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Far Infrared Amethyst Mat

USER MANUAL

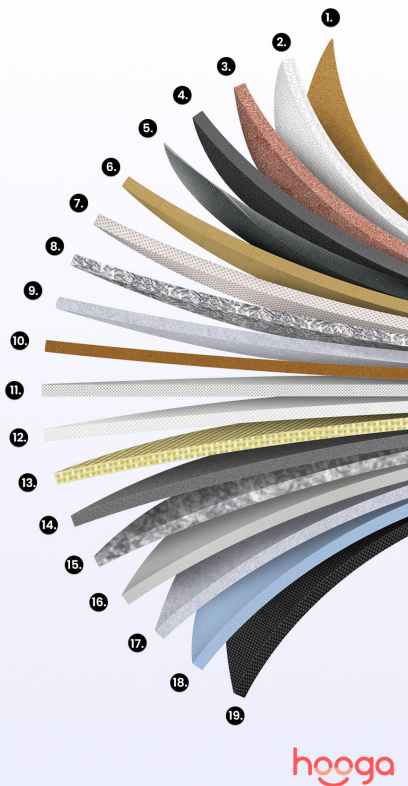


Hooga 19 Layer Amethyst Mat

1. Suede Fabric Surface Material
2. TPU (Thermoplastic Polyurethanes) to display pure, crushed amethyst stone
3. Bio-Stone Natural Amethyst for Transferring Natural Infrared Rays
4. Real Nano Charcoal Lamination emits Far Infrared Rays (FIR), Negative Ions and helps to deodorize and destroy odor.
5. Graphene Magnetic Functional Fabric Boosts Far Infrared Rays (FIR) emit, Negative Ions and helps to deodorize, destroy smell, is anti-static, and antibacterial.
6. Yellow Mud Negative Ion Functional Fabric emits Far Infrared Rays (FIR), Negative Ions and contains a variety of minerals and trace elements.
7. Far Infrared Rays Functional Fabric emit Far Infrared Rays (FIR).

Heating System

8. Waterproof & Thermal Preservation Complex
9. Aluminum Film for protecting the heating system and other materials from moisture, and for the mats surface temperature balance.
10. White Nonwoven Fabric for Heating Wire Fix
11. EMF Interception Copper Winding with Silicon for EMF (Electromagnetic fields) shielding
12. Fiber glass to protect the heating wire
13. Heating Wire for Far Infrared Rays
14. Temperature sensor for reflecting mat's inner temperature to the controller screen and maintaining the temperature per user's setting.
15. Bimetal for over-heat protection with an automatic power shut-off if the mat reaches 194°F.
16. Pure Aluminum Foil for Reflection of Infrared Rays and temperature.
17. Pearl Wool Layer for Heat Preservation Compressed Non-Woven Cotton for Thermal Protection
18. Bottom Materials: Oxford Fabric for overall protection from dust and water on the bottom
19. High-density nylon webbing trim



What's Included:

- **Amethyst Mat**
- **Controller**
- **Sweat Protection Cover**
- **Storage Bag**
- **This User Manual**

Before using your new amethyst mat, please take a moment to verify that it was not damaged during transit. Carefully unpack the box and check to make sure that everything is included. If you discover that anything is missing, or there is any other reason that you wouldn't rate this as a 5-star experience, please, contact us right away at contact@hoogahealth.com so that we can resolve the issue as fast as possible.

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

Please check for the most updated product details at hoogahealth.com.

Controller Operation

Tightly connect the controller to the mat connector and then plug in the controller to a power outlet. Then turn ON the device.

1. Temperature and Time Display Screen

2. Sleep Mode Indicator LED:

Indicates whether sleep mode is turned on or off.

3. Memory Mode Indicator LED:

Indicates memory is stored.

4. Heating Indicator:

Indicates whether the mat heater is running.

5. Power Indicator:

It indicates whether the mat is turned on or off.

6. Sleep Switch:

Used to turn on or off sleep mode. Sleep mode sets the mat temperature to 104°F (40°C) and starts a 12 hour timer.

7. Memory Set Button:

Memorize the current temperature setting. Press and hold for 3-4 seconds to set.

8. °F & °C Shift Button:

Switch between Fahrenheit and Celcius (°F to °C). Press and hold for 3-4 seconds to change.

9. Power Button:

Turn on or off the heating function of the mat. (The heater will stop heating automatically after 12 hours.)

10. Temperature Setting - Up:

Press this button to increase the temperature setting.

