



## **Lifelab PEMF + Infrared Therapy Mat Manual**

**Our support team is happy to help you in any language.**  
If you have any questions, please contact us at: [\*\*sales@lifelab.shop\*\*](mailto:sales@lifelab.shop)

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## 1. Technical Specifications

- Product: Lifelab PEMF Infrared Mat
- Dimensions:  $190 \times 80 \times 3$  cm
- Temperature Range:  $30 - 70$  °C
- Crystals: Amethyst
- Number of PEMF Coils: 6
- Magnetic Field Strength per Coil:  $150 \mu\text{T}$
- Infrared LEDs: 36
- Infrared Wavelength: 660 nm
- Weight: 16 kg
- Package Size:  $82 \times 65 \times 15$  cm
- Power Supply: AC 220V, 280W, 50Hz
- Insulation Class: Class 2, Type B

## 2. Features

- Display
- Power Button
- Plus Button: increases time, temperature, or frequency
- Minus Button: decreases time, temperature, or frequency
- Timer: Set between 1 and 12 hours
- PEMF Button:
  - 1 short press = on
  - 2 short presses = set frequency
  - 1 long press = off
- Heating Button:
  - 1 short press = on
  - 2 short presses = set temperature
  - 1 long press = off
- Infrared LEDs Button: on/off
- EMF Button: Not functional in this version (EMF shielding already built-in)

## 3. Getting Started

### Step 1: Unpack the Mat

Unfold the mat on a flat, clean surface.

### Step 2: Connect to Power

Attach the remote and power plug to the mat. Plug into an outlet.

### Step 3: Basic Settings

- **PEMF Frequency:** Short press PEMF button once to turn on, then twice to set frequency. Use + or – to adjust to **8Hz (Schumann Resonance)**.
- **Heating:** Short press heating button once to turn on, then twice to set temperature. Set to **40°C** to activate amethyst crystals' negative ion effect.
- **Infrared LEDs:** Short press the LED button once to turn on.

### Step 4: Relax

Lie down, relax, no phone or laptop. Read a book or rest.

Use for **30–60 minutes daily** for the first 30 days, then adjust settings based on your experience.

## 4. General Remarks

### Application Guidelines

- Weeks 1–4: Use basic settings
- After 4 weeks: Start experimenting
- Weeks 6–8: Body will be fully adapted

### Tips

- You can't physically feel PEMF (use tester with steel ball to observe).
- Drink water before and after use.
- Start with short sessions; gradually increase.
- Ideal: 2–4 sessions/week, 30–60 minutes.
- OK to sleep on mat (keep temp < 45°C).
- Use bare skin for best infrared results.
- Avoid PEMF at temps above 65°C.

### Care Instructions

- Use towel or sheet to prevent stains.
- Wipe with damp cloth only when unplugged.
- Fold only at designated fold points.

## 5. Setup and Use

### PEMF Settings

- Short press button to turn on
- Double press to set frequency
- Use + or – to adjust

### Frequency Bands:

- 0–4 Hz: Delta – Deep sleep, healing
- 4–8 Hz: Theta – Light sleep, creativity
- 8–12 Hz: Alpha – Relaxation, meditation
- 12–30 Hz: Beta – Focus, alertness

### Heating Settings

- Short press to turn on
- Double press to set temp
- Adjust with + or –

### Recommended Temperature Durations:

- 35–40 °C: Low – Long use
- 40–50 °C: Normal – 60–120 min
- 50–60 °C: Strong – 10–90 min
- 60–70 °C: Intense – Max 10–60 min

Takes up to 10 minutes to fully heat.

### LED (Biophoton) Use

- Short press to activate

## **6. Frequently Asked Questions**

**Q: Is the mat EMF-safe?**

Yes. The mat uses non-EMF wires and includes an EMF-shielding carbon layer.

**Q: How often should I use it?**

30–60 minutes every other day. Let your body guide you.

**Q: Are there side effects?**

Avoid PEMF if you:

- Are pregnant
- Use electronic implants (e.g., pacemakers)
- Have epilepsy or seizure conditions
- Have heart rhythm issues
- Suffer from hyperthyroidism
- Have angina pectoris

A temporary "healing crisis" may occur (initial worsening before improvement).

## 7. Safety Instructions

### Electric Shock Risk

- Unplug when not in use
- Do not pour liquids
- Unplug before cleaning
- Clean with dry or lightly damp cloth only
- Indoor use only
- Avoid moisture exposure
- Inspect regularly for damage
- Never repair the device yourself

### Fire Hazard

- Monitor temp during use
- Do not use folded
- Use only with thin layers (no thick bedding)
- Keep away from flames or heat sources
- Avoid skin irritation from overheating
- Keep out of reach of children
- Do not use PEMF during pregnancy or with implants
- Do not use high temps overnight
- Use low settings for elderly and children

## 8. Medical Disclaimer

We do not promise any healing effects from the use of our products.

## 9. Warranty and Disposal

### Warranty

1-year legal warranty under EU consumer protection law.

Contact your seller for support.

### Disposal

Dispose of your device at an official e-waste collection point.

Helps prevent environmental damage.

Contact your local municipality for info.