



"Nature provides us with all the means for the best possible state of health. We just need to make use of our natural resources. Our VITORI® products combine the most successful nature-based therapies and offer people the opportunity to treat themselves in a completely natural way. I am proud that we have reached so many people with the help of our wonderful team over the past few years."

CEO: Sebastian Krenz

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## Congratulations !

With your VITORI®-product, you're always on the right side.

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**We are delighted to welcome you to the VITORI®-family!**

As a German-based company in Thuringia, we meticulously ensure compliance with high-quality standards and only release highest-quality products for sale.

Beyond production, we also aim to provide our customers with optimum all-round service. Through straightforward communication channels, technical know-how, and, in particular, our knowledgeable customer service, we are always there to support you and guide you to a healthier future to the best of our ability and knowledge.

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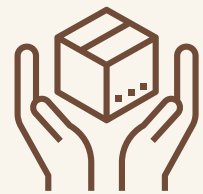
# Company Vision

For Sebastian Krenz, health is of the highest priority. As a valuable topic in his everyday life, he has spend many years understanding the nature of human health and then eventually decided to establish his own health-oriented company.

As a result, VITORI® Health GmbH was founded. Our company is not only dedicated to human health but also to the well-being of our planet. Therefore we are also involved in various environmental protection projects.

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Our products are manufactured in our own production facility in China. Here, we have them produced according to our German quality standards. We also ensure fair remuneration and working conditions on-site.



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**Did you know that a single mature tree produces 113 kilograms of oxygen per year?**



A single tree can already cover the oxygen needs of 10 people. We support Eden Reforestation Projects in their mission to reforest large areas of land while simultaneously supporting local communities.

# Safety instructions

Please read the user manual with all instructions and safety guidelines thoroughly before using VITORI® products. Improper handling can lead to damage, in which case the warranty claim is void.

## Warning of the danger of electric shock due to water entry!



- Please unplug the device when not in use
- Do not pour any liquids over the Crystal Mat
- Unplug the device before cleaning the Crystal Mat
- Clean the device only with a dry or slightly damp cloth
- Do not use the Crystal Mat outdoors
- The power plug and control panel must not come into contact with moisture as it may cause an electric shock. Therefore, ensure that the product is dry before use

## Warning of electric shock due to damage to the main unit or control unit!



- Check the main unit, power cord with plug and accessories for any damage
- Never use the device with a damaged power cord
- Do not attempt to repair your Crystal Mat yourself

## Caution: Risk of fire!



- For safety reasons, please monitor the temperature carefully while using the product
- During use of the product, you can use a cotton sheet, but not a thick padding
- Heat can cause skin irritation or burns. Please lower the temperature if it becomes too hot
- Do not use the product folded or creased
- Do not use the product near fire, heaters or flammable objects

## General safety-related information



- Do not let children play on or near the product
- In case of any problems, stop using the product to prevent further damage and contact us
- Consult your doctor if you have medical questions
- Drink enough water at all times. Pregnant women and people with pacemakers or magnetic implants should not use the pulsed electromagnetic field therapy
- For diseases caused by exhaustion of the adrenal glands or accompanied by adrenal weakness, high-temperature settings should not be used
- In general, high-temperature settings should be limited. Start with an application time of 15–20 minutes. If you do not feel uncomfortable or experience health problems, you can extend the usage time to a longer period
- High-temperatures should not be used at night
- Children and the elderly people should use the VITORI® Crystal Mat at lower temperature settings to reduce the risk of dehydration