11. Temperature Setting - Down:

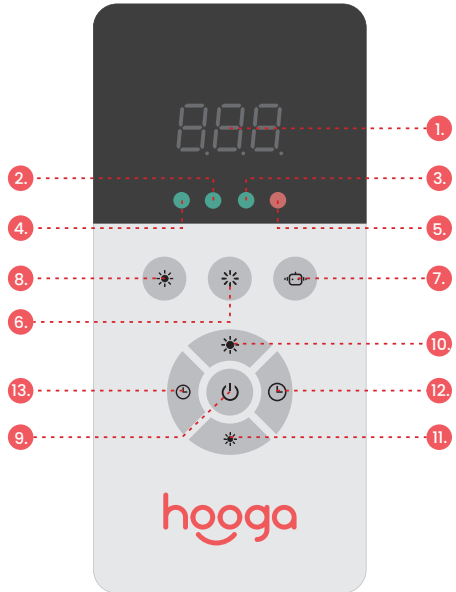
Press this button to decrease the temperature setting.

12. Heating Shut-off Timer Setting - Up:

Press this button to increase the amount of hours the mat will stay on before shutting off.

13. Heating Shut-off Timer Setting - Down:

Press this button to decrease the amount of hours the mat will stay on before shutting off.



Heat Levels

The temperature can be adjusted from 86°F to 158°F, or from 30°C to 70°C. The Hooga Amethyst Mat naturally generates negative ions through special layers when the mat is ON or using your own body heat when the mat is OFF. For this reason, it's great to use the mat regularly to sleep, relax and reenergize even without heating.

86°F–98°F or 30°C–36°C	used for Negative Ions, all night sleep low heat mode
98°F–110°F or 36°C–43°C	regenerative sleep, boosts energy and immunity*
110°F–120°F or 43°C–49°C	relaxation, immunity
120°F–133°F or 49°C–56°C	releases stress, elevates mood, enhances vitality*
133°F–145°F or 56°C–63°C	temporary pain relief*
145°F–158°F or 63°C–70°C	cleansing and detoxification*
158°F or 70°C	Hyperthermia

The temperatures above reflect the temperature of the inner heating elements and not the surface of the mat, which can be 10–20°F lower (or even lower than this if the mat is not covered with a thick blanket). Usually, if the ambient room temperature is around 70°F, it takes between a half hour to an hour for the mat to reach the maximum level (158°F, or 70°C) if covered with a thick blanket.

Getting Started

- 1.** Please study this User Manual before first use. The mat is easy to operate but the User Manual has important safety information and a lot of different useful tips that may help you to get more benefits and accelerate the learning curve. Be sure to completely study the list of contraindications and discuss them with a healthcare professional.
- 2.** Consult your doctor prior to use, especially if you have any chronic disease(s). Even if your healthcare professional is not familiar with hot crystal FIR therapy, doctors usually can give good advice about how such or similar well-known technologies like sauna therapy will work, especially in the case of any existing health condition(s).
- 3.** When you first get the box with your mat inside, if it is too cold, too hot or very wet outside, please keep the mat inside for an hour to adjust to room temperature and humidity before powering on the device. Open the box and take out the mat carefully. Check that all accessories are included. Put the mat on the floor, bed or other flat surface with the crystals side facing up.
- 4.** Our mats have special layers in the bottom that reflect the heat upwards, but if you use your mat on a hardwood floor or on a memory foam mattress it may be better to put a towel under the mat to dissipate any remaining heat.
- 5.** 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 protector. It will protect the controller from any malfunctions that could result from a power surge. Please remember

to turn the controller OFF and unplug the mat from the power socket after use.

6. The first heating of the mat should be to test the mat at the highest temperature level (70°C equal to 158°F) for 2-3 hours. This will also help purge any possible odors from the fabric and other layers' remaining volatile particles. If you are oversensitive to smells you may choose to air it out in a garage overnight. Our mats are made from the highest quality, 'zero-emission' materials but it is still better to do this. Do not put the protector on the mat or lay on it during this time.

7. Find a secure, dedicated area with a calm atmosphere and allow yourself plenty of time so as not to feel rushed in your session. Put up some "do not disturb" signs and play some soothing music to enhance the healing process. Put on comfortable sleepwear and relax. It may be a good idea to clean and scrub your body to open the pores before your sessions, as this will facilitate sweating and detoxification.

Using Your Hooga Amethyst Mat

1. It usually takes around 30-60 minutes for the mat to reach the maximum temperature if you put a thick blanket on top. Cover the mat with a blanket and leave it, periodically checking how hot it is under the blanket.

2. The heating process stops once the mat reaches its set temperature and resumes again when the mat begins to cool down in order to maintain the set temperature. During this time, the amethyst crystals become very warm and emit radiant Far In-fra-Red rays.

3. For extra electrical safety the heating wires are positioned a short distance from the mat's edges so that the end tubes with crystals are heated indirectly by other stones. It is normal for the stones close to the edges of the mat to have a lower temperature.

4. When the heat is on, the surface temperature of the bare mat becomes hot to the touch. At maximum heat level it will reach 140-150°F (60-65°C) on the surface, if measured immediately after you stand up or remove the thick blanket or pillow. However, if you measure the bare mat surface temperature again in several minutes it will be much lower, around 110-130°F (40-50°C). If the mat is uncovered and room temperature is low or the air flow is strong it will cool the mat very quickly. This is normal – when preheated, the crystals transfer most of the energy in the form of Far Infrared Rays very quickly.

