

<https://www.phymatlife.com>



PHYMAT

Far Infrared Electric Heating Mat

Product instruction manual

PHYMAT products-Select for your body

Thank you for choosing **PHYMAT** products.

We wish you and your family with
the company of **PHYMAT** products,
always healthy and beautiful.

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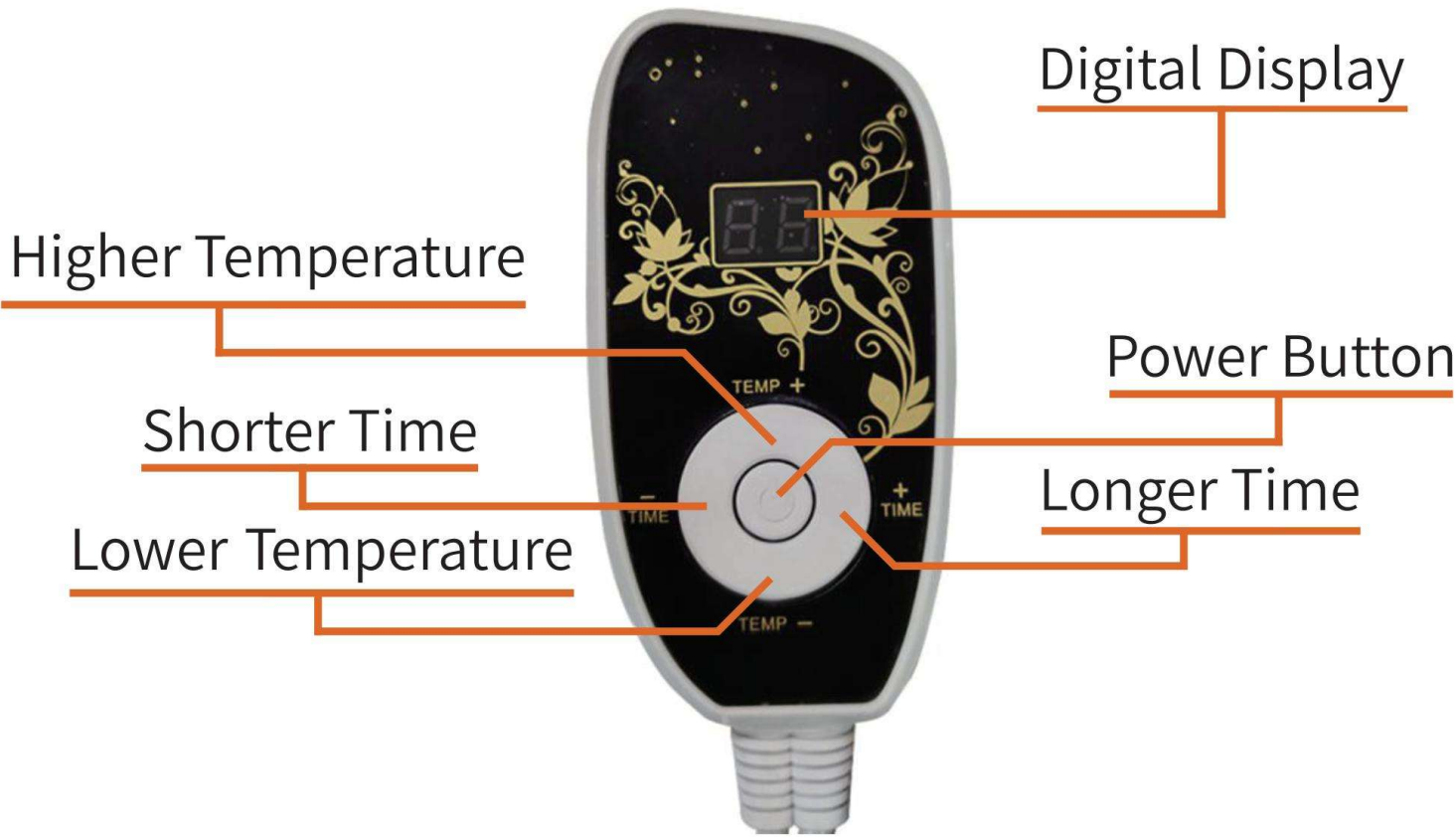
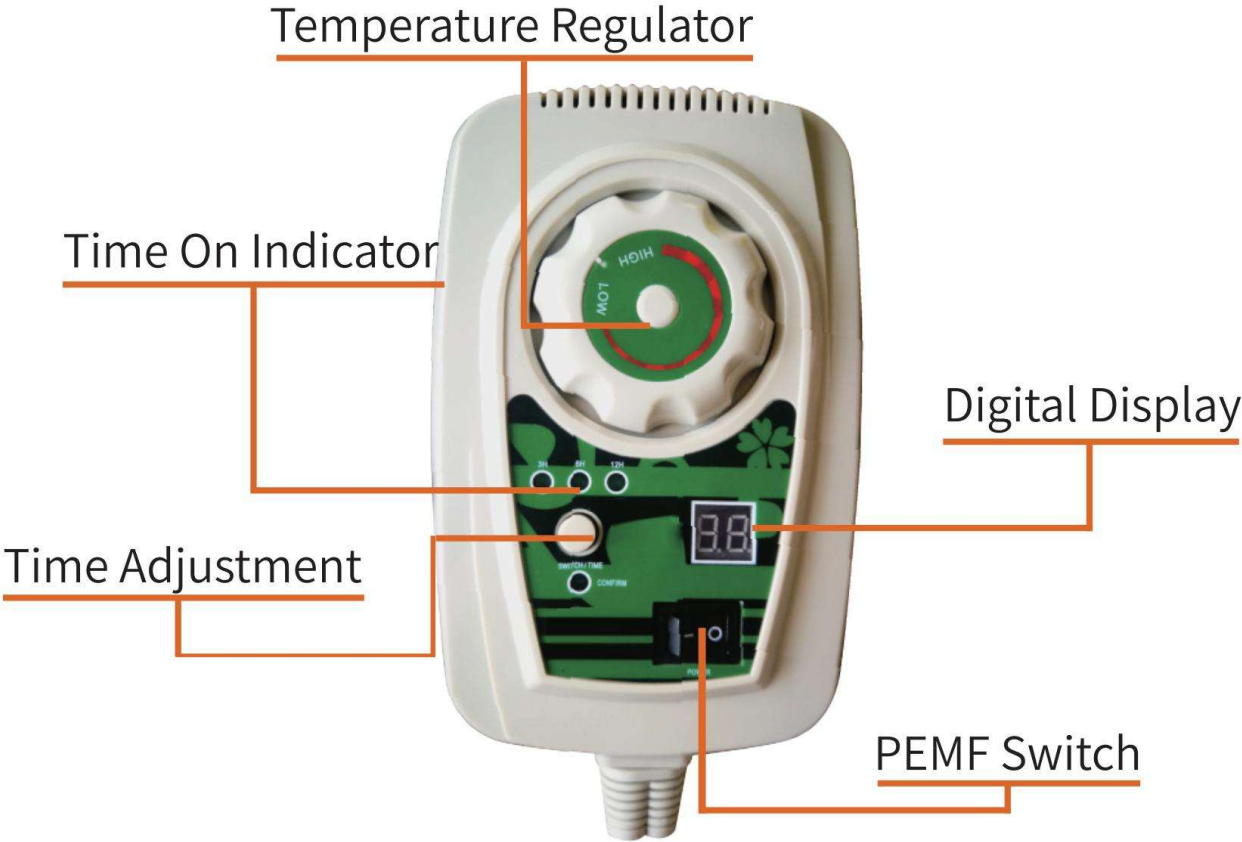
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INSTRUCTIONS FOR USE

