

hogga



PEMF Mat User Manual

Welcome to Your New Hooga Infrared PEMF Mat!

Please read this user manual carefully before using your Hooga Infrared PEMF Mat. The manual will teach you how to use the product safely and effectively, and it will also help you maximize your sessions. Please save the manual for future reference.

The Hooga Infrared PEMF Mat has been carefully engineered for both effectiveness and safety. However, it is important to follow basic safety precautions when using the product. Please read and follow the manual carefully before using the product. The Hooga Infrared PEMF Mat does not cure any diseases. It is not a medical device, and it should not be used to diagnose, treat, or cure any medical conditions.

Here are some safety precautions to keep in mind when using the Hooga Infrared PEMF Mat:

Do not use the product if you are pregnant or have any underlying health conditions.

Do not use the product if you have any metal implants in your body.

Do not use the product if you are taking any medications that could interact with PEMF therapy.

Do not use the product if you are under the influence of alcohol or drugs.

Safety Precautions

- Do not use this product if your hands or body are wet. This could cause electrical shock.
- Do not use this product in wet or humid areas. This could increase the risk of electric shock and could also damage the product.
- Do not use this product if it is damaged. This could cause electrical shock or other hazards.
- Do not use this product on infants. This could cause burns or other injuries.
- Children and those with disabilities should be closely supervised when using this product. This is to help prevent burns or other injuries.
- Do not place blankets, heavy objects, or flammables over the product when unattended. This could cause a fire or other hazard.
- Always remember to unplug this product when not in use. This will help prevent electrical shock and other hazards.
- Use caution when using the product. Burns may result from improper use.
- Do not use this product on heat-sensitive skin, such as the face. This could cause burns or other injuries.
- Start your Infrared PEMF mat session at a lower temperature and gradually move up to a higher temperature. This will help prevent burns or other injuries.
- If you have sensitive skin, put a towel or sheet between you and the mat, or wear long-sleeved cotton clothes. This will help protect your skin from the heat.

Safety Precautions Continued

Warning: Any changes or modifications to this product not expressly approved by Hooga may be dangerous and could result in electric shock.

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Unplugging the Product

- Ensure that the voltage rating of the product corresponds with the product specifications.
- Do not handle the product with wet hands.
- Turn off the product and unplug it when not in use.
- When unplugging the product, do not pull or yank the cord. Instead, gently unplug it by holding the plug.
- Do not use the product if the cord is damaged or if the electrical outlet is excessively loose.
- Stop using the PEMF mat immediately if the product is damaged.

Protecting the Product

- Do not allow pets to sleep on the mat. Pets may damage the surface of the product and cause malfunctioning, which could result in injury to the pet.
- Do not iron the product.
- Unplug the product and store it in a cool, dry place when not in use.
- Do not fold the product when it is hot. Allow it to cool down before folding and storing it away.

Contraindications & Prior Use Medical Advice

The Hooga PEMF Mat is not a medical device and is not intended to diagnose, treat, or cure any disease. However, it is important to consult with your doctor before using the mat if you have any underlying health conditions or if you are taking any medications.

Specifically, you should consult with your doctor if you have any of the following conditions:

- Pregnancy
- Hemophilia
- Fever
- Sensitivity to heat
- Alcohol or alcohol abuse
- Cardiovascular conditions
- Chronic conditions
- Implanted electrical devices
- Overactive adrenal or thyroid glands
- Conditions with active bleeding
- A history of cardiac rhythm disturbances

