

1Love Health®

PEMF MAT

PEMF • FAR INFRARED • RED LIGHT

COMPACT & FULL SIZE MODELS



1LOVE HEALTH

OVERVIEW

Congratulations on your new 1Love Far Infrared PEMF Mat!

We're excited to help you with your journey toward enhanced wellness. Before diving in, please take a moment to read this user manual. We want to ensure you get the most out of your experience.

The 1Love Far Infrared PEMF Mat is designed with your safety and well-being in mind. To fully enjoy the benefits and use the mat safely, it is important to follow the guidelines provided.

Benefits of the 1Love Far Infrared PEMF Mat

The 1Love PEMF Mat integrates many advanced wellness features, providing you with a comprehensive health experience. For optimal results, consistent use is key. Aim for daily sessions. At a minimum, try to use your PEMF mat three times a week.

What should I expect during my sessions?

A quick session on the PEMF mat can provide grounding benefits similar to an hour of yoga or meditation, along with the added benefits of Far Infrared. Results will vary depending on the individual and the PEMF frequency used.

- **PEMF Therapy:**
 - **Delta Waves (0.1-3Hz):** Supports deep sleep and grounding.
 - **Schumann Resonance (8Hz):** Helps align the body's natural rhythms.
 - **Alpha Waves (9-12Hz):** Enhances calmness and creativity.
 - **Beta Waves (13-30Hz):** Stimulates logical thinking, conscious thought, and meditation.

- **660nm Red Light Therapy:** Promotes skin restoration and repair.

- **FAR Infrared:** Supports circulation, detox, relaxation, and pain relief.

- **Amethyst Crystals:** Helps balance mood and induce calm.

- **Onyx Crystals:** Provides grounding and calming effects.

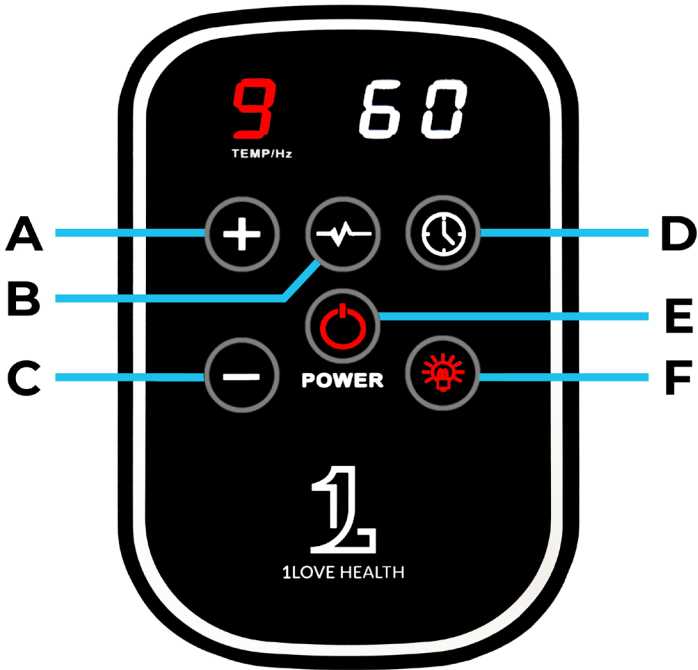
- **Tourmaline Crystals:** Balances energy fields, intensifies Far Infrared.







- **Silica Crystals:** Harmonizes and restores overall wellness.

What's in the Box?

1Love Far Infrared PEMF Mat, Power Cable + Controller, Carry Bag

CONTROLLER SETTINGS



- A**  FAR INFRARED Temperature Increase / PEMF Frequency UP
- B**  PEMF ON
- C**  FAR INFRARED Temperature Decrease / PEMF Frequency DOWN
- D**  Timer (60 Minutes Max - Press to Increase Time)
- E**  POWER (ON / OFF)
- F**  Red Light - 660nm (ON / OFF)

SETUP AND USE

1. **Unbox and Setup:** Lay the mat on a stable surface. Connect the Power Controller to the mat. Make sure to push firmly.
2. **Power On:** Plug the other end of the Power Cable/Controller into a wall outlet. Press the POWER button **(E)** to turn on the device.
3. **Activate PEMF Settings:** Press the PEMF button **(B)** and use the **+** and **-** buttons to adjust the frequency between 1Hz and 30Hz. Repeat to adjust the frequency at any time.

NOTE: *When you turn on PEMF, it is automatically active for 20 minutes and cannot be adjusted. To start a new session, power OFF the mat and then back ON. You may turn off PEMF at any time by pressing the button for 2 seconds until you hear a BEEP.*

4. **Activate Red Light Therapy:** Press the Red Light button **(F)** to turn ON the Red Light Therapy (660nm). Press again to turn OFF.
5. **Activate FAR Infrared:** Press **+** **(A)** to activate Far Infrared. Adjust the heat level using the **+** and **-** buttons **(A / C)**. A blinking dot indicates that the mat is preheating. Temperature intensity settings range from 1-9 (86-176°F).
6. **Set the Timer:** Use the Timer button **(D)** to select your session length (50-60 minutes). *Press repeatedly to increase time.* At any point during the session, press Timer **(D)** to increase the time remaining.

FAQ's

What is PEMF?

PEMF (Pulsed Electromagnetic Fields) therapy uses beneficial energy frequencies to mimic frequencies found in nature. These frequencies support your body's natural recovery processes, potentially recharging cells, aiding in healing, and promoting relaxation. Other benefits include improved sleep, grounding, calmness, and cognitive function.

