

# MEDICRYSTAL MATS™ SETUP FOR OPERATION

These are some important steps to start your MediCrystal Mat™ properly.

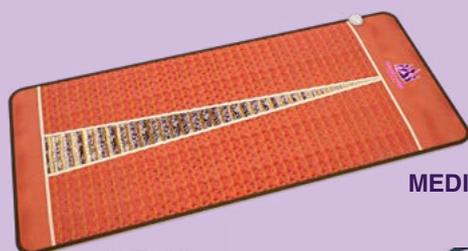
## UNPACKING AND PREPARING

**1** When you receive the box with your mat, if it is too cold or too hot or wet outside, please, keep the mat inside for an hour to adjust to room temperature before connecting to the power socket.

**2** The set Includes:

- ◆ MediCrystal Mat™
- ◆ Controller with terminal and plug wires for the MediCrystal Mat™
- ◆ Waterproof but FIR and Ions Permeable High Absorption Protector for the MediCrystal Mat™
- ◆ Bag for storage and carrying the MediCrystal Mat™
- ◆ Owner's Guide for the MediCrystal Mat™

### WHAT IS IN THE BOX



MEDICRYSTAL MAT™



CONTROLLER



MEDICRYSTAL MAT™ CARRY AND STORAGE BAG



USER MANUAL & CATALOG



WATERPROOF CASE WITH MULTILAYER MEMBRANE AND BUILT-IN 3D PAD FOR COMFORT BODY SUPPORT AND MEDICRYSTAL MAT™ PROTECTION

Please take a moment to verify that the item was not damaged in transit. Carefully unpack the box and check if everything is included and in due condition. If there is any problem, please contact us right away by email support@MediCrystal.com or phone (800) 362-2088, so that we can resolve the issue as fast as possible.

**3** If your area is subject to frequent electrical blackouts or power spikes, it could be better to connect the device to electricity through a surge protection device. It will protect the controller from power surge caused faults. No urgent problem if you have not one in hands, you can start your mat without it, it's just a precaution to protect your investment. Please, get a surge protector as soon as it is convenient.



**4** If you have any kind of medical issue or disease, it is strongly recommended NOT TO USE the mat without the Health Professional approval. This mat should not be used by infants, pregnant women, patients with organ transplants or incapacitated persons. Do not use on heat sensitive skin, face, genitals or where there is loss of feeling. Do not use heat topicals with mat, skin burns may occur. If you have pacemakers and implants of any kind, ask your doctor if Far InfraRed (FIR) heat is safe for you. To ensure your safety with the mat, please, study Contraindications, Precautions, Safety Instructions and Usage Tips sections of this owner's guide and most important - CONSULT A DOCTOR before using thermal therapy particularly on mid-range and high-level temperatures.\*

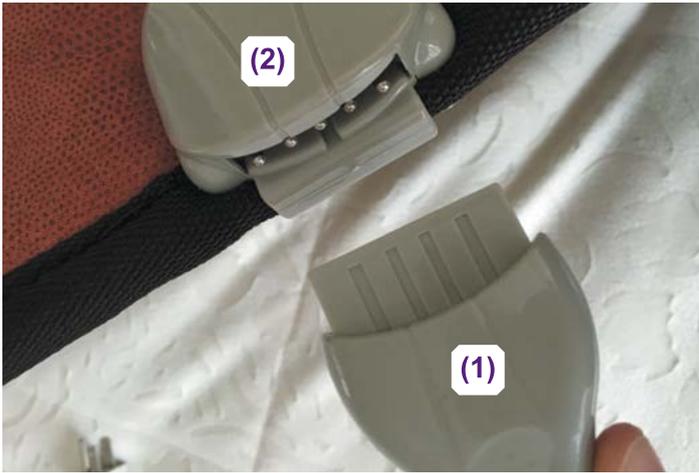
**5** Please, email to support@MediCrystal.com the device model and serial number (should be on your mat or controller sticker) for automatic warranty activation. You can also register your products at our website MediCrystal.com in the bottom right end «newsletter» link.

## SET UP MEDICRYSTAL MAT™ FOR OPERATION

**1** Start by connecting the controller's attachment **(1)** to the receptacle **(2)** on the MediCrystal Mat™.

NOTE: This step MUST be first or the mat's controller may not work and simply remain OFF.

