



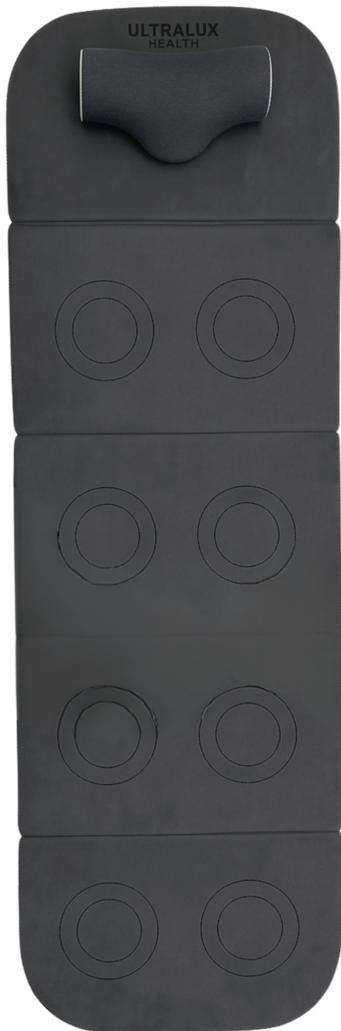
ULTRALUX

PEMF MAT

USER MANUAL

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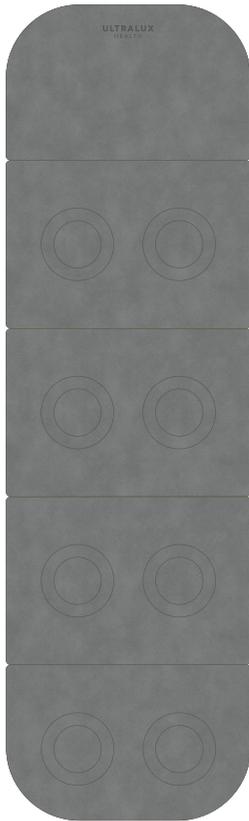
Meet Your UltraLux PEMF Mat

Congratulations on taking this next step in your health and wellness journey! This FDA approved technology uses low-frequency energy waves to improve circulation, reduce pain and inflammation, speed up healing, and boost relaxation and sleep.

The Ultralux PEMF Mat offers home access to powerful therapy for wellness support at home. This User Manual provides instructions on setup, usage tips for maximizing effectiveness, and troubleshooting advice for a seamless experience.



PACKAGE CONTENTS



1x UltraLux
PEMF Mat



1x PEMF Tester



1x User Manual



1x Power Cord



1x Control Box



1x PEMF Case

READ BEFORE USE

Before using your PEMF Mat, it is essential to read the entire manual thoroughly. Usage is not recommended for individuals who are pregnant, have implants, have undergone recent surgeries, or have specific health conditions. Consult a doctor if there are any uncertainties about usage.

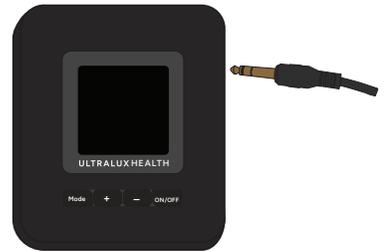
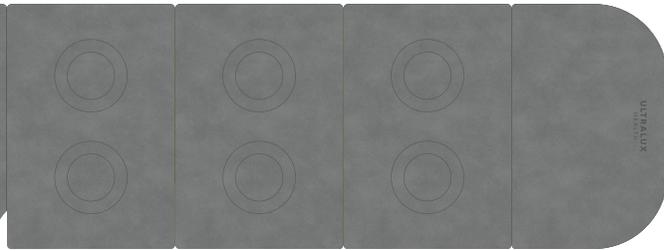
Important Safety Guidelines for Product Use

- This product is **not suitable** for children or pets & should be kept away from them at all times. This product is also not suitable for individuals with limited physical capabilities unless they are under supervision.
- Only use the **provided power supply**; no other power source should be utilized.
- **Do not operate near water or flammable materials.**
- Always inspect the product for any damage before use.
- **Do not use during storms** or when the product is unsupervised.
- The control box must never be placed on the mat while it is in operation.
- The **mat should not be folded during use.**
- Avoid using your mat on soft, heat-sensitive, or flammable surfaces
- Ensure the control box is on a hard, heat-resistant surface and **not on the mat.**
- Do not exceed 2 Hz on the head, and refrain from using the product if you are under the influence of substances.
- If you experience any discomfort, stop using the product immediately.
- Metal accessories and heat-based creams should be avoided.
- Do not fold the item beyond its four built-in creases that separate the five sections.
- High frequencies should not be used near the head, and again, avoid metal accessories or heat creams.