## Explanation of terms

**Warning:** This term signals a medium risk hazard level, which can result in death or serious injury if not avoided.

**Caution:** This term signals a low-risk hazard level, which can result in minor or moderate injury if not avoided.

**Note:** This is a helpful application tip to make usage as comfortable and safe as possible.

# VITORI® Premium Crystal Mat

VITORI®



# Technical specifications

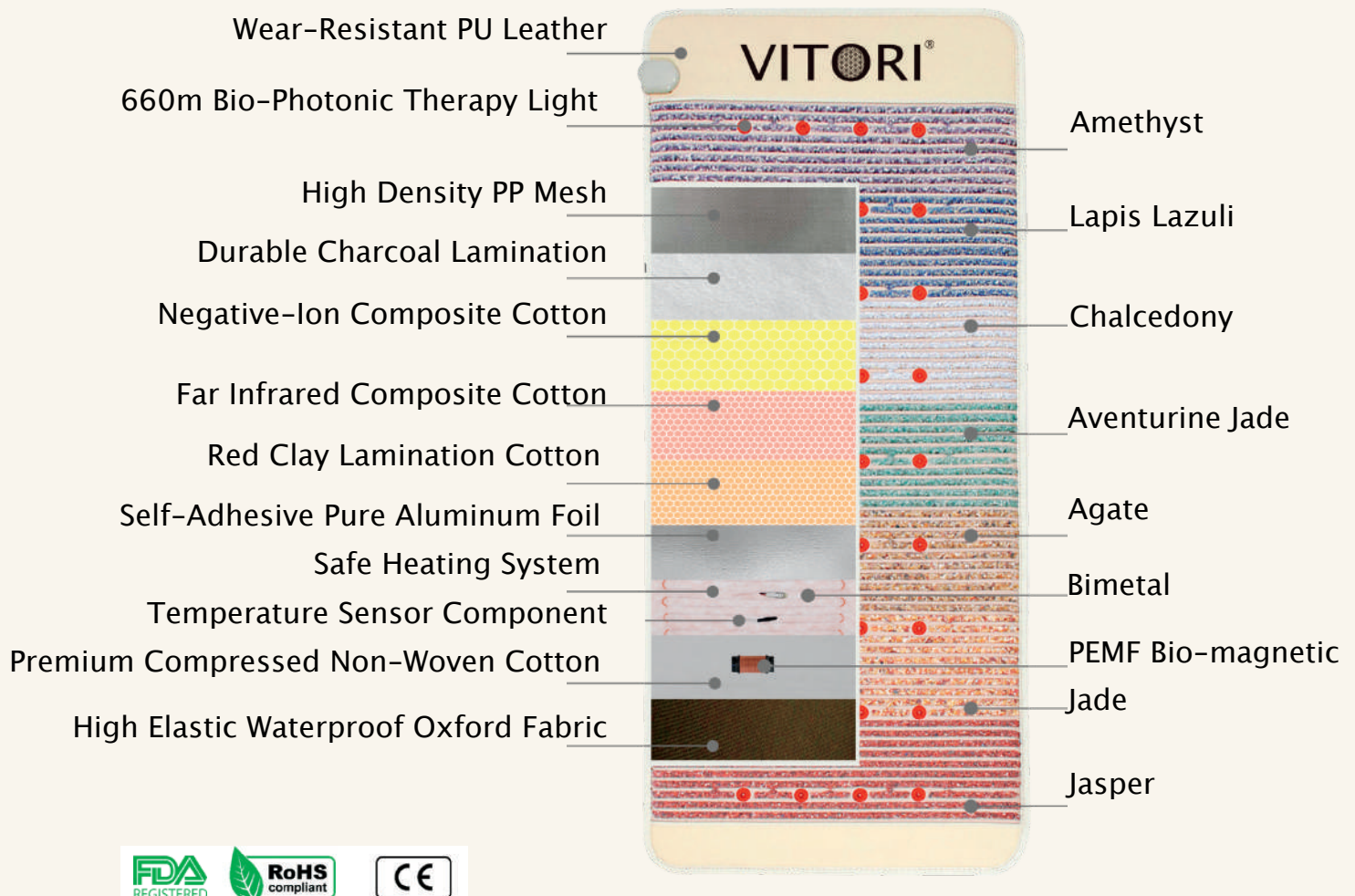
## Product details

Name / Productnr.:	VITORI® Premium Crystal Mat / VKPHM20201
Dimensions / Weight:	190cm x 80cm x 3cm / 13 kg
Power consumption / -supply:	300W / AC 220-240V 50Hz or 110V-120V with 60Hz
Temperature range:	30°C - 70°C
Magnetic field strength:	150 µT
CEEMCNr:	DL-20230404017C
CELVNnr:	DL-20230404003C
FDA-Registration:	3027508655
Type of protection:	Class 2 Type B Protective insulation – additional insulating covering

## Scope of delivery for the Crystal Mat

- Carrying case
- Crystal Mat
- Control unit
- User manual
- Test cylinder for Magnetic Field Therapy

## Structure of the Crystal Mat:



# General information

- Take it easy and don't be too ambitious – relaxation and well-being are not a competition
- Start using the Crystal Mat in small and regular increments, gradually increasing the application time and temperature to avoid potentially unpleasant reactions
- Before and after use, make sure to drink plenty of water to avoid dehydration
- For more convenient operation, you can mount the control unit on the wall using the wall mount on the back
- Use the Crystal Mat covered, so that the heat can be evenly distributed over the body
- Intuitively find your ideal lying position
- The biophotons and the infrared deep heat has the best effect on the body when there is as little fabric as possible between the Crystal Mat and the body. The rule of thumb is the less, the better
- Do not activate the magnetic field program during infrared-intensive sessions above 65°C
- To achieve the best possible result, the programs should be run till the very end. Short breaks are scheduled within the programs for the cooling down of the magnetic field coils
- Wait at least 40 minutes after finishing a magnetic field program before starting another one
- An application 2-3 times a week is ideal for most users
- Always fold the Crystal Mat with the lying surface facing inwards
- Only fold the Crystal Mat at the predetermined folding points
- The associated contraindications for pulsed magnetic field therapy (p.53) and infrared deep heat (p.62) can be found on the marked pages

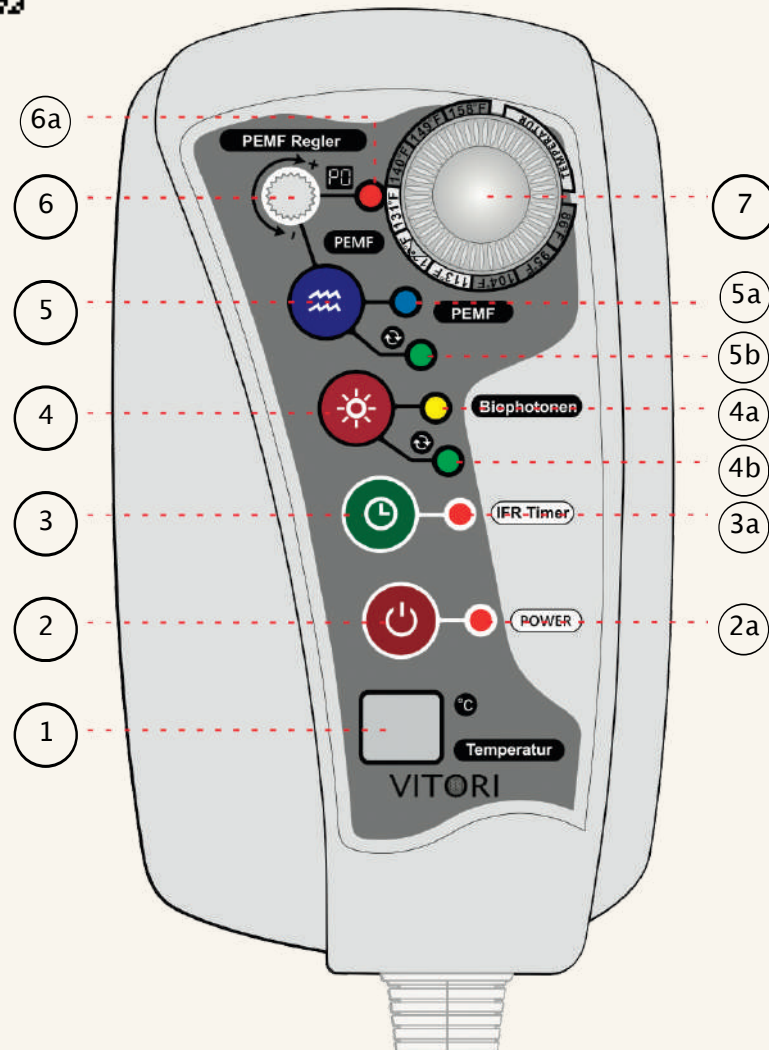


# Control unit

Place the Crystal Mat on a flat surface. Connect the controller to the Crystal Mat and the power plug to the socket (without the protective cap).



