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HealthyLine TAJ-MAT-3220-PP

HealthyLine TAJ Far Infrared Heating Pad User Manual

Model: **TAJ-MAT-3220-PP** | Brand: **HealthyLine**

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your HealthyLine TAJ Far Infrared Heating Pad. Please read all instructions carefully before operation and retain this manual for future reference.



Figure 1: HealthyLine TAJ Far Infrared Heating Pad (Medium 32" x 20")

2. SAFETY INFORMATION

For your safety, please adhere to the following guidelines:

- **EMF Protection:** The mat is designed with triple EMF shielding to minimize electromagnetic fields.
- Do not use if the mat or power cord is damaged.
- Keep out of reach of children and pets.
- Consult a healthcare professional before use if you have pre-existing medical conditions, are pregnant, or have a pacemaker.
- Do not use while sleeping.
- Avoid folding the mat tightly during operation.
- Unplug the mat when not in use.

Legal Disclaimer: HealthyLine assumes no responsibility for the improper use of its products and will not be liable for damages arising out of or in connection with the misuse of their products. In all matters of personal health, and especially if you suspect that you suffer from clinical deficiencies, you should primarily consult a licensed, qualified healthcare professional. These statements have not been evaluated by the Food and Drug Administration and these products are not intended to diagnose, treat, cure or prevent any disease.

3. PACKAGE CONTENTS

Upon opening your package, ensure all the following items are present:

- HealthyLine TAJ Far Infrared Heating Pad (32" x 20")
- LED Controller
- Carrying Case
- Waterproof Cover
- Thick Cotton Padded Cover
- Sauna Foil Blanket
- User Manual (this document)
- Warranty Card



Figure 2: Included Accessories and Components

4. SETUP INSTRUCTIONS

1. **Unpack the Mat:** Carefully remove the heating pad and all accessories from the packaging.
2. **Clean Removable Parts:** If necessary, clean the waterproof cover or padded cover according to their care instructions.
3. **Place the Mat:** Lay the mat on a flat, stable surface. Ensure there is adequate space around the mat for air circulation and comfortable use.
4. **Connect the Controller:** Plug the mat's connector into the LED controller. Then, plug the controller's power cord into a standard electrical outlet (120 volts).
5. **Prepare for Use:** Place the waterproof cover and/or padded cotton cover on the mat as desired for comfort and hygiene.

