



# USER GUIDE

## EREADA® CLASSIC AMETHYST MATS



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### THANK YOU FOR PURCHASING EREADA® MAT AND CHOOSING US!

Ereada Corp is a family-owned company dedicated to customer satisfaction and providing the highest quality original Amethyst mats and pillows from Korea at the best possible prices

We have personally experienced great benefits from the Far InfraRed energy mats with crystals. We were impressed by the revitalizing power and at the same time dissatisfied by the poor affordability of these mats especially those with Negative Potential or Electrical Discharge of Negative Ion (E.D.N.I.) function.

We started this business to make these great products affordable to everyone interested in holistic and alternative practices.

We believe you will be very pleased with your Ereada® Far InfraRed Energy Mat. We truly wish you to get rid of stress and enjoy a better quality of life with the aid of this amazing product.

We hope you experience as many positive results as we have now that you own one yourself.



### UNBOXING

#### THE MAT SET INCLUDES:



1. Ereada® Brown Amethyst Mat
2. High absorption breathable waterproof multilayer protection cover to cushion your mat and keep it clean
3. Bag for storage and carrying the mat
4. Catalog and User Guide
5. Operational CONTROLLER with wires

for Compact Pro (Midsize), Professional and Single Size mats



OR

for Queen mats



OR

for Mini mats



OR



All products, controllers, specifications and data as well as a set of items packaged in a box are subject to change without notice to improve reliability, function or design of the devices. Please, check for the most updated products details at [Ereada.com](http://Ereada.com) web site.

When you receive your mat, please take a moment to verify that it was not damaged in transit. Carefully unpack the box and check if everything is included and in due condition. If you discover that anything was not included into the set, or there is any other reason that you wouldn't rate this as a 5-star experience, please, contact us right away at [Ereada@Ereada.com](mailto:Ereada@Ereada.com), so that we can resolve the issue as fast as possible.

In addition to hot stone functionality, deep FIR heat and negative ions generated by all our mats, Brown Ereada® Classic Amethyst mats are equipped with an advanced N.P. or E.D.N.I. function (Negative Potential generation or Electrical Discharge of Negative Ions). The function is activated by "ION" or "N.P." button with 30 minutes auto OFF on mini mats (with Q-2000NP controller only) or 60 minutes on all larger mats.

When the function is ON the controller converts electricity into save AA-battery like low amperage direct current and transfers it into a special Silver Fiber layer inside the mat creating 600 volts of Negative Potential.

This N.P. layer converts the mat into a bathtub or spa full of negatively charged ions where you can sink all cells of your body for natural refreshment after a stressful day. It is great to take a break and relax like on an ocean or waterfall beach when you feel tired and need a portion of vital energy.

It is a great reason to use the mat regularly to relax and reenergize even without heating.

#### CONTROLLER WITH TIMER, FIR HEATING, AND NEGATIVE POTENTIAL FUNCTIONS FOR MIDSIZE, PROFESSIONAL AND SINGLE MATS



- 1 Power ON/OFF Switch – Push to turn the mat ON/OFF.
- 2 Power ON Indicator – Lights up when the mat is ON.
- 3 Adjust Temperature Dial – Use to increase or decrease heat levels 1~7 (86°F~158°F or 30°C~70°C).
- 4 LED Temperature Display – Shows the set temperature levels 1~7.
- 5 Operation Indicator – ON when the mat is heating, OFF when it reaches the desired temperature level.
- 6 Timer Control Toggle Button – Select 3, 6 or 8 hours heating session with auto shut-off when time expires. Activate Timer first to start heating.
- 7 Timer indicators – Light ON when Timer is set to selected session length 3, 6 or 8 hours.
- 8 Negative Ion ON/OFF Toggle Button – Activates Negative Potential (N.P.) function, auto shuts-off after one hour. Press the button again to stop or activate the feature.
- 9 Negative Ion ON Indicator – ON when N.P. is activated, OFF when it ends.
- 10 Auto Grounding EMF protection – Electro Magnetic Interception (EMI) active protection system catches harmful EMFs and removes them to the ground plug of your power outlet.

#### CONTROLLER WITH TIMER, FIR HEATING, AND NEGATIVE POTENTIAL FUNCTIONS FOR QUEEN MATS



- 1 Power ON/OFF Switch – Push to turn the mat ON/OFF.
- 2 Power ON Indicator – Lights up when the mat is ON.
- 3 Left Side Adjust Temperature Dial – Use to increase or decrease heat levels 1~7 (86°F~158°F or 30°C~70°C).
- 4 Left Side LED Temperature Display – Shows the set temperature levels 1~7 of the mat's left side.
- 5 Left Side Operation Indicator – ON when mat is heating, OFF when set temperature is reached.
- 6 Left Side Timer Control Toggle Button – Select 4, 8 or 12 hours heating session with auto shut-off when time expires. Activate Timer first to start heating.
- 7 Left Side Timer ON indicators – Light ON when Timer is set to selected session length 4, 8 or 12 hours.
- 8 Right Side Adjust Temperature Dial – Use to increase or decrease heat levels 1~7 (86°F~158°F or 30°C~70°C).
- 9 Right Side LED Temperature Display – Shows the set temperature levels 1~7 of the mat's right side.
- 10 Right Side Operation Indicator – ON when mat is heating, OFF when set temperature is reached.
- 11 Right Side Timer Control Toggle Button – Select 4, 8 or 12 hours heating session with auto shut-off when time expires. Activate Timer first to start heating.
- 12 Right Side Timer ON indicators – Light ON when Timer is set to selected session length 4, 8 or 12 hours.
- 13 Negative Ion ON/OFF Toggle Button – Activates Negative Potential (N.P.) function, auto shut off after 1 hour.
- 14 Negative Potential ON Indicator – ON when N.P. is activated.
- 15 Auto Grounding EMF protection – Electro Magnetic Interception (EMI) active protection system catches harmful EMFs and removes them to the ground plug of your power outlet.