Video instruction: [vitori.de/pages/bedienung](http://vitori.de/pages/bedienung)



## 1 Display information:

--	Device is on standby
ON	Device is turned on
5A	Timer safety function disabled
-E	Connection between the control unit and Crystal Mat is loose
Numbers (30-70)	Current temperature in °C
0-P9, PA, PC, PE, PF, P-	Current magnetic field program
1P, 2P, -P	Current biophoton program
[ ]	Overheating protection
<b>Note</b>	The programs will be displayed on the screen after selection. Afterwards, the temperature display will appear again.

# Quick start guide

## 2 2a **Power button**

Press once: Turns on the Crystal Mat  
2a: Illuminates once the Crystal Mat is turned on

## 3 3a **Timer for Infrared Deep Heat**

Press once: Starting the infrared deep heat for 12 hours (display indication: 0H)

Multiple presses: Set the time period:  
1H= 1 hour 4H= 4 hours 8H= 8 hours  
3a: Lights up while the Crystal Mat is heating up, turns off when the desired temperature is reached

## 4 4a 4b **Biophoton button**

Press once: Activates the program 1P (Biophotons for 30 minutes)

Double press: Activates the program 2P (Biophotons for 8 hours in 30 minute intervals)

Triple press: Activates the program -P (turns of the biophotons)  
4a: Lights up in yellow once the 1P program is activated  
4b: Lights up green once program 2P is activated

## 5 5a 5b **Magnetic Field program button**

Press once: Activates the program P0, allowing manual frequency adjustment

Multiple presses: Selects between the 14 pre-set magnetic field programs

5a: Flashes in the frequency of the magnetic field. Note: flashing stops after a short time.  
5b: Shines throughout the entire duration of a magnetic field program.

## 6 6a **PEMF-regulator:**

Allows manual adjustment of the magnetic field between 1-30Hz

6a: Lights up when the manual program P0 has been selected

## 7 **Temperature-regulator:**

Allows manual temperature adjustment in the range of 30-70°C



# Pulsed Electromagnetic Field Therapy

Pulsating magnetic field therapy, also known as PEMF therapy, is a non-invasive method that focuses on the use of magnetic fields at different frequencies.

Magnets of various kinds have been used as a form of therapy for thousands of years. For example, in ancient times, specifically in ancient China, magnetism and its special properties were associated with "Qi". In this era, Hippocrates was also a pioneer of magnetic field therapy, as he, like various physicians in ancient China, described the use of magnetism in his treatment methods. Even in the Middle Ages, the Renaissance, and the 19th and 20th centuries, magnetic field therapy did not lose its relevance and continued its triumphant progress through the world of alternative forms of therapy.

Today, magnetic field therapy is still used in various fields, but the way we use magnetism has changed significantly. From magnetic stones, artificially created magnets, to electromagnets and pulsating magnetic fields, as used, for example, in the VITORI® crystal mat, magnetic field therapy has undergone a considerable development.



Inside the Premium Crystal Mat, there are a total of 6 magnetic field coils installed, pulsating at a flux density of 150 $\mu$ T (1500 mG or 1.5 Gauss).

This type of magnetic field therapy can achieve much more effective results than were possible in earlier stages of the therapy form. Magnets emit an indefinite, static magnetic field, while electrically generated, static magnetic fields can be precisely emitted to the heart (Hz). By making this static magnetic field pulsate, as the VITORI® crystal mat does, optimal performance can be achieved.

Because the benefits of a pulsating magnetic field are manifold. Among other things, it increases the penetration depth of the magnetic impulses and also improves the cellular response. However, the most decisive advantage is that a pulsating magnetic field allows the creation of entire programs, which can achieve unique effects through the combination of different intensities in the frequency (measured in Hz) and different pulsation patterns.



#### **Contraindications:**

All therapy forms can be used independently of each other. The pulsating magnetic field should be turned off in the following physical conditions.

- Pregnancy, babies, and toddlers
- Epilepsy and other seizure disorders
- Implants that are not made of surgical steel or titanium
- Pacemakers, cochlear implants and other electronic/magnetic implants
- Arrhythmia, angina pectoris and other heart diseases



## PEMF-Programs

PEMF	Duration	Name	Description/Potential impact
P-		Magnetic field off	
P0	7h and 20min	Manual program (P. 56-58)	<ul style="list-style-type: none"> <li>• Free choice between frequencies from 1-30Hz</li> <li>• Allows for the creation of custom combinations of different frequencies</li> </ul>
P1	40min	Strength	<ul style="list-style-type: none"> <li>• Supports optimally in everyday life</li> <li>• Ideal for preventive application</li> </ul>
P2	60min	Relief	<ul style="list-style-type: none"> <li>• Detoxifying</li> <li>• Ideal for the feeling of internal, physical stress</li> </ul>
P3	60min	Focus	<ul style="list-style-type: none"> <li>• For more concentration and focus</li> </ul>
P4	60min	Relaxation	<ul style="list-style-type: none"> <li>• Comprehensive calming</li> <li>• Relaxation after a few minutes</li> </ul>
P5	60min	Vitality	<ul style="list-style-type: none"> <li>• For a feeling of relief, well-being, and revitalization</li> <li>• Optimal in combination with controlled breathing</li> </ul>
P6	60min	Well-being	<ul style="list-style-type: none"> <li>• For better skin sensation</li> </ul>

