

PRC RESET



INFRARED PEMF SQUARE MAT

USER MANUAL

Benefits

Intended use:

This device is a wellness device aimed at relaxation and general wellness purposes only.

ProReset® S.L. (hereinafter “ProReset”) congratulates you on the purchase of your very own ProReset® Infrared PEMF Mat. Before using your Infrared PEMF Mat please read this User Manual in detail.

The Infrared PEMF Mat has been designed with your safety in mind. However, it's important to follow all safety procedures when using this device. The Infrared PEMF Mat has been uniquely designed to house and combine multiple optimal wellness components which are listed below:

FUNCTION	REPORTED BENEFITS
PEMF Setting (I-30Hz)	May improve deep sleep, grounding, increase calm and creativity, logical thinking, conscious thought, and meditation.
660 nm Red Light	May improved skin complexion
850 nm Near Infrared Light	May improve muscle wellness
FAR Infrared Light	May provide purification and relaxation
Amethyst	May balance mood and calmness
Onyx	May ground and calm
Tourmaline	May balance energy fields
Silica Crystals	May harmonize and restore

Most Infrared PEMF Mats only have Near and FAR Infrared Light built in. At ProReset® we know light well! Therefore, we have added 660nm red light to your PEMF Full Mat so you can enjoy the incredible benefits of red-light therapy whilst you PEMF.

Key Points

ACTIVATING YOUR INFRARED PEMF MAT

Your Infrared PEMF Mat comes with everything you need to start your journey to an optimal life. You are about to experience the epic benefits of using PEMFs.

For the best possible results, it is highly recommended you read this manual prior to using your Infrared PEMF Mat for the first time.



PHOTOSENSITIVITY TEST

It is very important to do a photosensitivity test prior to long sessions with your Infrared PEMF Mat.

- 1 Turn on your Infrared PEMF Mat and switch on the NIR and Red-Light settings.
- 2 Shine the light on an exposed part of your forearm, about 1 inch away, for 2 minutes.
- 3 If you experience any discomfort or redness on your skin, you must not use your Infrared PEMF Mat until you have sought professional advice from your doctor or healthcare provider.

Usage Instructions

You should lay your Infrared PEMF Mat on a stable surface prior to use. You can wear clothes or no clothes during a session, it's completely your choice. When using the Red and Near Infrared Light settings we would recommend the least amount of clothes possible for maximum benefits.

We recommend a minimum of 30 minutes per session.

Multiple Usages

Infrared PEMF sessions work best when administered consistently.

The best reported results may be seen from daily use but as a minimum it is recommended using your Infrared PEMF Mat at least 3 times a week.