First, you should tightly connect the controller to the mat connector and only after this plug-in controller into the power outlet. Then turn ON the controller with the toggle button or power switch.

The controller has a temperature dial or a button to adjust 7 different temperature levels.

| LEVEL   | CELSIUS | FARENHEIT | MODE             |
|---------|---------|-----------|------------------|
| Level 1 | 30°C    | 86°F      | Sleeping mode    |
| Level 2 | 36°C    | 98°F      | Low mode         |
| Level 3 | 43°C    | 110°F     | Low medium mode  |
| Level 4 | 49°C    | 120°F     | Medium mode      |
| Level 5 | 56°C    | 133°F     | Medium High mode |
| Level 6 | 63°C    | 145°F     | High mode        |
| Level 7 | 70°C    | 158°F     | Highest mode     |

The temperatures above reflect the temperature of the inner heating elements, not the surface of the mat, which can be 10-20°F lower (or even lower than this) if the mat is not covered.

Usually, if the ambient temperature is around 70°F, it takes between 30 minutes and an hour for the mat to reach the maximum level (158°F, or 70°C) if you completely cover it with a thick blanket to avoid heat dissipation.

## CONTROLLERS

### CONTROLLER WITH FIR HEATING, NEGATIVE POTENTIAL, AND BUILT-IN TIMER WITH AUTO SHUT-OFF AFTER 8 HOURS FOR MINI MATS



### CONTROLLER WITH TIMER (1 OR 8 HOURS SETTINGS) AND FIR HEATING FOR MINI MATS



- 1 **Power ON/OFF Toggle Button** – Push to turn the mat ON/OFF.
- 2 **Power ON Indicator** – Lights up when the mat is ON.
- 3 **Adjust Temperature Toggle Button** – Use to increase or decrease heat with 5°C increments in the range 86°F–158°F (30°C–70°C).
- 4 **LED Temperature Display** – How hot the mat is now, also for a second shows the set temperature, then comes back to the current heat level in Celsius 30°C–70°C.
- 5 **Operation Indicator** – ON when the mat is heating, OFF when it reaches set temperature.
- 6 **N.P. Toggle Button** – Activates Negative Potential (N.P.) function with auto shut-off after 30 minutes. Press the button again to stop or activate the feature.
- 7 **N.P. Indicator** – ON when the Negative Potential function is activated, OFF when it goes off.
- 8 **Auto Grounding Electro Magnetic Interceptor (EMI)** – Active protection system. It catches and directs electric waves into the ground plug of your power outlet for earthing.

- 1 **Power ON/OFF Toggle Button** – Push to turn the mat ON/OFF.
- 2 **Power ON Indicator** – Lights up when the mat is ON.
- 3 **Adjust Temperature Toggle Button** – Use to increase or decrease heat with 1°C increments in the range 86°F–158°F (30°C–70°C).
- 4 **LED Temperature Display** – How hot the mat is now, also for a second shows the set temperature, then comes back to the current heat level in Celsius 30°C–70°C.
- 5 **Operation Indicator** – ON when the mat is heating, OFF when it reaches set temperature.
- 6 **Timer Control Toggle Button** – Select 1 or 8 hours heating session with auto shut-off when time expires. Timer should be activated first to start heating.
- 7 **Timer ON indicators** – Light ON when Timer is set to selected session length 1 or 8 hours.
- 8 **Auto Grounding Electro Magnetic Interceptor (EMI)** – Active protection system. It catches and directs electric waves into the ground plug of your power outlet for earthing.

## ADDITIONAL INFO

1. **The top of the mat, with the Ereada® 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. Ereada® mats have a multilayer system construction with up to 20 different layers. **Warmed crystals and the special layers with anion generating fibers naturally release negative ions.** Brown mats controllers do not have the option to activate negative ion generation from the inner mat layers because it 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, micronized tourmaline, and gemstones. Negative ion generation will decrease when the mat cools down. The number of ions goes up when you lay on the non-powered mat as crystal, and negative ion generating layers start to use your natural body heat to produce anions. Some of the Brown Classic Ereada® Amethyst Mini mats and all Brown Midsize (24x59 inch) and larger mats controllers have Negative Potential or E.D.N.I.

function. Electrical discharge of negative ions makes the mattress a spa surrounded with anions where you can sink for rest, refreshment and recharging. Use N.P. only with the low or medium heat levels 30°–50°C or 86°–122°F to keep relaxed. The controller may also get hot if you use N.P. with high temperatures.