PEMF	Duration	Name	Description/Potential impact
P7	7h and 10min	Silence	<ul style="list-style-type: none"> <li>• Ideal for overnight use</li> <li>• For inner peace and relaxation</li> <li>• For more balance</li> </ul>
P8	7h and 6min	Time-out	<ul style="list-style-type: none"> <li>• For a conscious break in a stressful everyday life</li> <li>• Calming and relaxing</li> </ul>
P9	60min	Body & Mind	<ul style="list-style-type: none"> <li>• Supportive for an all-around sense of well-being</li> </ul>
PA	60min	Dynamic	<ul style="list-style-type: none"> <li>• Optimal after training or physical exertion</li> </ul>
PC	60min	Power	<ul style="list-style-type: none"> <li>• For more energy</li> <li>• Optimal before training or impending physical exertion</li> </ul>
PE	60min	Harmony	<ul style="list-style-type: none"> <li>• Mood-lifting</li> </ul>
PF	60min	Schumann-Resonance	<ul style="list-style-type: none"> <li>• See page 65</li> </ul>

**Note:**

The safety software prevents harmful electromagnetic fields and protects the user from overheating and dehydration during the night. If the temperature remains above 50°C for more than 3.5 hours, the protection function will lower the temperature to 45°C and the display will show [ ]. We recommend not turning off the automatic heat protection system.





## PEMF-Frequencies

By using the P0 program, you can manually set frequencies with the help of the small wheel (PEMF regulator).

If you want to use the Crystal Mat for more than 3.5 hours at a temperature above 50°C, the safety function must be deactivated by pressing the timer button for five seconds, after which the display shows "5A". Pressing the timer button again for five seconds reactivates the safety function.

### **Delta waves: 1-3 Hz**

Delta waves are responsible for the deepest relaxation, as experienced in a trance or deep hypnosis.

### **Theta waves: 4-8 Hz**

Theta waves help the body enter a meditative state. The subconscious becomes receptive to information. Creativity and intuition are particularly present in this state.

### **Alpha-waves: 9-14 Hz**

Alpha waves create a calm and pleasant feeling. This is a neutral and satisfied state.

### **Beta-waves: 15-30 Hz**

Beta waves strengthen mental activity, thinking, cognition and focus.

#### **Note:**

After using the magnetic field program, the magnetic field coils must cool down for 40 minutes. After that, the therapy can be used again.

Frequency	Effect
1 Hz	<ul style="list-style-type: none"> <li>• Mood enhancement</li> <li>• Relaxation of the muscles</li> <li>• Stimulating</li> <li>• Harmonizing</li> </ul>
1 - 10 Hz	<ul style="list-style-type: none"> <li>• Vitalising</li> </ul>
2 Hz	<ul style="list-style-type: none"> <li>• For more serenity and joy</li> </ul>
3 Hz	<ul style="list-style-type: none"> <li>• Increased attention</li> <li>• Recovery</li> </ul>
4 Hz	<ul style="list-style-type: none"> <li>• Optimal for learning</li> <li>• Concentration</li> <li>• For more attention</li> </ul>
5 Hz	<ul style="list-style-type: none"> <li>• Balance</li> <li>• Ideal frequency for meditation</li> <li>• Intensification of imagination</li> <li>• Increase in consciousness</li> </ul>





Frequency	Effect
6 Hz	<ul style="list-style-type: none"> <li>• Promotion of creative thinking</li> </ul>
7 Hz	<ul style="list-style-type: none"> <li>• Inner peace</li> <li>• Strengthening of concentration</li> <li>• Focus on oneself</li> </ul>
10 Hz	<ul style="list-style-type: none"> <li>• Relaxed alertness</li> <li>• Relaxation of facial muscles</li> <li>• Connection of soul and mind</li> <li>• Strengthening of the heart chakra</li> </ul>
11 Hz	<ul style="list-style-type: none"> <li>• Calm and relaxed thinking</li> <li>• Mindfulness Shortening of the subjective perception of time</li> <li>• Strengthening of the throat chakra</li> </ul>
11 - 15 Hz	<ul style="list-style-type: none"> <li>• Lies in the range of beta brainwaves</li> <li>• Concentration, alertness</li> <li>• Is considered as a cognitive frequency spectrum</li> </ul>

Frequency	Effect
12 Hz	<ul style="list-style-type: none"> <li>• Improvement of perceptual ability</li> <li>• Strengthening of the forehead chakra</li> </ul>
13 Hz	<ul style="list-style-type: none"> <li>• Promotion of alertness</li> <li>• Increased well-being</li> <li>• Vitality</li> </ul>
15 Hz	<ul style="list-style-type: none"> <li>• Ideal for concentration and learning activities</li> </ul>
16 Hz	<ul style="list-style-type: none"> <li>• For the crown chakra</li> </ul>
16 - 25 Hz	<ul style="list-style-type: none"> <li>• For a comprehensive, physical well-being</li> <li>• Is considered as a physical frequency spectrum</li> </ul>
25 Hz	<ul style="list-style-type: none"> <li>• Overcoming fatigue</li> <li>• Energizing the body</li> <li>• Strengthening self-confidence</li> </ul>
30 Hz	<ul style="list-style-type: none"> <li>• Diuretic</li> </ul>

**Note:**

Would you like to see if the magnetic field works? Let the magnet dance (see page 74).



# Biophoton Light Therapy



Biophoton therapy, often referred to as biophoton resonance therapy, is an innovative approach based on the idea that living organisms emit weak light emissions known as biophotons.

For decades there has been scientific interest in biophotons and their potential significance for biological processes. Pioneers like Dr. Fritz-Albert Popp have extensively studied these light emissions and suggested that they could be related to cellular communication and health.

