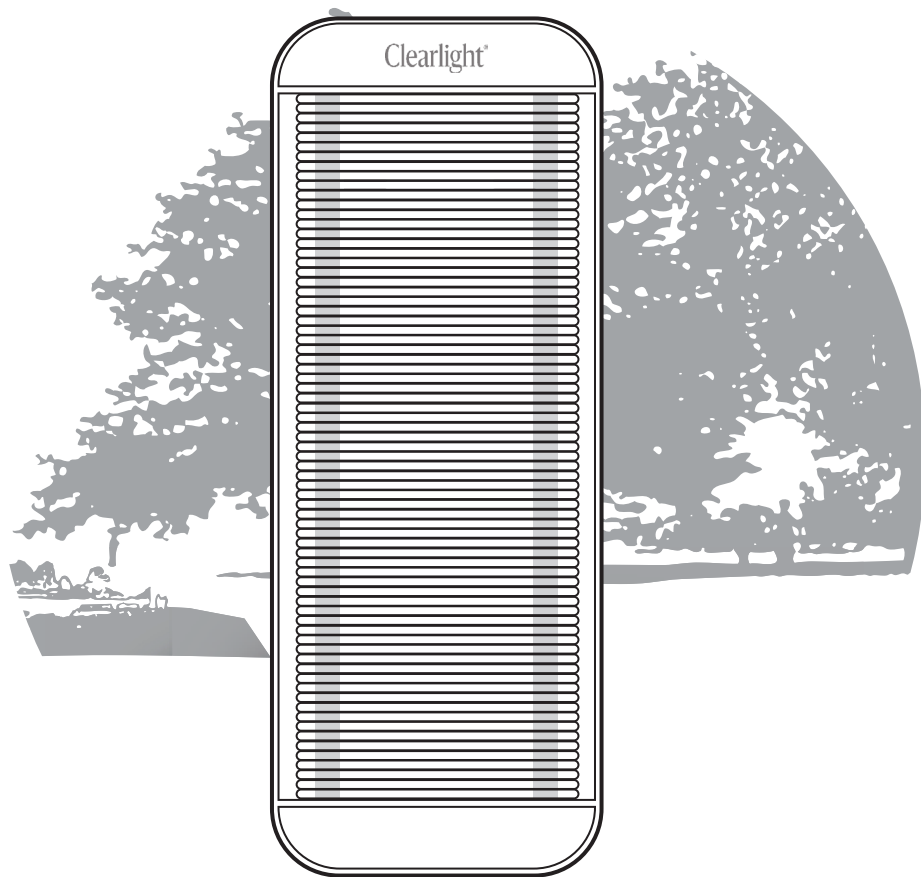


OWNER'S MANUAL



CLEARLIGHT AMETHYST INFRARED PEMF MAT

Congratulations on your purchase of a Clearlight Amethyst Infrared PEMF Mat.
We are confident that you will enjoy the many benefits of your Amethyst Mat for years to come.

Please read this manual before using your Clearlight Amethyst Infrared PEMF Mat for the first time.
Please keep this manual for future reference.

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* The information contained in this manual is subject to change without notice.

Installation

Installation of the Clearlight Amethyst Infrared PEMF Mat requires one adult to complete. Please read the instructions thoroughly before and during assembly to ensure proper installation of the unit.

Choosing a location

Your Clearlight Amethyst Infrared PEMF Mat can be placed on any dry, level and flat location. We recommend a comfortable space to allow you to use the mat for 15 - 30 minutes.

Installation requirements for your Amethyst Mat are as follows:

1. Your Clearlight Amethyst Infrared PEMF Mat requires a 120v / 15 amp AC outlet. Please determine the correct electrical requirements for the mat for your location before connecting to the electrical source.
2. Your Clearlight Amethyst Infrared PEMF Mat has a polarized plug.
3. As a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet do not continue attempting to plug in and contact a qualified electrician.
4. Turn the mat off when not in use and unplug the mat when not in use for an extended period of time. The mat can be stored in the included carrying case.