3. All Ereada® mats come with EMF-free (less than 2 mG by specs and less than 0.2 mG by measurements), new-generation advanced heating systems on the base of Titanium twisted wires in the two layers of the silicon and Teflon insulation. Anyhow if you are EMF oversensitive, 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 the controller which on full power can emit up to 4–8 mG. Though these levels are safe, **it is better to keep the controller in some distance from your head for sleeping. Also, it is better to use Ereada® Amethyst pillow (or at least the standard one) to avoid contact between your**

**head and the connection terminal. Or you can sleep with your feet towards the connector situated near the logo on the top of the mat.** The electric heating system works only during 10–20% of the whole mat session time. It stops when the mat reaches set temperature and resumes only after the temperature drops. You can eliminate exposure to any EMFs just by preheating your mat to max temperature and turning it OFF or even unplugging before the session. Hot crystals accumulate the warmth and will emit infrared rays and negative ions without electric power.

4. Due to the artisan nature of the production process, **there is some difference between the mats regarding the maximum temperature they may reach in the same conditions and the heating speed.** If you completely cover it with a thick blanket or lay your body on the mat, the maximum bare mat surface temperature on the 7th heating level may be around 55–65°C or 133–158°F, which is quite normal.
5. **It is essential that you cover the mat COMPLETELY while preheating it.** If you cover the mat partially the temperature sensors positioned in the different layers of the mat around all the surface will report different and controversial measurements to the main controller. Finally, the controller's calibration may malfunction and work incorrectly.

Ereada® mat set should include, free of charge, at least one special cover, but usually, we add a thick and a thin one to protect and cushion your mat. Both covers work differently depending on the type of your session, how well you tolerate stones pressure, your body composition and experience. They are breathable and have a built-in one-way permeable heat stable and smell-free TPU waterproof membrane. It allows FIR crystals rays, Negative ions, air and moisture to evaporate from the mat keeping sweat, spills, smells, bed mites, and dust away. Both covers are SGS tested and are made only with the best quality no emission materials.

1. **Thick High Absorption Multilayer Protective Pad with multiple Ereada® logos.**

This cover features ventilated 3-D Air Mesh supportive material for even body weight distribution and more comfort. The upper ultrasonic quilted perforated Air Layer maintains the contact between the body and the mat surface dry. Use this protector for buffering the crystals' pressure either while sleeping on the mat or during long sessions.

These pads with 100% bamboo top air layers are not washable. Instead, we recommend leaving the mat with the pad on it for one hour every week on the highest heat setting to keep both clean and disinfected.

Newer generation pads have top air layer with a small addition of polyester and are hand washable. Please, check the maintenance information on your cover. The pad has an elastic skirt and four

Ereada® mat's construction is safe and effective. But of course, necessary safety precautions should always be observed when using any electrical appliance.

1. Never immerse the mat in water, do not use the product in wet or excessively humid areas. Do not use the heating mattress when your hands or body are wet. If the mat is wet, let it completely dry out before turning ON.
2. Changes or modifications to the mat or controller 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, run

6. **Mini mat is great for localized use, when you need to apply crystal rays and focus on some area of your body (back or legs most frequently) without causing the whole body hyperthermia.** You can use it on high heat for local application without overstimulating the whole body. It is portable, more bendable, and can be used on the chair or to cover the body when you are on the large mat for the more intensive "sandwiched" procedures. Of course, you can use the Mini mat itself for high heat sessions with sweating, but it may take more time. If you use high levels and your body usually sweats in the sauna or when you do sports or workout, the Mini will work fine for this purpose as well.
7. In general, the bigger and more powerful the mat is, the more benefits it brings, and the shorter session may be necessary. Midsize and larger mats are great for both the whole body experience and reenergizing sleep. Just be sure that **the heat level is on the safe, lowest levels 1–2 of 30–45°C** or use the mat either unpowered or in negative-ions-only mode at night. Do not use high heat when you go to bed. Do not rely solely on the timer. You can connect the mat through another timer plugged into 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.

## COVERS

corner straps to fix it on top of the mat. It also has a small zipper to open the mat connector terminal area to connect the controller plug.

2. **Thin Multilayer Waterproof Cover with 4-cornered elastic straps.**

This thin cover is machine washable and dryer-friendly on gentle cycle.

Put it on top, if you use it together with the non-washable pad or use it on the mat directly.

If you are only starting and the mat is too hard for you, better to cushion it as well as possible. Thick 3-D Pad together with a Thin Cover and several additional layers of sheets or towels on top can form an excellent topper to make the mat soft enough for long sessions or even for sleeping. As soon as your body gets used to crystals pressure you may remove extra layers one-by-one.

You may find thin cover excellent for short and high intensive sauna type sessions with sweating when more thermal energy is desirable.

If the cover you want is not in the set, or you need an extra one, you can purchase it from [Ereada.com](http://Ereada.com) or on Amazon.

**We hope that our protectors help you feel more comfortable during the sessions.**



## SAFETY INSTRUCTIONS

and avoid other types of pressure which can damage internal temperature sensors.

4. Do not put chemicals, solvents, volatile or flammable materials such as benzene, thinner or kerosene on the mattress.
5. Make sure that the receptacle where you plan to plug the mat has the same voltage rating as the specifications indicated for each product (usually 110–120V/60Hz for North America and Japan and 220–250V/50Hz for Europe and other countries).
6. Do not use travel adaptors in order not to damage your mat and controller.
7. If your mattress is intended for U.S. electricity, 110–120V/60Hz, with plugs for a standard U.S. grounded socket, in 220–250V countries

- you may use a step-down power converter transforming 220-240V to 110V on your own risk. This will void the product warranty because converters may malfunction and cause the mat issues. Anyhow do not use the power converters with less than 200-300W capacity for mini mats, less than 500W for midsize, pro and single mats, and less than 1000W for queen size mats with two heating zones.
- Always remember to turn off the electrical supply when not in use. When unplugging device, do not attempt to pull the cord, pull it out by holding the plug.
  - To protect your mat, use a surge protector. Power spike is the main reason why a mat would ever malfunction. An electrical surge kills the controller and renders the mat unusable until your purchase a new controller.
  - 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 the controller is not tight.