From the early days of researching these phenomena to today's advanced technology, biophoton therapy has undergone remarkable development. While the initial findings focused mainly on the mere detection and understanding of biophotons, modern devices use this knowledge to develop therapeutic approaches. Some modern biophoton therapy devices aim to exert a therapeutic effect on the body through light stimulation and resonance. It is assumed that targeted light stimulation can influence the body's own biophoton emissions.

Following this assumption, the red biophoton points of the VITORI® crystal mat and the crystal belt emit monochromatic, coherent light with a wavelength of 660nm. Since all living cells emit light with a wavelength between 200 and 800nm, the wavelengths emitted by VITORI® fit optimally into this range.



## Infrared Deep Heat

Infrared deep heat is often considered a pleasant and relaxing form of therapy. This type of heat is generated by infrared light, which can penetrate deep into the tissue and achieve soothing heat effects.

One of the essential advantages of infrared deep heat, especially compared to other conventional heating and heat sources, lies in this penetration depth. The background of this useful phenomenon is the way the heat is generated. Most heat sources heat themselves and then release the heat to the surrounding air or directly to the skin surface. In the case of infrared deep heat, it works a little differently, because the infrared light has the outstanding property of making the molecules in our tissue vibrate. The heat generated results from this vibration and is thus generated directly in the body. Moreover, infrared deep heat is much more effective in another respect, because the heat energy generated is hardly transferred to the surrounding air, but almost exclusively to the body to be warmed. This phenomenon can be wonderfully observed on a sunny day because the sun is one of the strongest infrared sources ever. It makes a significant difference whether we are in the shade on a hot day, where the infrared heat energy cannot directly affect us, or whether we are directly exposed to the sun. Because, like the infrared deep heat integrated into the VITORI® products, the sun does not primarily heat the air surrounding us, but the objects and bodies on which it shines.

With this form of therapy, VITORI® makes the therapeutic effects of a pleasant summer day available at any time and offers the power of the sun without the harmful UV radiation!

### Note:

We recommend an application time of 15 minutes up to 8 hours depending on individual body reaction and the chosen program. The red dots on the crystal mat are not the output sources of the infrared deep heat, but the biophoton points.



# Temperatures and Duration for Deep Heat

Temperature Range	Recommended Duration/Application
35°C - 40°C	<p><b>Gentle program for long applications</b></p> <ul style="list-style-type: none"> <li>• Vitalizing</li> <li>• For inner peace and relaxation</li> </ul> <p>Optimal in combination with the magnetic field programs: P1, P7, P9</p>
45°C - 50°C	<p><b>60 minutes to 120 minutes</b></p> <ul style="list-style-type: none"> <li>• For extensive physical relaxation</li> <li>• Soothing for physical tension</li> </ul> <p>Optimal in combination with the magnetic field programs: P4, P8</p>
55°C - 60°C	<p><b>10 minutes to 90 minutes</b></p> <ul style="list-style-type: none"> <li>• For mental relaxation</li> <li>• Mood-lifting</li> </ul> <p>Optimal in combination with the magnetic field programs: PE, PF</p>
65°C - 70°C	<p><b>Intensive sessions ranging from 10 minutes to a maximum of 60 minutes</b></p> <ul style="list-style-type: none"> <li>• For the sense of inner physical strain</li> <li>• Session simulates a sauna treatment</li> </ul> <p>Optimal in combination with the magnetic field programs: P2, PA</p>



## Intensive Programs

The intensive programs are 'program combinations' recommended by us. Therefore, the individual programs required for the respective intensive program must be manually activated.

It should be noted that the duration of individual programs does not correspond to the specified length of the intensive programs. This does not mean that individual programs should be switched on multiple times, as the long duration of the intensive programs in most cases results from the duration of the infrared deep heat.

The VITORI Premium Crystal Mat can also be used overnight. In this case, the temperature should not exceed 40°C. Please pay attention to your personal well-being and gradually approach the preferred heat intensity.



### **Contraindications:**

If you suffer from varicose veins or venous insufficiency, it is advisable to consult your treating physician before using the infrared deep heat therapy.

Individuals with illnesses caused by adrenal exhaustion or related to adrenal weakness are recommended to avoid high temperature settings.

Children and the elderly are advised to avoid using high temperature settings due to the risk of dehydration.

In the case of hyperthyroidism, the use of infrared deep heat should be avoided.



# Intensive Programs



All functions can be individually added or turned off.

Program	Settings
Intensive program Strength	Deep Heat: 35°C - 45°C PEMF: P1 Biophotons: 1P Duration: up to 120 minutes
Intensive program Relief	Deep Heat: 60°C - 65°C PEMF: P2 Biophotons: 1P Duration: 10 - 20 minutes
Intensive program Vitality	Deep Heat: 35°C - 40°C PEMF: P5 Biophotons: 1P Duration: 30 - 60 Minuten
Intensive program Well-being	Deep Heat: 45°C - 50°C PEMF: P6 Biophotons: 1P Duration: 60 Minuten
Intensive program Dynamic	Deep Heat: 55°C - 60°C PEMF: PA Biophotons: 1P Duration: 15 - 90 minutes
Intensive program Time-Out	Deep Heat: 35°C - 40°C PEMF: P8 Biophotons: -P Duration: 6 - 8 hours

### Note regarding the Relief program:

This program can be demanding on the body. If you feel any discomfort, stop the application.



## Negative Ions

This form of therapy is based on the application of negatively charged ions, also known as anions, in the air. Negative ions occur naturally in the air, especially near waterfalls, on beaches, in forests, and near bodies of water such as lakes and rivers.

They can help clean the air of harmful particles such as dust, pollen, mold, or bacteria by forming the particles into larger clusters that can be more easily expelled from the body. This can improve the air quality indoors, which is why many air purifiers use the principle of ionization.

In addition to their air-purifying properties, they are also attributed with a positive effect on well-being. It is therefore not surprising that we feel particularly happy and relaxed in areas where there are many negative ions.