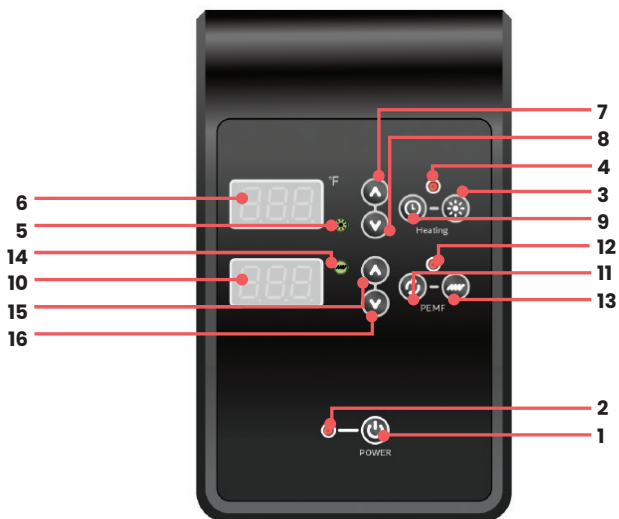
If you have any of these conditions, your doctor may advise you not to use the mat, or they may recommend that you use it with caution.

In the rare event that you experience pain or discomfort while using the mat, immediately discontinue use.

If you have any questions or concerns about using the Hooga PEMF Mat, please consult with your doctor.

Controller and Operation

Connect the controller to the product socket first, then plug the power cord into the wall outlet/power supply.



1. Power Button: Turns power on and off.

2. Power Indicator Light: Indicates when the power is turned on.

3. Heat Button: Turns on and off the heat function. Default heating time is 12 hours.

4. Heating Indicator Light: When light is on, it indicates the mat is heating. Once the set temperature is reached, it will stop heating automatically and the light will turn off. After temperature drops, the product continues heating automatically and the light will light up again.

5. Heat On/Off Indicator Light: Indicates that heating function is turned on.

6. Temperature Display Screen: Displays current temperature in real time. When setting the temperature, it displays the desired temperature setting.

7. Temperature Increase Button: Desired temperature setting increases by one degree when the button is pressed, and rises continuously when the button is held. Highest temperature setting is 158 degrees.

8. Temperature Decrease Button: Desired temperature setting decreases by one degree when the button is pressed, and decreases continuously when the button is held. Lowest temperature setting is 86 degrees.

9. Heating Timer Button: Press this button once or hold it down to choose heating time from 1 hour to 12 hours

10. Multifunction Display Screen: When PEMF is on, this screen displays PEMF frequency in real time. When PEMF is not on, this screen displays the remaining heating time. When setting the heating time, this screen displays the heating time options. When selecting the PEMF preset program, this screen displays the preset setting program.

11. PEMF Button: Turns on and off PEMF. If no PEMF preset program is selected, PEMF default program will turn on which is 7.83Hz (the Schumann Resonance). PEMF turns off automatically after being on for 30 minutes. If PEMF is on, pressing the button again under any PEMF program will turn off the PEMF function.

12. PEMF Indicator Light: Lights up to indicate that PEMF is working. It flashes in accordance with the PEMF frequency.

13. PEMF Preset Selection Button: Press the button once or hold down to select from the different PEMF presets (check next page for details on the presets)

14. PEMF Preset Running Indicator: Lights up to indicate PEMF preset is running.

15. PEMF Manual Mode Increase Button: When PEMF function is turned on, press this button to start manual frequency adjustment mode. Press the button once or hold down the button to choose frequency.

16. PEMF Manual Mode Decrease Button: When PEMF function is turned on, press this button to start manual frequency adjustment mode. Press the button once or hold down the button to choose frequency.

PEMF Guide

Delta (1-4 Hz): Frequencies in this range promote deep relaxation, enhance restorative sleep, and support the body's regenerative abilities. They may assist in reducing stress and promoting a sense of rejuvenation.

Theta (4-8 Hz): Frequencies in this range can help induce a state of relaxation, enhance mental clarity, and support creative thinking. They may aid in reducing anxiety and promoting a sense of calmness.

Alpha (8-12 Hz): Frequencies in this range can assist in promoting relaxation, improving focus and concentration, and supporting stress reduction. They may enhance mental clarity and aid in achieving a state of mindfulness.

Beta (12-30 Hz): Frequencies in this range help increase mental alertness, promote cognitive function, and support productivity. They may aid in improving mental performance, memory, and overall mental acuity.