5. If you keep your mat open without the protector pad, blanket, or your body on it, the heat is dissipated – and although the controller may continue to show a rather high temperature inside the mat's heating elements the surface will be merely warm to touch even on the highest level.

6. Sometimes when the mat starts to heat some humming or buzzing noise can be heard from the controller, which is quite normal. However, if the noise gets stronger or you notice any smell or other signs of possible controller or mat failure, please stop using the mat.

7. It is OK for the controller to warm up a little when the mat is set to the highest heat level for a long time, but it is not normal if the controller gets excessively hot or if you notice any smell. Please turn off the mat and contact us for a free controller replacement if this happens. Remember not to put the controller on the mat even if the mat is cool as it may heat up and damage the controller.

8. The most frequent reason for initial controller malfunction is an incorrect order of connection. It is necessary to connect the mat to the controller first, TIGHTLY, and only after this should you plug the controller into an electrical outlet. Then, turn on the mat and set the timer. After this you may set the desired temperature.

9. When you disconnect, first turn the controller to OFF, then disconnect the plug from the electrical socket – and only after this (and only if it is necessary), unplug the controller from the mat.

10. Do not disconnect the controller from the mat more frequently than necessary in order to avoid the connection becoming loose. If you connect the controller to the power source first (before connecting it to the mat), the safety program may lock the controller and could put it into 'safe' mode. It may start to beep or show OFF or another error code on the screen. To reactivate the controller simply reconnect it in the correct order.

11. Choose the best position. FIR rays penetrate your body, improving circulation and therefore sending warmer blood to replace cooler blood – and finally due to bioresonant effects the cells' mitochondria start to produce energy themselves. This is why even after you finish the FIR mat session your body temperature may stay elevated for up to 8 hours. This may be good for activity, immune health and cellular rejuvenation. There is also a local effect when the organs and tissues which are closest to the mat receive more heat. This may be beneficial for them, but the highest levels may also cause some issues with stone movement if you have gallstones, kidney stones, etc. If you lay on your right side, please be sure that you do not have gallstones and that the bladder is healthy. Heat may cause gallstone movements and result in inflammation and pain. If you lay on the mat on your belly, it is important to protect your genitals. Your left side is safer in this regard, but usually lying on one's back is the ideal position.*

12. If the mat is too hard for you, put the included cover onto the mat to cushion it and eliminate the crystals' pressure. You can also add several layers of bamboo fabric, cotton sheets or towels on top of your mat and/or cover to make your mat even softer. As soon as your body gets accustomed to the crystals' pressure you may choose to remove the extra layers one-by-one. Protectors and towels are great for sweat absorption during high-heat procedures or for cushioning, but for high intensity detox sessions it may be better to use your mat without any covering. With FIR therapy, some of the heating rays will dissipate if you use a thicker layer on top of the mat/under your body. The same applies to negative ions, but most will still travel through.

13. Unless performing a high-heat detox session, always keep the waterproof protector on the mat to protect it from spills and dirt. However, if your mat occasionally gets wet, do not worry, it has waterproof layers inside. Just let it completely dry out before using it again.

14. Be careful with your first procedure. Use a slow and continuous mode of increasing session intensity. Begin with temperature levels as low as 96°–112°F (35–45°C) and short sessions, no more than a half hour, and gradually increase the length and intensity for several minutes and/or degrees every other day. Remember to drink a lot of water, fresh juices or herbal teas. Replenish minerals to avoid becoming drained or dehydrated. When you start, it is important to avoid overuse and low temperature burns and to get the first benefits in a safe manner without the risk of side effects from a "healing crisis."

15. The most important thing is to listen to your body as you move forward. It is easy to overdo it if you move ahead too quickly, and the cumulative effects are much more desirable without the lightheadedness or other side effects that can come with rapid detoxification. The maximum time for each heat level is not specified. It depends on the mat's size, temperature level, one's age, health, body size and composition, and many other variables. Basically, the main rule is to start with low settings and gradually increase the intensity, length and frequency of your sessions. Of course if you are an experienced FIR sauna user, you can start with the maximum temperature level, but we always recommend checking with your doctor first and using common sense to avoid overuse.

16. As soon as you are sure that your body reacts well to your FIR therapy sessions, you

can use your mat as long as you like. Unless you have special needs, you can use it anywhere from 30 minutes a few times a week to 12 hours daily and it should be an enjoyable process. If you want an intensive sweating, sauna-like detox choose the maximum temperature suitable for your health and cover your body with a blanket or another mat. If you just want comfort, use a medium heat level of around 112–122°F (45–50°C). If you are just starting out, 20 minutes may be enough. Different people react differently and enjoy different modes. Some folks with weakness caused by hypothermia use FIR mats all the time on a slightly warmer temperature to revive themselves and feel well again. Other people use amethyst heating mats from one hour on a high temperature to 12 hours on a warm temperature. Be sure that sessions are comfortable for you and that they bring about a better feeling and more energy.