Finally, do not use this product as a substitute for prescribed treatments without consulting a medical professional. This device complies with FCC rules and does not interfere with other electronics. Follow safety standards and install away from other signal-sensitive devices.

SET UP YOUR PEMF MAT

Before you unfold your mat, make sure to take off any heavy clothing, shoes, and jewelry or accessories. Opt for clean, comfortable attire, ideally made from natural fibers like cotton. Additionally, remember to drink plenty of water both before and after your session to keep yourself hydrated.

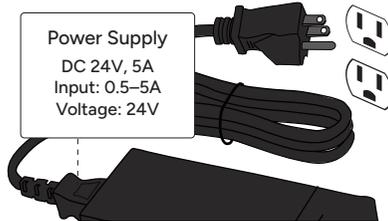


Position the mat flat on a sturdy, heat-resistant surface. Ensure that you set it up in a calm and private area for optimal sessions.

Connect the cable attached to the PEMF mat to the side of the control box.



Insert the DC connector from the power supply into the back of the control box.



Ensure all cables are secure and then plug the power cable into a standard electrical outlet.



Place the PEMF Tester on the mat and power it on to verify functionality.

CONTROL BOX FUNCTIONS

Featuring 8 copper coils, 10 customizable modes, adjustable session lengths, and frequency settings from 0.5–72 Hz. Enjoy wellness support anytime—no clinic required. **All settings can be adjusted using the Control Box as shown:**



Display: Shows frequency, mode, and time.

Mode Button: Toggle between frequency, mode, and time. 1 (lowest) > 10 (highest)

+/- Buttons: Adjust settings.

Frequency: 0.5–72 Hz (in 0.5 increments)

Time: 15–90 min (modes 1–7 only; 8–10 are fixed at 15 min)

Power Button: Turns the mat on and off.

PEMF Frequency (Hz) Settings

Start low and increase slowly.

Frequency = number of electromagnetic pulses per second.

Troubleshoot

For issues like the mat not powering on or unusual noises, unplug and contact support. Customer Service Information is listed on page 19. Do not attempt to repair the mat yourself.



HEALTH BENEFITS

Explore how the Ultralux PEMF Mat can enhance your wellness with pulsed electromagnetic fields, improving circulation, relaxation, and sleep. **Unlock your health potential with this innovative therapy.**

Improved Circulation:

The low-frequency energy waves emitted by the PEMF mat enhance blood flow throughout the body, ensuring that oxygen and nutrients are efficiently delivered to cells. This can aid in faster healing and improved overall health.

Pain Relief:

Regular use of the Ultralux PEMF Mat can significantly reduce pain by soothing inflamed tissues and muscles. It's particularly beneficial for those suffering from chronic pain conditions.

Reduced Inflammation

By promoting cellular repair and reducing oxidative stress, the PEMF mat helps to decrease inflammation, providing relief for sore and swollen areas.

Enhanced Relaxation and Sleep

The calming effects of PEMF therapy can lead to better stress management and improved sleep quality. Users often report feeling more relaxed and experiencing deeper, more restorative sleep.

Accelerated Healing:

PEMF therapy boosts the body's natural healing processes, aiding in quicker recovery from injuries and surgeries by stimulating cell regeneration.

HEALTH BENEFITS

Increased Energy Levels

By improving circulation and cellular function, regular sessions on the PEMF mat can lead to heightened energy levels and increased vitality.

Support for Bone Health

PEMF therapy has been shown to support bone density and health, making it a valuable tool for those concerned about osteoporosis or bone injuries.

Detoxify the Body

The gentle electromagnetic pulses from the PEMF mat stimulate the lymphatic system, helping the body to detoxify naturally. This process assists in eliminating harmful toxins and waste products, promoting a cleaner, healthier internal environment. Regular use of the mat can support your body's natural detoxification pathways, leaving you feeling refreshed and rejuvenated.

Note: Some users may experience tingling or warmth, and temporary side effects such as increased bathroom trips, energy, and hair/nail growth. Use pillows for spinal support during back therapy, avoid caffeine, and ensure the mat cools fully before storage.