1. Turn on the controller switch and the digital display will light.
2. Please adjust the temperature button of the controller and adjust it to the required temperature as needed. At this time, the electric heating pad starts to work . (the higher number, the higher temperature)
3. When the temperature reaches the preset temperature, the controller enters the automatic adjustment state to maintain the constant temperature.
4. If you need to use it all night, attention please, adjust the controller to the lower temperature before going to sleep.
5. When the person leaves, turn off the power and remove the power plug to prevent fire.

CONTROLLER INSTRUCTION



USAGE

1. Please plug your controller deep into the mat's jack and then into a power outlet.



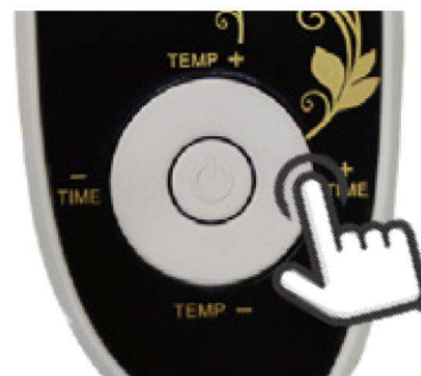
2. Flip the power switch On. The display will start to show a red light. You can use this switch to turn the power Off.



3. Choose heating time. Press the timer button to choose between 4-hour, 8-hour or 12-hour settings. The green light indicates which time setting is selected



time setting 4h 8h 12h



time setting 1h-12h

4. Choose heating temperature. Turn the dial to set your selected temperature from 30°C (85°F) to 70° C (160F). For extended periods (overnight), 35-40°C is suggested. For shorter sessions, 45-55'C is good to get full therapy or energy. For maximum sauna effect, for about 30 minutes, 60-70°C is ideal. The red LED display shows the actual temperature. Once you start turning the dial it shows your selected temperature for a few seconds, and then goes back to showing the actual temperature.



*IN ADDITION

If the style you buy has photon function
Press the Photon button to turn the photon lights On/Off. The lights operate independently of the heat.



ATTENTION:

The mat is made of many functional layers. It takes time for the stones to heat up completely. Keep the mat covered with a blanket and/or lie on the mat can make it heat up faster.

SAFETY PRECAUTIONS



Do not disassemble or modify it by yourself.
(If there is a problem, please contact the after-sales service center: 011@zkheat.com)



Do not force the cable or pull out the plug.