17. The first aim is to create a feeling of relaxation. To relax, the standard procedure is to have a short session before bed of about half an hour, starting at 104–122°F (40–50°C), and then DECREASING to the lowest levels of 86–104°F (30–40°C). If these levels cause any feelings of lightheadedness or overstimulation, the temperature should be set even lower or the mat should be used in unpowered mode. Unpowered mode is especially useful in the summer when the mat can absorb some excess heat from your body and naturally return it in the form of radiant crystal rays to those parts of your body which need better circulation.*

18. The second target is usually to cause sweating, which is great for detoxifying the body. 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 towel on it and cover yourself with a blanket. After the session, just leave the bare mat heating for half an hour more to dry it out. If your body generally does not sweat much you may not start sweating from the first procedure – but after several sessions your ability to sweat may increase. Drink a lot of hot herbal teas (not cold drinks) before and during the session to accelerate sweating. When your body gets used to sweating it will be easier to sweat voluntarily.*

19. For FIR heating, if you lay nude on the bare mat with your body covered by a thick blanket, you will get the maximum “detox” effect, as no heat will be lost or dissipated. All crystal rays will be radiated into your body. Some advanced customers even use foil blankets reflecting FIR Rays back to the body, but it is a very intensive therapy and it cannot be recommended without a doctor’s approval. Sweat releases a lot of toxins, and the mat even releases into the blood those toxins stored in deep fat tissue. This may be irritating and erosive to the surface of the mat, which is why something like a sheet or a sweat-shielding cover under your body is a must-have for everybody. Perspiring may temporarily make you feel worse, but after the sweat is out you should feel refreshed. This technique is used in some Swiss clinics under medical supervision and generally brings about great results.*

20. Wearing clothes or using covers or sheets on the mat hinders some of the anion effects, but it should not be an obstacle to FIR Heat.

21. If you plan on falling asleep while on the mat, choose a low heat setting of 86°–112°F (30°C to 45°C) before going to bed.*

21. Getting a headache or feeling dizzy is a sign of a “healing crisis” (dehydration). It means that you are detoxing too fast. Lower the temperature, drink more water and stay on the mat for a shorter time. It is important to feel comfortable and enjoy your experience, so listen to your body and adjust your sessions accordingly.

22. Hooga amethyst mats are designed to be used lying flat on your bed, massage table or sofa.

Additional Info:

- 1.** The top of the mat with the Hooga Logo on it is not a heated area, but this and other non-heated areas of the mat still have anion layers to generate negative ions.
- 2.** Hooga mats have a multilayer system construction with up to 19 different layers. The special layers (with anion generating fibers) are added so that the mats generate negative ions when they are turned on and functioning. Controllers do not have the option to activate negative ion generation from the inner mat layers because the ions generation starts automatically when the mat is heating up, due to the piezoelectric and pyroelectric effects caused by the distorted crystallographic structure of the mat's anion generating layers and natural amethyst crystals. Negative ion generation will decrease when the mat cools down. Negative ion generation also occurs when you lay on the non-powered mat as gemstones and negative ion generating layers start to use your natural body heat to produce anions.
- 3.** All Hooga mats come with EMF-free (less than 2 mG by specs and less than 0.2 mG by measurements), new-generation advanced heating systems. If you are EMF sensitive, please be aware that some parts of all electrical devices including all brands of FIR mats may emit relatively higher EMF levels. These parts are plugs, overheat protection bimetal switches, connection terminal and controller which on full power can emit up to 4-8mG. Though these are still safe levels for sleeping, it is better to put the controller some distance away from your head. You can use a pillow to avoid the occasional contacts between your head and the connection terminal, or you can sleep with your feet towards the terminal situated near the logo on the top of the mat. The electric heating system works only during a relatively small portion of your amethyst 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 warmth and will emit infrared rays and negative ions without electric power.
- 4.** Due to the artisan nature of the construction process there is some difference between mats regarding the maximum temperature they may reach in the same conditions and the heating speed. If the mat is covered with a thick blanket or your body is on the mat, the max level of the bare mat surface temperature may be in the range of 55-65°C or 133-158°F (displayed by the controller measuring the temperature of the heating elements inside the mat as 65-72°C), which is quite normal.
- 5.** For sleep, be sure that the heat level is on the lowest levels of 30-45°C or use the mat unpowered for negative-ions-only mode at night. Do not use high heat when you go to bed. Do not rely solely on the timer. Some customers choose to connect the mat through another timer plugged into the the wall outlet for double safety in order not to fall asleep on the hot mat and dehydrate. Take extra care during nighttime use and keep the mat only on low heat settings.
- 6.** The thin, waterproof cover with 4-cornered elastic straps that comes with your mat is meant to be used directly on top of the mat. It is great for short, high-heat procedures where a lot of sweating may occur. This cover is machine washable and dryer-friendly. Gentle cycle is recommended with low heat drying.