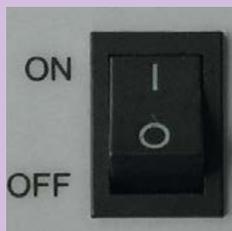
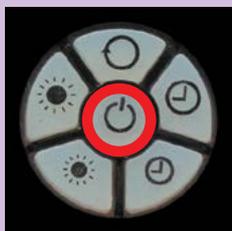




**2** Then plug the controller into a safe power supply grounded socket.

**3** Turn on the power to the mat by pressing the POWER ON/OFF Toggle button or Switch. The POWER Indicator light should be lit if the mat is getting power. If the mat is not getting power, re-check steps **1** and **2** above to ensure your connections are snug. Try another outlet if you are still having trouble getting the POWER Indicator light to display.

**4** Press the POWER ON/OFF Toggle button again to turn the mat off when desired.



**POWER ON/OFF TOGGLE BUTTON**

## HOW TO OPERATE YOUR MEDICRYSTAL MAT

### 1. SETTING THE MAT'S TEMPERATURE

**1** For the Midsize, Compact Pro, Professional and Queen size MediCrystal Mats™, the temperature can be set using the round "Adjust Temperature Dial". In order to select your preferred temperature, dial the wheel right (clockwise) to increase the temperature and make the mat hotter. Once your desired temperature appears in the LED display, stop dialing. After a couple of seconds, the display will revert back to showing the mat's current temperature while it begins to heat to your requested temperature.

**2** Dial the wheel left (counterclockwise) to decrease the temperature or make the mat cooler (when your desired temperature appears in the LED display, stop dialing. After a couple seconds, the display will revert back to showing the mat's current temperature while it begins to cool to your requested temperature. The Queen size mat dual zone controllers allow to independently control the heat temperature and session time in left and right side of the mats.

### ADJUST TEMPERATURE DIAL



**3** The Operation Indicator light will display, but then turn off when the selected temperature range is reached. Whenever the temperature of the mat is below the selected temperature, the mat's heating process will kick-in and the Operation Indicator light will come back on again.

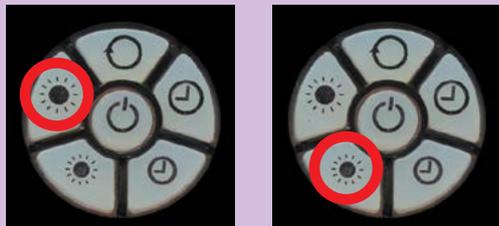
**4** For the MediCrystal Pad, Belt and Mini Mat™, the temperature can be set using the button controls. To select your preferred temperature, press the Temperature Increase button and hold it until your desired temperature appears in the LED display. After a couple of seconds, the display will revert back to showing the mat's current temperature while it begins to heat to your requested temperature.

Use the Temperature Decrease button to make the mat cooler. Once your desired temperature appears in the LED display, stop pressing the button. After a couple of seconds, the display

will revert back to showing the mat's current temperature while it begins to cool to your requested temperature.

The Operation Indicator light will display, but then turn off when the selected temperature range is reached. Whenever the temperature of the mat is below the selected temperature, the mat's heating process will resume and the Operation Indicator light will come back on again.

## ADJUST TEMPERATURE BUTTONS



**5** The mat's temperature can usually be set within the range of 20°C to 70°C (68°F to 158°F) or 30°C to 70°C (86°F to 158°F) for some controllers modifications. The temperature will be displayed in degrees Celsius or corresponding temperature levels from 1 to 9. Please, use the table for conversion to the equivalent Fahrenheit temperature value.

Level 1	30°C	86°F
Level 2	35°C	95°F
Level 3	40°C	104°F
Level 4	45°C	113°F
Level 5	50°C	122°F
Level 6	55°C	131°F
Level 7	60°C	140°F
Level 8	65°C	149°F
Level 9	70°C	158°F

**WARNING:** It is NOT recommended to use the MediCrystal mats on high temperature levels for more than 20 minutes unless you've slowly worked your way up to longer time ranges. Do not use prolonged sessions on high temperature levels without plenty of rehydration and the approval of a licensed doctor.

**6** Please, check the "Temperature Control Options" section of the owner's guide for some tips about how to chose the proper temperature for different healing conditions.

## 2. TIMER AND AUTO-OFF FUNCTIONALITY

**1** MediCrystal mats™ are equipped with a timer function allowing you to set an automatic turn OFF time.

**2** Timer button provides possibility to set the mat's heating function to automatically shut off after a number of hours. You can chose between the following settings:

- ◆ **3, 6 or 8 hours for Professional and Midsize (Compact Pro) Mat**
- ◆ **3, 6 or 12 hours for Queen Mat**
- ◆ **1, 2, 3, 4, 5, 6, 7, 8 or 9 hours for Pad, Mini Mat and Belt**

It may be beneficial for sleeping, relaxation or other therapeutic uses, but **USE EXTREME CAUTION** and be careful to use only low level temperature settings while using the mat for prolonged periods of time. Remember that even if your mat can heat in a continuous mode, it is strongly recommended not to use the high heat settings without the Timer function for your safety!