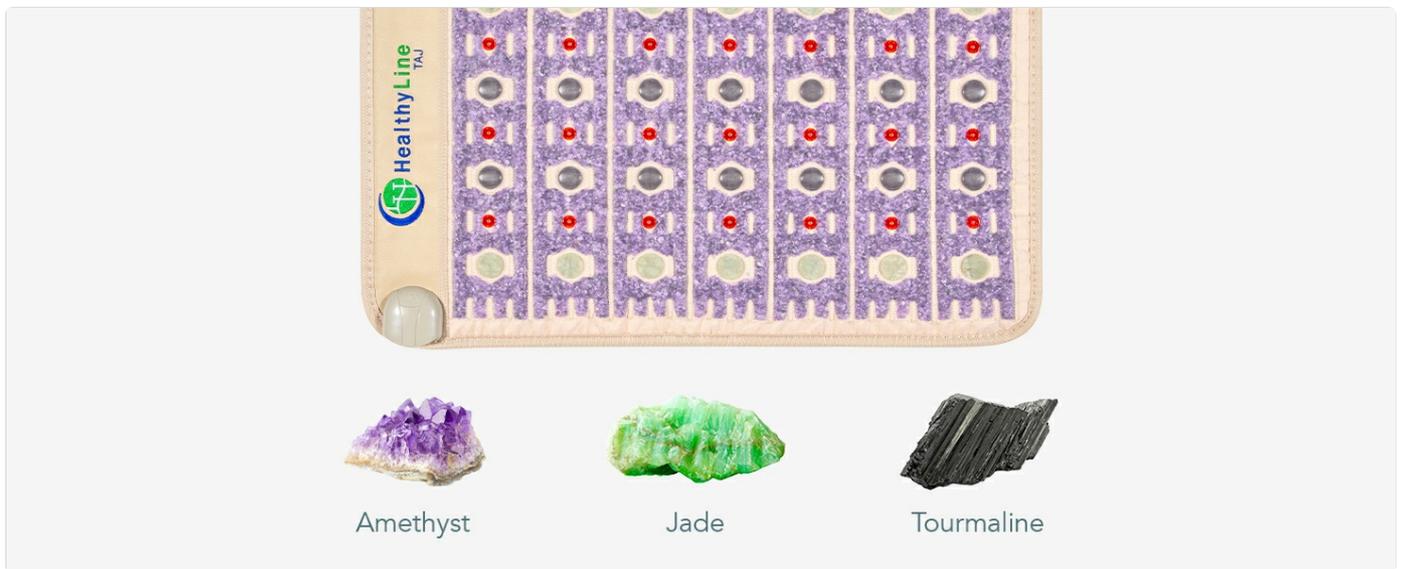


Figure 3: LED Controller for Temperature and Timer Settings

5. OPERATING INSTRUCTIONS

Follow these steps to operate your HealthyLine TAJ Far Infrared Heating Pad:

1. **Power On:** Press the power button on the LED controller to turn on the mat.
2. **Set Temperature:** Use the temperature controls (up/down arrows) to set your desired heat level. The recommended temperature is 98°F, with a maximum of 160°F.
3. **Set Timer:** Use the timer controls to set the desired duration for your session. The auto shut-off timer can be set for 3-6-12 hours.
4. **Activate Therapies:** The mat offers multiple therapies. You can activate PEMF (Pulsed Electromagnetic Field) and Photon Lights via the controller. Refer to the controller's display for active modes.
5. **Begin Session:** Lie down or sit comfortably on the mat.
6. **Power Off:** The mat will automatically shut off after the set timer. To manually turn off, press the power button.



Figure 4: Proper Usage of the Heating Pad

6. KEY FEATURES AND THERAPIES

Your HealthyLine TAJ mat combines several natural therapies for enhanced wellness:

Far Infrared Heat Therapy

Emits deep-penetrating far infrared rays when heated, promoting muscle relaxation, reducing pain, and enhancing circulation.

Negative Ion Therapy

Generates negative ions to purify and clear the air of harmful agents, contributing to a calming and refreshing environment.

Photon Light Therapy

Utilizes visible light to enhance skin health and stimulate collagen production, supporting both beauty and overall wellness.

Hot Stone Therapy (Gemstones)

Features certified jewelry-grade gemstones such as Amethyst, Jade, and Tourmaline. When heated, these stones provide a relaxing massage experience and emit beneficial energies.



Skin Health and Stimulate Collagen Production, Supporting Both Beauty and Wellness.



Hot Gemstones for a Relaxing Massage Experience



Far Infrared Heat for Muscle and Joint Pain Relief

Our mats are engineered for optimal safety with triple EMF shielding, including copper wire coating, a copper mesh layer, and grounding. The magnetic EMF levels typically range between 0 and 30, while electrical EMF levels are between 0 and 3 mg. This makes our mats virtually EMF-free, offering EMF levels 100 times lower than those emitted by your refrigerator or TV.

Immerse yourself in a world where aches, pains, and stiffness are a thing of the past! Our innovative technology combined with the natural healing power of gemstones will transport you to a new level of relaxation and well-being.

