



MediCrystal

WATERPROOF COVER AND 3-D AIR MESH PADS FOR YOUR MEDICRYSTAL® MAT

Dear Valued Customers,

We have developed four types of covers to customize our mats and make them more comfortable for users.

Three of these covers (#1, #2, #4) are breathable waterproof protectors great to absorb sweat and keep the mats clean. These protectors are multilayer with built-in one-way permeable waterproof heat stable PVC-free Dancel membrane allowing moisture to evaporate from the mat but keeping sweat, spills, smells, dirt, bed mites, and bacteria away.

And the fourth cover #3 is a thick 3-D Air Mesh Pad for cushioning the mat. It is very effective against hardness.

The mat set should include free of charge at least one but usually a pair of different covers:

- Either a combination of a **#2 Thick** Waterproof pillowcase style fitted protector (Machine Washable Dryer Friendly) with a **#3 Thick** non-waterproof 3-D Tan Air Pad (Washable, Air dry only).
- Or a combination of a **#1 Thick** Waterproof Protector with built-in thin 3-D Pad (usually Non-Washable) with a **#4 Thin** Waterproof Fleece Protector with corner straps (Machine Washable Dryer Friendly).
- The belts with detachable pads and pillows with crystals usually include only a **#2 Thick** Waterproof pillowcase style fitted protector (Machine Washable Dryer Friendly) in the set.
- Vests, wraps and belts without detachable pads **do not have any covers or protectors included into set** but it is recommended to put on a T-shirt or pajama under such vest or belt or wrap hands or knees with a towel under the hot stone wraps.

So your mat may have one or two FREE covers in your set. You can purchase additional protectors or 3-D Pads on Amazon or directly from us at \$30-\$150 depending on size and type. Just contact us at MediCrystal@MediCrystal.com

All of covers work differently depending on the type of your session, how well you tolerate stones pressure, your body composition and experience.

Below are some tips about how to use the covers:

1. All covers are great for protection and cushioning. They are almost completely permeable for Far Infrared Rays, Negative Ions and PEMF magnetism. But if your mat features Red Light LEDs Photon function, **it is better to lay either on a mat with a 3-D Air Mesh Pad only or on a bare mat.**
2. Some experienced users use the bare mat without covers. But if you are only starting or the mat is too hard for you, better to cushion it as well as possible. **#3 Thick Tan 3-D Pad together with any of Thick Covers and/or several additional layers of towels on top can form a good topper to make the mat enough soft even for sleeping.** As soon as your body gets used to crystals pressure you may remove extra layers one-by-one.
3. Please, note that if you put the thicker extra layer on top of crystals, **more heat will dissipate.** For high intensity "FIR Sauna" types of sessions, it is better to use the mat alone or with a #4 Thin cover. Or if you use a #3 Thick 3-D Air Mesh Pad and/or a Thick Protector you may need higher temperature level or longer session.
4. If you are going to use two covers and one of them is non-washable, **put the washable cover on top.**
5. If you use any waterproof protective cover together with 3-D Air Mesh Pad, **put the waterproof cover on top.**
6. If the mat is shared by several people or it is in a rental or professional use with different customers, thin covers #4, single-use towels or disposable pads are **changed before every new session** for following hygienic standards.



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1. THICK PROTECTIVE COVER WITH BUILT-IN THIN 3-D AIR MESH PAD AND ULTRASONIC PERFORATED AIR LAYER WITH MEDICRYSTAL LOGO ON THE TOP. THIS PROTECTOR IS USED FOR CUSHIONING MAT TO DISTRIBUTE BODY WEIGHT AND AVOID CRYSTALS PRESSURE WHILE SLEEPING OR FOR EXTENDED TIME LOW-INTENSITY SESSIONS.



Even polished crystals make hot stone mats hard. If you use your mat without the topper, it may be fine for short sessions as gives stone massage benefits but it may also cause unpleasant sensations in your back if overused.

If you would like to lay for a long time or even sleep on your mat, it could be great to

decrease the pressure from the mat ribs with stones using some towels or sheets. But the best choice to make the mat softer is the Thick MediCrystal Multilayer Waterproof Protector with built-in 3-D Air Mesh Pad.