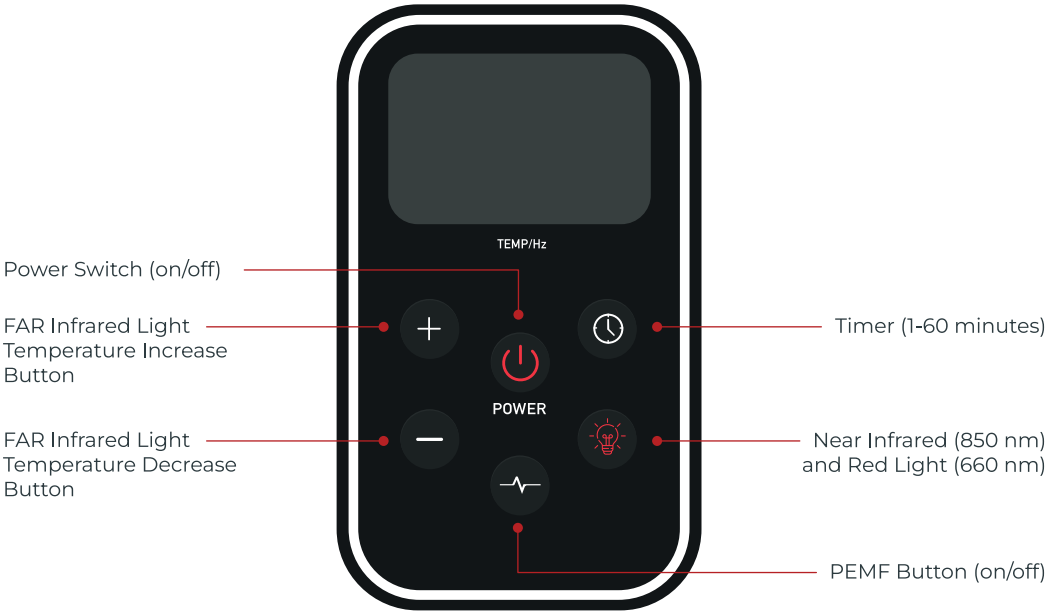
Specifications

Approx. Size/ Weight	50 x 50 cm (unfolded) / 3 kg
Materials	PU Leather, Crystals and Semi-Precious Gemstones
PEMF Settings	1-30 Hz
Light Wavelengths	660 nm & 850 nm
LEDs	6
Voltage	220-240 V
Wattage	80 W
Flicker	<0.1%
Temperature Settings	25-80°C
Electrical Fields	Ultra-low EMF – below international EMF standards
Warranty	1 year
Timer	1-minute intervals, maximum time – 60 min. Maximum time for PEMF setting – 30 min
11 Different stones	Amethyst, black and white crystal, white marble, onyx activated carbon, red lights, negative ion balls (6 different colors).

What's in the Box?

- 1xInfrared PEMF Square Mat
- 1xCarry Bag
- 1xPower Cable + Controller

Controller Configuration



HOW TO OPERATE YOUR INFRARED PEMF SQUARE MAT

Step 1

Remove all components from the box.

Lay the Infrared PEMF Mat on the floor or other stable surface and connect the Power Cable/Controller to the mat.

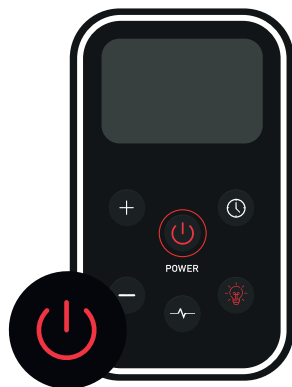


Step 2

Plug the other end of the Power Cable/Controller into an appropriate power outlet.

Step 3

Turn on the device by pressing the POWER button. (To turn the device off, press the POWER button a further time).

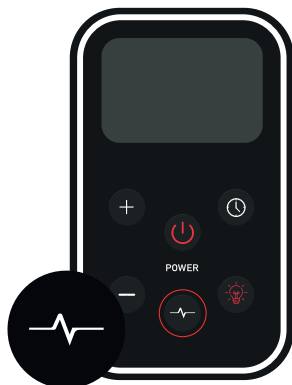


Activating PEMF Settings

Click the PEMF icon to activate the PEMF.

Use the + and - buttons to toggle through the PEMF settings. PEMF Settings can be lowered or raised from F1-F30 (1Hz to 30Hz) until you find your desired frequency.

To further change the PEMF settings click the PEMF icon once and toggle through the settings again using the + and - buttons.



**NOTE:**

PEMF setting will turn off automatically after 20 minutes.

Optimal PEMF settings are as follows:

(0.1 to -3Hz) – Delta waves	May improve deep sleep
(8Hz) – Schumann Resonance	May provide grounding effect
(9 to 12Hz) – Alpha waves	May increase calmness and creativity
(13 to 30Hz) – Beta waves	May help with logical thinking, conscious thought, and meditation

Activating Red Light Therapy

Click the red-light icon to turn on the Red Light Therapy (660 nm Red Light and 850 nm Near Infrared Light)

**NOTE:**

Not all lights will illuminate. Some LEDs contain Near Infrared Light which is invisible to the naked eye. Your device is functioning correctly, even with some lights appearing to not be illuminated.

Activating FAR Infrared Light (Heat)

FAR Infrared Light is controlled by the + and - section. Press this button so the display flashes. To choose the level of FAR Infrared Light (Heat) press the + button to turn up the heat and the - button to reduce the heat. The heat range is 25- 80°C.

Holding down the buttons will speed up the process if required.



Setting the Timer

The timer is controlled by the button with a clock. To choose your session time, press the button once to show the timer and then keep pressing the button until you reach your desired setting time. To reach your desired setting quicker, press and hold the button.

To reset the timer, press and hold the button until this reaches 60, wait for the flash and then press the timer button again which will reset the controller to 5 minutes.



Frequently Asked Questions

What is PEMF?

PEMF, which stands for Pulsed Electro-Magnetic Field therapy, sends electromagnetic waves through your body at different frequencies found in nature and has shown to promote your body's natural recovery process. PEMF has been scientifically proven and may have the potential to recharge cells, may aid in healing and promote relaxation.

How does PEMF and Infrared work together?

The benefits of PEMF alone have been reported to be truly amazing, but even more powerful when paired with the deep penetrating heat of Infrared. These technologies work together and may increase your body's ability to heal and relax at a deep cellular level.

Are there negative ions?