- Your mattress 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). Anyhow stop using and immediately unplug the controller from its power source (wall outlet) if you experience strange conditions such as smell, smoke, shocks or fire.
- Clean the surface of the mattress only when the power is OFF, and the controller is unplugged from the AC outlet.
- To protect from overheating and dehydration be sure to drink a lot of water, replenish electrolytes and use only the lowest heat levels when sleeping on the mat.
- Ereada® mats intercept, and direct small EMFs into the ground plug of the wall socket like a lightning rod. Some of the oversensitive ground fault circuit interrupters (GFCI) may consider such small millivoltage electric currents as a sign of a ground fault, and auto-switch off the protected socket. Connect your mat to another wall socket, protected by a standard circuit breaker. If your controller makes all breakers tripping, unplug the controller and ask us for replacement.

### CONTRAINDICATIONS \*

The following may not be a full list of contraindications but if you have any of them, avoid the use of the far infrared mat in heating mode (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 a medical device, nor claimed to be able to heal or cure any sickness.

- The recipients of any 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 sessions may increase immune system function which may be dangerous for organ transplant recipients.\*
- Pacemakers and defibrillators users should not use the FIR mats in powered modes without cardiologist approval. The functions of these devices may interfere.\*
- Expectant women should not use the heating function or FIR mat in heating mode. Excessive temperatures have a potential for fetal damage. If pregnancy is possible you should be able to sleep on this mattress or use it in the unpowered mode for ion function but be sure to consult a physician before using it for heating.\*
- Newborns and infants should not use the heat or magnetic function. Their core body temperature rises much faster than that of adults. It 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 can. Do not use your mat in heating modes on babies who cannot move away or on children who cannot speak well enough to express themselves.\*
- 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.\*
- Anybody with diseases associated with a reduced ability to sweat or insensitivity to heat should use the FIR Mat without the heat, in negative ions mode. Diabetic neuropathy may be a contraindication because some patients loose sensitivity to heat.\*
- Nobody with diagnosed diseases, ailments or medical conditions should ever use Ereada® mats without approval from and supervision of a physician. It may be extremely dangerous to raise the body temperature for people with Adrenal suppression disorders, Addison's disease, adrenal Insufficiency, systematic lupus erythematosus, multiple sclerosis (MS), brain tumors, bypass surgery, high hypertension and some other conditions.\*

- 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 as diuretics, barbiturates, and beta-blockers may impair the body's natural heat loss mechanisms. Some over the counter drugs such as antihistamines, blood thinners may also cause the body to be more prone to heat stroke. Sleeping aids, painkillers, narcotics, antipsychotic medicines may be the most dangerous in impairing one's judgment. People under influence of drugs, alcohol or intoxication as well as patients with mental impairments or dementia should never use the mat, saunas or other heating devices.\*
- Anybody experiencing a high fever should not use the mat in the heating mode. Only the negative ions function can be used until the fever stops.\*
- If you use heating creams or balms, lotions, salves or ointments that contain heat-producing ingredients, you should never use them with the mat to avoid burns unless recommended by a healthcare professional.\*
- Anybody with fresh wounds, trauma, joint injuries or swollen hot joints where the cold application is necessary should not use the FIR mat in heating mode, to avoid exacerbating of inflammation.\*
- Anyone with a mental or physical disability or those with limited mobility should use Ereada® mats in the negative-ions-only mode unless under full supervision of a medical professional and have a doctor's approval.\*
- It is not recommended to use any part of the heating area of your mat directly on your head. Our brains do not have same efficient cooling system as the other body does. Use a pillow as a barrier between your head and the mat if you plan to sleep on it. The unique Ereada® Pillow with crystals is strongly recommended to keep your head elevated and cool.\*
- Stop using the mat if any known conditions worsen while using it. You should not experience pain when using the mattress. 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, check with your doctor or a health professional experienced in Far Infrared or sauna sessions about your specific medical condition.

Remember that it is critical to hydrate with pure and mineralized water before and after sessions with the mat.

- Please **study the Catalog, and the User Guide** included into the set before the first use. The mat is easy to operate, but the User Guide has essential safety information and a lot of different useful tips that may help you get more benefits and accelerate the learning curve. Be sure to thoroughly **study the list of contraindications and discuss them with your health professional, if necessary.**
- Subscribe to Ereada® on youtube for educational videos. Our youtube channel is <https://www.youtube.com/EreadaBiomat>
- Consult your doctor** how to use, especially it is essential if you have any chronic disease. Even if your health professional is not familiar with hot crystal practice, doctors usually can give good advice about how such or similar well-known technologies like sauna or heating pads will work, especially in the case of any existing health condition.
- When you get the box with your mattress, if it is too cold or too hot or wet outside, please, **keep the mat inside for an hour** to adjust to room temperature and humidity before connecting to the power socket. Open the box and take out your Ereada® mat carefully, especially if it is a large size one. It may be too heavy, and you may need someone's help. Check, if all accessories included. **Put the mat on the floor, bed or another flat surface with the crystals side facing up.**
- Our Amethyst mats have several layers in the bottom that reflect the heat upwards. But **if you use your mattress on a hardwood floor or with a memory foam mattress, it may be better to put a**

towel under the mat to dissipate any remaining heat.

