



# Far Infrared Devices

a guide on how to operate your Meridius Far Infrared device

# Advanced. Safe. Efficient.

Meridius® Far Infrared Pads help relief aches, muscle pains, and any other kind of discomforts experienced by people suffering from muscle soreness, arthritis, inflammatory joint conditions and menstrual cramping.

The therapeutic effects of the heating infrared rays are best realised when the heat penetrates deeply into the tissues, organs and even bones.

Meridius® Far Infrared Heating Pads are densely packed with yellow earth beads radiating infrared heat for more consistent, penetrating warmth.

Adjustable heat settings give you precise control and a series of internal thermistors actively regulates the temperature settings across every square inch of the pad. The digital controller and the automatic shut-off feature guarantees safety.

## FAQ

**What do I do if my pet chews the cord, I lose my control or the control does not operate?**

Please stop using the warming product immediately. Call our **Customer Service** and ask for instructions on the next steps.

**My control feels warm to the touch. Is this a problem?**

No. The control will feel warm to the touch when functioning properly.

**My Meridius® FIR Product isn't heating up, what's the problem?**

Your warming product is not a heating pad. It will not feel hot to the touch when laid out flat in a normal manner. Turn on your warming product, then turn the control to the highest setting and wait 5 to 7 minutes. Put your hand between the folds and you should feel the pad or mat warming up.

**I've heard that some warming products emit EMFs. What is this?**

The Electromagnetic Field (EMF) is an electrical field that surrounds any wire that has current flowing along its length. Although several studies have been conducted to evaluate the impact, EMFs have not been proven to be harmful.

# How Does It Works?

Far infrared consists of invisible waves of energy that have the ability to penetrate all layers of the human physical body, penetrating into the inner-most regions of the tissues, muscles and bone. Far Infrared waves gently heal, soothe, stimulate and detox the physical body.

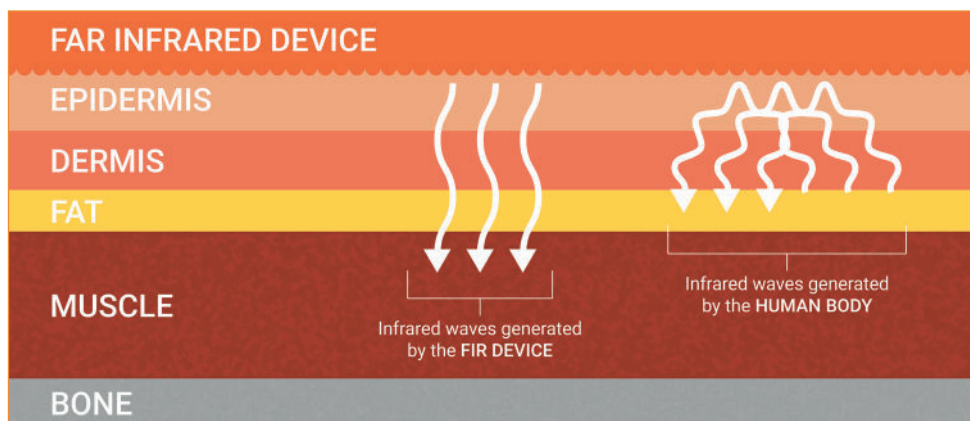
The human body consists of many billions of cells. Each particular cell represents a small component of the entire body. It has the task to use nutrients (everything we consume) and oxygen, thereafter using these materials to excrete the waste, carbon dioxide and water that motor our bodies.

Far Infrared Therapy raises the body's natural temperature, enhances circulation, detoxifies the body of harmful toxins and assists in the pain relief and recovery of muscle, bone and ligament complications.

Please consult your doctor if you are pregnant, have any kind of medical condition that could be influenced by sources of heat or infrared radiation.

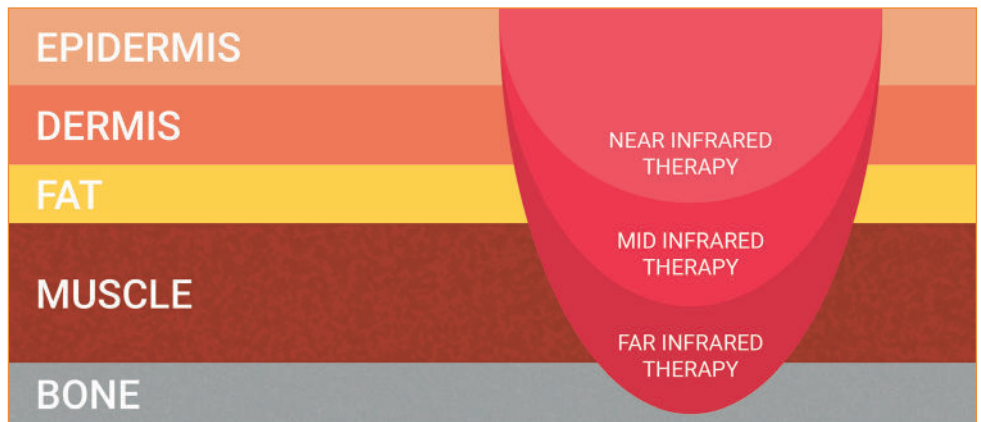
## Those who have had the following conditions often seek FIR Therapy

- Arthritis
- Fibromyalgia
- Joint Pain
- Bursitis
- Ischemia
- Tendonitis
- Sports Injuries
- Joint Stiffness
- Leg Pain
- Surgery
- Shoulder Injuries
- Hamstring Tears
- Calf Injuries
- Thigh Injuries
- Trauma
- Knee Injuries
- Tennis Elbow
- Muscle Spasms
- Menstrual Cramps
- Inflammation



# Types of Infrared Frequencies

The healing and warming properties of the infrared light (IR) have only just begun to be fully studied and appreciated in the last 100 years. The IR light is classified in 3 frequency ranges: Near Infrared, Mid Infrared and Far Infrared.