PLEASE READ BEFORE USING YOUR CLEARLIGHT INFRARED PEMF AMETHYST MAT

1. Do not use on areas of sensitive skin or with any topical treatments that contain heat producing ingredients to avoid burning of the skin.
2. Do not pull the mat by the electrical power cord, controller or connectors.
3. Do not immerse the mat or controller in water. Clean with a clean damp cloth.
4. Do not use any detergents, solvents or flammable materials to clean the mat or controller. Do not Dry Clean.
5. Keep small children and pets away from the mat unless under adult supervision.

AMETHYST INFRARED PEMF MAT

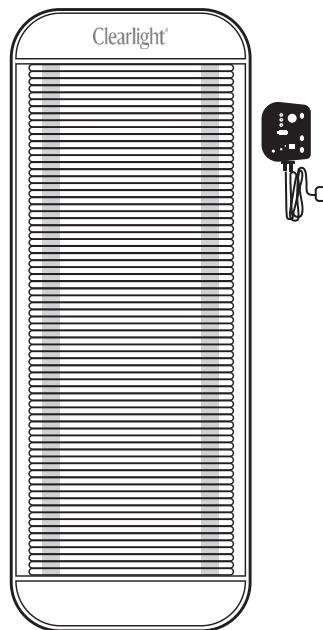
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Packaging

CONTENTS OF BOXES

Box 1 of 1

1. Amethyst Mat
2. Controller
3. Carrying Case



Assembly Instructions

Assembly should be completed by an adult. Please read the instructions thoroughly before and during assembly to ensure proper installation of the unit.

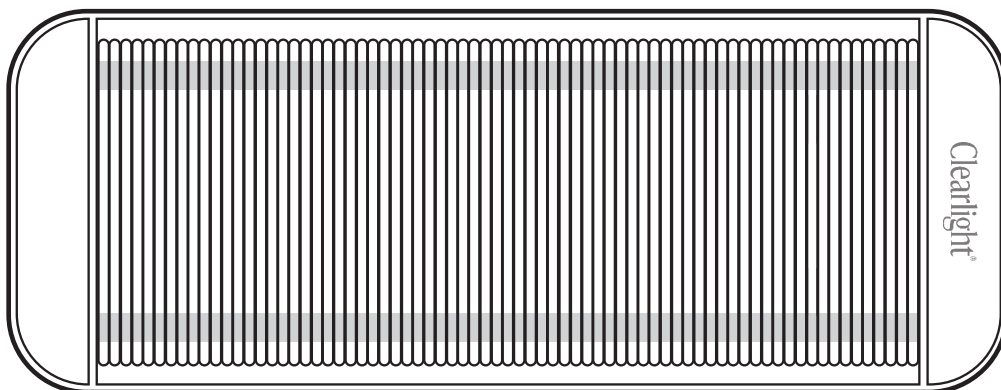
1 - LOCATION OF MAT & INSTALLATION ORDER

When determining a location for your mat, please keep in mind the following:

1. The main power cord on the mat must be easily accessible.
2. The location must be dry and level.
3. Remove the mat from the included carrying case before installation