**3** The mats will not start to heat up unless you chose one of timer settings.

MediCrystal Mats™ can work in continuous mode, but for longer life and safety reasons it is recommended not to use the continuous medium settings heating for more then 12 hours and high heat modes for more then 4 hours.

## TIMER BUTTONS AND INDICATORS



**IMPORTANT!** For your safety, do not use the mats in the high heat modes of more then 122°F (50°C) without the Timer function activated for auto shut-off the heating system in 3 hours or earlier. Be extremely careful with the highest heat settings.

**4** For the Midsize (Compact Pro), Professional and Queen MediCrystal Mats, set the desired heating time by pressing the "Time" Control button.

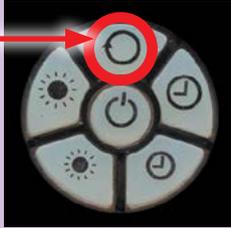
This button toggles through several options (for example 8, 6 & 3 hours). When you press it, the first selection is 8 hours and then when you press it again, it will select 6 hours, then if you press it a third time, it will move to select 3 hours.

- a. The Timer Indicator light will turn off and the heating system will stop when the selected time period is finished.
- b. The dual zone Queen MediCrystal Mat™ controllers allow to set timer function separately for left and right side of the mat. The button to operate timer function may also be named "HEATING L" for left side or "HEATING R" for right side of the queen mat.

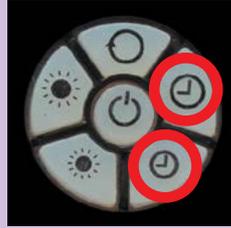


**5** For the MediCrystal Mat™ Mini and MediCrystal Belt™, to set the desired heating time **(1)** activate the timer function **(2)** press the Increase or Decrease Time Setting buttons several times. The LED Time display will show changing time from 1 to 9 hours with a step of 1 hour. To choose the desired session length, simply stop on the preferred time setting when it displays.ays.

**(1) TIMER ON/OFF TOGGLE BUTTON**



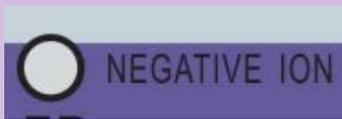
**(2) TIME SETTING TOGGLE BUTTON**



### 3. NEGATIVE ION GENERATION

**1** The MediCrystal Mats™ have a multilayer system construction. The special layers (charcoal, fabric comprising tourmaline powder, non woven fabric with anion generation fibers, etc) are added so the mats will generate negative ions when they are turned on and functioning. Some ions are also produced by the Amethyst, Tourmaline and Jade layer when the mat is "OFF". The controllers do not have special buttons for activation of Negative Ions generation from the inner mat layers because the ions generation starts automatically when the mat is "ON" due to the piezoelectric and pyroelectric effects caused by the distorted by heat crystallographic structure of the mat's anion generating layers and Amethyst, Tourmaline and Jade crystals.

**NEGATIVE ION INDICATOR**



**2** The controller for the Pro and Midsized mats may have the "Negative Ion" indicator lamp which indicates that the mat is heating and negative ions are being generated by the inner mat layers. The controllers for the other mats do not have a light indicating the negative ions are being generated, but you can be assured that the negative ions are still being created.

**3** The negative ions generation will decrease when the mat cools down. The number of ions goes up when you lay on the non-powered mat as the Amethyst, Tourmaline and Jade and negative ion generating layers use your body natural heat to produce anions.

### AUTO EMF

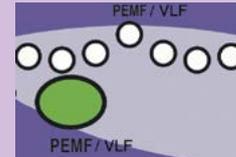
MediCrystal Mat™ construction provides negative ions generation and far infrared deep penetration heating without any harmful electromagnetic fields emissions. Full protection from harmful EMF is provided by the double silicon insulation of heating elements, and by the special EMI (electro magnetic waves interceptor) layers with copper, charcoal fiber and aluminum foil. Heavy Amethyst layer also is known for interception of EMFs generated by electronic devices in the space around.

### PEMF/VLF (optional)

**1** PEMF (VLF) magnetic wave while "ON", increases the Infra-red heat and deep healing impact of the mat as well as optimizes cellular membrane potential and communication.

**2** IF PEMF (VLF) FUNCTION is installed on the MediCrystal Mat™, it can be activated by pressing the "PEMF" or "VLF" toggle button on the controller. The PEMF / VLF indicators will light up.