Thick MediCrystal Multilayer Waterproof Protector with 3-D Pad is permeable for FIR crystals rays, PEMF Magnetism and Negative Ions. It is featured with ventilated 3-Dimensional Air Mesh supportive material for body weight distribution and ultrasonic quilted top Air Layer to maintain the contact between the body and the mat surface dry.



This breathable multilayer Protector is great for all night sleeping on the mat or for longer non-intensive procedures when it is important to have a soft permeable cushion on the mat to avoid discomfort caused by the hard stones pressure on your back.

The cover has an elastic skirt and straps to fix it on top of the mat. It has also a small zipper to open the mat connector terminal area to connect controller plug.

MULTILAYER WATERPROOF COVER WITH 3-D AIR MESH PAD AND NATURAL BAMBOO TOP AIR LAYER IS NOT WASHABLE. AFTER PLACING SUCH COVER ON THE MAT, PLEASE, PUT THE WASHABLE COVER, SHEET OR TOWEL ON TOP TO PROTECT IT. SOME OF THE NEWER MODELS ARE WITH BAMBOO TOP AIR LAYER WITH A SMALL ADDITION OF POLYESTER TO MAKE IT DURABLE AND WASHABLE. PLEASE, CHECK THE MAINTENANCE TAG.

Only if necessary carefully hand wash this Protector in cold water and air dry. Even though the top layer can rip this damage does not prevent the pad from doing its cushioning job perfectly. Instead of washing, we recommend leaving the Mat and the Pad on it for one hour per week on the highest heat to keep both of them clean and disinfected.

We also recommend putting the washable cotton or bamboo sheet or towel or our Thin MediCrystal® waterproof protective cover on the top of non-washable MediCrystal Protectors especially if you use the mat with this Pad Protector for sauna-like high heat procedures with sweating.



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- 2. NEW THICK HIGH ABSORPTION WATERPROOF QUILTED MULTILAYER PROTECTOR WITH A ZIPPER ALL AROUND TO PUT MAT INSIDE. SAME AS OTHER COVERS IT IS PERMEABLE FOR FIR CRYSTALS RAYS, PEMF MAGNETISM AND IONS. IT IS THE BEST TO ABSORB SWEAT AND TO PROTECT BOTH THE TOP AND THE BOTTOM OF THE MAT LIKE A PILLOWCASE.**



This new cover is a 'PillowCase' type of Protector because it protects the mat completely including the bottom side. if you receive your MediCrystal® mat in this cover (it may be shipped inside for protection), just open the zippers and take the mat away.



The Cover has a double slider zipper across one long and two short sides of the cover to easily put the mat inside or take it out. You can also use this cover instead of blanket to faster preheat mat to set level.

Long zipper with two sliders closes the cover leaving an only small opening for the electric cable. This construction allows the cover to fit all models of FIR Mats irrespectively of their connector terminals position.

Only the large size protectors for Queen and King size mats and the small size ones for the detachable belts pads are fixed with 4 corner straps and a small elastic skirt.

The top layer is fitted with needle punched sweat absorbing materials. It is the best

cover for high intensive sessions involving heavy sweating. It also keeps contact between the body and the mat dry.

This Cover may be included into the set of the mat for cushioning, to distribute body weight and to avoid crystals pressure while sleeping on the mat, for extended time low-intensity sessions or even for sweating. It is quite universal.