Caring for your Hooga Amethyst Mat

- 1.** The mat should not be used outside if there is a chance for harsh weather or rain. Ideally, you should use it indoors on flat surface such as a massage table, bed, sofa, mattress or floor. It's ok if the surface is not perfectly hard and flat.
- 2.** Sometimes controller or mat issues happen after power spikes. When storms are approaching, if you are not going to use your mat for a while, or if you are leaving your home for an extended period of time it is better to unplug the mat from the socket. Ideally you should always keep the mat unplugged when not in use.
- 3.** It is not necessary to unplug the controller from the mat connection terminal frequently. If the controller always remains connected to the mat it is OK as this helps prevent the connection from loosening. Just remember to verify the tightness of the connections from time to time, especially if you sleep on your mat. If you have to disconnect the plug of the controller from the mat connection terminal, always do so carefully and with both hands. Hold the connector with one hand while pulling the plug carefully with the other hand. If pulled by the cord it can break, or the connection may eventually become loose and the mat will not function correctly.
- 4.** Please take care of your mat and it will be your friend for a long time. The mat is great for meditation, sleeping and healing procedures. Never apply acute pressure or step on it. Dogs and especially cats adore the mat and can use it, but this should always be under your supervision. Do not allow heavy dogs to play in the same room as they could damage the mat by jumping on it. It may also be harmful if children jump on the mat. There are a lot of tiny electronic parts inside the mat such as bimetal switches, temperature sensors, etc. Occasional acute pressure may damage them. In order not to damage the inner sensors and heating system electronics avoid impact, walking, standing, training or doing any active exercise on the mat. Do not allow any heavy or sharp objects to be placed on or fall on it. Never fold the mat while hot and never heat it while in a folded condition.
- 5.** Please always fold the mat for storage the same way it was folded when you first received it. If the mat is folded in the wrong direction it may become damaged. Do not fold it too tightly and never put heavy objects on it.
- 6.** Do not store the mat vertically along the wall. Store the device in the bag provided. Consider storing the controller and plug separately so that the sharp edge of the power socket plug does not damage the mat's soft surface. Do not store the device in a humid, dusty or oily place. Store it in a clean, ventilated storage room or closet.

Maintenance and Cleaning

You will not have to clean your mat at all if you cover it with our protective waterproof cover or use a cotton or bamboo towel at all times. Your Hooga Mat will stay clean for a very long time unless you use it uncovered or spill something on it.

- 1.** Before cleaning, turn OFF the mat using the button on the controller and then unplug the device from its power source.
- 2.** Do not use chemical solvents such as benzene or aggressive cleaning agents on the controller or mat as they may damage the device.
- 3.** Clean the mat as you would clean any leather or suede product that has electrical parts inside. Do not wash the device or controller with water. Do not put the device or controller in a washing machine or dryer.
- 4.** Do not get the mat wet. If you accidentally spilled something and the mat was not covered with a waterproof protector, do not worry, it has waterproof layers inside. Just let it completely dry out before using it again. Then test it on high heat for an hour before laying your body on the mat.
- 5.** Ironing the device is strictly prohibited.
- 6.** Only use a slightly wet cloth (adding a small amount of a mild soap is ok) to wipe off dirt and dust. You could also use a handheld vacuum or vacuum attachment to remove any dust from the surface of the mat.
- 7.** You may leave your mat (with protective cover on) on high heat for 1 hour each week to completely self-clean and disinfect.

Safety Precautions:

Hooga amethyst mats have been carefully engineered for both effectiveness and safety, however basic safety precautions should always be observed when using any electrical device.

- 1.** Never immerse the mat in water, do not use the product in wet or excessively humid areas. Do not use the device when your hands or body are wet.
- 2.** Changes or modifications to the device can be dangerous and may cause electric shock. Do not disassemble anything while the power is ON.
- 3.** Do not put heavy objects on the mat. Do not prick the mattress with pins, knives or sharp objects. Do not step, walk, jump or run on top of the mat and avoid other types of acute pressure which can damage inner sensors.
- 4.** Do not put chemicals, solvents or flammable materials on the mat.
- 5.** Make sure that the receptacle where you plan to plug the mat has the same voltage rating as the specifications indicated for your product (usually 110-120V/60Hz for North America and Japan and 220-250V/50Hz for Europe and other countries). Do not use travel adaptors in order not to damage your mat and controller.
- 6.** If your mat is made for U.S. electricity, 110-120V/60Hz, with plugs for a standard U.S. grounded socket, then in order to use in 220-250V countries, please purchase a step down power converter for transforming 220-240V to 110V. We recommend power converters with up to 500W for our mats.
- 7.** Always remember to turn off the electrical supply when not in use. When unplugging the device do not pull on the cord. Pull it out by holding the plug.
- 8.** To protect your mat, use a surge protector. Power spikes are the main reason why a

mat would ever malfunction. An electrical surge can kill the controller and render the mat unusable until a new controller is purchased.

