfraRed (FIR) rays and Negative Ions.*

❹ **Layer 4** – Bio-stimulation Photon Red Light LEDs. Visible red light, at wavelength with 660 nm.

❺ **Layer 5** – Cotton layer with charcoal lamination for thermal preservation and even heat distribution.

❻ **Layer 6** – Non-woven anion fabric layer for increased release of Negative Ions upon heat distortion.

❼ **Layer 7** – Waterproof and thermal preservation complex aluminum film layer for protection of wrap's temperature sensors and heating systems from moisture and sweat.

❽ **Layer 8** – Electronic-wave proof copper fiber fabric EMI (Electro Magnetic Interceptor) layer for primary shielding user from any remaining electromagnetic fields (EMF).

❾ **Layer 9** – Aluminum foil EMI layer blocking EMFs and uniformly distributing the heat to the upper layer with gemstones.

❿ **Layer 10** – Durable 0.2 mm non-woven glass fiber fabric layer for heating wire fixing and protection.

⓫ **Layer 11** – Unique silicon heating wires in teflon insulation twice shielded with copper and foil to completely eliminate EMFs.

⓬ **Layer 12** – Thermostat sensors measuring temperature in the different points of multilayer structure and reporting to the controller. This is the current wrap's temperature that you can see on the controller display. The temperature sensors help to maintain uniform heat level throughout the wrap as set by user. They are also a part of overheat protection controller system.

⓭ **Layer 13** – Bimetal switches for emergency overheat protection with automatic power shut-off feature if the wrap heats up to 80 °C or 176 °F.

⓮ **Layer 14** – Cotton fabric laminated with red clay accumulating heat, discharging Negative Ions, naturally releasing Far InfraRed rays.

⓯ **Layer 15** – Charcoal fabric layer releasing Far InfraRed (FIR) Rays and Negative Ions, decomposing and deodorizing smell.

⓰ **Layer 16** – Pure aluminum foil FIR reflection layer blocks heat from being conducted downwards and assists other layers to evenly distribute and continually release the heat.

⓱ **Layer 17** – Non woven fabric layer for heat absorption and preservation.

⓲ **Layer 18** – Compressed non-woven cotton padding for thermal protection and increased comfort.

⓳ **Layer 19** – Waterproof polyester peach skin fabric for durability, tension resistance, and protection from moisture, dirt and wear.

THERMOGEM™ AMETHYST TOURMALINE JADE KNEE WRAP

QUICK START GUIDE

1. Consult your health professional to make sure that you can use red light, hot stones, FIR sauna. Take extra care if you have any health issues.
2. Read the USER GUIDE, safety instructions, «use with caution» and contraindication sections to be sure that the wrap is OK for you, especially if you are going to use it on high heat settings or sleep with 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 wrap on your bed or on the floor with crystals facing up.
6. Connect the controller to the wrap 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 wrap for an hour.
8. Cover the wrap ENTIRELY with a blanket to pre-heat the stones for 30-60 minutes to set level. If the wrap is covered only PARTIALLY, it may cause different temperatures in different parts of the wrap, sensors disruption and controller malfunction.
9. The wrap is rather flexible but it is important not to apply excessive pressure to the wrap, never stand on the wrap or bend it too much.
10. Do not use in heating mode on a hot or a swollen knee which may be the result of fresh trauma, overuse injuries, or an underlying condition. Cold pads may work better for such issues.

11. If wrap is too hard for you, or you sweat a lot and it gets wet put on your sport or pajama pants under the wrap. You may use a towel instead if necessary. For more Red Light try the wraps with bare knees for 15-30 minutes.
12. Start with the wrap on the lowest heat settings, 35-40 °C or 96–112 °F, and short sessions only for 15-20 minutes (do not forget to preheat the wrap, it will be slightly warm) and watch how your body reacts.
13. If you enjoy shorter sessions and your body reacts well, move up to longer or more intensive and frequent sessions.
14. 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.
15. You should choose the length, intensity and frequency of the sessions so that you feel comfortable and refreshed.
16. 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.
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 wrap more frequently than necessary, in order to avoid the connection becoming loose.