Yes, there are white/red/green/blue/yellow/brown negative ion ball, which, when heated, produce negative ions. Like antioxidants in the air, negative ions can help neutralize free radicals and also help to boost your mood by raising serotonin levels. Think of negative ions as the feeling you get when you walk on the beach, or if you've ever taken a walk through a forest after it rains.

What should I expect during my sessions?

A quick session on the PEMF mat may give you the same grounding results as one hour of yoga or meditation, plus you're tapping into the benefits of Infrared. Results vary from person to person and depend on the frequency used.

When should I use my PEMF mat?

You can use it really any time. You can use it every day, as many times as you'd like. Some of our favorite times for a PEMF session are: before a workout, before bed time, while relaxing watching TV, while reading, checking your emails, during meditation, or any time at all. It just depends on what you need at any particular time. Remember, there are stimulating frequencies which may energize you, and there are relaxing frequencies which may help you wind down and relax.

How long should I stay on the mat?

We recommend starting out with 10-15 minute intervals and increasing from there as you become accustomed to the mat and the therapy. The PEMF cycles are automatically 20 minutes long.

The heat will stay on for as long as you choose. As long as the heat is on, you are getting negative ions (from the crystals being heated).

What should I wear on the mat?

You can wear as much or as little as you please. The infrared function can heat up to 80°C (Celsius), so if you are turning the temperature up, be mindful of your skin being in contact with the hot mat. You may want something in between, like clothing or a towel.

What are the benefits of far infrared?

Improved circulation Far infrared heat can help to improve circulation by causing blood vessels to dilate. This allows more blood to flow to the tissues, which can help to reduce inflammation and pain.

Reduced inflammation: Far infrared heat can help to reduce inflammation by increasing the production of nitric oxide. Nitric oxide is a compound that helps to relax blood vessels and reduce inflammation.

Pain relief: Far infrared heat can help to relieve pain by reducing inflammation and increasing circulation. This can be helpful for people with chronic pain conditions such as arthritis, muscle pain, and back pain.

Improved sleep: Far infrared heat can help to improve sleep by relaxing the body and mind. This is because far infrared heat can help to reduce stress and anxiety, which can make it easier to fall asleep and stay asleep.

Skin health: Far infrared heat can help to improve skin health by increasing circulation and stimulating the production of collagen. This can help to reduce wrinkles and improve the overall appearance of the skin.

Detoxification: Far infrared heat can help to promote detoxification by increasing sweating. Sweating helps to remove toxins from the body through the skin.

What are the potential benefits of each stone?

01. White and black crystal stones:

May improve memory, reduce electromagnetic radiation, balance the body's energy, clear the mind, and may make you feel refreshed.

02. White marble and Onyx:

May improve skin health, reduce fatigue and enhance mood.

03. Amethyst:

May promote brain cells, enhance memory, improve sleep, enhance the relationship between husband and wife.

04. Activated carbon:

Has been said to adsorb dirt and purify the air.

What are the wavelength and benefits of red lights?

660 nm red light emits specific wavelengths that penetrate different tissues in the body, helping to relieve pain, promote wound healing, enhance beauty and skin care, and support disease recovery.

How do I know which PEMF frequency to use?

You really can't go wrong (with some energizing exceptions when you want to relax). As explained earlier, there are four main categories of frequencies:

Delta (1-4 Hz): Frequencies in this range promote deep relaxation, enhance restorative sleep, and support the body's regenerative abilities. They may assist in reducing stress and promoting a sense of rejuvenation.

Theta (4-8 Hz): Frequencies in this range can help induce a state of relaxation, enhance mental clarity, and support creative thinking. They may aid in reducing anxiety and promoting a sense of calmness.

Alpha (8-12 Hz): Frequencies in this range can assist in promoting relaxation, improving focus and concentration, and supporting stress reduction. They may enhance mental clarity and aid in achieving a state of mindfulness.

Beta (12-30 Hz): Frequencies in this range help increase mental alertness, promote cognitive function, and support productivity. They may aid in improving mental performance, memory, and overall mental acuity.

Generally, lower frequencies are more relaxing while higher frequencies can be more stimulating.

WARNINGS. IMPORTANT READ BEFORE USE.

Safety

- Do not stare directly into the LEDs or its reflection in the mirror. This can cause temporary irritation to the eyes.
- Do not allow children to use the device unsupervised or without clearance from your medical practitioner.

This device is an electrical device and to avoid electric shocks you must adhere to the following:

- Do not drop the device in liquid.
- Do not wash this device with any liquids.
- Do not touch with wet hands.
- Do not use the device on wet or damp skin.
- Do not tug or pull on the charging cable when charging the device.