What Should I Wear When Using My PEMF Mat?

For maximum benefits, minimal clothing is recommended. If using higher heat settings, wear light, breathable clothing. The infrared heat can get very HOT, so be mindful of skin contact with the mat—use clothing, a towel, or a 1Love mat cover (not included) if needed.

How long should I stay on the mat?

We recommend starting out with 10-to-15-minute intervals and increasing from there as you become accustomed to the mat and the therapy.

How do PEMF and Infrared work together?

The benefits of PEMF alone are amazing! They become more powerful when paired with the deep penetrating heat of Far Infrared. These technologies work together to increase your body's ability to relax and heal at a deep cellular level.

What are the benefits of Far Infrared?

Improved Circulation - Far infrared 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 - Inflammation is reduced due to the increased production of nitric oxide. Nitric oxide relaxes blood vessels and reduces inflammation.

Pain Relief - Far infrared heat helps to relieve pain by reducing inflammation, increasing circulation, and loosening muscles. This can be helpful for people with chronic pain conditions such as arthritis, muscle pain, and back pain.

Improved Sleep - Far infrared can help to improve sleep by relaxing the body and mind. 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 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.

When Can I Use My PEMF Mat?

You can use it every day, as many times as you'd like. Popular times include:

- While reading or watching TV
- During meditation
- Before or after a workout
- During yoga, Pilates, or stretching
- At your work desk

Are there negative ions?

Yes, the crystals in the mat release negative ions when heated. These ions act like antioxidants in the air, helping to neutralize free radicals and boost mood by raising serotonin levels—like the feeling of walking on a beach or through a forest after rain.

SAFETY INFORMATION

Disclaimer

The 1Love Infrared PEMF Mat is not intended to diagnose, treat, cure, or prevent any disease. It should not be used as a substitute for professional medical advice.

Electrical Safety - Do not use the device near water. Avoid using it if damaged or exposed to liquids.

Do not stare directly into the LEDs

Children should not use the device unsupervised

Contraindications & Medical Advice - The PEMF Mat is not a medical device and is not intended to diagnose, treat, or cure any disease. However, it is important to consult with your doctor before using the mat if you have any underlying health conditions, or if you are taking any medications.

In the rare event that you experience pain or discomfort while using the mat, immediately discontinue use.

Consult with your doctor if you have any of the following conditions: *Pregnancy, hemophilia, fever, sensitivity to heat, alcohol or alcohol abuse, cardiovascular conditions, chronic conditions, implanted electrical devices, overactive adrenal or thyroid glands, conditions with active bleeding, or history of cardiac rhythm disturbances.*

MAINTENANCE AND CLEANING

- **Storage: IMPORTANT!** Allow the mat to COOL BEFORE FOLDING or storing it in the provided bag. **FAILURE TO DO SO MAY VOID THE WARRANTY!**
- **Cleaning:** With the mat unplugged, wipe down with a damp cloth only. For occasional sanitizing, mix equal amounts of white vinegar and water in a spray bottle. Spray on lightly, and then wipe dry after a few minutes. The smell of the vinegar will dissipate with ventilation. You can also add a bit of lemon, or a drop of Tea Tree or Eucalyptus essential oils.
- You may use any cleaner or wipe that **DOES NOT CONTAIN ALCOHOL.**

PEMF FREQUENCIES

Delta (1-4 Hz): Deep relaxation, restorative sleep, stress reduction

Delta Frequencies 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): Relaxation, mental clarity, creative thinking

Theta Frequencies 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): Relaxation, focus, mindfulness

Alpha Frequencies 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): Mental alertness, cognitive function, productivity

Beta Frequencies help increase mental alertness, promote cognitive function, and support productivity. They may aid in improving mental performance, memory, and overall mental acuity.

Lower Frequencies = Relaxing

Higher Frequencies = Stimulating

SPECIFICATIONS

Model: 1Love Infrared PEMF Mat

Model #: S-102 / S-102a

Features: PEMF, Far Infrared, Red Light, Negative ION and Crystal Therapy

Size: 72" x 20" (FULL), 40" X 20" (COMPACT)

Weight: 30lbs (FULL), 12lbs (COMPACT)

Material: Vegan Solvent-Free PU Leather

PEMF: 1-30Hz (ON or OFF), 4 Coils (FULL), 2 Coils (COMPACT)

Red Light: 660nm wavelength, 24 LEDs (FULL), 6 (COMPACT)

Far Infrared Temperature Range: 30-80°C (86-176°F)

Timer: 1-minute intervals, max 60 minutes. PEMF max time 20 minutes.

Electrical: 110V USA Plug, 200 Watts

Warranty: Lifetime Limited Warranty, Full 1 Year Warranty

Certification: FDA, RoHS, CE, EMC, IEC

Storage: 1Love Carry Bag Included

Questions? Email support@1LoveHealth.com or call **541-527-7178**

ADDITIONAL SUPPORT

Join us at 1LoveHealth.com for more information, advice, and to discover all the transformative products we offer!

You will find leading scientific research, additional details about the healing stones, as well as in-depth discussions about the profound health benefits of 1Love.



CUSTOMER PORTAL

REVIEW

We hope you are loving your new 1Love PEMF Mat and experiencing the profound benefits it offers. If you have a moment, we will be forever grateful for a review.

Positive reviews help us grow and be able to serve more people. *Thank you* in advance!



LEAVE A REVIEW



Please honor yourself with the same kindness, compassion, and forgiveness that you offer others

You are beautiful and worthy of your own love

1Love