

Infrared PEMF Mat Max

USER MANUAL



BON CHARGE

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Welcome

Congratulations on receiving your very own BON CHARGE Infrared PEMF Mat Max. Before using your Infrared PEMF Mat Max please read this User Manual in detail.

The Infrared PEMF Mat Max has been designed with your safety in mind. However, it's important to follow basic safety protocols when using this device.

Benefits

The Infrared PEMF Mat Max has been designed to house multiple optimal wellness components which are listed below:

Function	Benefits
Level 1 (3Hz) – Delta waves	Improves deep sleep
Level 2 (7.8Hz) – Schumann Resonance	Grounding effect
Level 3 (10Hz) – Alpha waves	Increase calmness and creativity
Level 4 (25Hz) – Beta waves	Logical thinking, conscious thought, and meditation
(Level 5) All four PEMF settings at 1-2 second intervals	All the above
660nm Red Light	Skin restoration and repair
850nm Near Infrared Light	Deep tissue restoration and repair
FAR Infrared Light	Purification and relaxation
Amethyst	Balance mood and calm
Germanium	Negative charged ions
Tourmaline	Balance energy fields

Most Infrared PEMF Mats only have Near and FAR Infrared Light built in. At BON CHARGE we know light well! Therefore, we have added 660nm red light to your PEMF Mat Max so you can enjoy the incredible benefits of red-light therapy whilst you PEMF.

Key Points

Activating Your Infrared PEMF Mat Max

Your Infrared PEMF Mat Max comes with everything you need to start your journey to an optimal life. You are about to experience the epic benefits of using PEMFs. For the best possible results, it is highly recommended you read this manual prior to using your Infrared PEMF Mat Max for the first time.

Photosensitivity Test

It is very important to do a photosensitivity test prior to long sessions with your Infrared PEMF Mat Max. Turn on your Infrared PEMF Mat Max and switch on the NIR and Red-Light settings. Shine the light on an exposed part of your forearm, about 1 inch away, for 2 minutes. If you experience any discomfort or redness on your skin, you must not use your Infrared PEMF Mat Max until you have sought professional advice from your doctor or healthcare provider.

Usage Instructions

You should lay your Infrared PEMF Mat Max on a stable surface prior to use. You can wear clothes or no clothes during a session, it's completely your choice. When using the Red and Near Infrared Light settings we would recommend the least amount of clothes possible for maximum benefits. We recommend a minimum of 30 minutes per session, but the device can be used for up to 12 hours in one session.

Multiple Usages

Infrared PEMF sessions works best when administered consistently. The best results will be seen from daily use but as a minimum it is recommend using your Infrared PEMF Mat Max at least 3 times a week.

What to Expect

Depending on which settings you use you can enjoy the following benefits, when used consistently.

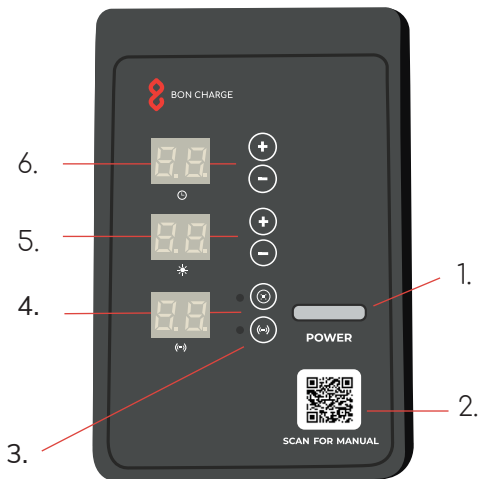
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Setting Up and Using Your Infrared PEMF Mat Max

What's in the Box?

1 x Infrared PEMF Mat Max	1 x Carry Bag
1 x Power Cable + Controller	

Controller Configuration



1. Power Switch (on/off)
2. QR Code for user manual
3. PEMF Button (on/off/levels)
4. Near Infrared (850nm) and Red Light (660nm)
5. FAR Infrared Light (Temperature adjustment)
6. Timer (1 hour to 12 hours)

How To Operate Your Infrared PEMF Mat Max

Step 1

Remove all components from the box. Lay the Infrared PEMF Mat Max on the floor or other stable surface and connect the Power Cable/Controller to the mat.

When connecting your PEMF Mat Max to the controller, please ensure that you press the 2 pins in and direct your controller into the PEMF Mat in a straight line. If this is done incorrectly or if the connection is wiggled, it will cause damage to your controller that is not covered under the PEMF Mat warranty.

When disconnecting your controller from the PEMF Mat, please ensure that you press the 2 pins in and direct your controller out of the PEMF Mat in a straight line. If this is done incorrectly or if the connection is wiggled, it will cause damage to your controller that is not covered under the PEMF Mat warranty.