9. Do not use the device when the cord is damaged or if the electrical outlet is excessively loose. Find another socket that will correctly hold the plug. Do not use the mat if it is damaged or if the connection between the mat and controller is not tight.

10. Your mat has a double safety advanced EMF free heating system with emergency bimetal switches physically cutting off the electrical wires if the mat's main thermostat safety system fails and it overheats to 180°F (75°C).

11. Stop using the mat and immediately unplug it if you experience strange conditions such as smell, smoke, shocks and/or fire.

12. Clean the mat only when the power is off and the controller is unplugged from the electrical outlet.

*Hooga products are not intended to diagnose, cure, treat, or prevent any disease, illness or medical condition or to substitute for medical treatment of any kind. Information here is never to be construed as medical advice. These products and statements have not been evaluated by the FDA.

Contraindications:

The following may not be a full list of contraindications, but if you have any of them avoid use of the far infrared mat in heating mode completely unless you get approval from your doctor. Remember that it is your responsibility to seek the attention of a healthcare professional before and during the use of this product, which is not marketed as a medical device, nor claimed to be able to heal or cure any sickness.

1. The recipients of any type of organ transplant should not use FIR mats. After organ transplant operations, patients usually are prescribed immunosuppressant drugs to help prevent their immune system from rejecting the transplanted organs. FIR and hot stone therapies increase immune system function which is absolutely contraindicated for organ transplant recipients.*

2. Pacemakers and defibrillator users should not use the FIR mats in powered modes without cardiologist approval. The function of these devices may be interfered with by the mats' magnetic or heating functions.*

3. Expectant women should not use heating therapy or a FIR mat in heating mode. Excessive temperatures have a potential for fetal damage. If pregnancy is possible you should be able to sleep on the mat or use it in unpowered mode for ion therapy, but be sure to consult a physician before using it for heating.*

4. Newborns and infants should not use heat therapy. Their core body temperature rises much faster than that of adults. This occurs due to a higher metabolic rate per body mass, limited circulatory adaptation to increased cardiac demands and the inability to regulate body temperature by sweating as well as adults are able to do. Do not use your mat in heating modes on babies who cannot move away from the mat or on children who cannot speak well enough to express themselves.*

5. Avoid use of the far infrared mat in heating mode completely (unless you get approval from your doctor) in the case of a recent stroke, aortic stenosis, myocardial infarction, heart attack, unstable angina pectoris, if you take corticosteroids or have brain or other tumors.*

6. Anybody with diseases associated with a reduced ability to sweat or sensitivity to heat

should use the FIR Mat without heat (negative ions only mode). Diabetic neuropathy may be a contraindication because some diabetic patients lose sensitivity to heat.*

7. Nobody with diagnosed diseases, ailments or medical conditions should ever use FIR devices without approval from and/or supervision of a physician. It may be extremely dangerous to raise the body temperature to high levels for people with: adrenal suppression disorders, Addison's disease, adrenal insufficiency, systematic lupus erythematosus, multiple sclerosis (MS), brain tumors, bypass surgery, high hypertension or some other conditions.*

8. Anybody taking medications or currently going under medical treatments, radiation or chemotherapy should consult a physician before using the mat in heating mode. Some medicines such as diuretics, barbiturates, and beta-blockers may impair the body's natural heat loss mechanisms. Some over-the-counter drugs such as antihistamines and blood thinners may also cause the body to be more prone to heat stroke. Sleeping aids, pain killers, narcotics and antipsychotic medicines may be the most dangerous in impairing one's judgement. People under the influence of drugs or alcohol as well as patients with mental impairments or dementia should never use the mat, saunas or other heating devices.*

9. Anybody experiencing a high fever should not use the mat in heating mode. Only the negative ions function can be used until the fever stops.*

10. If you use heating creams or balms, liniments, salves or ointments that contain heat producing ingredients, you should never use them with the mat unless recommended by a healthcare professional so as to avoid burns.*

11. Anybody with fresh wounds, trauma, joint injuries or swollen hot joints where cold therapy is necessary should not use the FIR mat in heating mode, so as to avoid exacerbating any inflammation.*

12. Anyone with a mental or physical disability or those with limited mobility should use the amethyst mat in the negative-ions-only mode unless under full supervision of a medical professional and with a doctor's approval.*

13. It is not recommended to use any part of the heating area of your mat directly on your head. Our brains do not have the same efficient cooling system as the other parts of the body. Use a pillow as a barrier between your head and the mat if you plan to sleep on it.

14. Stop using the mat if any known conditions worsen while using it. Pain should not be experienced when using the mat. However, the infrared heat will go to areas of disease or discomfort – some people may perceive this as pain and others as a sensation. If pain is persistent, discontinue use.*

While the above are some of the conditions which may pose dangers through FIR Mat use, definitely check with your doctor or a healthcare professional experienced in Far Infrared or sauna therapy to discuss your specific medical conditions. If you have any of the above listed conditions, avoid using the mat completely unless under the care of a doctor with expertise in hot stone mat or sauna detoxification. Remember that it is very important to properly hydrate with pure and mineralized water before and after sessions with the mat.