- If your area is subject to frequent electrical blackouts or power spikes, **it is better to connect the device to electricity through a surge protector, AVR or UPS device similar to that one which protects computers or refrigerators.** It will protect the controller from any malfunctions resulting from a power surge. Please **remember to turn the controller OFF and unplug the mat from the power socket after use.**
- The first time heating should be to **test your Amethyst mat at the highest 7th level** (equal to 70°C or 158°F) for 2-3 hours. Ereada® mats are manufactured of the highest quality, 'zero-emission' materials and do not need any odor removal. Anyhow do not put the protector on the mattress or lay on it during this time. Just cover it entirely with a thick blanket to accelerate heating. When the mat reaches the maximum level, and heating indicator goes off, turn the temperature dial down to the 1st level and let the mattress cool down. Check the Negative Potential functions, if available on your device.
- Find a secure, dedicated area with calm surrounding and a right time to use your mat** with some degree of concentration. Put up "do not disturb signs" and play some soothing music to enhance your experience. 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.

### HOW TO USE YOUR MAT \*

- Cover the mat entirely with a thick blanket and leave it to heat up, periodically checking how hot it is under the blanket.** It usually takes around 30-60 minutes for the mattress to reach the maximum temperature level if you put both a thick protector and a thick blanket on top.
- The heating process stops and resumes again when the mat cools down, to maintain the set temperature level.** During this time, the gems become very warm and start to release radiant Far Infra-Red rays naturally.
- For extra electrical safety, the heating wires are positioned in a short distance from the mat's edges so that the end tubes with crystals are heated indirectly by other stones. **It is normal when the gemstones close to the sides of the mattress have a lower temperature.**
- When the heat is on, the surface temperature of the bare mat under the blanket, or under your body if you are on the mat, becomes hot to touch. **At the maximum 7th heat level it will reach 140-150°F (60-65°C) on the surface if you measure the temperature immediately after you stand up or remove the thick blanket or pillow. But if you measure the bare mat surface temperature in several minutes again, it will be much lower, around 110-130°F (40-50°C).** If you do not cover the mat, and the room temperature is low, or the airflow is active, it will cool the mattress very quickly. It is normal – when preheated, the crystals transfer most of the energy in the form of Far Infrared Rays very quickly.
- If you keep your mat open without the protector pad, blanket, or your body on it, the heat dissipates, and **the surface will be merely warm to touch even on the highest heating levels.**
- It is normal if when the mat starts to heat some humming or buzz noise is heard out of the controller. **But if this sound gets stronger, or you feel any smell or other signs of a possible controller, or heating elements failure, please, stop using the mat.**
- It is OK for the controller to warm up a little when the mattress is on the highest heat level or if several functions are activated all together for a continuous time. But **it is not normal if the**

controller gets hot or if you notice any smell. Please turn off the mat and contact us for a free replacement if this happens. **Remember not to put the controller on the mat, even if the surface is cold. It may heat up and damage the controller.**

- The most frequent reason for a controller's 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 the outlet, then turn it ON and set the timer.** After this, you may choose the heating mode, set the desired temperature level, or activate other functions. **When you disconnect, first turn the controller OFF, then unplug it from the socket, and only after this (and just if it is necessary), unplug the controller from the mat.**
- Do not disconnect the controller from the mattress more frequently than necessary,** to avoid the connection becoming loose. If you connect the controller to the power source first (before attaching it to the mat), **the safety program may lock the controller and put it in 'safe' mode.** It may start to beep or show OF or an error code on the screen. To reactivate the controller merely reconnect it in the correct order.
- Choose the best position. FIR amethyst rays penetrate deep and may awake resonant vibrations on a micro level so that even after the session is over the body temperature may stay elevated to the normal level of 98.6°F for up to 8 hours, which may help to maintain active lifestyle essential for rejuvenation. The famous German naturopath Dr. Uwe writes about this phenomenon in the European bestseller «98,6 – Ideal Body Temperature as the Secret to Optimum Health». There is also the local effect when those organs and tissues which are closest to the mat receive more heat. It may be beneficial for them, but if you overuse the hot crystal mat on the highest levels, it may also cause some problems, if you have kidney or gall stones. **If you lay on your right side, please be sure that you do not have stones in the bladder and that it is healthy.** Heat may cause gallstone movements and cause inflammation and pain. If you lay on the mat on your belly, it is vital to protect your genitals. The left side is safer in this regard, but usually **laying on one's back is the best position.\***

\*Ereada® products are not intended to diagnose, cure, treat, mitigate 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 U.S. FDA (please, see Disclaimer in this user guide, page 11).