Gamma (30-44 Hz): Frequencies in this range can assist in enhancing focus, memory, and learning abilities. They may support optimal brain function, information processing, and promote a state of heightened mental awareness.

Manual Frequency Adjustment: Choose a custom frequency from 1 to 30 Hz. PEMF On for 20 minutes. Off for 40 minutes. Program loops 5 times.

Preset Modes: PEMF On for 20 minutes, Off for 40 minutes. Program loops 5 times.

Preset Program Options

Preset 1: 10 minutes at 1.2Hz, 10 minutes at 4.5Hz.

Preset 2: 20 minutes at 7.83Hz.

Preset 3: 20 minutes at 9.6Hz.

Preset 4: 20 minutes at 14.4Hz.

Preset 5: 20 minutes at 39.6Hz.

Preset 6: 10 minutes at 33.0Hz, 10 minutes at 30.0Hz.

Preset 7: 20 minutes at 21.0Hz.

Preset 8: 10 minutes at 14.4Hz, 10 minutes at 7.83Hz.

Please note, PEMF automatically shuts off after 20 minutes.

FAQs

Q: What is PEMF?

A: PEMF, which stands for pulsed electromagnetic field therapy, sends electromagnetic waves through your body at different frequencies found in nature to promote your body's natural recovery process. PEMF has been scientifically proven to have the potential to recharge cells, aid in healing and promote relaxation.

Q: How does PEMF and Infrared work together?

A: The benefits of PEMF alone are truly amazing, but even more powerful when paired with the deep penetrating heat of Infrared. Together, these technologies work together to ground your body and increase your body's ability to heal and relax at a deep cellular level.

Q: Are there negative ions?

A: Yes, our mats contain crystals, which when heated, produce negative ions. Like antioxidants in the air, negative ions can help neutralize free radicals and also help to boost your mood by raising serotonin levels. Think of negative ions as the feeling you get when you walk on the beach, or if you've ever taken a walk through a forest after it rains.

Q: What should I expect during my sessions?

A: A quick session on the PEMF mat can give you the same grounding results as one hour of yoga or meditation, plus you're plugging in to the benefits of Infrared. Results vary from person to person as well as frequency to frequency.

Q: When should I use my Hooga PEMF mat?

A: You can use it really any time. You can use it every day, as many times as you'd like. Some of our favorite times for a PEMF session are: before a workout, before bedtime, while relaxing watching TV, while reading, doing emails, during meditation, or really any time at all. It just depends on what you need at any particular time. Remember, there are stimulating frequencies which may energize you, and there are relaxing frequencies which may help you wind down and relax.

Q: How long should I stay on the mat?

A: We recommend starting out with 10 to 15 minute intervals and increasing from there as you become accustomed to the mat and the therapy. The PEMF cycles are automatically 20 minutes long, and then they will turn off for 40 minutes before starting again. The heat will stay on for as long as you choose (1 hour to 12 hours). As long as the heat is on, you are getting negative ions (from the crystals being heated).

Q: What should I wear on the mat?

A: You can wear as much or as little as you please. The infrared function can

heat up to 158 degrees fahrenheit, so if you are turning the temperature up, be mindful of your skin being in contact with the hot mat. You may want something in between, like clothing or a towel.

Q: What are the benefits of far infrared?

A: Improved circulation: Far infrared heat can help to improve circulation by causing blood vessels to dilate. This allows more blood to flow to the tissues, which can help to reduce inflammation and pain.

Reduced inflammation: Far infrared heat can help to reduce inflammation by increasing the production of nitric oxide. Nitric oxide is a compound that helps to relax blood vessels and reduce inflammation.

Pain relief: Far infrared heat can help to relieve pain by reducing inflammation and increasing circulation. This can be helpful for people with chronic pain conditions such as arthritis, muscle pain, and back pain.

Improved sleep: Far infrared heat can help to improve sleep by relaxing the body and mind. This is because far infrared heat can help to reduce stress and anxiety, which can make it easier to fall asleep and stay asleep.