Unfortunately, the number of negative ions or anions in our own four walls is very low without targeted supply. At sources such as waterfalls, there are still 30,000–80,000 anions/cm<sup>3</sup>. On the outskirts and in fields and meadows, it is still 1,000–3,000, while in a ventilated and air-conditioned home there are only 10–100 anions per cm<sup>3</sup>. For our well-being, at least 400 to 1000 negative ions per cm<sup>3</sup> would be advisable; an even higher concentration would be optimal. The crystal mat from VITORI® generates a whole 7000 negative ions per cm<sup>3</sup> and thus offers a wealth of anions in the air, as can otherwise only be found in mountain or sea air.





# Schumann-Resonance



This frequency, also referred to as the "heartbeat of the Earth," is a geomagnetic oscillation that has existed on our planet since ancient times. It consists of standing electromagnetic waves that continuously form along the Earth's circumference at a specific constant frequency. The physicist and electrical engineer Prof. Winfried Otto Schumann discovered these waves in 1952 and named them after himself.

For many, it is considered one of the most important frequencies and is seen as significant in various circles, particularly in alternative medicine.

This is due, in part, to the interesting parallel between the Earth's frequency and human brain frequencies. Indeed, the Schumann resonance is astonishingly similar to the electrical oscillations of the alpha and theta waves of our brain!

For example, electrosmog leads to a disruption of the Earth's magnetic field and can have a negative impact on our entire system. The body is literally shielded from the naturally occurring frequencies by urbanity or technical devices. As a result, the suspected advantages of the frequencies are not realized, and many people, therefore, use the opportunity to surround themselves artificially with the so-called "original frequency."

For this, the VITORI® Premium Crystal Mat is the perfect tool because, in addition to a whole range of different frequencies, it also offers a Schumann program that emits exactly 7.83 Hz, thereby imitating the frequency of the Schumann resonance.

## **Note:**

For the use of the Schumann Resonance, you must select the magnetic field program PF. The magnetic field programs are not compatible with each other.



## 7 Crystals

Crystals are fascinating mineral structures that occur in nature and have been used by various cultures for decorative, spiritual and personal purposes for generations and generations. They possess timeless beauty and are often sought after for their unique colors, shapes and textures.

In the world of spiritual practice, crystals are often mentioned in connection with chakras. Chakras are energy centers that originated in the ancient Indian tradition of yoga and Ayurveda. There are seven main chakras along the spine, each associated with specific physical, emotional and spiritual aspects. Chakras are said to regulate the flow of life energy or "prana" in the body.

Crystals are often used in meditation, yoga and other spiritual practices to support the balance of chakras and promote overall well-being. This is not about direct health benefits but about personal development, relaxation and emotional balance. The use of crystals can help create a sense of calm and harmony, which in turn can boost well-being.

It is important to emphasize that the effect of crystals is based on the individual perception and personal beliefs of each person. Everyone has their own connection to crystals and their meaning and this connection can play a positive role in personal growth and self-reflection. In this sense, crystals can be considered as supporters that help to focus on inner needs and emotional balance.

### **The crystals are:**

1. Red Jasper - Root Chakra
2. Golden Jadeite - Sacral Chakra
3. Yellow Agate - Solar Plexus Chakra
4. Green Aventurine - Heart Chakra
5. Blue Chalcedony - Throat Chakra
6. Light Blue Lapis Lazuli - Third Eye Chakra
7. Purple Amethyst - Crown Chakra



# VITORI® Premium Crystal Products



VITORI®

## VITORI® Crystal Pillow

The VITORI® crystal pillow combines high-quality, breathable memory foam with crystals, providing stable support for the head and neck or relief for the knees.

It consists of two parts, with the outer cover being removable and containing various crystals. These can be heated on the VITORI® Crystal Mat and used as wraps or compresses for local treatment of various body parts.

### Data:

Product code:	VKPK20202
Dimensions:	50 cm × 30 cm × 10 cm
Weight:	2 Kilograms
Application area:	Head, Neck, Knee

### Delivery scope of the Crystal Pillow

- Carrying bag
- User manual
- Crystal Pillow

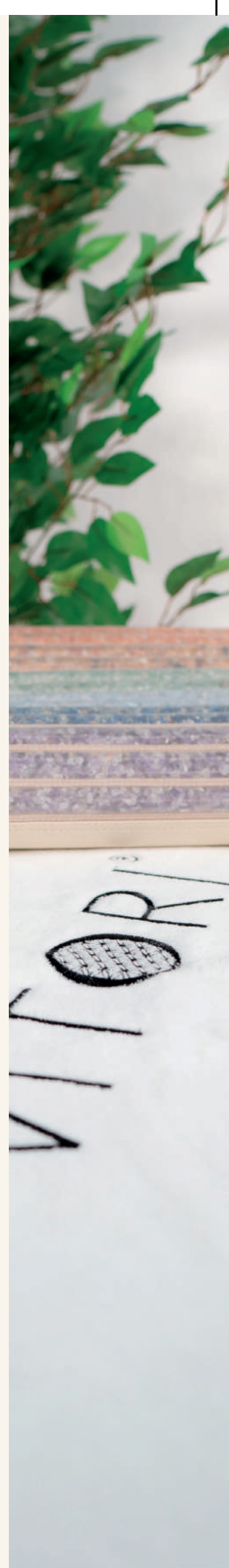
## VITORI® Crystal Mat Cover

The VITORI® crystal mat cover is highly recommended, especially when the crystal mat is utilized by multiple users. Thanks to its waterproof layer, the cover protects the Crystal Mat from sweat, therefore ensuring comfort and hygiene.

In addition, the attractive coral-white design not only looks good but also ensures that the biophotons can easily penetrate through it and reach the body.

### Product details:

- First and third layer: 100% polyester
- Second layer: thermoplastic polyurethane
- Machine washable up to 30°C
- Do not tumble dry
- Perfect fit thanks to elastic straps
- Hygienic and comfortable
- Suitable for allergy sufferers



# VITORI® Crystal Belt

The crystal belt was designed to apply the benefits of infrared deep heat, biophoton therapy, negative ions and crystal properties in a flexible and localized way, focused on the center of the body.