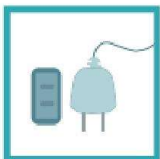
Do not use damaged power cords, sockets or plugs.



Do not use the power supply outside the specified range.



Do not allow infants, children who are not self-care or those who are not sensitive to heat.



Unplug the power when you are not using or going out.



Do not place heavy objects or flammable objects on the mat .



Do not fold the mat when using.



Do not insert needles.



Mats and thermostats must not be filled with **water**.
Do not use abrasives, petroleum, benzene, hydrochloric acid, hot water, hard brush, etc. when cleaning.

DISPLAY TEMPERATURE :

Depending on the product's safe power setting, use environment and use mode, the heat loss is different. Therefore, the products are qualified in the following situations :

1. Without the cover, the temperature of the display reaches 45-55°C, indicating that the product is qualified;
2. In the case of using the outer cover, the display temperature reaches 55-70°C, indicating that the product is qualified.

Adjustable Temp:

- Warm: 30-40 °C (86-104 °F) for overnight use
- Middle: 41-50 °C (113-131 °F) for 2 hours or more
- High: 51-60 °C (131-149 °F) for 30-90 minute sessions
- Very High: 61-70 °C (149-158 °F) for 30-60 minute sessions

Please Note: When you set the temperature range (50°C-70°C). You need to cover the surface of the mat with our mat cover or a blanket .

If you change the state of the mat's thermal insulation, for example, if you stand up from the mat or remove the blanket and protector and let it sit uncovered for 5 minutes, the temperature may drop 20°C because the hot crystals' heat will dissipate quickly.

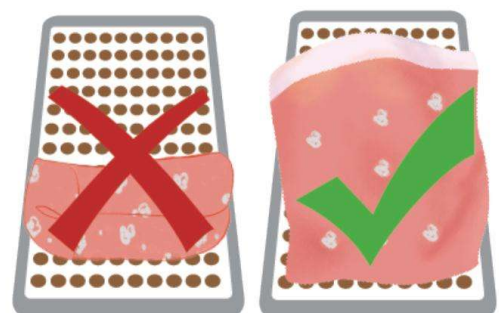


Safety Tips

If you need to lay the blankets, please spread it evenly to maintain uniform heat dissipation, and it is forbidden to cover it locally. Otherwise it will cause local overheating, damage the controller or even cause fire!

Attention:

Heart patients are forbidden to use.
Pregnant women are forbidden to use.



COMMON PROBLEMS AND SOLUTIONS

Phenomenon	Confirm	Solutions
No power indicator	Whether power is cut off	Please wait until there is electricity to use
	Whether the power plug is off	Please plug in the power plug well
Suddenly stopped during use	Confirm the condition of the socket	Change to another outlet and confirm again
	Confirm the connection between the mat and the controller	Reconnect the mat and controller
Temperature is too low	Whether the set temperature is very low	Reset temperature
	Whether the bedding covers the controller	Please expose the controller to the outside
Temperature is too high	Whether the set temperature is very high	Reset temperature
	Whether the water is in the controller	Remove from the socket and make it completely dry before use
Temperature indicator is not lit	Has the set temperature been reached?	Please set the high temperature and confirm again

FAR-INFRARED HEATING PAD

There are more varieties far infrared heating pad in the official website.

Find more products on <https://www.phymatlife.com>

We can also customize a variety of models of far infrared heating pads according to your needs



WE HAVE THE ADVANTAGE:

1.EXPERIENCED STAFF

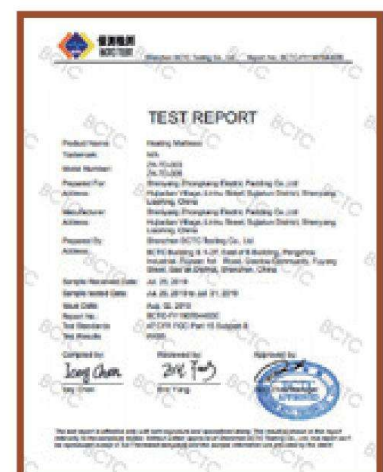
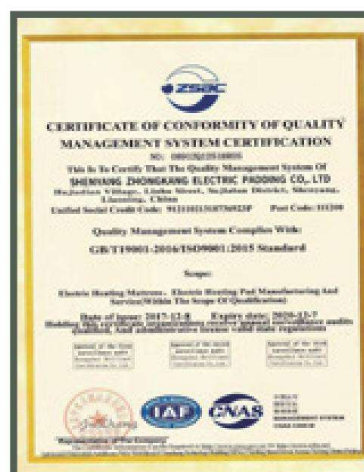
2.HIGH QUALITY MATERIAL

3.PROMPT DELIVERY

4.QUALITY APPROVAL

5.GUARANTEEE AND WARRANTY

OUR COMPANY HAS PASSED ISO9001:2015 QUALITY SYSTEM CERTIFICATION,WE HAVE BEEN APPROVED BY CE,FCC, AND ROHS CERTIFICATION.



LOVE WITHOUT WORDS

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