Skin health: Far infrared heat can help to improve skin health by increasing circulation and stimulating the production of collagen. This can help to reduce wrinkles and improve the overall appearance of the skin.

Detoxification: Far infrared heat can help to promote detoxification by increasing sweating. Sweating helps to remove toxins from the body through the skin.

Q: How do I know which PEMF frequency to use?

A: You really can't go wrong (with some energizing exceptions when you want to relax). As explained before, there are five different categories of frequencies:

Delta (1-4 Hz): Frequencies in this range promote deep relaxation, enhance restorative sleep, and support the body's regenerative abilities. They may assist in reducing stress and promoting a sense of rejuvenation.

Theta (4-8 Hz): Frequencies in this range can help induce a state of relaxation, enhance mental clarity, and support creative thinking. They may aid in reducing anxiety and promoting a sense of calmness.

Alpha (8-12 Hz): Frequencies in this range can assist in promoting relaxation, improving focus and concentration, and supporting stress reduction. They may enhance mental clarity and aid in achieving a state of mindfulness.

Beta (12-30 Hz): Frequencies in this range help increase mental alertness, promote cognitive function, and support productivity. They may aid in improving mental performance, memory, and overall mental acuity.

Gamma (30-44 Hz): Frequencies in this range can assist in enhancing focus, memory, and learning abilities. They may support optimal brain function, information processing, and promote a state of heightened mental awareness.

Generally, lower frequencies are more relaxing while higher frequencies can be more stimulating.

Maintenance and Storage

- Before cleaning your mat, make sure to turn off the controller and unplug the product from any power source.
- Remove any dust from the surface of the mat with a slightly damp cloth, a non-toxic cleaning wipe, or handheld vacuum cleaner.
- Do not use any chemical solvents (such as benzene or thinner) on the controller pad. These may damage the product.
- Do not wash this product or the controller in a washing machine.
- To store, fold the product in the appropriate manner and store inside of the provided carrying bag.
- Do not wrap the controller or plug around the mat. The sharp edges of the power socket may damage the surface of the mat.
- Do not store the mat in a humid, dusty or oily place.
- Do not place heavy objects on top of the product when storing.

Customer Service and Warranty

Customer Service

Hooga is committed to your well-being by providing you with efficient, effective, and affordable products. If at any time you are having trouble with your mat, or you have any questions or concerns about the device, please do not hesitate to contact us at contact@hoogahealth.com and we will be more than happy to answer any questions you may have.

Warranty

Hooga warrants that the mat will function and perform within the specifications for three (3) years after the date of delivery. The 3 year warranty will cover all parts and labor during the warranty period with some exclusions. If required, the buyer is responsible for return shipping to Hooga within the 3 year warranty period. The warranty shall not apply to any device that has been abused, misused, modified, damaged, or fitted with substitute parts other than parts manufactured by Hooga. Hooga shall not be liable for any consequential loss or inconvenience caused by any failure of a Hooga product. After the warranty has concluded, the buyer is required to pay for all parts and labor charges. If the device is repaired or replaced, either within or outside the warranty period, Hooga reserves the right to provide parts or replacement in different colors/versions than the original device. To obtain warranty service, please email contact@hoogahealth.com

Product Specifications

Full-Body Mat

Dimensions: 29" x 73"

Weight: 24 lbs

Frequency: 60Hz

Power: 265W

Input Voltage: AC 100-120V

PEMF Range: 1 - 40Hz

Temperature Range: 86-158°F

Crystal Type: Natural Amethyst,

Natural Tourmaline

5.5lbs of each

PEMF Cores: 6

Chair Mat

Dimensions: 39" x 19.5"

Weight: 11lbs

Frequency: 60Hz

Power: 125W

Input Voltage: AC 100-120V

PEMF Range: 1 - 40Hz

Temperature Range: 86-158°F

Crystal Type: Natural Amethyst

and Natural Tourmaline

2.5 lbs of each

PEMF Cores: 2