



LifeMats
PRO

Owner's Guide



lifematspro.com



Thank You!

Congratulations on the purchase of your very own LifeMats PRO Infrared Amethyst BodyMat! We hope you will be as pleased as we have been with the superior quality and innovative technology of this product. ENJOY!

Before you begin using your mat, please download the latest version of the LifeMats PRO Infrared Amethyst BodyMat Owner's Guide and read it completely:

<http://www.lifematspro.com/owners-guide>



Table of Contents

What Does Your Purchase Include?	3
General Warning	3
What is the LifeMats PRO Infrared Amethyst BodyMat?	3
Detailed Specifications of the LifeMats PRO Infrared Amethyst BodyMats	4
Healthful Benefits of the LifeMats PRO Infrared Amethyst BodyMat Technology	5
LifeMats PRO Infrared Amethyst BodyMat Layers Explained	8
LifeMats PRO Infrared Amethyst BodyMat Controllers and Setup Detailed	9
Getting Started with the LifeMats PRO Infrared Amethyst BodyMat and Usage Tips	13
Temperature Control Options	15
FDA Disclaimer	16
TROUBLESHOOTING and Customer Support	16
TROUBLESHOOTING	17
Customer Support	20
General Safety, Care and Maintenance	22
Warranty	23
Full Warranty Terms	24
About Our Company	24
Purpose	

What Does Your Purchase Include?

1. LifeMats PRO Infrared Amethyst BodyMat
2. Controller for the Infrared Amethyst BodyMat
3. Bag for carrying the Infrared Amethyst BodyMat
4. Owner's Guide for the Infrared Amethyst BodyMat NOTE the most updated version is online: <http://www.lifematspro.com/owners-guide>

General Warning

CONSULT A DOCTOR - It is strongly recommended that you consult your doctor before using thermal therapy (especially long term, i.e. while sleeping) particularly on mid-range and high-level temperatures. If you are pregnant or have any kind of medical issue or disease, this step is paramount to ensure your safety with the mat. This mat should not be used by infants or incapacitated persons. Do not use on heat sensitive skin (i.e. face) or where there is loss of feeling (i.e. feet for Diabetic persons). Do not use heat-producing topicals with mat; skin burns may occur. If you have implants of any kind (metal, silicone, etc.), ask your doctor if Far infrared (FIR) heat is safe for you.

What is the LifeMats PRO Infrared Amethyst BodyMat?

The LifeMats PRO Infrared Amethyst BodyMat's state of the art technology offers a unique therapeutic application that supports both the body and mind on a path to improved well-being. It does this by synergizing three key components:

1. Negative-Ion generation: Negative ions open ion channels that optimize cellular communication and support improved body function. Ionization of the body alkalizes and purifies the blood, charges the immune system, and supplies antioxidants that neutralize free radicals.
2. Far infrared (FIR) light generation: Far infrared is nature's most healing heat. Far infrared helps the nervous system relax. Far infrared's radiant heat can penetrate 5 to 7 inches into the body, allowing for deep muscle and tissue therapy while soothing nerves, increasing circulation, assisting in detoxification as well as reducing stress and some types of pain.
3. Amethyst Crystals: Amethyst is known to be a superconductor crystal. It delivers the steadiest, most absorbable, long wave Far infrared rays for healing. Amethyst is known to increase stamina and endurance, support deep meditation, is useful for emotional balancing, and enhancing intuition. Amethyst has been thought to be supportive of the body's ability to release addiction and transform lower vibrations into higher resonance.

In our LifeMats PRO Infrared Amethyst BodyMats, the specialized 15-layer system delivers deep-penetrating Far infrared heat therapy as well as a stress-reducing relaxation through negative ion generation. The natural and therapeutic power of the Amethyst crystals enhances the body-positive frequencies that our mats radiate for a truly "feel good" experience.

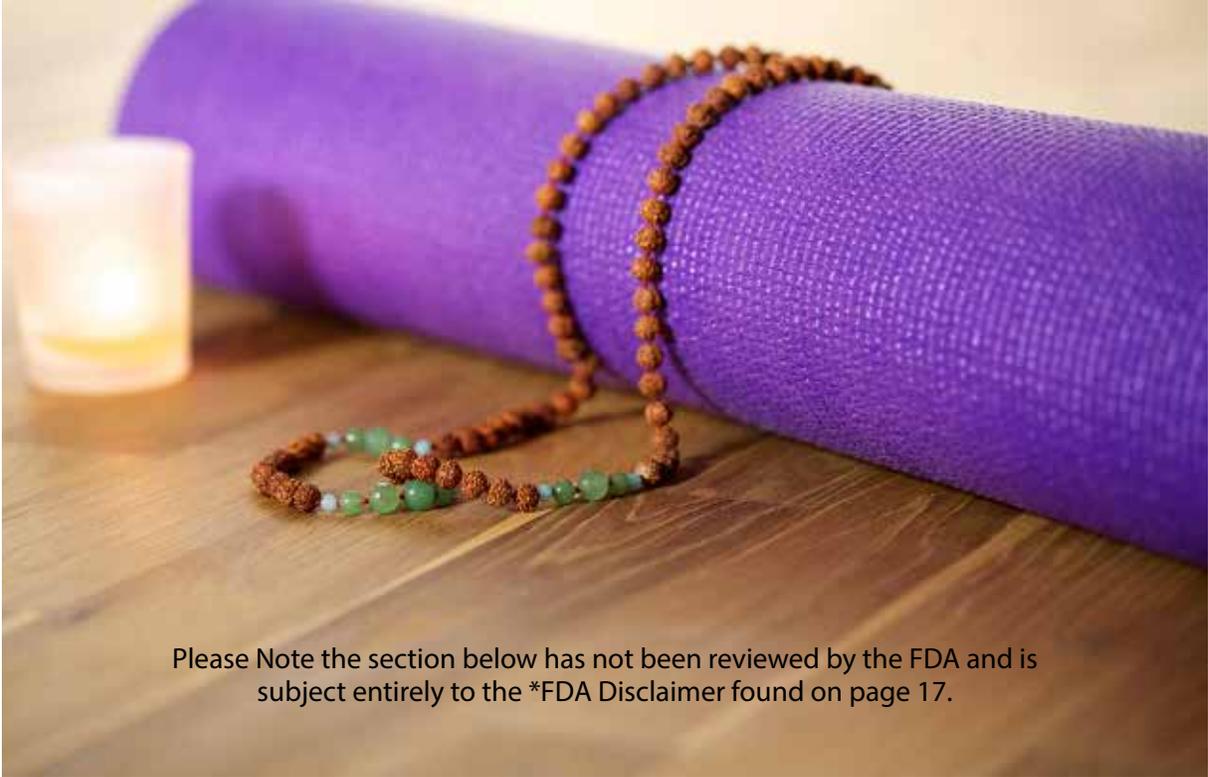
Far Infrared rays are a well-known technology that have been used to invoke health benefits for many years now. Far Infrared ray saunas have been used for detox and to promote health, but Far Infrared heating pads are a newer delivery mechanism.