OPTIMAL USE

In this section, we have outlined the recommended settings for the Ultralux PEMF Mat based on the specific benefit you wish to achieve. Whether you are aiming for pain relief, enhanced relaxation, or improved circulation, **this guide will help you customize your sessions for optimal results.**

As you start PEMF Therapy, we recommend using the Ultralux PEMF Mat at 2 Hz for calming effects for the first three days and gradually increase the frequency as your body adjusts. If discomfort occurs, return to 2 Hz. Avoid frequencies above 15 Hz at night to ensure restful sleep. Alternate frequencies to prevent adaptation and limit usage to 90 minutes per day, allowing at least a five-hour interval between sessions for optimal safety and results.

Sleep Support / Relaxation

To enhance the quality of your sleep, we recommend utilizing your PEMF Mat before bed with the following settings. We recommend utilizing the same settings for relaxation sessions.

.5 - 3	1		1-2	2-4
FREQUENCY HERTZ	SESSION EVERY DAY	20-30 MINUTES	POWER LEVEL	WEEKS

Stress / Anxiety Relief

To reduce feelings of stress and anxiety, we recommend utilizing the following settings. The best results are found when paired with breathing exercises.

2 - 7	4-6		2-3	2-4
FREQUENCY HERTZ	DAYS PER WEEK	15-30 MINUTES	POWER LEVEL	WEEKS

Acute Pain Relief

Target painful areas directly either daily or 5x a week and adjust the Ultralux PEMF Mat to the recommended settings to alleviate discomfort and support healing efficiently.

30 - 72	1		8-10	2-4
FREQUENCY HERTZ	SESSION EVERY DAY	30-45 MINUTES	POWER LEVEL	WEEKS

Chronic Pain Relief

Adjust your settings as shown and use consistently for the best results. Combine with gentle stretches to enhance its effectiveness.

10 - 15	5-7		6-8	4-9
FREQUENCY HERTZ	DAYS PER WEEK	30-45 MINUTES	POWER LEVEL	WEEKS

Joint / Bone Healing

Place your affected joints directly in contact with the mat and adjust your settings as shown. Consistent use can lead to stronger bones and better skeletal integrity.

10 - 50	5-6		5-8	6-13
FREQUENCY HERTZ	DAYS PER WEEK	30-45 MINUTES	POWER LEVEL	WEEKS

Circulation & Oxygenation

Adjust your settings to enhance blood flow and oxygenation, promoting optimal circulation. Morning sessions are ideal to boost energy and support health, and combine with regular physical activity for added benefits.

10 - 20	4-6		4-7	4-9
FREQUENCY HERTZ	DAYS PER WEEK	20-30 MINUTES	POWER LEVEL	WEEKS

Energy / Vitality Boost

To boost energy and invigorate your day, use the PEMF Mat with these settings to enhance circulation and cellular activity. Morning sessions are especially effective for kickstarting metabolism and preparing for the day.

10 - 50	3-5		5-9	2-4
FREQUENCY HERTZ	DAYS PER WEEK	10-20 MINUTES	POWER LEVEL	WEEKS

Focus / Mental Clarity

These are the recommended settings to improve neural function, boosting concentration and cognitive performance, making it ideal for morning routines or attention-intensive tasks. For that reason, we suggest using these settings late in the

12 - 18	3-5		3-5	2-4
FREQUENCY HERTZ	DAYS PER WEEK	10-20 MINUTES	POWER LEVEL	WEEKS

Athletic Recovery

To aid recovery after physical exertion, adjust the Ultralux PEMF Mat to the recommended settings to soothe sore muscles and reduce inflammation. Use post-workout for optimal results, and pair with ample hydration and protein intake.

10 - 50 FREQUENCY HERTZ	POST WORK OUT	 20-40 MINUTES	5-8 POWER LEVEL	2-4 WEEKS
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Muscle Stimulation / Strength

Target specific muscle groups with PEMF settings to enhance strength and conditioning. Regular use can improve muscle tone and endurance, but it's best to avoid using these settings late in the day.

40 - 72 FREQUENCY HERTZ	3-4 DAYS PER WEEK	 10-20 MINUTES	8-10 POWER LEVEL	4-9 WEEKS
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Detoxification Support

To stimulate the lymphatic system, adjust your settings as shown and utilize consistently. It is also vital to pair with a healthy diet and remain hydrated throughout your session.

