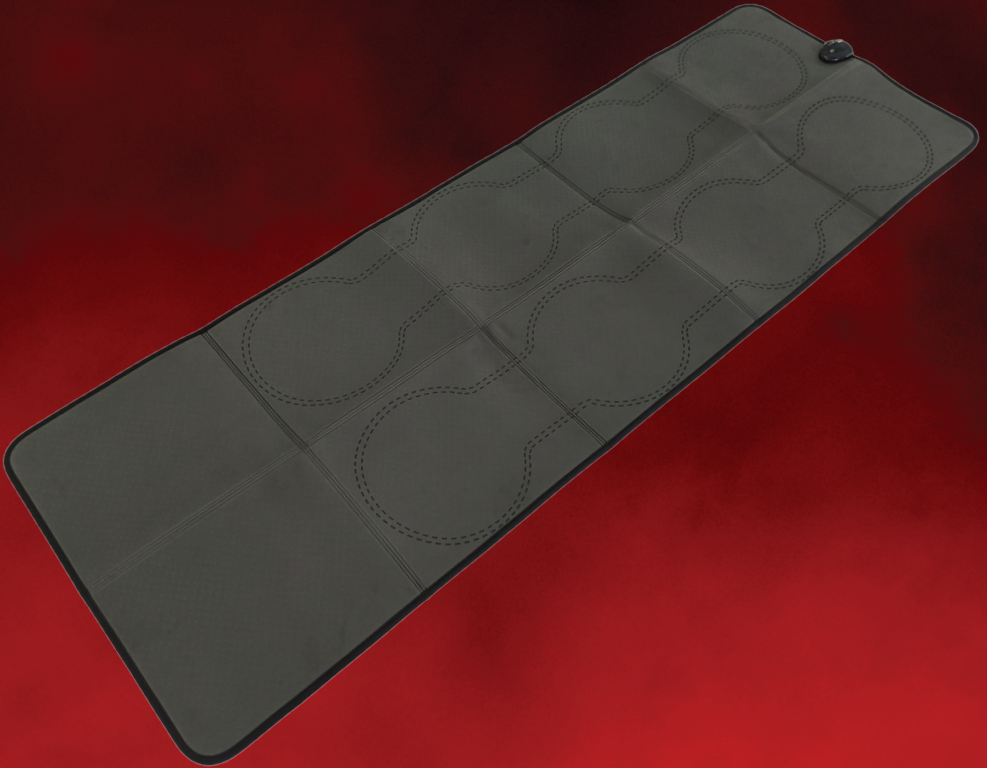




# Portable PEMF Mat



**Product User Manual**



SCAN ME



# PLEASE READ BEFORE USE

Thank you for purchasing the Nebula PEMF Mat. We appreciate your trust in our product and are confident it will support your relaxation, recovery, and overall wellness experience.

To ensure optimal performance and safe use, please take a moment to review the user manual before your first session. The manual provides important information on features, settings, and proper operation, helping you get the most out of your PEMF mat.

If you have any questions or need assistance, our customer support team is always happy to help. You can contact us directly via e-mail: [sales@nebula-appliances.com](mailto:sales@nebula-appliances.com).

## Danger

- Never immerse the appliance in water or any other liquid, nor rinse it under the tap.
- Do not let any water or other liquid enter the appliance to prevent electric shock.
- Never touch the inside of the appliance while it is operating.

## Caution

- This appliance is intended for normal household use only and is not suitable for commercial use.
- Always have the appliance serviced at an authorized Nebula center. Do not attempt repairs yourself, as this voids the guarantee and may be dangerous.
- If the appliance is used improperly or for professional or semi-professional purposes or if it is not used according to the instructions in the user manual, the guarantee becomes invalid and Nebula refuses any liability for damage caused.
- Electromagnetic fields (EMF) This Nebula appliance complies with all applicable standards and regulations regarding electromagnetic fields.
- PEMF devices should not be used by anyone with electronic implants, certain medical conditions, or during pregnancy.
- You are advised not to smoke or drink caffeinated beverages immediately before or after using the mat because caffeine and nicotine narrow the blood vessels. It is also not recommended to drink alcohol immediately before or after using the mat because that can increase dehydration.

