



Instant Calmer Healing Pad Instructions

Easy Start-Up

- Place the Pad on a flat surface with jade side facing up
- Plug the controller into the pad with arrows facing up
- Plug the electrical plug into the electrical socket (standard 110v)
- You will see a "5" on the controller – this is the temperature default setting (medium heat)
- The up and down arrows allow you to adjust the heat setting from "1" to "9"
- Hit the Green Mode Button
- You will see a "60" reading on the controller – this is the default time setting
- The up down arrows allow you to adjust the time from 15 minutes to 90 minutes
- Press Orange ON/OFF button to turn on the heat once you have adjusted settings to your comfort
- Green light indicates the Pad is on
- The time will appear once the heat is activated and the timer will countdown until the end of the cycle
- When the cycle is complete, the last temperature setting will be displayed
- To reset for the same cycle (same heat and same timing), hit the Orange ON/OFF button
- To change settings, follow directions above
- While the heat is activated, the temperature can be changed during the session by using the up and down arrows
- The time CANNOT be adjusted in the middle of a cycle (while the heat is activated)
- During the session, you may notice the green light above the ON/OFF button will begin to blink. This is just an indication that the pad has reached the desired temperature.
- If a "00" appears at any time, UNPLUG the controller from the wall, and UNPLUG the connection from the pad. Then re-plug into the pad (making sure the connection is secure) and then plug back into the wall.