Additional Medical Precautions

- 1.** Extra care is necessary if you are diagnosed with diabetes. If a person has a lot of sugar in the blood, it can clot the blood vessels and cause nerve disorders. Some people with diabetes can, over time, develop nerve damage throughout the body. It is called diabetic neuropathy. If you have diabetic neuropathy and therefore a loss of sensitivity you should use a strict time/frequency/temperature protocol established by your doctor, and only under their supervision. You should start very slowly and monitor your blood sugar.*
- 2.** Titanium pins, rods, artificial joints or any other modern surgical implants usually reflect FIR rays so they should be generally safe, but some joint replacements and piercings with other metals may be warmed by infrared rays. Safety precautions should be taken if you lay with joint replacements in direct contact with the mat. If you lay on your back and knee or hip replacements are above the mat there should not be a problem. But of course if you feel any discomfort in the implant's area, it would be better to decrease the temperature and procedure length or to turn the mat OFF. It is also advised that you consult your surgeon and implant manufacturer.*
- 3.** Silicon implants may be warmed by infrared rays, so safety precautions should be taken if you lay with those implants in direct contact with the mat. If one has breast implants but lays faceup there should not be a problem. Usually silicon used in medical implants is known to melt at over 392°F (200°C), so it should not be adversely affected by infrared rays. Please consult your surgeon and implant's manufacturer prior to use of heat directly on implant areas.*
- 4.** Heating of the low back or lower abdomen areas of a woman's body during the menstrual period may temporarily increase their menstrual discharge. Some women endure this process to gain the pain relief commonly associated with their cycle, whereas others simply choose to avoid using the mat during that time of the month.*
- 5.** It is reasonable to protect the groin area, face, head and all other areas sensitive to heat. If contraception is not your aim, and if you lay on the mat on your belly, it is important to protect your genitals. You can use a cooling pad or make a non-permeable FIR screen with a towel folded many times and covered with several layers of standard aluminum foil. It helps for short treatment session.*
- 6.** Children may use the mat with caution and under supervision of adults, preferably on low heat or negative ions mode only (unheated). Consult with the child's pediatrician before using the FIR mat and use common sense. Do not leave children or toddlers on the mat without supervision. If they walk, play or jump on the mat it could cause damage to inner sensors. Children could also disconnect cables from the mat and put them into their mouths and get shocked. Take extra care if your child has access to the room where the mat or any other electrical device is located.*
- 7.** If you use medicines applied by skin patches, you should definitely consult your doctor. The absorption rate of a transdermal medication can change. If you use an adhesive, it may also unglue from your skin due to sweating.*
- 8.** Cats and dogs love amethyst and other gemstone mats. They are perceptive to some energies better than humans. We suggest having an additional waterproof cover for the mat to protect it from any liquids. Do not allow your pet to chew or scratch the cable, controller or pad. We recommend non-powered, non-electric amethyst or gemstone mats for pets. Consult with a veterinarian prior to using the mat for heating. Be careful with pets sleeping on the device. The mat should always be turned off when it is not under supervision.*
- 9.** You should always drink A LOT before, during and after the session. If you feel dry

mouth it means that there is not enough water in the body. It is important to not only drink just water as you may need to replenish some electrolytes and minerals such as Ca, K, Mg, Na. Twitching may be a sign of serious deficits or imbalances in these salts, so if you sweat a lot then herbal teas, fruit juices and mineral waters rich in K and Mg or mineral supplements may be necessary. Proper hydration also promotes all healing effects by improving cellular detoxification.*

10. 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 3 hours for your safety! Some temporary symptoms of organism detoxification (healing crisis) may occur especially if you start too fast.*

11. A high-heat detoxification program should not be done without a doctor's approval and supervision. Some drugs, chemicals and toxins that we take into our bodies through air or food end up getting stored in our fat tissue. Those toxins can affect you as you mobilize them and sweat them out. Before toxins are excreted and exit via sweat through the pores they are first absorbed into the bloodstream. While traveling on their way to be eliminated, these toxins can exert the same effects that they do when you had originally taken them. If a lot of residue has accumulated in your fat tissue and their release is too fast, the buildup of these poisons can make you feel worse. This is called detoxification or a healing crisis. If you are chemically allergic or extra sensitive, the release of toxins may have a more serious effect. If you feel any signs of a healing crisis, stop using the mat and consult your doctor as the same symptoms may also be signs of serious illness.

12. William Rea, MD, one of the most knowledgeable doctors in the world regarding environmental toxicity and sauna detoxification warns: "Uncontrolled, too-rapid mobilization can have devastating effects on chemically sensitive patients." Of course it does not mean that chemically sensitive people cannot get rid of toxins - just that it should be done very slowly and carefully, and with a doctor's supervised detox program. Slowly and gradually increasing the heat level, session length and frequency is the best path forward. It is important to immediately decrease intensity, duration and frequency of sessions and contact your health professional if you feel symptoms of a healing crisis.*

13. Our skin sensors can easily detect the high temperature caused by standard conduction heat, but our ability to feel the effects of radiant infrared heat is limited. The FIR warmth is much more penetrating, so the mat should be used on a much lower temperature than a standard heating pad. It also demands extra attention for prolonged or all-night use. This especially refers to the larger sized mats, which are very powerful. Please use such a mat only on the lowest setting, or unpowered, while sleeping.