11. **If Ereada® mat is too hard for you, put the 3-D pad, and a cover included into the set on the mattress to cushion it and eliminate the crystals' pressure.** You can also add several layers of bamboo or cotton sheets or towels on top of your mat, 3-D Pad and cover to make the surface even softer. As soon as your body gets used to the crystals' pressure, **you may choose to remove the extra layers one-by-one.** Protectors and towels are great for sweat absorption during heating procedures or for cushioning. With FIR function, some of the heating rays will dissipate if you use a thicker layer on top of the mat and under your body. The same applies to negative ions, but most will still travel through.
12. **Always keep your Waterproof Protector on the mat to protect it from spills and dirt.** But even if your mat occasionally gets wet, do not worry, it has waterproof layers inside. Just let it completely dry before using it again, if it gets wet.
13. **Be careful with your first session. Use a slow and continuous mode of increasing intensity.** Begin with the lowest temperature levels 1-2 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 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 safely get the first benefits without the risks of side effects from a "healing crisis".
14. **Most important is to listen to your body as you move forward – "LOW and SLOW".** It is easy to overdo 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 size of the mat, the temperature level, and one's age, health, body size and composition, and many other factors. **The main rule is to start with low settings and gradually increase the intensity, length, and frequency of sessions.** Of course, if you are an experienced FIR sauna owner, you can start with the maximum temperature level, or you can even practice the sandwiched between two mats session, but we always recommend checking with your doctor first and using common sense to avoid overuse.
15. **As soon as you are sure that your body reacts fine, you can use your mat as long as you like. Unless you have special needs, you can use it from a few times a week for 30 minutes to 12 hours daily, and it should be an enjoyable process.** If you want an intensive sweating in-sauna-like detoxification, you can choose the maximum temperature suitable for your health and cover your body with a blanket or another mat. If you want to create a comfortable and soothing setting to relax, set the medium heat levels 3-4 at around 112-122°F (45-50°C). If you are starting out 20-30 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 warm temperature to revive and feel well again. Other people use amethyst heating mats from one hour at the high-temperature levels to 12 hours on warm temperature. Be sure that sessions are comfortable for you and bring a better feeling and more energy, and of course remember to get approval from a health professional.
16. If you accelerate this way, the first aim is to create an optimum environment to feel soothing and relaxation. **To rest, you may have a short session before bedtime of about half an hour, starting at**

levels 2-4 (105°-122°F or 40°-50°C), and then decrease to the lowest levels of 1-2 (86°-105°F or 30°-40°C). If these levels cause any lightheaded feeling or overstimulation, set the temperature level even lower, or even use the mat in an unpowered mode. Especially in the summer, when Amethysts 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 more warmth.\*

17. **The second target usually is to cause sweating, which is great for detoxifying the body. Always properly hydrate and replenish electrolytes if you are planning an intensive high heat session. It is better to schedule such experience for 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 your back on a bare mat, or a mat with a thin protector or a towel on it and cover yourself with a blanket. After the session, leave the mat for half an hour more heating to dry it out. Of course, **if your body does not sweat much, you may not start to sweat from the first session – but after several, it should come.** Drink a lot of hot herbal teas (not cold drinks) before and during the sessions to accelerate sweating. When your body gets used to sweating it will be easier to sweat voluntarily.\*
18. **For FIR Heating, if you lay naked on the non-covered mat with your body covered with a thick blanket, you will get the maximum "detoxification" effect, as no heat is lost or dissipated.** All crystal rays will travel into your body. **Some advanced customers even use foil blankets reflecting FIR Rays back to the body, but it is a very intensive practice, needing doctor's approval.** Sweat delivers a lot of toxins, and deep impact FIR heat releases even those stored in deep fat tissue, into the blood. It may be irritating and erosive to the surface of the mat. That is why something like a sheet or a protector cover under your body is must-have for everybody. Perspiration may also temporarily make you feel worse, but when the sweat is out you should feel refreshed.\*
19. Wearing clothes or using covers or sheets on the Amethyst mat hinders the conductive heat and some of the anion effects, but it should not be an obstacle to the Negative Potential function or FIR Heat. Just add a little more warmth if you use thicker covers or pajamas.
20. If you are falling asleep while on the mat, **choose the lowest levels 1-2 (30°C to 45°C or 86°-110°F) of FIR Heat 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 or even give you a rest of several days or weeks to reload.** It is important to feel comfortable and enjoy your experience, so listen to your body and adjust intensity and duration accordingly.
22. Ereada® mats are designed to be used flat on your bed, massage table or sofa. You can use only the Mini mat for sitting in your chair, recliner or on the sofa. It may also work better if you need to cover or even a little wrap your body. Please, check Ereada® catalog for more details.
23. It may be a good idea to take a shower after your session. Clean your body with a washing gel or shampoo to remove sweat and toxins. If you are healthy, finish with slightly warm or even cold water to close the pores. **Half an hour passive rest may also be pleasant and refreshing.**

practice. But some joint replacements and piercings with other metals may be warmed by infrared rays or react to pulsed magnetic function. So **safety precautions should be taken if you lay with joint replacements in direct contact with the mat.** If you lie on your back with your knee or hip replacements above the heating surface, there should not be a problem. But of course, **if you feel any discomfort in the implants area, it would be better to decrease the temperature and session length.** You should also consult your surgeon and implant manufacturer.\*