The Amethyst stone layer in the mat is designed to refract the Far Infrared rays and magnify this healing heat penetration. Not only does the Amethyst layer enhance the Far Infrared deep-penetrating heat, but it also helps produce the negative ions which are known for relieving stress and encouraging relaxation. Negative ions are found in high concentrations out in nature, so the fact that LifeMats PRO Infrared Amethyst BodyMats creates them, means you can bring a bit of nature into your life at home. Many speak of this LifeMats PRO heating experience as bringing an increased sense of well-being.

LifeMats PRO Infrared Amethyst BodyMats can improve blood circulation and enhance the body's metabolism through its deep-penetrating heat mechanism. It is believed to support the body's immune system and detox functions, as well as help fight stress and, in some cases, manage some types of chronic pain.

Detailed Specifications of the LifeMats PRO Infrared Amethyst BodyMats

Specifications	Amethyst Mat Details
Material / Color	High quality tan brown leather. Luxurious, durable, & soft to touch.
Sizes	Small = Approximately 19.6" x 31.4" [inches] - (50 cm x 80 cm) Large = Approximately 23.6" x 59" [inches] - (60 cm x 150 cm)
Heating Area	Small = Approximately 18.5" x 25.5" [inches] - (47 cm x 65 cm) Large = Approximately 22.4" x 47.2" [inches] - (57 cm x 120 cm)
Total Mat Weight	Small = Approximately 8.49 lbs (3.85 kgs) Large = Approximately 19.07 lbs (8.65 kgs)
Temperature Range	Approximately 86° – 158°F (30 – 70°C)
Power Consumption	Small = Approximately 125 Watts - Voltage = AC 110v / 60hz Large = Approximately 220 Watts - Voltage = AC 110v / 60hz
Controller Type	Small = Red w/temp control & LED display. Timer control function. Large = Purple controller w/LED display. Timer w/3, 6 & 8 hr settings.
Amethyst Weight	Small = Approximately 6 lbs (2.7 kgs) Large = Approximately 12.13 lbs (5.5 kgs)
Stone Color / Type	Natural Violet Amethyst - Approx. 2-7 mm, tumbled stone crystals
Origin of Amethysts	Brazil - Natural & high grade (no coloring added)
Manufacturer	FDA Registered Facility in China - # 10047795
FDA Registered	LifeMats PRO Infrared Amethyst BodyMats are FDA registered as Class II, 510(k) exempt devices (medical heating pads)



Please Note the section below has not been reviewed by the FDA and is subject entirely to the *FDA Disclaimer found on page 17.

Healthful Benefits of the LifeMats PRO Infrared Amethyst BodyMat Technology

Features / Functionality	Applications Explained
Relieves Pain	The deep heat of Far infrared helps peripheral blood vessels dilate, bringing relief and healing to muscles and soft tissue injuries. Increased blood circulation carries off metabolic waste products and delivers oxygen rich blood to oxygen-depleted muscles, so they recover faster.
Helps to Burn Calories	As you relax in the gentle heat of Far infrared your body is actually hard at work, producing sweat, pumping blood and burning calories. According to the Journal of the American Medical Association, a single 30 minute Far infrared session, burns as many calories as rowing or jogging for 30 minutes.
Eases Joint Pain & Stiffness	Far infrared heat therapy is widely used to treat patients suffering from many kinds of arthritis and musculoskeletal disorders. In addition, it has been proven effective in the treatment of sprains, neuralgia, bursitis, muscle spasms, joint stiffness and many other musculoskeletal ailments. Stiffness, aches and soreness that come with aging are reduced when using Far Infrared.

Reduces Stress & Fatigue	The gentle warmth of the Far infrared rays helps to soothe nerves, relax tight or knotted muscles, and calm your entire nervous system.
Improves Skin	The Infrared Amethyst BodyMat's Far infrared rays and negative ions penetrate the skin deeply, helping to detoxify impurities from the skin and lymph system. In addition, exfoliation is greatly enhanced by the Far infrared, rapidly removing dead skin cells. Increased circulation draws your skin's own natural nutrients to the surface, rejuvenating its health and appearance.
Alkalizes & Purifies the Blood	When negative ions are exposed to the body, the calcium and sodium circulating in the blood get ionized. This changes the blood pH into a more alkaline state and has an overall alkalizing effect on the body. Proper blood pH is essential for optimal health. It has been noted that the negative ions, when applied to the body, are helpful at regulating blood pH.
Revives Cells	As negative ions in the blood increase, so does the intercellular communication. This occurs as the cell membranes are opened. Cellular metabolism is facilitated which results in an increase in cellular nutrient uptake as well as hydration. In addition, cellular waste materials are more efficiently excreted. With the increase in cellular metabolism, optimal cell function is rapidly revived. For more information research the Nobel Prize in Physiology (1991) for the discovery of ion channels.
Acceptance in the Medical Community	The LifeMats PRO Infrared Amethyst BodyMats are registered with the FDA as a Class II 510(k) exempt device under regulation 890.5740. [http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfRL/rl.cfm?lid=431399&lpcd=IRT]
Alkalizes the Body	An alkaline body is important for good health. Overly acidic systems can be lethargic, agitated, aggressive, and home to an unwanted microbe burden, etc. Most diseases are rooted in an acidic body.
Pregnancy Support	Low back pain relief & after birth recovery. Note Be sure you have consulted with your doctor before use as these mats can invoke detoxification or overheating which would not be good for the baby.