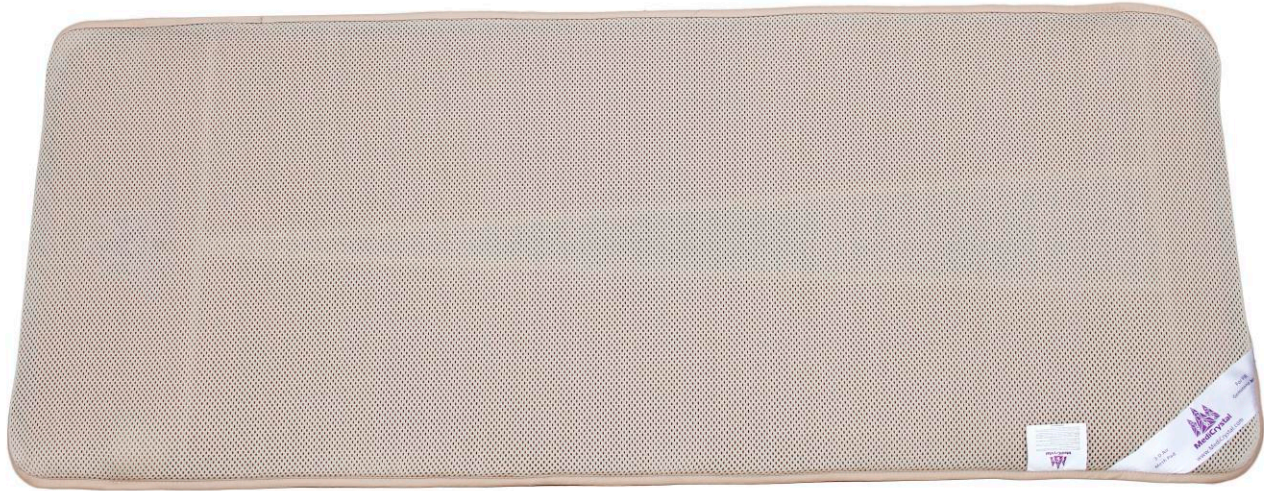
Combination of this Protector with a Thick #3 Tan 3-D Air Mesh Pad is the softest to cushion mat and provide maximum comfort.

NEW HIGH ABSORPTION WATERPROOF QUILTED MULTILAYER PROTECTOR WITH ZIPPERS ON THREE SIDES IS MACHINE WASHABLE AND DRYER FRIENDLY (GENTLE CYCLE IS RECOMMENDED).



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1. THICK TAN 3-D AIR MESH PAD FOR CUSHIONING THE MAT TO DISTRIBUTE BODY WEIGHT AND AVOID CRYSTALS PRESSURE WHILE SLEEPING ON THE MAT OR FOR EXTENDED TIME LOW-INTENSITY SESSIONS. IT IS VERY EFFECTIVE IN THE BEGINNING WHEN THE MAT HARDNESS IS AN ISSUE.



This Tan Pad is made of ventilated 3-Dimensional Air Mesh supportive material for even body weight distribution.

It is always better to slowly increase the time you lay on the stone mat and not to try to sleep on the mat overnight from the very beginning.

The mat is as hard as stones in the top layer. Even polished they may cause discomfort if you overuse. So it is very important to provide a softer and more comfortable experience for beginners.

This 3-D Pad together with any Thick Cover and/or several layers of towels can form a good topper to cushion the mat.

As soon as your body gets used to crystals pressure you may remove extra layers one-by-one.

After some time you may feel that your body is ready even for the bare mat and intensive sessions but the 3-D Pad can still be used for sleeping.



This 3-D Pad is not waterproof and needs a cover, sheet or a towel on top.

Sweat especially induced by deep FIR Heating contains a lot of toxins and may be rather erosive.

Really the top layers of all our mats are waterproof but extra protection is important for durability to keep mat's appearance like new.

3-D Air Mesh Pad is fixed on the mat with 4 corner straps.

THIS PAD IS RECOMMENDED TO BE HAND WASHED AND AIR DRIED TO KEEP SHAPE.



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- 4. THIN WATERPROOF PROTECTIVE COVER WITH 4 CORNER ELASTIC STRAPS TO BE USED ON TOP OF 3-D PAD PROTECTOR OR ON TOP OF THE MAT DIRECTLY FOR SHORT AND INTENSIVE PROCEDURES.**



To protect and keep clean your MediCrystal FIR Mat we recommend putting a special MediCrystal Waterproof Protective Cover on top of the FIR Mat or on top of the 3-D Pad (if it is used on the mat).

The Waterproof Protective Cover is breathable with great permeability for Anions, FIR Heat, Magnetic Waves.

This Cover has moderate sweat absorption but same as the Thick Protectors it is built with the breathable waterproof heat stable PVC-free Dancel membrane inside the durable coral fleece layers.

You can easily **fix the cover on the mat with 4 angle straps.**

This protector is especially useful **for short time sauna type high heat intensive procedures** when more thermal energy is desirable.

THIS THIN COVER IS MACHINE WASHABLE AND DRYER FRIENDLY. GENTLE CYCLE IS RECOMMENDED FOR BETTER DURABILITY.

Thank you to everyone who helped us with the development of the covers by valuable feedback!

Sincerely,

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