3. **Infrared rays may warm the silicone implants, so you should take safety precautions if you lay with implants in direct contact with the mat.** If one has breast implants but lies face-up, there should not be a problem. Usually, the silicone used in medical implants is known to melt at over 200°C (392°F), so it should not be adversely affected by infrared rays. Please, consult your surgeon and implants manufacturer before use of heat directly on implants areas.\*
4. Heating of the low back or low abdomen areas of a woman's body during the periods may temporarily increase the menstrual discharge. **Some women enjoy the process to get relief of unpleasant feelings commonly associated with their periods, whereas others 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 essential to protect your genitals.** You can use a cooling pad or make a non-permeable for FIR rays screen with a towel folded many times and covered with several layers of standard aluminum foil. It helps for short sessions.\*
6. **Children may use the mat with caution and under the supervision of adults, preferably on low heat or for negative ions only.** Consult with the child's pediatrician before using the FIR mat and use common sense. Do not leave children or toddlers on the heating mattress without supervision. They can walk, play or jump on the mat and damage internal sensors. Children can 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 there is a mat or any other electrical device.\*
7. **If you use medicines applied by skin patches, you should 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 gemstone mats. They feel some energies better than humans. **We suggest having an additional waterproof cover for the mat to protect it from any liquid and make sure your pet will not chew or scratch the cable, controller or pad. We recommend non-powered, non-electric amethyst or gemstone mats for pets.** Consult with a veterinarian before you use the mat for heating. Be careful with pets sleeping on this mattress. It should always be turned OFF and unplugged without supervision.\*
9. **You should still drink A LOT before and during the session, and after it is over.** If you feel dry mouth, it means that there is not enough water in the body. And it should not be just water. You may need to replenish some electrolytes and minerals as Ca, K, Mg, Na. Twitching may be a sign of these salts' serious deficit or imbalance so if you

sweat a lot of herbal teas, fruit juices, and mineral water rich in K and Mg or mineral supplements may be necessary. Proper hydration also promotes all effects improving detoxification caused by sweating.\*

10. **Overusing the device on maximum temperature may result in excessive stimulation.** Use moderately at high temperatures. 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 if you start too fast.\*
11. **You should not try the detoxification high heat program without a doctor's approval and supervision.** Some drugs, chemicals, and toxins which we take into our bodies with air or food, end up getting stored in our fat tissue. They can affect you as you mobilize them and sweat them out. Before toxins exit through the sweat pores, your body may reabsorb them from the bloodstream where they come from the decomposed by FIR heat fat tissues. While traveling on their way to be eliminated, substances can exert the same effects that they did when you had originally taken them. When a lot of toxins and residues accumulate in your fat and release too fast, it can make you feel worse. That is what is called a crisis of detoxification or healing. If you are chemically allergic or extra sensitive, the dangers of infrared function, regarding the release of toxins, may be serious. If you feel any signs of this crisis, stop using the mat and consult your doctor as the same symptoms may also be the 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 better with a doctor's supervised detox program. **Slowly and gradually increasing heat level, session length, and frequency is the best path forward,** and it is important to immediately decrease intensity, duration, and frequency of sessions and contact your health professional if you feel any symptoms of a "healing crisis".\*
13. When you start to use the mat, it is crucial to avoid acupressure overstimulation. **To sleep on your Ereada® mat, do it slowly adapting your body to the crystals pressure.** You can start with shorter sessions at bedtime with 3-D Pad and extra cushioning layers and move forward gradually. It is like acupuncture – there's no need to overstimulate the body from the outset, it is better to increase the intensity of pressure slowly and continuously.
14. The same careful approach is appropriate to heat function. **Our skin sensors can easily detect the high temperature caused by the conventional conduction heat, but our ability to feel the effects of radiant infrared heat is limited.** The FIR warmth has a deep impact, so you should use the hot stone mat on the much lower sensible temperature than a standard heating pad. It demands extra care, especially for long sessions or all-night sleeping if you use the larger size powerful mats. **Please use the mat only on the lowest setting 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 Ereada® Mat.**

## USE WITH CAUTION\*

1. **Extra care is necessary if you have diabetes.** If a patient has a lot of sugar in the blood, it clots the blood vessels and causes nerve disorders. Some people with diabetes can, over time, develop nerve damage throughout the body. It is called diabetic neuropathy. If you have this condition and loss of sensitivity, you should use a strict time/frequency/temperature protocol established by your

doctor, and use any heating sessions only under 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. **Titanium is only slightly magnetic. It does not perceptively interact with static magnets, so it should be safe for such a**

1. When the controller is connected to the mat tightly and plugged into the socket, and you press the power switch, but the controller does not go ON. **Ensure the electrical wall socket that you've plugged the mat into is working correctly.** Plug another device into it 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 a reset. Or try another electrical wall socket that you have verified is powering other devices. It is preferable to use a power outlet protected by a standard circuit breaker (not a GFCI). If you are using a surge protector, ensure it is working correctly. Plug another electrical device into and check that it is working.

\*Ereada® products are not intended to diagnose, cure, treat, mitigate 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 U.S. FDA (please, see Disclaimer in this user guide, page 11).

## TROUBLESHOOTING

2. **Ensure the controller's 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 controller's plug and the mat's connector.** A loose connection can cause a loss of signal exchange between the hot stone mat and the controller, and when too many errors accumulate the controller's calibration may fail. The controller will show error messages, and the mattress will not heat up properly.
3. **Make sure that the power button on the controller has been turned ON.** The controller may show "OF" or E-code 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. **Some models of the controllers do not enable the heating and other functions unless you set a timer first.**
5. A frequent reason for the new controller fault and errors is an incorrect order of controller connection. Please, **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 it OFF, then unplug the controller 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 the controller 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 connection terminal. When you disconnect the plug from the mat, please always do it carefully 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 remove it by the cable 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. You can test the power outlet using any other electrical device.  
**Reconnection and reset are the most common ways to eliminate errors and reload the controller.**

But if reconnection or any other form of troubleshooting does not improve the situation, it likely means that there is a problem with the controller. If your controller were not accidentally damaged or flooded, we would replace it ASAP, fast and free.