Induces Sweating with Sauna-like Action	Resulting in detoxification, clearer skin, burning calories, working in conjunction with a “food cleanse”.
Menopause / Hormonal	Helps balance the action of the thyroid and lymph glands.
Post Traumatic Stress (PTSD) & Trauma Recovery	Negative ions relax the nervous system. Far infrared (FIR) light signals the nervous system that it is safe to move out of the stuck “fight or flight” mode.
Helps Remove Toxins & Assists in Detoxification	Far infrared helps to detoxify the body in a couple important ways. Increased blood circulation stimulates the sweat glands and lymph system, releasing built up toxins and waste. Daily sweating can help detoxify your body as it rids itself of an accumulation of potentially carcinogenic heavy metals, alcohol, nicotine, sodium, sulfuric acid, cholesterol, uric acid, and more. In addition to sweating, Far infrared mobilizes toxins and acidic waste, allowing their removal via several other bodily systems.
Improves Circulation & Cardiovascular Function	Far infrared waves raise body temperature, thereby warming the blood and expanding the blood vessels. The increase in peripheral blood flow and volume results in improved circulation and heart function.
Improves Immune System Function	Far infrared ray's deep heat can raise your body's core temperature, inducing a sort of healthy fever. When your body's temperature is high, the microbial load (virus, parasite, microbe, etc.) tends to lessen as they cannot survive well in a “hot” environment – they prefer normal to lower than normal body temperatures and need that to survive. So if you artificially “induce a fever”, you are supporting your immune system by helping your body make an uncomfortable, and in some cases non-survivable environment for those “bad bugs”. When you combine this with the removal of harmful toxins and waste products, your overall health and resistance to disease can be improved. Note Do NOT attempt to induce a fever with your LifeMats PRO Infrared Amethyst BodyMat(s) unless you are under the care and direction of a doctor who is very knowledgeable on the subject. Most “Hyperthermia” treatments are more well-known and practiced in other parts of the world, like Europe.

LifeMats PRO Infrared Amethyst BodyMat Layers Explained



1. First layer: High quality leather which is elegant, durable and comfortable (logo embroidery appears here).
2. Second layer: High quality transparent vinyl which acts as a window to view the amethysts.
3. Third layer: High grade natural amethyst crystal stones which increase the effectiveness of the Far infrared rays as well as negative ions, promoting blood circulation, metabolism, and enhancing the immune system.
4. Fourth layer: Bamboo carbon fiber cotton which has several important qualities:
 - a. Super absorbent, more so than charcoal.
 - b. Releases Far infrared rays and stores heat energy.
 - c. Emits a high concentration of Negative Ions.
 - d. High mineral content.
 - e. Adjusts humidity.
5. Fifth layer: Oxford waterproof fabrics for durability, waterproofing, and over-heat prevention.
6. Sixth layer: High quality copper for shielding the user from electromagnetic field (EMF) waves.
7. Seventh layer: High quality aluminum foil fabric to shield the user from electromagnetic field (EMF) waves and to transfer the heat of whole mattress uniformly.
8. Eight Layer: 0.2 mm non-woven fabric for heating wire protection. It provides durability and helps prevent overheating.
9. Ninth Layer: magnetic wave-proof high-quality silicone glass fiber heating wire. Very durable and protects against high temperatures as well as folding.
10. Tenth layer: Bimetal with sensors for reporting the temperature to the controller screen. It also provides over-heat protection with an automatic shut off feature (if 80°C or 176°F is reached).
11. Eleventh layer: High quality aluminum foil fabric to shield the user from electromagnetic field (EMF) waves and to transfer the heat of whole mattress uniformly. This layer also blocks the heat from the bottom of the mat.
12. Twelfth layer: negative ion non-woven fabric which emits negative ions.
13. Thirteenth layer: charcoal fabric for adsorption and releasing Far infrared rays and Negative Ions. It also helps to decompose negative odors and deodorize.
14. Fourteenth layer: compressed non-woven fabric.
15. Fifteenth layer: high quality waterproof fabric for durability, tension resistance, and overall protection from water on the bottom.