## Possible Reactions

Mild reactions may occur during initial use as part of the body's natural healing. Lower frequencies (1–12 Hz) are less likely to cause discomfort. Side effects are usually minimal or temporary, and adjusting frequencies can help. Drink 250ml-350ml of water before and after each session.

## Usage Guidelines

Start PEMF therapy at low frequencies (1–5 Hz) for severe chronic pain or other health concerns, gradually increasing to 12 Hz. Proper nutrition and supplements may enhance results.

## Mat Care & Use

Do not bend or stretch the PEMF mat. Use it on a firm surface or directly on the body with a sheet or towel. Do not sleep on it; minor creases are fine. Remove metal items (e.g., jewelry, zippers, belt buckles) before use to avoid discomfort, though small amounts are usually acceptable.

## Warnings

- Check if the voltage indicated on the appliance corresponds to the local mains voltage before you connect the appliance.
- Do not use the appliance if the plug, the mains cord or the appliance itself is damaged.
- If the mains cord is damaged, you must have it replaced by Nebula, a service centre authorised by Nebula or similarly qualified persons in order to avoid a hazard.
- Keep the appliance and its cord out of reach of children.
- Keep the mains cord away from hot surfaces.
- Only connect the appliance to an earthed wall socket. Always make sure that the plug is inserted into the wall socket properly.
- This appliance is not intended to be operated by means of an external timer or a separate remote control system.
- Do not use the product for any other purpose than described in the user manual.

# TECHNICAL SPECIFICATION



**Material:** TPU

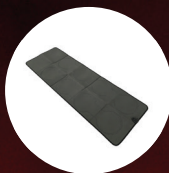
**Time Setting:** 5-60 minutes

**PEMF Coils:** 8pcs

**Operating Voltage:** 24V DC

**Frequency Range:** 1-99 Hz

**Product Size:** 180 x 80cm



## HOW TO USE THE PEMF MAT

### Important Usage Notes:

This is a non-heating PEMF device and may be used for the full 60-minute session. To continue use beyond this time, simply reset the timer.

During operation, place the controller on a stable, dry surface nearby. If you experience any discomfort while using the device, stop the session immediately and switch the device off.

### Step By Step Guide:

1. Place the pad flat on a bed, sofa, or the floor.
2. Connect the pad to the controller, then plug the power cord into a mains outlet.
3. Press the **POWER** button to switch on the controller.
4. Press the **TIME** up/down buttons to select the session duration (5-60 mins).
5. Press the **PEMF** up/down to choose your preferred frequency (1-99 Hz).
6. The pad will begin operating within approximately 2 seconds of selection.
7. After use, switch off the device and disconnect it from the power supply.
8. It can be rolled or folded for storage once disconnected.

# PEMF FREQUENCY CHART

	Condition	Frequency
Bone & Joint Health	Osteoporosis	9 Hz
	Bursitis	8 Hz
	Periostitis	6 Hz
	Tendinitis	8 Hz
	Fractures	10 Hz
	Psoriatic arthritis	18 Hz
	Pseudoarthrosis	10 Hz
	Knee osteoarthritis	15 Hz
	Improved bone regeneration	16 Hz
	Rheumatoid arthritis	20 Hz
	Frozen shoulder	7 Hz
	Ligament injuries	7 Hz
	Nonunion fractures	20 Hz

	Condition	Frequency
Pain and Injury Recovery	Knee Pain	10 Hz
	Hip Pain	10 Hz
	Back Pain	10 Hz
	Plantar Fasciitis	8 Hz
	Tennis/golf elbow	8 Hz
	Cervical vertebra pain	18 Hz
	Shin splints	10 Hz
	Headache	4 Hz
	Chronic pelvic pain	5 Hz
	Carpal tunnel syndrome	6 Hz
	Neuropathy	6 Hz
	Dislocations/sprains	10 Hz
	Strains	12 Hz
	Herniated disc	17 Hz
	Sciatica	17 Hz
Carpal tunnel	20 Hz	