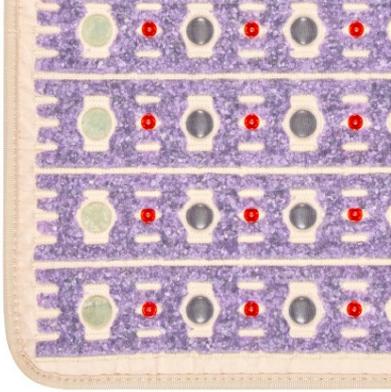


Figure 5: Four Natural Therapies Integrated

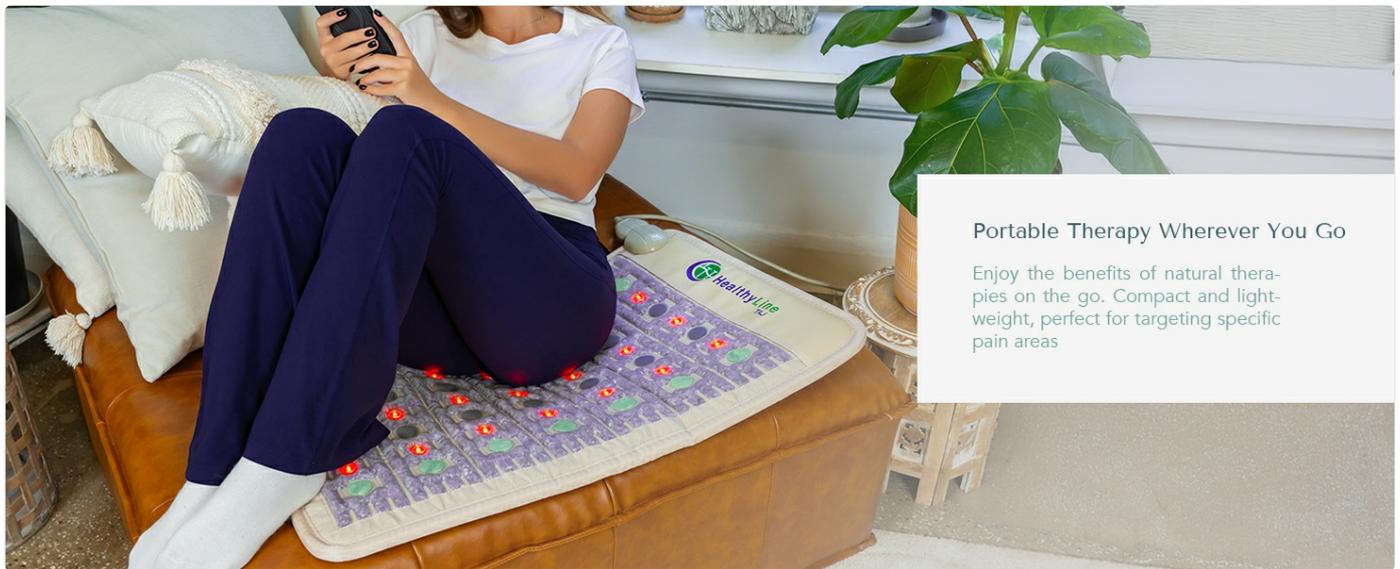


Figure 6: Natural Gemstones Used in the Mat

7. MAINTENANCE AND CARE

Proper care will extend the life of your heating pad:

- **Cleaning:** Wipe the mat's surface with a soft, damp cloth. Do not use harsh chemicals or abrasive cleaners. Ensure the mat is unplugged and completely dry before storage or next use.
- **Storage:** Store the mat in its carrying case in a cool, dry place. Avoid placing heavy objects on the mat during storage. The mat can be folded in half for compact storage.
- **Covers:** The waterproof cover and thick cotton padded cover can be cleaned according to their specific care instructions.

8. TROUBLESHOOTING

If you encounter issues with your HealthyLine TAJ Heating Pad, refer to the following common solutions:

Problem	Possible Cause	Solution
Mat does not heat up.	Not properly plugged in; power outage; controller issue.	Ensure all connections are secure. Check power outlet. Contact customer support if issue persists.
Controller display is blank.	Power not reaching the controller.	Verify power cord is fully inserted into both the mat and the wall outlet.
Mat is too hot/cold.	Incorrect temperature setting.	Adjust temperature using the controller's up/down buttons. Allow time for temperature to stabilize.

If troubleshooting steps do not resolve the issue, please contact HealthyLine customer support.