The compact size of the belt allows for targeted application of the integrated therapies.

## Data:

- Product code: VKPHG20203
- Dimensions/Weight: 137 cm × 25 cm × 3 cm / 1,8 kg
- Transport dimensions: 50 cm x 28 cm x 10 cm
- Power consumption: 75 W Voltage 220 V
- Application area: Core of body/flexible
- Temperature: 30°C-70°C

## Delivery scope of the Crystal Belt:

- Carrying bag
- Crystal Belt
- Control unit
- User manual

## Program 1

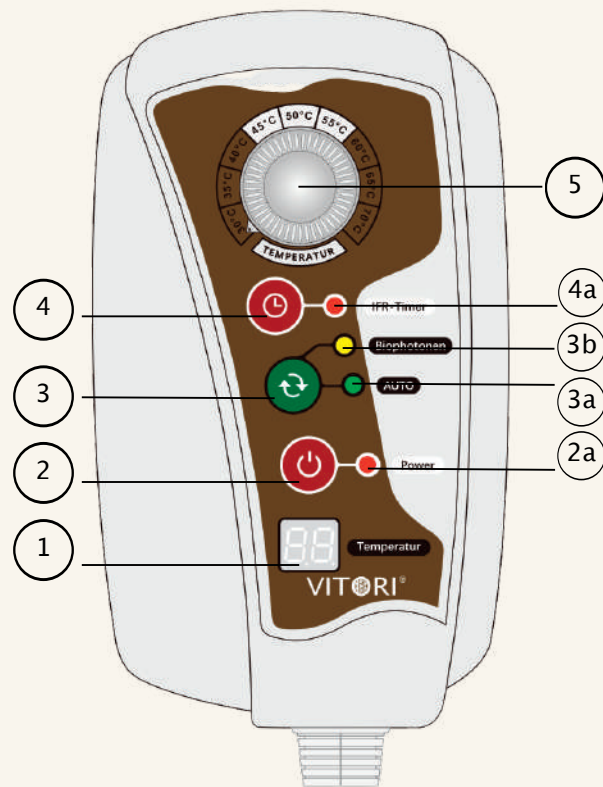
- 30 Minutes biophoton light therapy

## Program 2

- Optimal for overnight applications with a program length of 8 hours
- 30 Minutes biophoton light therapy
- One repetition per hour



# Control unit of the VITORI® Crystal Belt



## 1 Display Information:

<b>0F</b>	Device is turned on
<b>Numbers (30-70)</b>	Current temperature from 30°C to 70°C
<b>1P, 2P</b>	Displays biophoton program
<b>1H, 4H, 8H, 0H</b>	Timer for Infrared deep heat
<b>Note:</b>	After selection, the programs are displayed on the screen. Subsequently, the temperature reading appears again.

## 2 2a Power button

## 3 3a 3b Biophoton button

Press once: Activates Program 1P (3b lights up)

Press twice: Activates Program 2P (3a + 3b light up)

## 4 4a Timer for infrared deep heat

Press once: Starts infrared deep heat

Press multiple times: Selects duration

0H= 12 Hours 1H= 1 Hour 4H= 4 Hours 8H= 8 Hours

## 5 Temperature control



## FAQ – Frequently Asked Questions

### **How do I clean the VITORI® Crystal Mat and cover?**

We recommend using a light-colored cotton sheet to when using the crystal mat. If the Crystal Mat gets dirty, clean it with a cotton cloth and some water. Make sure to unplug it before cleaning.

The VITORI® Crystal Mat Cover can be washed in the washing machine up to 30°C under the use of neutral detergent. For cleaning only use warm water and do not wash together with colored or faded items. Also do not dry clean, bleach or iron. Renounce from using a dryer, instead let the cover flat dry.

### **Do harmful electromagnetic fields arise when using the Crystal Mat?**

A special carbon layer serves as an EMF catcher and significantly removes harmful electromagnetic radiation (see page 49) in the construction of the Crystal Mat. The VITORI®-EMF catcher functions similarly to a lightning rod by safely dissipating electromagnetic energy into the earth.

### **Can the VITORI® Crystal Mat affect the intake and effectiveness of medications?**

In individual cases, the integrated therapy forms can lead to improved absorption of medications or supplements. If you notice any changes in this regard, please consult your doctor.

### **How much water should I drink when I'm using the VITORI® Crystal Mat?**

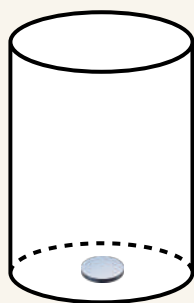
When using the Crystal Mat, please ensure that you regularly consume enough water. Please drink at least 30ml per kilogram of body weight daily. We recommend drinking a full glass of water before and after use.

## How do I ensure that my Crystal Mat is working correctly?

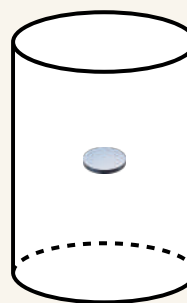
Firstly, it is important to check that the plug is properly connected, as the device cannot function without a proper connection.

Next, the Crystal Mat should be covered to check if it generates the desired heat. Finally, keep in mind that the magnetic field cylinder will not start if it is not positioned near a coil.

Hold the cylinder above the mat while one of the magnetic field programs is activated.\*



Once the magnet starts to dance, you can assume that the magnetic field coils are working properly.