2 - PLACE MAT IN DESIRED LOCATION

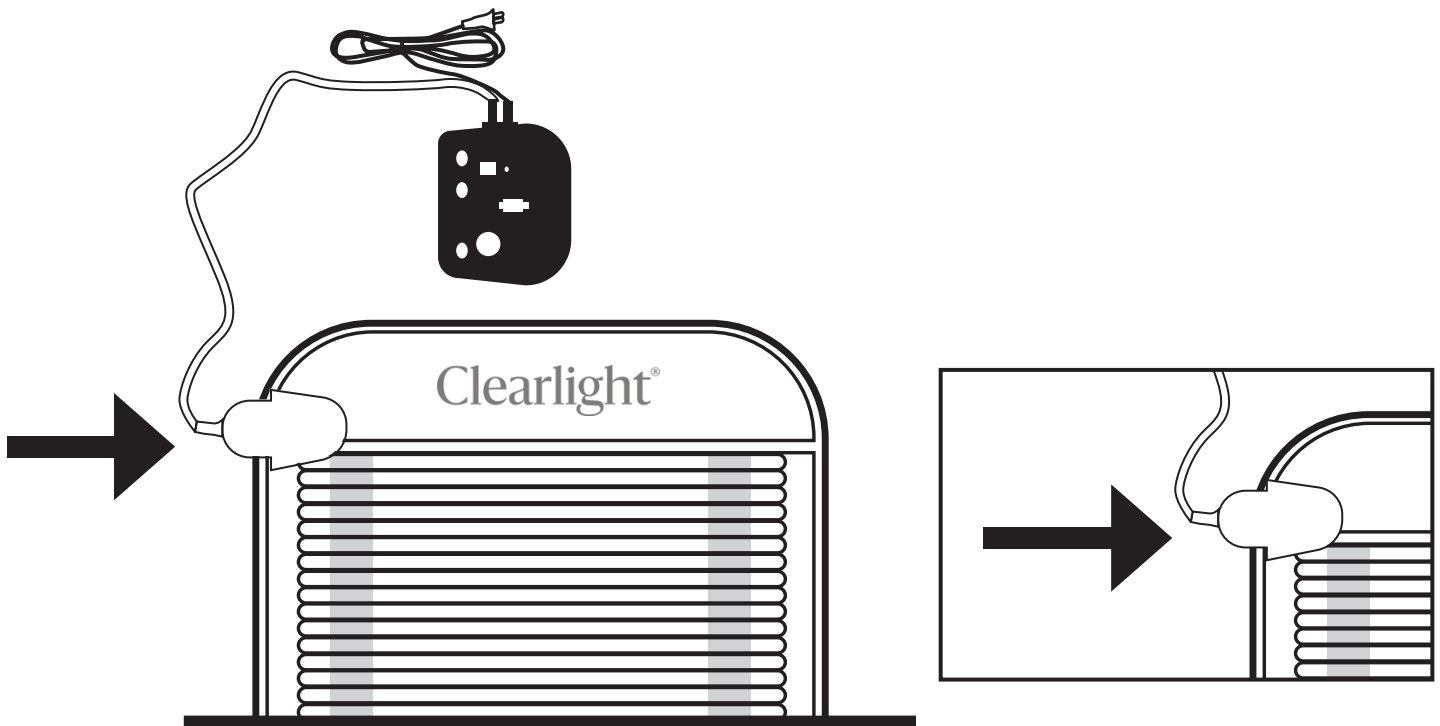
1. Place the Clearlight Amethyst Infrared PEMF Mat in a clean, level and dry location.



Assembly Instructions Cont'd

3 - CONNECT CONTROLLER TO MAT

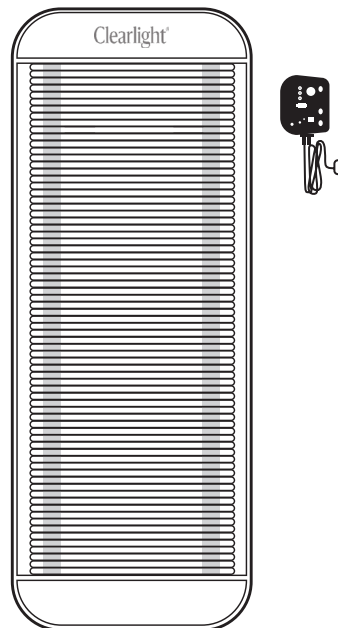
1. Locate the mat controller and plug the white connector from the control into the white connector in the mat.



Assembly Instructions Cont'd

4 - CONNECT MAT TO ELECTRICAL SOURCE

1. Plug the mat into the appropriate electrical source.



5 - INSTALLATION COMPLETE

The installation of your Clearlight Amethyst Infrared PEMF Mat is now complete. Please refer to usage instructions located later on in this manual.

