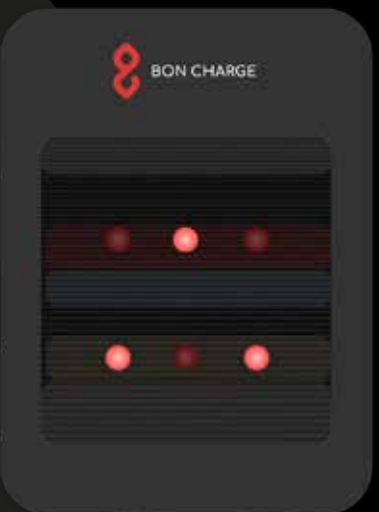


# Infrared PEMF Mat Mini

USER MANUAL



BON CHARGE

# Welcome

**Intended use:** This device is a wellness device aimed at improving the appearance of skin and general wellness benefits for the user.

Congratulations on receiving your very own BON CHARGE Infrared PEMF Mat Mini. Before using your Infrared PEMF Mat Mini please read this User Manual in detail.

The Infrared PEMF Mat Mini has been designed with your safety in mind. However, it's important to follow basic safety protocols when using this device.

## Benefits

The Infrared PEMF Mat Mini has been designed to house multiple optimal wellness components which are listed below:

Function	Benefits
PEMF Setting (1-30Hz)	Improves deep sleep, grounding, increase calm and creativity, logical thinking, conscious thought, and meditation
660nm Red Light	Improved skin complexion
850nm Near Infrared Light	Muscle wellness
FAR Infrared Light	Purification and relaxation
Amethyst	Balance mood and calm
Onyx	Ground and calm
Tourmaline	Balance energy fields
Silica Crystals	Harmonize and restore

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

# Key Points

## Activating Your Infrared PEMF Mat Mini

Your Infrared PEMF Mat Mini 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 Mini for the first time.

## Photosensitivity Test

It is very important to do a photosensitivity test prior to long sessions with your Infrared PEMF Mat Mini. Turn on your Infrared PEMF Mat Mini and switch on the NIR and Red-Light settings. Shine the light on an exposed part of your forearm, about 1 inch away, for 2 minutes. If you experience any discomfort or redness on your skin, you must not use your Infrared PEMF Mat Mini until you have sought professional advice from your doctor or healthcare provider.

## Usage Instructions

You should lay your Infrared PEMF Mat Mini 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 works best when administered consistently. The best results will be seen from daily use but as a minimum it is recommend using your Infrared PEMF Mat Mini at least 3 times a week.

## What to Expect

Depending on which settings you use you can enjoy the following benefits, when used consistently.

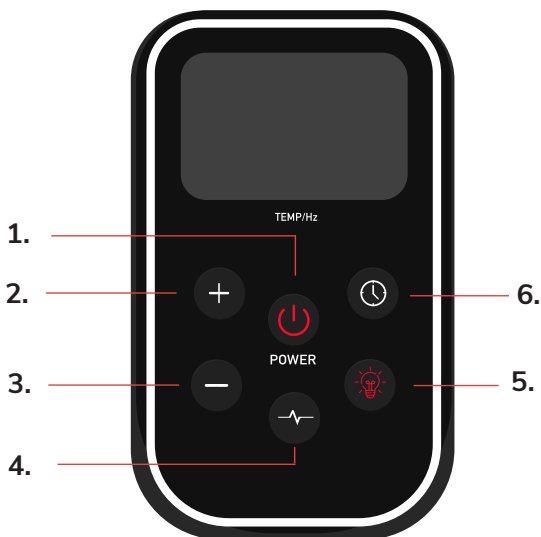
Function	Benefits
(0.1 to-3Hz) - Delta waves	Improves deep sleep
(8Hz)-Schumann Resonance	Grounding effect
(9 to 12Hz) - Alpha waves	Increase calmness and creativity
(13 to 30Hz)- Beta waves	Logical thinking, conscious thought, and meditation
660nm Red Light	Improved skin complexion
850nm Near Infrared Light	Muscle wellness
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# Setting Up and Using Your Infrared PEMF Mat Mini

## What's in the Box?

1 x Infrared PEMF Mat Mini	1 x Carry Bag
1 x Power Cable + Controller	

## Controller Configuration



1. Power Switch (on/off)
2. FAR Infrared Light Temperature Increase Button
3. FAR Infrared Light Temperature Decrease Button
4. PEMF Button (on/off)
5. Near Infrared (850nm) and Red Light (660nm)
6. Timer (1-60 minutes)

# How To Operate Your Infrared PEMF Mat Mini

## Step 1

Remove all components from the box. Lay the Infrared PEMF Mat Mini 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	Improves deep sleep
(8Hz)-Schumann Resonance	Grounding effect
(9 to 12Hz) - Alpha waves	Increase calmness and creativity
(13 to 30Hz)- Beta waves	Logical thinking, conscious thought, and meditation



## Activating Red Light Therapy

Click the red-light icon to turn on the Red Light Therapy (660nm Red Light and 850nm 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 30-80 degrees centigrade if you have a 220v Mat or 86-176 Fahrenheit if you have a 110v mat.

