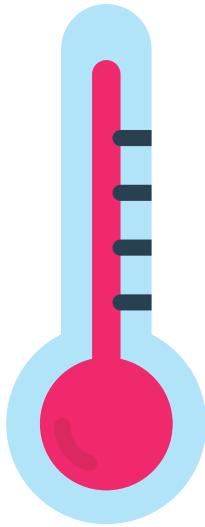


# TEMPERATURE GUIDELINE

Set the mat temperature to the  
level desired!



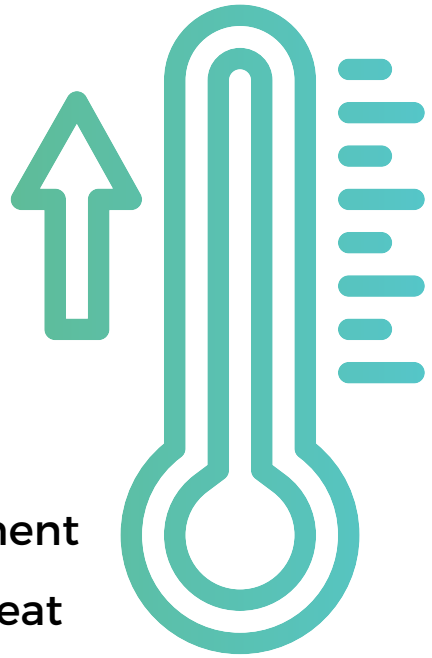
Using the Healstem Medical Mats can make a  
drastic impact on your life!

Various temperatures have various benefits!



# x°C

A Healstem Guideline



25-35°C = Sleeping

45-50°C = Partial Treatment

50°C = Fomentation/Sweat

50°C = Making Wave Energy Water

\*\*\*We DO NOT recommend going above 50°C

## For v2 Regulators

Simply turn the dial to the corresponding numbers.

For example, setting the dial to number 4 will heat up the mat to 30°C.

1 = 10°C

2 = 20°C

3 = 25°C

4 = 30°C

5 = 40°C

6 = 50°C

7 = 55°C

H = 60°C