- Do not use the device if it has been dropped, left outside, or exposed to liquids.
- Do not use on or near hot surfaces.
- Do not operate near flammable or combustible products or where vapours may be present. Explosion or fire may occur.
- Do not use this device on people with disability, sleeping or unconscious people.
- Do not use this device on open wounds.
- Do not use in conjunction with salves, balms or ointments.
- Do not modify or attempt to modify this device.
- Do not attempt to repair this device.
- Do not use this product if damaged
- Over use of this device on maximum temperature may result is excessive stimulation. Use moderately on high temperatures.
- Unplug the device when not in use.
- Do not use on infants. Children must be supervised when using the device.
- Do not place blankets, heavy objects of flammable materials over the device.
- Use cautiously, improper use may result in burns.
- Do not use of skin sensitive to heat, such as your face.
- Do not use creams, salves, ointments or liniments that contain heat producing ingredients. Skin burns could result.



The controller can get very hot. Place on a heat-resistant surface and do not place it on the product.



This device is designed to be used in a 220-240 volt (EU/Non-EU/Australian) electrical outlet. This product should only be used in this type of AC power supply at the correct voltage. This product should not be used with an extension cord, generators, power convertors or power inverters. Use of this product in other countries at different voltages or transformers is done so entirely at your own risk and may cause burns.



Keep all pets away from the product. They may damage or be injured by this product.

- Do not use the product on a waterbed, bunk bed, latex or memory foam bed, mechanically adjustable bed or a child's crib.
- Do not use alongside any other electrical device.

- Do not use the product without clothing on.
- Do not wear metal jewelry or other metal products when using the product.
- Do not tuck the power cable into your couch or other furniture. The entire product should be always visible during use.



The controller is not waterproof. Do not submerge in water or other liquids. Keep the controller away from damp areas or areas prone to damp.

- Do not wrap the cord around the controller. This may damage the cord when in use or in storage.
- Do not use the product with analgesic creams, or ointments as skin burns could result.
- Do not use corrosive chemicals or cleaning products to clean the product.
- Do not fold the product when hot as this may melt the material. This applies when in use and after use.
- Before use, inspect the product for wear and tear, frayed or exposed wires. If either are present, do not use it.



IMPORTANT:

Start on a low temperature and slowly increase the heat.

- Always wear clothing such as loose-fitting cotton garments. Do not use without clothing on.
- Do not fold the product on itself when in use or hot as this may cause burns and damage the product.
- The surface of the product is hot when in use and after use. Do not fold your product for at least 30 minutes after use or while still warm to touch. Failure to be this will void your warranty.

Before using the PEMF appliance, please consult your medical practitioner if you have any of the medical conditions listed below.

Do not use the PEMF appliance without your doctor's approval if you have any of the below.

- You are pregnant.
- Are taking drugs known to cause sensitivity of skin to light. Have any suspicious or cancerous lesions.
- Recently had a steroid injection or used topical steroids.
- Have a serious medically diagnosed condition.

- Have a heart condition or Pacemaker.
- Broken bones
- Malignancy
- Hemophilia
- Heat sensitivity
- Alcohol or alcohol abuse
- Post-surgery Mental illness
- Metal or other body implants, including breast implants
- Anhidrosis
- Skin disease, reddening or burns
- Breast feeding
- Osteoporosis
- Have a headache or feel nauseous
- Abnormal blood pressure
- Splanchnic diseases
- Diabetes



WARNING:

do not use the PEMF appliance when you have implanted electrical devices including pacemakers, cochlear implants, intrathecal pumps etc.

People with overactive adrenal or thyroid glands should sue this product with caution and seek medical advice before use as glands can become over-stimulated.

Conditions with active bleeding should be controlled before using the PEMF settings.

People who are known to be vulnerable to cardiac rhythm disturbances should use this product with caution and seek medical advice prior to use.

If you experience discomfort or have a concern about the device, stop use immediately and contact your doctor.

For indoor use only.

Use only equipment provided with your device.

**If you have any questions, please contact us at
support@proreset.com**

Electrical Safety

1. Do not place or operate the device near water or liquids.
2. Do not place it near or pour running water over the device.

3. This device is not to be used in the vicinity of water.
4. Do not store devices in temperatures exceeding 140F/60C.
5. Do not use your device if damaged, this may result in electric shock or injury.

Disclaimer

ProReset® Infrared PEMF Square Mat is not intended to diagnose, cure, or prevent specific diseases or medical conditions. These products are only intended to be used for relaxation and wellness purposes.