**For warranty service, please contact us at [Ereada@Ereada.com](mailto:Ereada@Ereada.com)**

7. **Do not worry if your mat is not hot to touch.** The FIR Amethyst Mat does not work like a conventional heating pad. Most of the energy from the hot stone mat, in the form of Far Infrared Rays heat, 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 much). If the mat is left uncovered, it should be slightly warm on the lower levels, warm on the medium levels and not so hot on the highest temperature levels – but the transferred heating energy is much higher and far more penetrating. So the mat should be used on a much lower, more prudent 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 Amethyst mat to reach the maximum temperature if you put both a thick protector and a thick blanket on top.** The heating process stops and resumes again when the mat cools down, to maintain the set temperature. During this time, the gemstones become very warm and emit radiant Far Infrared rays. For extra electrical safety, the heating wires are positioned in 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 temperature of the mat surface under the blanket, or under your body if you are on the mat, becomes hot to the touch, especially in those areas which are covered by film or mesh. **At the maximum heat level, it will reach 140°-150°F on the surface, if you measure it immediately after you stand up or remove the thick blanket. But if you measure the bare mat surface temperature in several minutes again, it will be much lower, around 110-130°F.** If you do not cover the mat, and the room temperature is low, or the airflow is active, it will cool the mat down very quickly. It is normal because the hot crystals transfer radiant heat very quickly. If you keep your mat open without the protector pad, blanket, or your body on it, the heat dissipates, and the surface will be merely warm to touch even on the highest level.

break the internal sensors and heating system electronics avoid impacts, walking, standing, training, doing any active exercises on the mat. Do not allow any heavy or sharp objects to be put on or fall on it. Never fold your mat while hot, never heat it in a folded condition.

6. Most Ereada® mats come folded with the top surface with crystals upside. Please, always fold the mat for storage along the same lines, as it was packed initially. If you fold the mat in the wrong direction,

it may be damaged. **Do not fold it too tightly or in unusual places and never put heavy objects on it.**

7. **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 leather, mesh or suede 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 3-D Air Mesh Pad Protector, use Ereada® Waterproof Cover, or at least a cotton or bamboo towel all the time. Your Ereada® 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 thinner or aggressive cleaning agents on the controller or mat, as they may damage the device.
3. Clean it 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 the controller in a washing machine or dryer.
4. Do not get the mat wet. But even if occasionally you 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 before using it again. Then test it on high heat for an hour before laying your body on the mat. Remember that ironing the device is strictly prohibited.

5. Use only a slightly wet cloth (soap water can be a good choice) to wipe off dirt and dust. You could also use a vacuum to remove any dust from the surface of the mat.
6. You may leave your mat with protectors on high heat for 1 hour each week to entirely self-clean and disinfect.
7. To fold the mat, disconnect the power plug from the socket, then from the mat. After this fold it inward. All Ereada® Amethyst mats large-sized Classic are rather firm. Try not to bend a firm mat in unusual places. Your mat will last longer the less you fold or bend it. Your mat will last longer the less you fold or bend it.

## WARRANTY

All new Ereada® mats are covered by 1-year limited warranty for home use. Classic Brown Ereada® mats are covered by 2-year limited warranty for home use (starting from September 2018).

The warranty period begins from the date of purchase. This warranty does not cover normal wear and tear, covers and accessories, user abuse, physical impacts or damage, professional or commercial use, and applies to:

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

Ereada Corp warrants to the original purchaser that the products are free of defects in workmanship, production, and materials, during

the applicable warranty period.

If you received the brand new mat as a gift, please, contact us within 30 days to activate your warranty.

After the warranty expires, we will still take care of any repairs, at minimum cost.

Whether the problem is with the mat itself or the controller, we will provide you with a replacement as soon as possible.

Shipping and return shipping are both free for warranty issues.

You can also buy an extended home or professional use warranty.

To activate warranty or purchase an additional one, please, contact us at [Ereada@Ereada.com](mailto:Ereada@Ereada.com)

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## TAKING CARE OF YOUR MAT

1. The mat should not be used outside if you are not sure about the weather. **Use it indoors on a flat surface as a massage table, bed, sofa, mattress or floor.** It's ok if the surface is not ideally hard and flat as a board.
2. Only the Ereada® mini mats (pads) can be bent up to ninety degrees to slightly wrap your body, for a chair or recliner while heating. It is preferable to use the mini mat without N.P. for chair or heating in bent condition.
3. Sometimes controllers and even mat issues happen after power spikes. When hurricanes or storms are approaching, if you are not going to use your mat for a while, or if you are leaving your home for a weekend or vacation it is better to unplug the controller from the socket. The best is to keep the mat unplugged from the power socket always while it is not in use.
4. No need to unplug the controller's connector from the mat's connection terminal frequently. **If the controller remains connected to the mat, it is OK as this only helps prevent the connection from**

**loosening.** Just remember to verify the tightness of the connection 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 this carefully and with both hands. Hold the connector with one hand while pulling the plug carefully with the other hand. If you pull the controller's plug by the cable, it can break, or the connection may eventually become loose, and the mat will not work correctly.

5. Please, take care of your mat, and it will be your friend for a long time. Amethyst mattress is excellent for meditation, sleeping, massage and healing sessions if laying calm on it without a lot of movement. Never apply pressure or step on it. Dogs and especially cats adore the mat and can use it, but this should be under your supervision. Do not allow massive dogs to play in the same room. Children like to jump, but it may be very harmful if they drop 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

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