Step 2

Plug the other end of the Power Cable/Controller into an appropriate power outlet.




Step 3

Turn on the device by pressing and holding the power button until the controller activates (to turn off the device press and hold the power button a further time until controller turns off)



Activating PEMF Settings

Click the  icon to toggle through the pre-set PEMF settings. Once you have chosen your setting from the options the PEMF will be activated on the device

Note: PEMF setting will turn off automatically after 20 minutes



PEMF settings are as follows:

P1 (3Hz) – Delta waves to improve deep sleep.

P2 (7.8Hz) – Earthing/Grounding – Earth's electromagnetic field (Schumann Resonance)


P3 (10Hz) – Alpha waves – Increase calm and creativity.

P4 (25Hz) – Beta waves - Logical thinking, conscious thought, and meditation

P5 - All four settings at 1-2 second intervals



Activating Red Light Therapy

Click the  icon to turn on Red Light Therapy (660nm Red Light and 850nm Near Infrared Light)

Activating FAR Infrared Light (Heat)

FAR Infrared Light is controlled by the ☀️ section. To choose the level of FAR Infrared Light (Heat) press the + button to turn up the heat and the – button to reduce the heat. The heat range is 0-70 degrees centigrade (see conversion chart for Fahrenheit equivalents). Holding down the buttons will speed up the process if required.



Setting the Timer

The timer is controlled by the 🕒 section. To choose your desired session time press the + button to increase the time and the – button to decrease the time. The PEMF mat is set up for 1-hour minimum session times at 1 hour intervals to a maximum of 12 hours use.



Temperature Conversion Chart

Centigrade °C	Fahrenheit °F
10 °C	50 °F
15 °C	59 °F
20 °C	68 °F
25 °C	77 °F
30 °C	86 °F
35 °C	95 °F
40 °C	104 °F
45 °C	113 °F
50 °C	122 °F
55 °C	131 °F
60 °C	140 °F
65 °C	149 °F
70 °C	158 °F

Frequently Asked Questions

What is PEMF?

PEMF (Pulsed Electromagnetic Fields) works by sending beneficial low-level frequencies of energy through your body. PEMF has been shown to improve deep sleep, have a grounding effect, increase calmness and creativity, and help with conscious thought and logical thinking. PEMF in our Mat mimics the frequencies found in nature to restore balance.

When Can I Use My PEMF Mat Max?

You can use your PEMF Mat whenever and wherever you wish. Our customers have the best results using their PEMF Mats in the following ways:

- Before bedtime
- Watching TV / reading a book
- Meditating
- After a workout
- Whilst doing Yoga / Pilates / stretching
- When you need creativity
- When you are feeling stressed

What Setting Should I Use?

It is best to listen to your body when choosing the best setting to use.

As a reminder the settings are below:

Level 1 (3Hz) – Delta waves to improve deep sleep.

Level 2 (7.8Hz) – Earthing/Grounding – Earth's electromagnetic field (Schumann Resonance)

Level 3 (10Hz) – Alpha waves – Increase calm and creativity.

Level 4 (25Hz) – Beta waves - Logical thinking, conscious thought, and meditation

Level 5 - All four settings at 1-2 second intervals

How Do I Clean My Mat?

The PEMF Mat is super easy to clean. Just turn off the device and once it's cooled down just wipe down with a damp cloth. Allow to cool and dry before folding away.

What Do I Wear When Using My PEMF Mat?

To experience the full benefits of your PEMF Mat we always suggest wearing minimal clothing. However, that is not always possible, and you will still get great benefits. The PEMF Mat can heat up to high temperatures if you select that option, so it is always best to wear something light and comfortable if using high heat.

Technical Specifications

Specifications

Model	BON CHARGE Infrared PEMF Mat Max
Size	74.8 inches (190cm) x 31.5 inches (80cm)
PEMF Settings	5 settings
Light Wavelengths	660nm Red 850nm Near Infrared FAR Infrared
LEDs	48pcs
Voltage	AC 110V (USA/Canada)
Flicker	<0.1%
Warranty	1 Year
Certification	FDA, CE, ISO9001, ISO13485
Material	PU Leather, Nylon Meshing, Nano Charcoal Cotton, Oxford Waterproof Fabric, EMF Protection Layer, Amethyst, Germanium and Tourmaline.
Weight	42 pounds (19kg)
EMF	0.2-0.6mG

Warnings & Cautions

Medical Warning

Consultant your doctor or physician before using this device.

Safety

- Do not stare directly into the LEDs or its reflection in the mirror. This can cause temporary irritation to the eyes.
- Do not allow children to use the device unsupervised or without clearance from your medical practitioner.