9. SPECIFICATIONS

Attribute	Detail
Model	TAJ-MAT-3220-PP

Attribute	Detail
Dimensions	32 inches x 20 inches (Medium)
Weight	10 Pounds
Material	PU Medical Grade Leather + Natural Amethyst, Tourmaline & Jade Healing Crystals
Wattage	130 watts
Voltage	120 volts
Special Features	Calming Negative Ion Therapy, EMF Protection, Far Infrared Heating, Photon Light Therapy, Relaxing Hot Stone Therapy
Auto Shut-Off	Yes (3-6-12 hour timer)

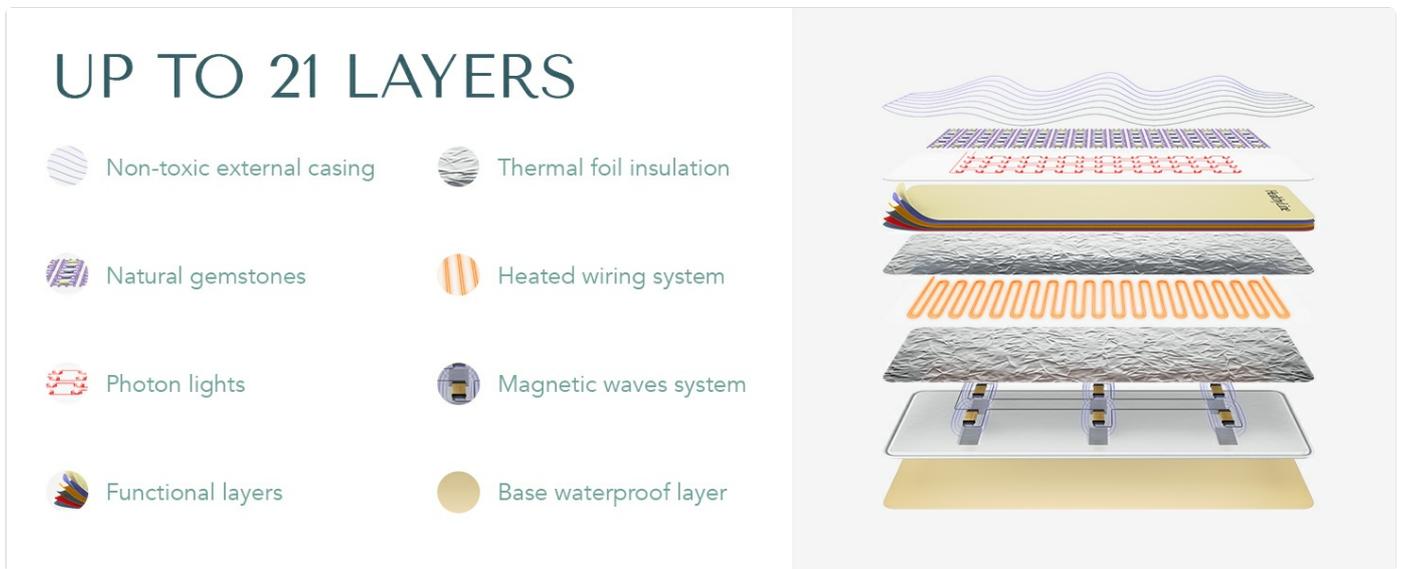


Figure 7: Internal Layer Structure of the Mat

10. WARRANTY AND SUPPORT

HealthyLine is committed to providing high-quality products and excellent customer service.

Warranty Information:

Your HealthyLine TAJ Far Infrared Heating Pad comes with a **5-year warranty**. This warranty covers manufacturing defects and ensures the longevity of your product. Please refer to the included Warranty Card for full terms and conditions.

Customer Support:

For any questions, technical assistance, or warranty claims, please contact our US-based customer service team. Details can be found on your Warranty Card or the HealthyLine official website.

- **Trade-in Benefits:** HealthyLine offers trade-in benefits for eligible products.
- **Quality Assurance:** Products are made with high-quality materials and undergo rigorous quality control.