CONTROLLER H-60P for wraps with PHOTON function

LEGAL DISCLAIMER

❶ **Power ON/OFF Toggle Button** – Push it to turn the wraps ON/OFF. When you turn it ON, the Display ❺ will show ON. It means that the controller is ON and ready to choose the program. If controller display shows -- it means that the Power is connected but the Button has not been activated and no functions can be operated. Press power button again with some effort so that display ❺ shows ON.

❷ **POWER indicator** – Lights up when Power is ON.

❸ **Timer Control Toggle Button** – Select one of 4 options shown on the Display ❺: 1H, 4H, 8H, 0H for 1, 4, 8, 12 hours heating session with auto shut-off when time expires or you can choose -H (NO HEATING MODE) for only PHOTON function without heating.

Press and hold for 5 seconds to turn OFF Auto-Protection Feature, Display ❺ will show S-. Press and hold again to reactivate this feature, Display ❺ will show SA.

❹ **«HEATING» Operation indicator** – ON when mat is heating, OFF when set temperature is reached.

❺ **Temperature, Timer, Frequency and Program Display** – Switches into Temperature Mode when the Temperature Dial ❻ is rotated. Display shows the current Celsius temperature (30–70 °C), flashes to the set temperature when dial is rotated, then back again.

If the temperature is more then 122 °F (50 °C) for longer than 3.5 hours, Auto-Protection Feature will decrease it to safe 115 °F (45 °C) level and display will show [ ].

In Timer mode Display shows one of 5 heatings time settings 1H, 4H, 8H, 0H or -H chosen by Timer Control Button ❸. When the heating program is over the temperature display will show --, OF or ON indicating that Power is ON but the time set has expired. Add time to resume heating or push the Power Button ❶ to turn-off the Controller.

In PHOTON Program mode Display shows one of three PHOTON program settings. 1P = PHOTON ON 30 minutes. 2P = PHOTON runs 8 program cycle (One cycle = PHOTON ON 30 minutes OFF 30 minutes). -P (PHOTON OFF for FAR INFRARED function only).

Display may also show OF, flickering or static -- if the Power Button ❶ is not pressed or if connection between the controller and the mat is lost. Press Power Button ❶ to turn ON all other functions of controller or reconnect controller to the wraps tightly to resume.

❻ **Adjust Temperature Dial** – Use to increase or decrease heat 30~70 °C (86~158 °F). The dial range is marked, indicating the desired temperature in °F.

❼ **PHOTON Program Button** – Choose one of three PHOTON program settings. 1P turns ON Red Light LEDs for 30 minutes. 2P runs 8 cycles program (One cycle = PHOTON ON 30 minutes, OFF 30 minutes). -P (PHOTON OFF for FAR INFRARED function only). Please, check Controller user guide for details.

❽ **PHOTON ON Indicator** – Lights up when the Red Light LEDs are ON, OFF when PHOTON function stops.

❾ **PHOTON PROGRAM CYCLE Indicator** – Lights up when Red Light is auto cycled by program. OFF when the whole Program is over.

! If your mat is rated for the North American 110-120V voltage and your controller is with the U.S. standard NEMA 5-15P (two-pole with ground pin) plug, use it only with the step-down 220-250V to 110V voltage converter in the 220-250V 50Hz countries. The maximum wattage of such converter should be at least 2-3 times higher than the mat's power consumption. Do not connect the 110-120V mat into the 220-250V outlet through an adapter. If you plug in a device that isn't rated for the outlet's voltage, it may be severely damaged, and cause fire risks!
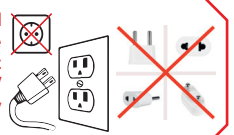
All products, controllers, specifications and data as well as a set of items packaged in a box are subject to change without notice to improve reliability, function or design of the devices.

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