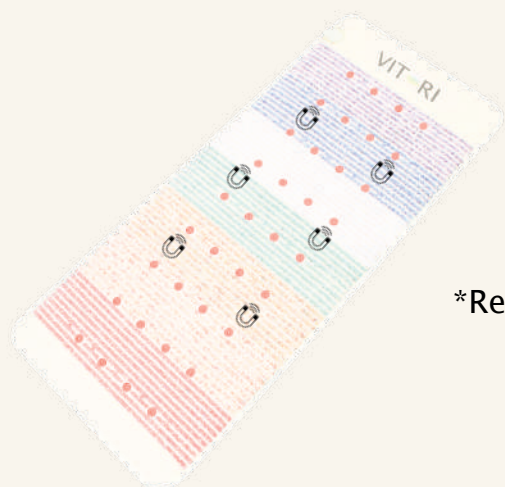


## How long should I lie on the Crystal Mat?

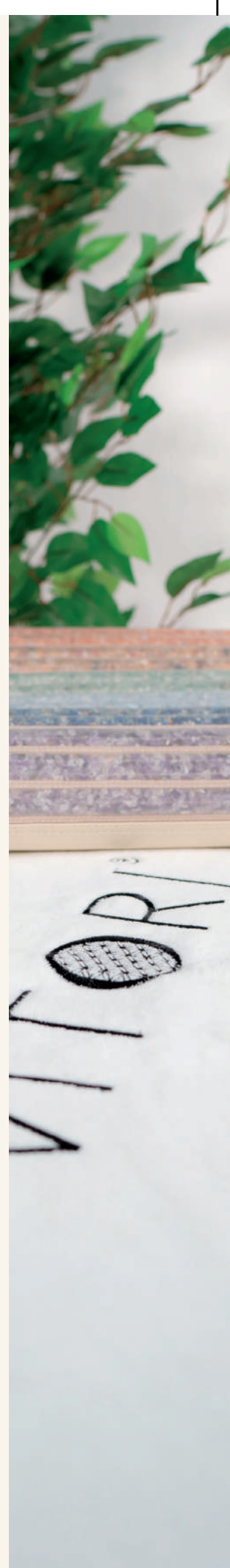
In general, the duration of use on the Crystal Mat can be determined by personal preference and well-being. However, you may follow the recommended usage time as a guideline. For regular use, we recommend a duration of 15-60 minutes per session. You may also use the VITORI® Premium crystal mat overnight.

## How long should I use the biophoton program?

From experience, it is most effective to use the biophoton program for 30 minutes per day.



\*Representation of the magnetic field coils in the VITORI Premium Crystal Mat







## Care Tips

- For intensive use and for hygienic reasons, it is recommended to use a cover for the Crystal Mat
- To clean the Crystal Mat, you can wipe it with a damp cloth, making sure to gently unplug the power cord beforehand

## Disclaimer

The information on our website, in this booklet, and about our products in general, is carefully researched, created with the utmost care, and is constantly being revised and updated.

However, we would like to emphasize that we cannot promise any healing effects with the application of our products. The information on our website, in this booklet, and about our products is solely for neutral information on general health topics and general further education. The mentioned effects are based on our own experiences as well as on experiences made in practical application by our customers. However, these experiences cannot be transferred to individual cases or even generalized. If pain occurs in connection with pre-existing conditions, please first reduce the application intensity and duration. If the pain persists and is severe, please stop the therapy immediately and consult a doctor to clarify whether and under what circumstances the therapy with our products can be continued.

We hereby expressly distance ourselves from any healing statements and promises of healing. Our products and applications serve general well-being and can have a supportive effect. We value that all statements are in accordance with the Medicinal Products Advertising Act.

We do not guarantee relief or elimination of diseases with any of our products or applications. This would be neither legally permissible nor serious. Every person is unique and reacts individually. Our products are not intended to replace medical treatment. The content on our website in no way replaces professional advice, diagnosis, or treatment by a doctor and should not be used as a basis for independent diagnosis and the start, change, or termination of treatment of diseases. For health-related questions or complaints, we always recommend that you consult a doctor and/or pharmacist you trust before using our products.

# Warranty of VITORI®-Products

VITORI® provides a warranty for the device registered here in accordance with the rules of consumer protection law.

Purchase date:
Product:
Customer name:
Address:

If the customer is not in possession of the warranty or has not filled it out, they are entitled to free or paid service according to the rules of consumer protection law regarding the credit of the quality guarantee period. If the product fails, please contact customer service for assistance.

## Customer service standards:

1. The warranty of VITORI® products is 3 years
2. The warranty of the carrying bag is 30 days
3. The warranty is valid only for the original purchaser according to the issued invoice

The product will be repaired free of charge if it fails due to normal reasons during the customer's use according to the user manual within the warranty period (three years). However, in the event of the below circumstances, service will be charged during the warranty period:

- Failure or damage due to improper and careless handling of the product
- Failure or damage due to natural disasters
- Failure due to non-compliance with the operating and safety instructions in the user manual
- Failure due to unauthorized repair or modification by the customer
- Wear and tear of consumable parts
- Failure in an environment that is outside the range specified in the product warranty
- The product fails as a result of its connection with products from a third-party manufacturer
- As the warranty certificate will not be reissued, it must be kept carefully

This warranty promises you free service under the above-mentioned conditions and within the stated time period. The warranty does not limit the customer's statutory rights.

# Studies

## **Pulsed Magnetic Field Therapy:**

Nelson, F. R., Zvirbulis, R., & Pilla, A. A. (2013). Non-invasive electromagnetic field therapy produces rapid and substantial pain reduction in early knee osteoarthritis: a randomized double-blind pilot study. *Rheumatology international*, 33(8), 2169-2173.

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## Biophoton Light Therapie

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## Schumann-Resonance

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# We appreciate your feedback and experiences!

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**Are you satisfied with the VITORI® products and  
want to support our vision?**

Here is the link to our partner program!

**As a partner, you will become part of a network where  
everyone pursues a common goal:**

To leverage the greatest gift of humanity – health –  
accessible to everyone while giving something back to  
nature.



For a complete relaxation experience, feel free to  
download the binaural beats. Make sure to wear  
headphones while listening!

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## **Design/Development**

Version: 4 / Date: 21.08.2023

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07381 Pößneck

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