LifeMats PRO Infrared Amethyst BodyMat Controllers and Setup Detail

LifeMats PRO Infrared Amethyst BodyMat Small Mat Controller

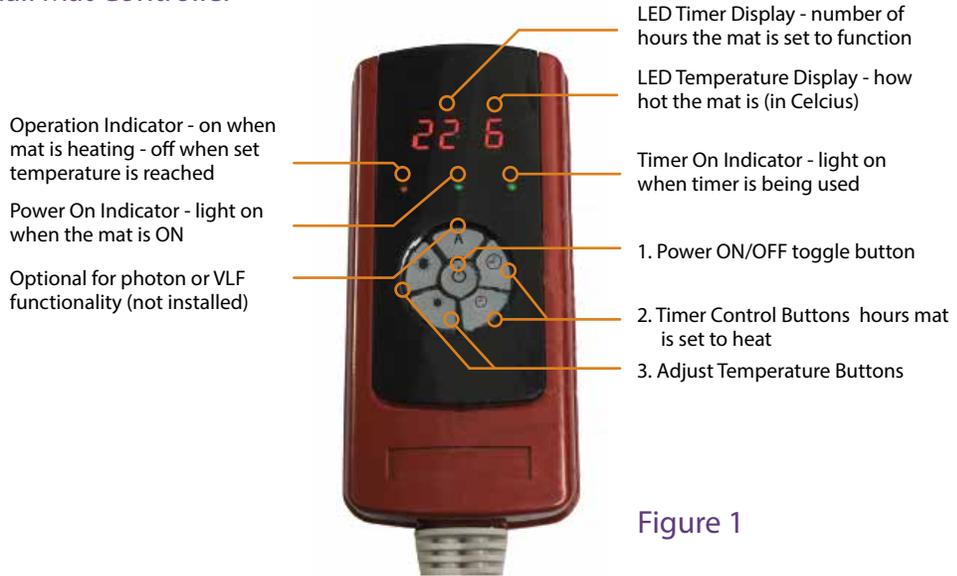


Figure 1

LifeMats PRO Infrared Amethyst BodyMat Large Mat Controller

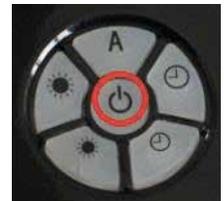
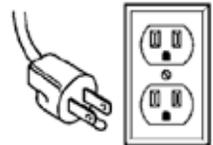


Figure 2

1. To Setup LifeMats PRO Infrared Amethyst BodyMats for Operation (see Figures 1 & 2 below for more help)



- a. Start by connecting the controller's attachment to the receptacle on the Small or Large mat. NOTE: This step MUST be first or the mat's controller may not work and simply remain OFF.
- b. Then plug the controller into a safe power supply socket. It is HIGHLY RECOMMENDED that you plug the mat into a surge protector to keep the controller from going bad due to an unexpected energy surge. If an electrical surge damages your mat's controller, your mat will no longer function. And you will need to purchase a new controller (\$40-\$50) in order to get your mat to operate again. Electrical surge damage is NOT covered by the mat's 1 year warranty, so PLEASE PROTECT YOUR MAT BY PLUGGING IT INTO A SURGE PROTECTOR.
- c. Turn on the power to the mat by pressing the POWER ON/OFF Toggle button. The POWER Indicator light should be lit if the mat is getting power (see Figure 1). If the mat is not getting power, re-check steps a. and b. above to ensure your connections are snug. Try another outlet if you are still having trouble getting the POWER Indicator light to display.
- d. Press the POWER ON/OFF Toggle button again to turn the mat off when desired.

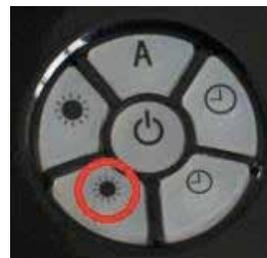
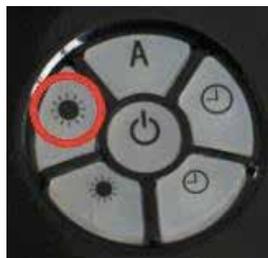


2. Setting the Mat's Temperature

- a. For the Large Infrared Amethyst BodyMat, the temperature can be set using the round "Adjust Temperature Dial" (see Figure 2). In order to select your preferred temperature, dial the wheel right (clockwise) to increase the temperature and make the mat hotter. Once your desired temperature appears in the LED display, stop dialing. After a couple of seconds, the display will revert back to showing the mat's current temperature while it begins to heat to your requested temperature.

Dial the wheel left (counterclockwise) to decrease the temperature or make the mat cooler (when your desired temperature appears in the LED display, stop dialing. After a couple seconds, the display will revert back to showing the mat's current temperature while it begins to cool to your requested temperature.

- b. For the Small Infrared Amethyst BodyMat, the temperature can be set using the button controls. To select your preferred temperature, press the Temperature Increase button until your desired temperature appears in the LED display. After a couple of seconds, the display will revert back to showing the mat's current temperature while it begins to heat to your requested temperature.



Use the Temperature Decrease button to make the mat cooler. Once your desired temperature appears in the LED display, stop pressing the button. After a couple of seconds, the display will revert back to showing the mat's current temperature while it begins to cool to your requested temperature.

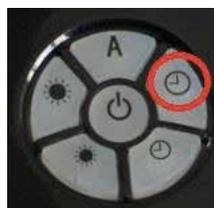
- c. The Operation Indicator light will display, but then turn off when the selected temperature range is reached. Whenever the temperature of the mat is below the selected temperature, the mat's heating process will kick-in and the Operation Indicator light will come back on again.
- d. The mat's temperature can be set within the range of 30°C and 70°C (86°F to 158°F). The temperature will be displayed in degrees Celsius so feel free to use the internet to look up the equivalent Fahrenheit temperature value.

WARNING: It is NOT recommended to use the LifeMats PRO Infrared Amethyst BodyMats on high temperature levels for more than 20 minutes unless you've slowly worked your way up to longer time ranges. Do not use prolonged sessions on high temperature levels without plenty of rehydration and the approval of a licensed doctor.



3. Timer and Auto-OFF Functionality

- a. LifeMats PRO Infrared Amethyst BodyMats are equipped with a timer function allowing you to set an automatic turn OFF time.
- b. You can choose to set the mat's heating function to automatically shut off after 3, 6, or 8 hours. It may be beneficial for sleeping, relaxation or other therapeutic uses, but USE EXTREME CAUTION and be careful to use low level temperature settings when using the mat for prolonged periods of time.
- c. For the Small Infrared Amethyst BodyMat, set the desired heating time by pressing the Increase Timer Control button several times. To choose a time, simply stop on the preferred time setting when it displays.
- d. For the Large Infrared Amethyst BodyMat, set the desired heating time by pressing the "Time" Control button. This button toggles through 3 options (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.
- e. The Timer Indicator light will turn off and the heating system will stop when the selected time period is finished.



4. Negative Ion Generation

- a. The LifeMats PRO Infrared Amethyst BodyMats all have a special 15-layer system built into them. There are a couple of unique layers specifically added so the mats will generate negative ions when they are turned on and functioning. The controller for the Large mat has a light which indicates the negative ions are being generated. The controller for the Small mat does not have a light indicating the negative ions are being generated, but you can be assured that the negative ions are still being created.