Enjoying Your Clearlight Amethyst Infrared PEMF Mat

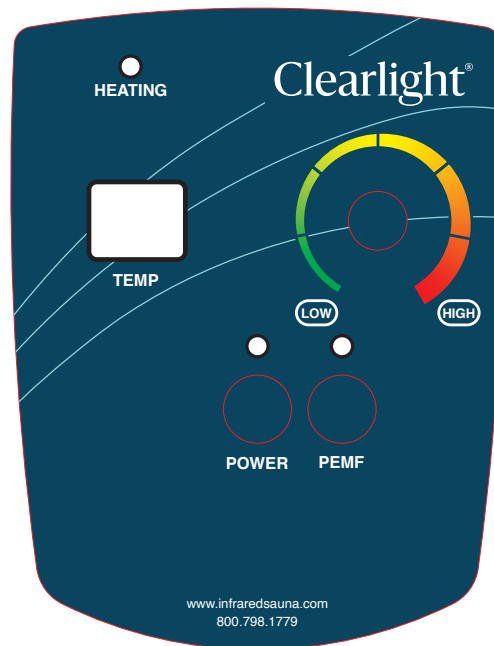
Your Clearlight Amethyst Infrared PEMF Mat is now ready for use and you are about to enjoy the many benefits available from regular use. Lay down and relax on your Amethyst Mat as you are now on your way to better health.

Instructions for use

Review all health and safety instructions. If in doubt as to the advisability of using your Clearlight Amethyst Infrared PEMF Mat consult with your physician. If you feel any adverse effects from using the mat, stop use immediately.

1. Select the desired session temperature and time using the control panel.
2. Allow approximately 10- 15 minutes for the unit to warm up before beginning a session.
3. Starting out, we recommend that your session does not exceed 30 minutes.
4. Always drink plenty of water before, during, and after a session.

Using Your Amethyst Mat Control Panel



System On/Off

- 1) Press the "POWER" button to turn on the mat.
- 2) Press the "POWER" button at any time to turn the unit on/off.

Using Your Amethyst Mat Control Panel

Controlling the Set Temperature

1. You can set the temperature range from Low to High. Using the control, set the desired temperature. The temperature can be adjusted at any time during your session.

PEMF

To activate PEMF, press the PEMF button on the controller. PEMF works by sending low-level frequencies throughout the body to speed recovery, recharge cells and relax the central nervous system. It has also been proven to improve chronic pain, reduce inflammation and boost the immune system.

Important Safeguards

IMPORTANT SAFEGUARDS

1. **READ INSTRUCTIONS** - All safety and operating instructions should be read before the Mat is installed & operated.
2. **RETAIN INSTRUCTIONS** - The safety and operating instructions should be retained for future reference.
3. **HEED WARNINGS** - All warnings should be adhered to.
4. **FOLLOW INSTRUCTIONS** - All operating and usage instructions should be followed at all times.
5. **CLEANING** - Unplug the Mat from the wall outlet before cleaning. Do not use liquid cleaners or aerosol cleansers. Use a damp cloth for cleaning.
6. **ATTACHMENTS** - Do not use attachments that are not recommended by the manufacturer as they may cause hazard.
7. **WATER OR MOISTURE** - Do not use this product near water-for example near a bathtub, in a wet basement, or near a swimming pool or similar area.
8. **POWER SOURCES** - This product should be operated only from the required type of power source indicated on the marking label. If you are not sure of the type of power supplied to your home, consult your local power company.
9. **POWER-CORD PROTECTION** - Power supply cords should be routed so they are not likely to be walked on or pinched.

Important Safeguards

IMPORTANT SAFEGUARDS

10. **LIGHTNING** - For added protection for this product during a lightning storm, or when it is left unattended and unused for long periods of time, unplug it from the wall outlet.
11. **OVERLOADING** - Do not overload wall outlets and extension cords as this can result in a risk of fire or electrical shock.
12. **SERVICING** - Always unplug this product from the wall outlet before servicing the product.
13. **POWER SUPPLY** - Do not remove power supply covers. No user-serviceable parts are located inside the power supply.
14. **REPLACEMENT PARTS** - When replacement parts are required, be sure to use replacement parts specified by the manufacturer or have the same characteristics as the original parts. Unauthorized substitutes may result in fire, electrical shock or other hazards.
15. **SAFETY CHECK** - Upon completion of any service or repairs to this product by a service technician, ask the service technician to perform safety checks to determine that the product is in proper operating condition.

Clearlight[®]

Infrared Saunas and Wellness Solutions