2 - 8 FREQUENCY HERTZ	3-6 DAYS PER WEEK	 30-45 MINUTES	4-6 POWER LEVEL	4-9 WEEKS
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Cellular Repair / Regeneration

Employ these Ultralux PEMF Mat settings to boost cell recovery. Regular sessions can enhance healing processes and promote overall cellular health, contributing to improved vitality.

10 - 50 FREQUENCY HERTZ	1 SESSION EVERY DAY	 30-45 MINUTES	5-8 POWER LEVEL	4-9 WEEKS
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Immune Support

To strengthen your body's resilience against illnesses, utilize these settings designed to improve cellular regeneration and defense.

7 - 15 FREQUENCY HERTZ	3-5 DAYS PER WEEK	 30 MINUTES	5-8 POWER LEVEL	2-4 WEEKS
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***Disclaimer:** The Ultralux Health PEMF Mat is a general wellness product and is not intended to diagnose, treat, cure, or prevent any disease. These statements have not been evaluated by the FDA. Please consult your physician before use, especially if you are pregnant, have a pacemaker or other implanted electronic device, or have a pre-existing medical condition. Use only as directed. Individual results may vary.



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What is PEMF therapy?

PEMF (Pulsed Electromagnetic Field) therapy uses low-frequency energy waves to stimulate and promote healing processes in the body. It is known for enhancing circulation, reducing pain and inflammation, and improving overall wellness.

How often should I use the Ultralux PEMF Mat?

For optimal results, it is recommended to use the Ultralux PEMF Mat for 20–30 minutes per session, up to twice a day. However, you should always listen to your body and adjust usage according to your comfort and health needs.

Can I use the PEMF Mat while sleeping?

It is generally not recommended to use the PEMF mat while sleeping, as the body needs to be monitored for any discomfort during use. Instead, integrate it into your daily routine as a dedicated wellness session.

Does the PEMF Mat make any noise during operation?

The Ultralux PEMF Mat operates quietly, making it suitable for use during relaxation or meditation sessions without any distracting noise.

Can I travel with the Ultralux PEMF Mat?

Yes, the mat is portable and can be easily packed for travel. However, ensure that you have the appropriate power supply for the destination's electrical outlets and avoid folding the mat smaller than its original size.

What is the lifespan of the Ultralux PEMF Mat?

With proper care and maintenance, the Ultralux PEMF Mat is designed to provide years of reliable use. Regular cleaning and inspection for damage will help extend its lifespan.

Is there an ideal time of day to use the PEMF Mat?

The best time to use the PEMF Mat varies per individual. Some prefer morning sessions to boost energy levels, while others enjoy evening sessions for relaxation before bed. Experiment to find what works best for you.

Can I travel with the Ultralux PEMF Mat?

Yes, the mat is portable and can be easily packed for travel. However, ensure that you have the appropriate power supply for the destination's electrical outlets and avoid folding the mat smaller than its original size.

How does the PEMF Mat improve sleep quality?

By promoting relaxation and reducing stress, the PEMF Mat helps create an environment conducive to better sleep. Regular use can lead to deeper, more restorative sleep patterns.



Care Instructions

To ensure the longevity and optimal performance of your Ultralux PEMF Mat, please follow these care instructions:

- Never immerse in water.
- Use a damp cloth only.
- Cool completely before storing.
- Store flat or folded in half (never smaller).
- Keep away from heat, sunlight, or heavy objects.

Warranty

The UltraLux PEMF MAT comes with a **3-year limited warranty only valid for the original buyer**. In order for the warranty to apply, the item must be in like-new condition, excluding the defect.

Contact **support@ultraluxhealth.com** with photo or video evidence of the defective item. Whether or not the item is covered under warranty is under full discretion of UltraLux Health. If the item is covered, a replacement item will be shipped to the customer at no cost to the customer. Warranties cover labor, defective parts, and the return shipping of the new/repaired product to the customer.

Product Specifications

Product Name	UltraLux PEMF Mat
Rating Power	≤120W
Size	198.3 x 58.3 x 3.1 cm
Voltage	100V-240V
Timer	15-90 Minutes
PEMF Frequency	0.5–72 Hz
Coils	8 Copper PEMF Cores
Waveform	Square
Materials	PU, Memory Foam, Suede
Temp Range	0–104°F
Certifications	CE, ROHS, FCC



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Support@ultraluxhealth.com



Live Chat : ultraluxhealth.com



385-360-9755 or Internationally
Toll Free at: 855-479-4149



Monday - Friday 8:00am - 4:00pm MST