## Near Infrared Therapy (NIR)

Focusing on the first layers of the human body such as epidermis and dermis, NIR Therapy is largely used for cell regeneration, wound healing, skin purification & rejuvenations, pain relief and relief for symptoms of psoriasis.

## Mid Infrared Therapy (MIR)

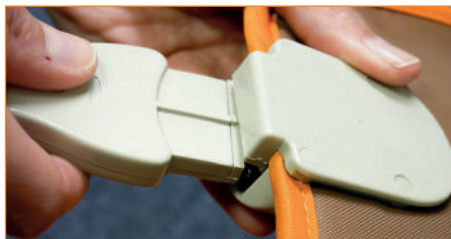
Reaching the deeper layers of the human body such as fat and muscles, MIR Therapy is known to improve lymphatic and blood circulation, improve the natural process of eliminating toxins, reduce blood pressure and body fat.

## Far Infrared Therapy (FIR)

Able to reach the deepest layers of the body such as the muscle and bones, FIR Therapy has shown great results in symptoms relief from arthritis, joint & muscle pain, detoxification, blood pressure reduction and general relaxation.

# User Guide

Please consult your doctor before using any product that works with infrared waves if you are pregnant, have any kind of medical condition that could be influenced by sources of heat or infrared radiation.



## Assemble the device

Place the heated pad or mat flat with the connector facing upwards. With the control module in hand, connect the male loose wire to the connector on the mat.



## Plug into a power supply

Use the EU/UK plug to connect to the mains, the module will bleep once to confirm power has been connected.



## Prepare for use

Use the mat or the pad as desired and make sure the loose cords are placed in such a way that they are not pinching or tangling.

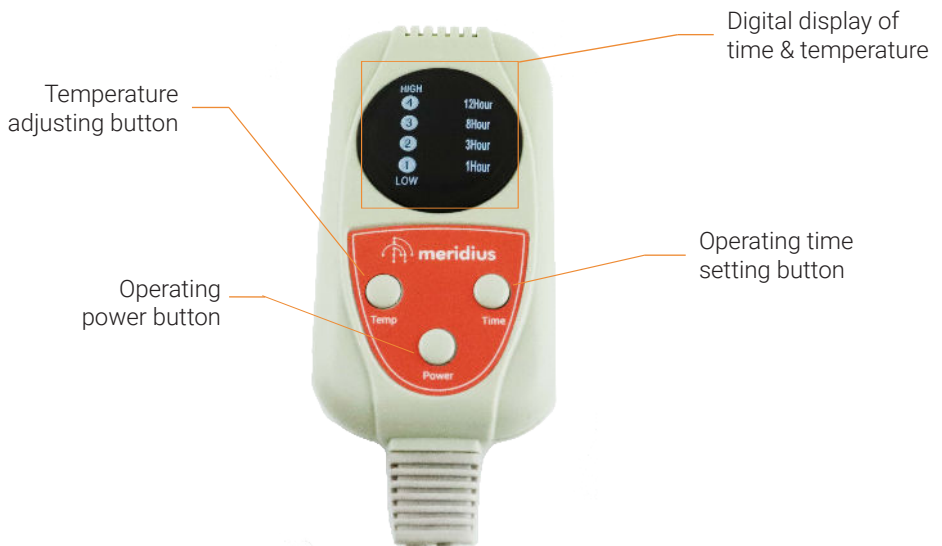


## Use the controller

Use preferred hand to operate control while laying on the mat. The default temperature will be 35°C and the automatic shut down set to 1 hour.

# Controller Guide

Use preferred hand to operate control module while laying on the mat. Ensure module is stowed away in comfortable position if you are using the mat for long periods of time.



## How to set up the temperature?

The temperature rises sequentially by one tier every time you press “Temp” starting from 1, being the lowest temperature, to 4. First tier heats the pad to approx. 35°C and while the last tier rises the temperature to approx. 65°C.

## How to set up the timer?

By default the timer is set to **1 hour**. To increase the treatment duration please press “Time” as many times you need. The automatic shut down feature can be set to **1 hour, 3 hours, 8 hours and 12 hours**.



Far Infrared Heating Mat



Far Infrared Knee Pad



Far Infrared Shoulder Cone



Far Infrared Elbow Pad



Far Infrared Ankle Pad



Far Infrared Shoulder Shawl



**Manufactured for:**

Meridius Medical Limited  
[info@meridiusmedical.com](mailto:info@meridiusmedical.com)  
[www.meridiusmedical.com](http://www.meridiusmedical.com)