

TIME + TEMPERATURE *InfraBed Guidelines* ***Higher Time = Lower Temperature***

InfraBed's infrared heat is generated by heating its Amethyst crystals. Infrared thermal therapy is a very natural type of light-based heat which can penetrate deeply, however, the body can self-regulate and throw off excess heat. Even natural room or body temperature will create some infrared emissions, and InfraBed in close proximity to the body raises the Amethyst temperature, so **it is quite useful to use the InfraBed without turning the electric heat ON.**

Rotating the controller wheel ON, presets the thermostat controller up to 70C, and then the digital display will show the current temperature, in real time.

Usual body temperature is around 37C which is a good basic setting.

30C to 40C is regarded as a **moderate** setting for Mild therapeutic effects.

40C to 50C is regarded as a **penetrating** setting for Strong therapy effects.

50C to 60C is regarded as a **high** setting for High Intensity effects.

60C to 70C is regarded as a **ultra high, hyper thermal, sauna** setting.

Caution – **Hyperthermal therapy dehydrates**, so **Water Before & After Use**

InfraBed's Golden Rule : Start Low (30-40C Mild) Go Slow (30-40 Mins)

Settings for Use - vary across different types of aches and issues.

A cute Use - (50-70C) InfraBed setting for **High, hyper thermal** effects.

C hronic Use - (40-50C) InfraBed setting for **Strong, therapy** effects.

H olistic Use - (30-40C) InfraBed setting for **Mild, therapeutic** effects.

E nergetic Use - (OFF-30C) InfraBed has **Effects at room temperature.**

InfraBed temperature range is shown below with **40C as the mid-point**