5. For Safety, UNPLUG the mat when it is not in use.

Please Note the section below has not been reviewed by the FDA and is subject entirely to the *FDA Disclaimer found on page 17.

Getting Started with the LifeMats PRO Infrared Amethyst BodyMat and Usage Tips

1. **CONSULT A DOCTOR** - It is strongly recommended that you consult your doctor before using thermal therapy (especially long term, i.e. while sleeping) particularly on mid-range and high-level temperatures. If you are pregnant or have any kind of medical issue or disease, this step is paramount to ensure your safety with the mat. This mat should not be used by infants or incapacitated persons. Do not use on heat sensitive skin (i.e. face) or where there is loss of feeling (i.e. Diabetic). Do not use heat-producing topicals with mat, skin burns may occur. If you have implants of any kind (metal, silicone, etc.), ask your doctor if Far infrared (FIR) heat is safe for you.
2. **HYDRATION, HYDRATION, HYDRATION** – Remember to drink plenty of good 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 LifeMats PRO Infrared Amethyst BodyMat (especially if you are using higher heat temperatures or are using the mat for a more prolonged period of time).
3. **USE IN A CALM SPACE** - You will get the most out of your LifeMats PRO Infrared Amethyst BodyMat if you set up a private, tranquil and stress-free environment where you will use it. Creating a healthy ambiance will enhance your overall experience and optimize your outcome with it. Some 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:
 - a. Turning off all of the signals on your phones and electronic devices
 - b. Using a “Do Not Disturb” sign
 - c. Wearing an eye pillow and noise-canceling headphones
 - d. Exercising positive thinking, visualization and/or meditation techniques.
4. **PROTECTION COVER** - You may want to make or purchase a “natural fibers” cover mat in order to protect the soft leather surface. Some will perspire; this can be part of a detox experience and is healthy if one is properly re-hydrating. But it also means that having a protective surface will keep the LifeMats PRO Infrared Amethyst BodyMat from becoming wet or stained. For best results, avoid wearing synthetic clothing on the LifeMats PRO Infrared Amethyst BodyMat. It’s best to wear cotton or natural fiber clothing during your sessions.

5. **START LOW AND GO SLOW** - It is best to begin using the LifeMats PRO Infrared Amethyst BodyMat 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 low and Go slow" is a great motto for many health-related things, including ingesting new vitamins. But it applies just as well to using the mat. 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. Then you can increase both the temperature of the mat as well as the amount of time you spend on it as you become more used to how it functions and how your body responds to it. Everyone is different, some people do great with low to mid-range temperatures and others prefer higher temperatures for the best therapeutic experience. Use this personal experimentation process and you should be able to discover the optimal settings your body prefers most over time. **NOTE:** If you overdo it, you may find yourself experiencing some detoxification. Some call it a "healing crisis", where you might feel some negative effects of detox, but then feel a health improvement afterwards. Be sure to hydrate liberally and support your body accordingly if you suspect you are experiencing detox or a healing crisis.
6. **GENERAL SETTINGS GUIDANCE** – If you're working with a doctor, follow their suggested instructions. Consider these suggestions as general guidelines that make sense for approximately 80% of the people who will use the mats. And keep in mind that you may just fall into the ~20% range of folks for whom settings outside the suggested ranges will work better. You may just have to experiment a bit to find out what will work best for you.

Use Low Temperatures: for relaxing, recharging, when sleeping, or for longer periods of time.

Use Medium Temperatures: for recovery and physical therapy.

Use High Temperatures: for deeper healing and short amounts of time

(WARNING: DO NOT USE HIGH HEAT FOR LONG PERIODS OF TIME WITHOUT PROPER HYDRATION – remember this is not only water, but the e perspired). Several 30-minute higher intensity sessions per week might be a nice routine for many. Be aware of THERMOTOLERANCE if you plan to use your LifeMats PRO Infrared Amethyst BodyMat frequently at the highest heat levels for longer periods of time. Some believe extreme use of high heat could reduce the therapeutic effects, so just consider educating yourself on the topic if you're considering more extreme usage.

If you have trouble falling asleep, consider doing a session with your mat 30 minutes before bedtime to help you relax and better encourage your body's ability to sleep.

Please Note the section below has not been reviewed by the FDA and is subject entirely to the FDA Disclaimer found on page 17.

Temperature Control Options

Settings	Temperature	Effects	Note
Negative Ions	< 36°C (96.8°F)	Refreshes, invigorates, and recharges the body Alkalizes the body Charges the immune system Purifies and ionizes the air Revitalizes the cells in the body	Safe for extended use
Low	35°C - 40°C (95°F - 104°F)	Regenerative sleep. Many people sleep on these settings Increases immunity Boosts energy Useful for headaches, jet lag, indigestion	Safe for extended use
Medium-Low	45°C - 50°C (113°F - 122°F)	Blood pressure, relaxation, sugar regulation Increases circulation, enhances flexibility, and sports performance Releases stress, tension, and anxiety Enhances sexual vitality	
Medium	55°C - 60°C (131°F - 140°F)	Relieves some types of chronic pain Facilitates deep meditation Releases stress and anxiety Speeds up injury recovery Elevates mood	
Hot	65°C - 70°C (149°F - 158°F)	Sauna level cleansing and detoxification Good for when you are first getting sick Strengthens cardiovascular system Hyperthermia is possible (you may need a top and bottom mat)	

7. DO NOT FOLD WHILE IN USE – the LifeMats PRO Infrared Amethyst BodyMats are designed to lay flat or wrap around the body when in use, they should NOT be folded in half 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.



Please Note the section below has not been reviewed by the FDA and is subject entirely to the *FDA Disclaimer found on page 17.

