

Controller also has a temperature dial to completely adjust the heat in 1°C increments from 86°F to 158°F, displayed in Celsius from 30°C to 70°C. Sometimes we call the different temperatures “levels”.

Level 1 is 86°F-98°F or 30°C-36°C (Lowest mode, reveals crystals’ powers and brings negative ions and other vital natural forces into your home while you are seeking rest and mental clarity, great to sleep or relax).*

Level 2 is 98°F-110°F or 36°C-43°C (Low mode, provides a comfortable setting for all night restful sleep to manage an occasional sleeplessness, improve absentmindedness, relieve tiredness, and maintain proper immune function).*

Level 3 is 110°F-120°F or 43°C-49°C (Low medium mode, great to create maximum relaxation and immunity support environment, helpful to maintain healthy heart, inspired and invigorated mind, improve look of your skin).*

Level 4 is 120°F-133°F or 49°C-56°C (Medium mode, use as a part of your dietary and healthy routine to maintain cholesterol and sugar levels already within the normal range, alleviate the occasional blue feeling everyone experiences from time to time).*

Level 5 is 133°F-145°F or 56°C-63°C (Medium High mode, may be helpful for healthy lifestyle to alleviate occasional constipation, promote sexual arousal and performance, relieve temporary water-weight gain and mild mood changes bringing you back to normal condition).*

Level 6 is 145°F-158°F or 63°C-70°C (High mode, envelop yourself with pleasant warmth of natural crystals and gemstones. Together with exercise patterns it may encourage activity, contribute to spiritual balance, feeling happy, cleansing, sweating, well-being and better overall health).*

Level 7 is 158°F or 70°C (Highest mode, use with extra care to create maximum soothing environment important for proper muscles and joints function, optimal strength and flexibility, stress and tension reduction).

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 with a thick blanket. Usually, if the ambient temperature is around 70°F, it takes between a half an hour to hour for the mat to reach the maximum level (158°F, or 70°C) if covered it with a thick blanket.