Use common sense, self-educate, listen to your body and we hope you experience as many positive results as we have now that you have your own Hooga Amethyst mat.

Troubleshooting

- 1.** Ensure the electrical wall socket that you've plugged the mat into is working correctly. Plug another device into the outlet 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 it to verify that it is working.
- 2.** Ensure the controller's mat plug is pushed all the way into the mat's receptacle socket so that it is snug tight with no space at all between the plug and the mat's socket. A loose connection can cause loss of signal exchange between the mat and the controller, and when too many errors accumulate the controller's calibration may fail. Controller will show error messages or the mat will not heat up properly.
- 3.** Make sure that the power button on the controller has been turned ON. The controller may show "OFF" on display. It means that either preset heating time is over or the connection between the controller and mat is lost. Try adding time, powering the controller ON/OFF, or reconnecting it.
- 4.** Please activate the timer button and choose one of the timer settings for the mat to start heating.
- 5.** A frequent reason for new controller faults and errors is an incorrect order of controller connection. First connect the mat to the controller, and only after this plug the controller into an electrical outlet and turn the controller ON. When you disconnect, first turn the controller OFF, then disconnect the plug from the socket, and only after this unplug the controller from the mat. If you connect the controller to the power source first, the safety program may lock it and go into safe mode. It may start to beep or will show OF or OP error on the screen. The same may happen if there is a loss of signal interchange between the mat and the controller. To reset it just reconnect it in the correct order.
- 6.** If the controller shows errors, the easiest way to solve the problem is to reset it. Disconnect the plug from the socket first and then from the mat's connection terminal. When you disconnect the plug from the mat, please always do it carefully and 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 cord or the connection between the mat terminal and the controller plug may become loose. After this always first reconnect the controller to the mat tightly and then plug it into an electrical outlet again. Be sure that the socket has electrical power. This can be tested by testing any other electrical device in that same outlet. Reconnection and reset are the most common ways to eliminate errors and reload the controller, but if reconnection or any other way of troubleshooting does not improve the situation it likely means that there is a problem with the controller. If your controller was not accidentally damaged or flooded we will replace it ASAP, fast and free. For warranty service, please contact us at contact@hoogahealth.com
- 7.** Do not worry if your mat is not hot to the touch. The FIR Amethyst Mat does not work like a conventional heating pad. Most of the energy from the mat, in the form of Far Infrared Rays, is transferred by radiation and not by conduction (as is the case with standard heating pads, which are hotter to the touch but do not heat the body as much). If the mat is left uncovered it should be slightly warm on lower levels, warm on medium levels and very warm on higher levels – but the transferred heating energy is actually much higher, and this warmth is far more penetrating. Therefore the mat should be used at a much lower temperature than a standard electrical heating device and it demands extra care, especially for all night use.

8. It usually takes around 30–60 minutes for the Mat to reach the maximum temperature if you put both the protective cover and a thick blanket on top. The heating stops and resumes again when the mat cools down in order to maintain the set temperature. During this time, the gems become very warm and emit radiant Far Infrared rays. For extra electrical safety the heating wires are positioned a short distance from the mat's edges so that the end tubes with crystals are heated indirectly by other stones (these stones may have a lower temperature). The surface temperature of the bare mat under the blanket, or under your body if you are directly on the mat, becomes hot to the touch, especially in those areas which are covered by film or mesh. At maximum heat level it will reach 140°–150°F on the surface, if measured immediately after you stand up or remove the thick blanket. If you measure the bare mat surface temperature in several minutes again it will be much lower, around 110–130°F. If the mat is uncovered, and room temperature is low or the air flow is strong, it will cool the mat very quickly. This is normal – when preheated, the crystals transfer most of the energy in the form of Far Infrared Rays. Hot stones radiate heat very quickly. If you keep your mat open without the protector pad, blanket, or your body on it, the heat is dissipated – and though the controller may continue to show a rather high temperature inside of the mat's heating elements, the surface will be merely warm to touch even on the highest level.

Warranty Information

All new mats are covered for home use by a 2-year limited warranty. The warranty period starts from the date of purchase. This warranty does not cover normal wear and tear, user abuse, physical impacts or damage, professional or commercial use. The warranty only applies to:

- The original owner / purchaser of the product.
- Normal personal or family use of the product in a general home/office environment.

If your claim qualifies, whether the problem is with the mat itself or the controller, we will provide you with a replacement. Shipping is free for warranty issues. There is nothing that you need to do to activate this warranty. It is automatically activated upon purchase.

Legal Disclaimer

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