Any information contained in this manual is not intended as medical advice or a substitute for medical advice.

ProReset® does not intend these products to cure any physical or skin conditions solely from their use. A qualified health professional or doctor should always be consulted prior to using the products, and professional medical attention should be sought regarding any serious or life-threatening conditions.

These statements have not been evaluated by any Food and Drug Administration or health authorities. This product is not intended to diagnose, treat, cure, or prevent any disease whatsoever.

ProReset® is not responsible for any damage or loss that may arise from the use of our products, services, or information, and we disclaim all liability to the fullest extent permitted by law.

Maintenance and Storage

Maintenance

- Store the device only when it has cooled down to room temperature.
- Fold the device correctly and store it in the bag provided.
- Ensure the controller is unplugged from the device before storing.
- Do not store in hot and humid conditions.
- Do not put heavy objects on the device.

Cleaning

- Ensure your PEMF Mat is switched off and unplugged from the electrical socket.
- Clean the surface with a damp cloth.
- Avoid using any polishes or bleaches as they may damage your device.

Disposal

- This device must not be disposed of with your normal household rubbish.
- This device requires disposal via your designated waste collection point.



ProReset® Warranty Policy

ProReset® warrants that this product is free from defects in materials and manufacturing workmanship under normal and intended use. This 1-year limited warranty begins from the date of production and covers the original purchaser only. This warranty is non-transferable and requires proof of purchase for any claims whatsoever.

Warranty Coverage

ProReset® will, at its sole discretion, repair or replace defective products or components found to be faulty within the warranty period.

EXCLUSIONS

This limited warranty does not cover:

1. Normal wear and tear.
2. Shipping costs to and from ProReset's warehouse for repairs or replacements.
3. Damage incurred during transit (claims should be filed with the shipping carrier).
4. Accessories or components added after shipment that are not approved by ProReset.
5. Products purchased through unauthorized dealers or third-party resellers.
6. External accessories not listed in ProReset's standard product catalog.
7. Maintenance or service costs beyond warranty repairs.
8. Any modifications to the product.

WARRANTY VOIDING CONDITIONS

This warranty will be void if:

1. Cosmetic damage occurs not related to material or workmanship defects (e.g., scratches, dents, or tears).
2. Damage results from accidents, misuse, abuse, improper use or storage, or unauthorized modifications.
3. Repairs or alterations are performed without ProReset's prior written approval.
4. The product is used in conditions exceeding the guidelines outlined in this Instructional Manual.

5. The serial number is removed, defaced, or untraceable.
6. Any parts are tampered with or modified.
7. Cleaning agents containing harsh chemicals (e.g., acetone, paint thinner) are used.
8. The product is placed too close to heat sources, exposed to direct sunlight, or subjected to extreme environments.
9. The product is used outside the specified operational conditions, stored improperly, or used incorrectly.
10. Any spikes in electricity, lightning or any other natural disasters.

Claim Process

- Claims must be submitted within 30 days of defect discovery and no later than the warranty expiration date.
- Provide proof of purchase and a detailed description of the defect with videos and photos.
- Unauthorized repairs may render the product irreparable and void the warranty.
- Purchasers are responsible for shipping costs, import costs to and from ProReset's warehouse for all warranty related service.
- Claims should be submitted via certified mail or through the ProReset website.

Limitations of Liability

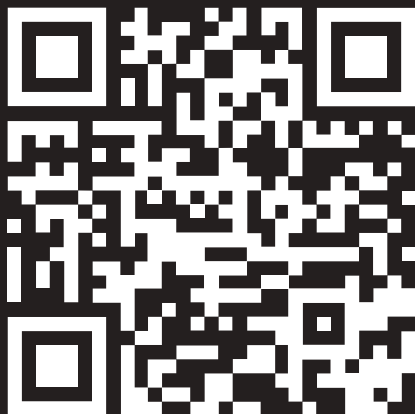
- ProReset's liability is limited to repair or replacement at its discretion under this warranty.
- No compensation is provided for incidental damages, loss of use, downtime, or any consequential losses.
- Purchasers assume full responsibility for compliance with local safety codes and operational regulations.

General Conditions

- This warranty applies only to products used and maintained per ProReset's instructions and specifications.
- Resale, rental, lease, or any transfer of ownership voids this warranty. No implied warranties of merchantability or fitness for a particular purpose extend beyond this document.

This content in this manual is subject to change.

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**If you have any questions about your product or this user manual,
please contact ProReset® by sending an email to
support@proreset.com.**



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