LifeMats PRO Infrared Amethyst BodyMat Layers Explained

8. **HYPERTHERMIA** - Some believe that hyperthermia can have similar effects on the body as a fever [102.5°F - 104°F] would (boosting the immune system's response and helping rid the body of unwanted viruses, microbes, parasites, etc. through the process of heating up the core body temperature, so the "bad bugs" cannot thrive or live in the new "hotter environment"). Some have experienced a kind of "detox effect" when using the LifeMats PRO Infrared Amethyst BodyMat. **BEWARE:** sometimes death of the "bad bugs" can mean the body experiences negative symptoms while the "bad bugs" are being cleared from the body (i.e. headaches, aches, stomach pain, rashes, etc.). Everyone seems to respond differently to detoxification since it's often because different types of microbes are affecting each of us differently. Do some research on "hyperthermia" if you want to learn more about heat therapy for detoxification, it tends to be a practice more well-known in Europe and other parts of the world or in the practice of alternative naturopathic doctors in the USA.
9. **USING MULTIPLE LifeMats PRO Infrared Amethyst BodyMats** - Using multiple LifeMats PRO Infrared Amethyst BodyMats together may be one way to create a more insular, whole-body heat therapy experience. If a doctor recommends a kind of hyperthermia treatment like this, consider placing one mat on top of you and one mat underneath you during an intensive heat therapy session (for a hotter insular session, which would likely increase healthy thermal sweating, place a warm blanket over the top). If this approach is used, additional layers of natural fiber fabrics should be placed between the user's body and the mats to protect the mats from perspiration. **WARNING: DO NOT TRY THIS APPROACH UNLESS YOU ARE WORKING CLOSELY WITH A KNOWLEDGABLE DOCTOR WHO CAN PROPERLY SCHEDULE AND SUPERVISE THIS KIND OF TREATMENT AS WELL AS CLOSELY MONITOR YOUR BODY'S TEMPERATURE THROUGHOUT THE TREATMENT.**
10. **SLEEPING ON A LifeMats PRO Infrared Amethyst BodyMat** – Consider using the lower temperatures for an all-night "sleeping session" with your mat. If you've never done it before, start on the lowest temperature setting possible (30°C) and if you do fine with that setting and wish to increase, move slowly up each night thereafter by a degree or two only. If you get to a temperature that causes you to be uncomfortably warm, then you'll know your preferred range is right below that. The owner of our company sleeps on one of her mats each night, but 40°C is as high as she can go without sweating and waking from being too warm. **NOTE:** she tends to run cold, so she may be able to stand a higher temperature than many.



Please Note the section below has not been reviewed by the FDA and is subject entirely to the *FDA Disclaimer.

Because of how many amethyst stones the mat is filled with, it will not likely be as cozy and comfortable as your mattress, it will probably be harder. One thing you can do is put a natural fibers fabric down on top as a cushion-type barrier between you and the mat. The other thing you can do is be patient, it may take a two to three nights to get used to sleeping on the different surface. If you're like our owner, soon after that you won't even notice it at all, and will actually have trouble sleeping without it.

11. After you experience the benefits of your LifeMats PRO Infrared Amethyst BodyMat, we hope you will share your findings with others so they can enjoy the benefits of our mats as well. Email us with any questions, concerns, stories, positive results, etc. that you encounter along the way (info@lifematspro.com).

* FDA Disclaimer

This Disclaimer is included to follow FDA rules. The information in this manual is for informational purposes only and is not a substitute for professional medical advice. No health claims for these products or other statements in this manual or the website, <http://www.lifematspro.com>, have been evaluated by the United States Food and Drug Administration (FDA), nor has the FDA approved these products to diagnose, cure, or prevent disease in humans or in pets. FDA registration does not mean that the FDA approves the device(s) to be effective for curing any disease or that the device(s) is/are recommended for any specific use. Specific medical advice should be obtained only from a licensed health care professional. The LifeMats PRO Infrared Amethyst BodyMat is a consumer, home-use product only for general well-being maintenance and is in no way a substitute for traditional medical care. The products, information, and best practices presented by the <http://www.lifematspro.com> website, in its Owner's Guide, or in any related document of LifeMats PRO (or MTHFR Solutions LLC) are for informational purposes only and are not intended to diagnose, treat, cure or prevent any disease or illness. They are not intended to prescribe or to be a substitute for medical treatment of any kind. Nor are they intended to be a replacement for professional consultations with medical doctors. LifeMats PRO (or MTFHR Solutions LLC) does not claim in any way that any of the products presented will cure or heal cancer or any other disease or medical condition. LifeMats PRO (or MTFHR Solutions LLC) will not be held liable for any adverse effects resulting from the use of the LifeMats PRO Infrared Amethyst BodyMat, or from individuals who choose to pursue information presented here as they do so solely at their own discretion. The contents and/or information and/or anything contained in the website (<http://www.lifematspro.com>), Owner's Guide, and related documents shall not be attributed to any blame and/or charges. If you have symptoms related to any serious disorder, you should seek the help of a licensed physician. It is ultimately your responsibility to consult a health care practitioner before or during the use of the LifeMats PRO Infrared Amethyst BodyMat. LifeMats PRO (or MTHFR Solutions LLC) does not warrant or assume any legal liability or responsibility for the accuracy, completeness, or usefulness of any information, apparatus, product, or process disclosed here. You fully understand that the use of the products and related information is solely done at your own risk. LifeMats PRO (or MTHFR Solutions LLC) does not represent or warrant that materials in the manual are accurate, complete, current, reliable or error-free. None of LifeMats PRO (or MTHFR Solutions LLC) or any of its directors, employees, agents or representatives will be liable for damages, claims, expenses or other costs including without limitation legal fees arising out of or in connection with the use of, or inability to use, any information contained in the Owner's Guide or <http://www.lifematspro.com> website. This is a comprehensive limitation of liability that applies to all damages of any kind, including without limitation compensatory, direct, indirect, and exemplary and all other damages, income or profit loss or damage to property and claims of third parties.