**OPTIONAL PEMF/VLF BUTTON AND INDICATOR**



**3** The function lasts for 30 minutes, then it will automatically cut-off. The "PEMF" (VLF) indicators will go down.

**4** While the mat power is "ON" and it is in the heating mode, each 120 minutes the function 30 minutes "ON" cycle will automatically repeat.

**5** You can also turn off PEMF (VLF) generation earlier by pressing the "PEMF" or "VLF" toggle button again. To reactivate the function, press the "PEMF" or "VLF" button again.

### PHOTON RED 660NM LIGHT (optional)

**1** IF OPTIONAL PHOTON FUNCTION is installed, it can be activated by the "PHOTON" toggle button on the controller. The Photon indicator will go "ON" while in operation.

**2** The function lasts for 30 minutes, then it will automatically cut-off. The "PHOTON" indicator will go down.

**3** While the mat power is ON, the function will be automatically reactivated after 90 minutes. It can also be activated again by pressing PHOTON button.

**OPTIONAL PHOTOTHERAPY BUTTON AND INDICATOR**



### PEMF(VLF) and PHOTON THERAPY for MINI MAT

In the models of MediCrystal Mini Mats™ with the Red-Brown controller and PEMF(VLF) and PHOTON functions the "A" Toggle Button which is usually used for Timer ON/OFF may be programmed to be used for Photon and VLF functionality. Press the button to turn ON or OFF both functions simultaneously.



## FOR SAFETY, UNPLUG THE MAT WHEN IT IS NOT IN USE.

When unplugging the mat, do not pull on the cord, instead, disconnect it from the outlet by pulling the plug directly.

### DO NOT FOLD WHILE IN USE

The MediCrystal Mats™ are designed to lay flat or wrap around the body when in use, they should NOT be folded in half while heating is “ON” or they will over-heat, the warranty on the mat will be void and the life of the mat will be greatly diminished. They may be folded after they are cool, turned off, and prepared for storing.

## TROUBLESHOOTING

The MediCrystal Mat is a top quality, durable product with a long life. Our mats encounter only a very small percentage of factory defects. They are manufactured under the strict quality control of ISO, GMP and CE certification standards at a TUV registered facility (one of the oldest in the manufacturing business, with many years of consistent experience).

In the rare instance you may encounter a problem, it might occur mainly due to a power spike (an electrical current surge in the power line causing too much power to flow down the line and “burn out” a device plugged into the line). This might likely happen to electronic devices if they are not plugged into a surge protector. The easiest solution to this problem is to purchase a new controller for your mat (approximately \$50-\$100 incl shipping).

Other reasons might include, the mat or controller being dropped, some sort of heavy impact (sometimes happens during parcel delivery) or improper use of the product. Consider the instructional steps below to try and solve the problem you may be having or contact the MediCrystal support team by email for assistance: [support@MediCrystal.com](mailto:support@MediCrystal.com).

### If the MediCrystal Mat controller is not working at all:

- ◆ Ensure the controller's mat plug is pushed all the way in to the mat's receptacle socket so that it is snug tight with

no space at all between the plug and the mat's socket. ALWAYS DO THIS FIRST!

- ◆ Ensure the electrical wall socket that you've plugged the mat into is working correctly. Plug another device into it to ensure it is properly powering. If it is not working, consider checking the electrical panel as a breaker may have popped (or broken) and needs to be reset. Or try another electrical wall socket that you have verified is powering other devices.
- ◆ If you are using a surge protector, ensure it is working properly. Plug another electrical device into and verify that it powers other devices just fine.
- ◆ Make sure that the power button on the controller has been turned on. If the MediCrystal Mat controller is still not operating.

The controller's fuse may have blown or it may be faulty and should be replaced. Contact us via email for the replacement process ([support@MediCrystal.com](mailto:support@MediCrystal.com)). We will provide you with the instructions to send your broken part back to our service center for repair as well as get the information from you we need to send your replacement controller back out to you.

### If the MediCrystal Mat is not heating:

- ◆ **FIRST** – Unplug the controller from the wall and from the mat.
- ◆ **SECOND** – Plug the controller into the mat tightly.
- ◆ **THIRD** – Plug the controller into a surge protected power source so that it fits snug.
- ◆ **Check** the Power button, ensure it's been turned on and rotate the temperature dial to increase the heat.
- ◆ If you are operating the mat in an environment with extremely low temperatures, the mat's sensor can temporarily malfunction.
- ◆ **DO NOT** open the controller or try to get inside of it (to access parts) while it is plugged into a power source.