Condition	Frequency	
Enhanced nerve generation	50 Hz	
Muscle healing	50 Hz	
Athletic recovery	99 Hz	
Athletic performance	50 Hz	
Neuralgia Trigemini	18 Hz	
Chronic & Systematic Conditions	Chronic Fatigue Syndrome	5 Hz
	Rheumatic Fever	6 Hz
	Chronic Sinusitis	5 Hz
	Hyperthyroidism	10 Hz
	Acute Bronchitis	4 Hz
	Allergies	5 Hz
	Constipation	5 Hz
	Cystitis	5 Hz
	Erectile dysfunction	6 Hz
	Asthma	7 Hz
Stomach aches	10 Hz	

Condition	Frequency	
Stomach/duodenal ulcers	10 Hz	
Chronic bronchitis	12 Hz	
Diabetes mellitus	12 Hz	
Crohn's disease	13 Hz	
Fibromyalgia	15 Hz	
Diabetes	22 Hz	
Prostatitis	6 Hz	
Hepatitis	18 Hz	
Immune system enhancement	24 Hz	
Increased metabolic rate	18 Hz	
Heart & Circulatory Health	Varicose veins	12 Hz
	Peripheral artery disease	12 Hz
	Venous Insufficiency	12 Hz
	Angina pectoris	4 Hz
	Arrhythmia	7 Hz
	Angina	7 Hz

	Condition	Frequency
	Arteriosclerosis	7 Hz
	Circulatory dysfunction	7 Hz
	Raynaud's syndrome	15 Hz
	Hypertension	20 Hz
	Low blood pressure	20 Hz
	Poor circulation	6 Hz
	Lymphatic disorders	18 Hz
Mental and Cognitive Health	Insomnia	5 Hz
	Memory Impairment	6 Hz
	ADD/ADHD	6 Hz
	Mood disorders	10 Hz
	Deep relaxation	2 Hz
	Meditation	2 Hz
	Better rest	2 Hz
	Stress relief	3 Hz
	Anxiety	4 Hz

Condition	Frequency
Depression	4 Hz
Alzheimer's disease	4 Hz
Dizziness	10 Hz
Multiple sclerosis	13 Hz
Hyperactivity	17 Hz
Parkinson's disease	17 Hz
Stroke	20 Hz
Cerebral palsy balance	20 Hz
Emotional balance	33 Hz
Chakra alignment	33 Hz
Cognitive enhancement	99 Hz
Focus improvement	99 Hz
Psychosomatic syndrome	22 Hz
Dystonia neurovegetativa	20 Hz
Sensitivity to weather changes	13 Hz
Glaucoma	15 Hz

	Condition	Frequency
Skin & Wound Care	Psoriasis	10 Hz
	Burns	15 Hz
	Chronic blepharitis	1 Hz
	Acne	10 Hz
	Tinnitus	10 Hz
	Bruises	14 Hz
	Dental/oral diseases	30 Hz
	Wound healing	75 Hz
	Eczema	15 Hz
	Neurodermatitis	15 Hz
	Skin allergies	15 Hz

## TREATMENT DURATION

PEMF sessions are usually 20–30 minutes long, but the duration can depend on the condition being treated and your body's sensitivity.

A shorter session might be enough for some issues, while others may need longer.

Since these factors vary, we didn't include specific session times in the PEMF frequency chart- it's best to adjust based on what feels right for you or consult with a professional.

# CLEANING AND STORAGE

## Cleaning Tips:

1. Gently wipe the surface with a soft, dry cloth to remove dust or light dirt.
2. If required, lightly dampen the cloth with water or a mild, non-toxic cleaner. Do not saturate the mat.
3. Do not use alcohol, abrasive cleaners, or harsh chemicals.
4. Never immerse the mat in water or any other liquid.

## Storage Tips:

1. Ensure the mat is completely dry before storing.
2. Store the mat flat or loosely rolled in a cool, dry place, away from direct sunlight. Alternatively, use the provided travel bag.
3. Do not place heavy objects on the mat.
4. Do not machine wash, dry clean, or expose the mat to excessive moisture.

# CUSTOMER FEEDBACK

We would greatly appreciate your feedback on the Nebula PEMF Mat. Your experience and insights are incredibly valuable in helping us understand its effectiveness, comfort, and overall user satisfaction. If you've had the opportunity to use the mat, we would love to hear your thoughts on its performance, any benefits you've noticed, and areas where you feel any improvements could be made. Your input will play an important role in refining the product and ensuring it meets the needs of our users. Thank you in advance for taking the time to share your feedback.

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