TROUBLESHOOTING and Customer Support

TROUBLESHOOTING

The LifeMats PRO Infrared Amethyst BodyMat is a top quality, durable product with a long life. Our mats encounter only a very small percentage of factory defects. First of all they are manufactured under the strict quality control of ISO, GMP and CE certification standards at an FDA registered facility (one of the oldest in the manufacturing business, with many years of consistent experience). And secondly because we open each mat, carefully inspect them and run each and every one of them to ensure they are indeed operating correctly before we send them out to our customers.

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 (approximately \$40-\$50). Other reasons might include, the mat or controller being dropped, some sort of heavy impact or improper use of the product. Consider the instructional steps below to try and solve the problem you may be having. Contact the LifeMats PRO team by email for assistance: info@lifematspro.com.

If the LifeMats PRO Infrared Amethyst BodyMat 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 (see the “LifeMats PRO Infrared Amethyst BodyMat Controllers and Setup Detailed” Section for more details). 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 other electrical objects).
 - 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.

If the LifeMats PRO Infrared Amethyst BodyMat controller is still not operating:

- The controller's fuse may have blown or it may be faulty and should be replaced. Contact us via email for the replacement process (info@lifematspro.com). We will provide you with the instructions to send your broken part back to our service center for repair as well as get the information from you we need to send your replacement controller back out to you.

If the LifeMats PRO Infrared Amethyst BodyMat is not heating:

- FIRST – Unplug the controller from the wall and 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.

Customer Support

The LifeMats PRO Infrared Amethyst BodyMat is a top quality, durable product with a long life that only sees a very small percentage of factory defects. It is covered by a free one year warranty, starting from the day it is purchased. Please visit our website (<http://www.lifematspro.com>) for more valuable information about our products.

All questions about the LifeMats PRO Infrared Amethyst BodyMats can be sent in to LifeMats PRO via email at: info@lifematspro.com. In order to provide you with the best possible customer service, we manage our own customer service department in-house, we do NOT outsource our customer service department for another company to handle. We believe we can best serve you by handling your questions/concerns directly, without having a third-party in the middle. We operate our customer service through email as we do not own or operate a call center and use this approach to cut costs for customers.

Please be aware that we are NOT medical professionals and cannot provide any medical advice, assistance or recommendations. Our business model is online-only (so we do not have a bricks and mortar store). However, this approach allows us to save our customers the most amount of money. Should you need to contact us via our mailing address, we can be reached at: P.O. Box 1484, Renton, WA 98057. We believe you will be very pleased with our company, but more importantly, with the stress-relieving functionality of our LifeMats PRO Infrared Amethyst BodyMats. We wish you and yours better health and quality of life.

General Safety, Care and Maintenance

LifeMats PRO Infrared Amethyst BodyMats 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 & follow the instructions in this section. They explain the best way to use & care for the mat.

How the LifeMats PRO Infrared Amethyst BodyMat is best used and some of its prohibited uses:

- a. Never put the LifeMats PRO Infrared Amethyst BodyMat into water, do not use the product in wet or excessively humid areas. This mat should not to be used by incapacitated persons.
- b. Infants should be strictly prohibited from using the LifeMats PRO Infrared Amethyst BodyMat.
- c. Do not use the mat on heat sensitive skin; for example, the face. Also skin that is not sensitive to temperature change should not encounter the mat's surface (i.e. Diabetic or loss of feeling).
- d. Do not use with salves or ointments that may contain heat-producing effects, unless recommended by a health care professional. Skin burns could result.
- e. Hydrate yourself well before and after sessions (including minerals and electrolytes). The healing effects of the LifeMats PRO Infrared Amethyst BodyMat will be enhanced with good hydration.
- f. Start Low and Go Slow! Use low settings to begin and gradually increase duration and temperature over time.
- g. 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.
- h. 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.
- i. If you wish to use the mat for a pet, consult with a veterinarian.
- j. People who have surgical implants made of Titanium, Metal, Ceramic, or Plastic can typically use the LifeMats PRO Infrared Amethyst BodyMat. Surgical implants generally reflect Far infrared (FIR) rays and are not heated by an infrared heating device. However, it is strongly recommended that you check with a doctor before use.
- k. 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 a knowledgeable physician/surgeon before use.
- l. DO NOT FOLD WHILE IN USE – the LifeMats PRO Infrared Amethyst BodyMats are designed to lay flat or wrap around the body when in use, they should NOT be folded in half 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.



Top safety guidelines when using the mat:

- a. Do not use the mat if you are wet (hands or any body parts touching the mat should be dry).
- b. Avoid spilling water on the device.
- c. Overusing the device on maximum temperature may result in excessive stimulation. Use moderately on high temperature.
- d. Children and those with disability should have a doctor's permission and must be closely supervised when using the device.
- e. Do not put heavy objects or flammable material over the device unattended.
- f. Use carefully, burns may result from improper use.
- g. Do not prick the mattress with pins, knives or sharp objects.
- h. Do not put any chemicals on the mat.
- i. Changes or modifications to the device can be dangerous and may cause electric shock (when the power is on, do not disassemble anything).
- j. Do not put the controller on the mat.

Some power and plug best practices:

- a. Make sure that the receptacle where you plan to plug the mat has the same voltage rating as the specifications indicated for each product.
- b. Do not touch the mat with wet hands.
- c. When unplugging the mat, do not pull on the cord, instead, disconnect it from the outlet by pulling the plug directly.
- d. Do not use the LifeMats PRO Infrared Amethyst BodyMat when the cord is damaged (consider ordering a new controller which will come with a new cord - \$40-\$50) or if the electrical outlet is excessively loose, find another socket that will correctly hold the plug.
- e. Do not use the LifeMats PRO Infrared Amethyst BodyMat if it is damaged.
- f. Stop using and immediately unplug the mat from its power source (wall outlet) if you experience strange conditions such as smell, smoke and/or fire.