- This device is an electrical device and to avoid electric shocks you must adhere to the following:
 - Do not drop the device in liquid.
 - Do not wash this device with any liquids.
 - Do not touch with wet hands.
 - Do not use the device on wet or damp skin.
 - Do not tug or pull on the charging cable when charging the device.
 - Do not use the device if it has been dropped, left outside, or exposed to liquids.
 - Do not use on or near hot surfaces.
 - Do not operate near flammable or combustible products or where vapours may be present. Explosion or fire may occur.
 - Do not use this device on people with disability, sleeping, or unconscious people.
 - Do not use this device on open wounds.
 - Do not use in conjunction with salves, balms, or ointments.
 - Do not modify or attempt to modify this device.
 - Do not attempt to repair this device.

Cautions

BON CHARGE advises that before using your Infrared PEMF Mat Max you must seek professional doctors advice. This includes if:

- You are pregnant.
- Are taking drugs known to cause sensitivity of skin to light .
- Have any suspicious or cancerous lesions.
- Recently had a steroid injection or use topical steroids.
- Have a serious medically diagnosed condition.
- Have a heart condition or Pacemaker.

Additional Cautions

- If you experience discomfort or have a concern about the device, stop use immediately and contact your doctor.
- For indoor use only.
- Use only equipment provided with your device.

If you have any questions, please contact us at hello@boncharge.com

Electrical Safety

- Do not place or operate the device near to water or liquids.
- Do not place near or pour running water over device.
- This device is not to be used in the vicinity of water.
- Do not store device in temperatures exceeding 140F/60C.
- Do not use your device if damaged, this may result in electric shock or injury.

Disclaimer

BON CHARGE PEMF Mat is not intended to diagnose, cure, or prevent specific diseases or medical conditions. These products are only intended to be used on mild conditions that have been medically diagnosed.

Our PEMF Mat and information contained is not intended as medical advice or a substitute for medical advice.

BON CHARGE does not intend these products to cure any physical or skin conditions solely from their use. A qualified health professional or doctor should always be consulted prior to using the products, and professional medical attention should be sought regarding any serious or life-threatening conditions.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Maintenance, Cleaning and Disposal

Maintenance

- Store the device only when it has cooled down to room temperature.
- Fold the device correctly and store in the bag provided.
- Ensure the controller is unplugged from the device before storing.
- Do not store in hot and humid conditions.
- Do not put heavy objects on the device.

Cleaning

- Ensure your PEMF Mat is switched off and unplugged at the wall socket.
- Clean the surface with a damp cloth.
- Avoid using any polishes or bleaches as they may damage your device.

Disposal

This device must not be disposed of with your normal household rubbish. This device requires disposal via your designated waste collection point.



Warranty and Returns

Manufacturer's Warranty (Infrared PEMF Mat Max)

BON CHARGE warrants that this device (Infrared PEMF Mat Max) will function and perform within the specifications for one year from the date of delivery.

What does this Manufacturer's Warranty cover?

This Manufacturer's Warranty covers any defect in material or workmanship under normal use during the warranty period.

During the warranty period, BON CHARGE will repair or replace, at no charge, products or parts of a product that proves defective because of improper material or workmanship, under normal use and maintenance.

How long does the cover last?

This Manufacturer's Warranty for Infrared PEMF Mat Max purchased from BON CHARGE is valid for one (1) year from date of purchase. A replacement Infrared PEMF Mat Max or part assumes the remaining warranty of the original Infrared PEMF Mat Max.

What does this warranty not cover?

This Manufacturer's Warranty does not cover any problem that is caused by:

- Conditions, malfunctions or damage not resulting from defects in the material or workmanship
- Equipment that has been abused, modified, damaged, or fitted with substitute parts.

What do you have to do?

To obtain warranty service, you must first contact us to determine the problem and the most appropriate solution for you.


Contact details


hello@boncharge.com
2/74 Gordon Road East, Osborne Park, 6017, Western Australia




BON CHARGE

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 [boncharge](https://www.facebook.com/boncharge)

If service is required, the buyer is responsible to return the device to BON CHARGE within the one (1) year warranty period.

BON CHARGE reserves the right to provide parts in different colours to the original device.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Returns

The Infrared PEMF Mat Max come with a risk-free 30-day guarantee.

This 30-day period starts from the day you receive your product. If you're not satisfied with your purchase during the guarantee period, simply email hello@boncharge.com and we'll provide a hassle-free return experience. Here are some details to note:

- Return shipping will be your responsibility. We cannot be responsible for lost or damaged shipments.
- All returns or exchanges must be received in like new condition with all original accessories and packaging.
- All returns received with damaged or missing components may be subject to additional fees. If applicable, these fees will be deducted from the refunded amount.
- Returns must be postmarked before the end of the 30-day guarantee period. Returns sent after this period will not be accepted.
- A 15% restocking fee will apply for change of mind returns.