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



## Setting the Timer

The timer is controlled by the button . 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

## When Can I Use My PEMF Mat?

You can use your PEMF Mat whenever and wherever you wish. Our customers have the best results using their PEMF Mats in the following ways:

- Before bedtime
- Watching TV / reading a book
- Meditating
- After a workout
- Whilst doing Yoga / Pilates / stretching
- When you need creativity
- When you are feeling stressed
- At your work desk

## What Setting Should I Use?

It is best to listen to your body when choosing the best setting to use. As a reminder the settings are below:

(0.1 to-3Hz) - Delta waves	Improves deep sleep
(8Hz)-Schumann Resonance	Grounding effect
(9 to 12Hz) - Alpha waves	Increase calmness and creativity
(13 to 30Hz) - Beta waves	Logical thinking, conscious thought, and meditation

## How Do I Clean My Mat?

The PEMF Mat is super easy to clean. Just turn off the device and once it's cooled down just wipe down with a damp cloth. Allow to cool and dry before folding away.

## What Do I Wear When Using My PEMF Mat?

To experience the full benefits of your PEMF Mat we always suggest wearing minimal clothing. However, that is not always possible, and you will still get great benefits. The PEMF Mat can heat up to high temperatures if you select that option, so it is always best to wear something light and comfortable if using high heat.

# Technical Specifications

# Specifications

Model	BON CHARGE Infrared PEMF Mat Mini
Size	19.69 inches (50cm) x 19.69 inches (50cm)
PEMF Settings	1-30Hz
Light Wavelengths	660nm & 850nm
LEDs	6
Voltage	110v and 220v
Wattage	80W
Flicker	<0.1%
Warranty	1 Year
Timer	1 minute intervals, maximum time 60 minutes. Maximum time for PEMF setting 30 minutes
Materials	PU Leather, Crystals and Semi-Precious Gemstones
Weight	3 KG
EMF Radiation	Low harmful EMF levels
Storage	Carry Bag Included
Temperature from FAR IR Light	30-80 centigrade. (86-176 Fahrenheit)

## **IMPORTANT – READ BEFORE USE**

### **Medical Warning**

### **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 in 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 or flammable materials over the device.
  - Use cautiously, improper use may result in burns.
  - Do not use on 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 on the product.



- US and Canada Customers: This device is designed to be used in a U.S Type B (NEMA 5), 120 volt 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.

- EU/UK, Non-EU and Australian Customers: This device is designed to be used in a 230 volt (UK) or 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 adjust-able 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.

- **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.

## Cautions

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 use topical steroids.
- Have a serious medically diagnosed condition.
- Have a heart condition or Pacemaker.
- Broken bones
- Malignancy
- Hemophilia
- Fever
- 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.

## Additional Cautions

- 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 [hello@boncharge.com](mailto:hello@boncharge.com)

## Electrical Safety

- Do not place or operate the device near to water or liquids.
- Do not place near or pour running water over device.
- This device is not to be used in the vicinity of water.
- Do not store device in temperatures exceeding 140F/60C.
- Do not use your device if damaged, this may result in electric shock or injury.

## Disclaimer

*BON CHARGE Infrared PEMF Mat Mini is not intended to diagnose, cure, or prevent specific diseases or medical conditions. These products are only intended to be used on mild conditions that have been medically diagnosed.*

*Our Infrared PEMF Mat Mini and information contained is not intended as medical advice or a substitute for medical advice.*

*BON CHARGE 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 the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

# Maintenance, Cleaning and Disposal

## Maintenance

- Store the device only when it has cooled down to room temperature.
- Fold the device correctly and store 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 at the wall 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.



# Warranty and Returns

## Manufacturer's Warranty (Infrared PEMF Mat Mini)

BON CHARGE warrants that this device (Infrared PEMF Mat Mini) will function and perform within the specifications for one year from the date of delivery.

## **What does this Manufacturer's Warranty cover?**

This Manufacturer's Warranty covers any defect in material or workmanship under normal use during the warranty period.

During the warranty period, BON CHARGE will repair or replace, at no charge, products or parts of a product that proves defective because of improper material or workmanship, under normal use and maintenance.

## **How long does the cover last?**

This Manufacturer's Warranty for Infrared PEMF Mat Mini purchased from BON CHARGE is valid for one (1) year from date of purchase. A replacement Infrared PEMF Mat Mini or part assumes the remaining warranty of the original Infrared PEMF Mat Mini.

## **What does this warranty not cover?**

This Manufacturer's Warranty does not cover any problem that is caused by:

- Conditions, malfunctions or damage not resulting from defects in the material or workmanship
- Equipment that has been abused, modified, damaged, or fitted with substitute parts.

## **What do you have to do?**

To obtain warranty service, you must first contact us to determine the problem and the most appropriate solution for you.

## **Contact details**

hello@boncharge.com  
2/40 King Edward Road, Osborne Park, 6017, Western Australia

If service is required, the buyer is responsible to return the device to BON CHARGE within the one (1 year warranty period.

BON CHARGE reserves the right to provide parts in different colours to the original device.

**Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.**

## Returns


If you wish to return your item, please visit our [Returns Centre](#) and we'll provide a hassle-free return experience. Here are some details to note:

- Return shipping will be your responsibility. We cannot be responsible for lost or damaged shipments.
- All returns or exchanges must be received in like new condition with all original accessories and packaging.
- All returns received with damaged or missing components may be subject to additional fees. If applicable, these fees will be deducted from the refunded amount.
- Returns must be postmarked before the end of the 30-day guarantee period. Returns sent after this period will not be accepted.
- A 15% restocking fee will apply for change of mind returns.



BON CHARGE

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