Protecting, cleaning and storing your LifeMats PRO Infrared Amethyst BodyMat:

- a. ALWAYS PLUG INTO AN OUTLET WITH SURGE PROTECTION – to protect your 1 year warranty, always use a surge protector. This is the main reason the mats malfunction, an electrical surge kills the controller and renders the mat unusable until a new controller is purchased (\$40-\$50).

- a. ALWAYS PLUG INTO AN OUTLET WITH SURGE PROTECTION – to protect your 1 year warranty, always use a surge protector. This is the main reason the mats malfunction, an electrical surge kills the controller and renders the mat unusable until a new controller is purchased (\$40-\$50).
- b. DO NOT FOLD WHILE IN USE – the LifeMats PRO Infrared Amethyst BodyMats are designed to lay flat or wrap around the body when in use, they should NOT be folded in half 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.
- c. Before cleaning, turn off the Amethyst mat using the button on the controller and then unplug the device from its power source.
- d. Remember the mat is leather, so just use a 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.
- e. Do not use chemical solvents on the controller or the mat as they may damage your product.
- f. Do not put the device or its controller in the washing machine or dryer.
- g. Store the device in the same way it arrived to you (folded and stored in the bag provided). Consider storing the controller and plug separately so the sharp edge of the power socket does not damage the mat's soft leather.
- h. Do not store the product in a humid, dusty or oily location.
- i. Do not place the product under heavy objects that may damage it.
- j. Do not use sharp objects on, around or near the LifeMats PRO Infrared Amethyst BodyMats.
- k. Do not get the LifeMats PRO Infrared Amethyst BodyMats wet.

Warranty

The LifeMats PRO Infrared Amethyst BodyMat is a top quality, durable product with a long life that only sees a very small percentage of factory defects. It is covered by a free one year warranty, starting from the day it is purchased. Our goal is to help you get the product working quickly with the least amount of expense to you, so we will do our best, but PLEASE NOTE that the warranty is limited and does not include typical wear and tear or improper use.

Be aware that the biggest problem we see is controller failure due to a 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 (approximately \$40-\$50).

Full Warranty Terms

1. This limited warranty is provided for the products marketed by LifeMats PRO (MTHFR Solutions, LLC) – in the USA. The warranty is for one year from the date of product purchase.
2. This limited warranty is provided only for products purchased from LifeMats PRO (MTHFR Solutions, LLC) – in the USA.
3. This limited warranty is subject to each of the terms and conditions stated herein, LifeMats PRO (MTHFR Solutions LLC – in the USA) warrants solely to the original purchaser that this product is free from defect and will replace or repair this unit or any part of it, if it proves to be defective in normal use or service within the warranted time period (12 months) of the Product from the date of original purchase. The term “original purchaser” as used in this warranty means the person whom the product was originally sold to and no other person or persons.
4. This limited warranty applies only to the operation of the product under the conditions for which it was designed, and it does not cover loss or damage resulting from unauthorized modification, connections, repair including but not limited to the use of unauthorized spare parts in abuse, negligence, repairs, accident, or misuse, environmental conditions such as earthquake, windstorm, fire, sand, flooding, hail, corrosion, dirt, or accidental damage resulting from improper use of any electrical power source or electrical surge and fair wear and tear of the product
5. This limited warranty does not apply if the product’s serial number has been removed, defaced or altered.
6. If a product receives a repair or replacement, it will be warranted for either the remaining time on the original warranty period or for 90 (ninety) days from the date of the repair/replacement, whichever is longer.
7. The purchaser will be responsible for transportation (for example, shipping), delivery and handling charges of the product to and from the company or its preferred service center.
8. If the product is received after the limited warranty period has expired, the typical service polices and charges will apply to the purchaser.
9. The purchaser will be responsible for providing proof of purchase to confirm the warranty status when servicing the product. If proof of purchase cannot be provided, parts and service charges will apply.
10. All product features and specifications as well as warranty information are subjected to change without notice.

To invoke warranty service, contact us through email at: info@lifematspro.com and you will be given policy information for the service(s) needed. You will need to provide LifeMats PRO (MTHFR Solutions LLC – in the USA) with proof of your product purchase (i.e. sales confirmation and/or credit card receipt, etc.). All transportation costs (i.e. postage, shipping, insurance, etc.) incurred to send your product in for warranty service will be your responsibility.



About Our Company

LifeMats PRO is a small family-owned company dedicated to customer satisfaction and providing the highest quality products at the best possible prices. We have personally experienced great benefits from the LifeMats PRO Infrared Amethyst BodyMat products and have decided to make them available to our customers at a substantial savings from the competition. LifeMats PRO builds quality products made to last. They come with a full one year warranty.

At LifeMats PRO we have spent a great deal of time personally testing and trying out the mats ourselves. We became so impressed by how the functionality stacked up against the big competitors in the marketplace (some are currently asking 2 to 3 times the cost for this same functionality). We wanted to sell these amazing mats and let others experience the benefits at a more affordable cost. This is why we've launched our business online, so that we can help others feel as good as we do with these high quality, precious stone mats.

We personally manage all customer service concerns via email. This is our way of cutting costs in order to keep our product pricing as low as possible (we do not outsource our customer service to a third party). Check out our Customer Support section to learn more.

We hope you will experience as many positive results as we have now that you own one yourself. We believe you will be very pleased with our company, but more importantly, with the stress-relieving functionality of our mats.

Purpose

The main objective of LifeMats PRO is to help customers get the health technology they need at affordable prices. We strive to find the highest quality components that have been tested and proven by the marketplace, we then construct and offer them in our mats at a significant discount to customers.

We believe stress and chronic pain are like leaky water valves, you may not notice them at first, but over time they can cause more and more damage. This chronic stress can allow environmental & genetic factors to create disease faster in the body. Therefore reducing stress with mats that you can really feel the difference on, not only helps to promote health and prolong disease, but it also increases quality of life.

And that's our main goal, to help you increase the quality of life you have here on earth. Life is short and we want to see you live it to the fullest!



lifematspro.com