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Since its foundation in 2000, CASADA brand has been representing high-class health and fitness products.

Today CASADA is available worldwide. The distinctive features of CASADA products are continuous development, unique design and total attention to improving life quality, as well as reliable and excellent quality.

Congratulations

With the purchase of this magnetic field mat, you have shown awareness of your health.

To make sure that you can enjoy the benefits of this device for many years from now, we would like to ask you to read and follow the safety instructions carefully.

We hope you enjoy using your personal **Dr. Stone Pro**.

Table of contents

Safety instructions	22
Scope of delivery	23
Start-up	24
Layer view	25
Remote control	26
Special features	28
Storage/maintenance	33
Technical data	34
Troubleshooting	36
EU Declaration of Conformity	37
Warranty provisions	37

Safety instructions



Before using this magnetic field mat, please read the following instructions very carefully to ensure proper functioning and optimum effectiveness. Please keep these operating instructions in a safe place!

- This device conforms to recognised technical principles and the latest safety regulations.
- This device does not require any maintenance.
- Any possible repairs may only be carried out by authorised expert staff. Improper use and unauthorised repairs are not permitted for safety reasons and lead to loss of warranty.
- Never touch the power plug with wet hands.
- Please avoid contact of the device with water, high temperatures and direct sunlight.
- To avoid the danger of short-circuits, disconnect the power cord when not used for long periods of time.
- Do not use any damaged cables, plugs or loose sockets.
- If plugs or cords are damaged, they must be replaced by the manufacturer, a service representative or by qualified personnel.
- In case of malfunction, disconnect immediately from the mains.
- Misuse or incorrect use excludes any liability for damage.
- To avoid excessively stimulating the muscles and nerves, the recommended using time of 30 minutes should not be exceeded.
- Please note that pregnant women and individuals with pacemakers or magnetic implants are not permitted to use a pulsating magnetic field.
- It is inadvisable to utilise high temperature settings for illnesses resulting from the exhaustion of the adrenal glands or those associated with adrenal insufficiency.
- As a general rule, we advise limiting the duration of high temperature settings.
- We advise that you begin with an application time of 15 to 20 minutes. Should you not experience any discomfort or adverse health effects, you may extend the application period to a longer duration.
- If you are currently undergoing medical treatment for any health issues, we advise that you consult your physician before using the product.
- Do not use this device while driving.
- To ensure safety during use, please monitor the heating temperature carefully.
- While using the product, you may place a cotton sheet on the affected area, but please do not use thick padding.
- Please be aware that excessive heat can cause skin irritation or burns. Should the temperature become excessive, please adjust it accordingly.
- The product should not be folded or creased.
- The product should not be used in the vicinity of a fire, heaters or flammable objects.

Scope of delivery

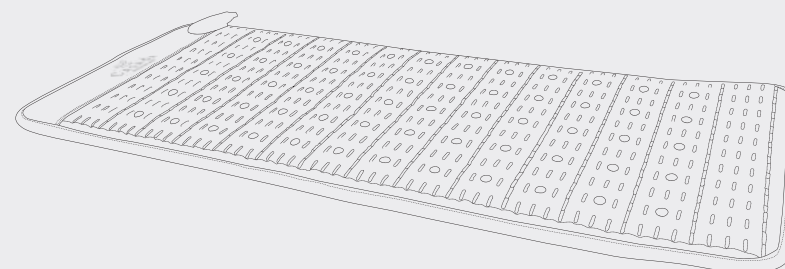
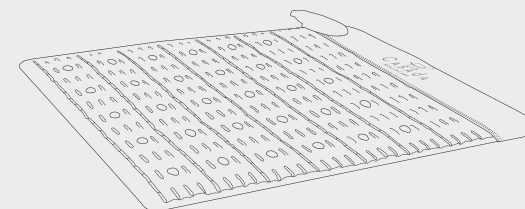
> Dr. Stone pro Mat Large / Medium

> Carrying bag

> User manual

> Power cable

> Remote control



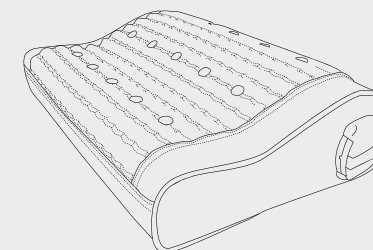
> Dr. Stone pro cushion

> Carrying bag

> Remote control

> Power cable

> User manual



Start up

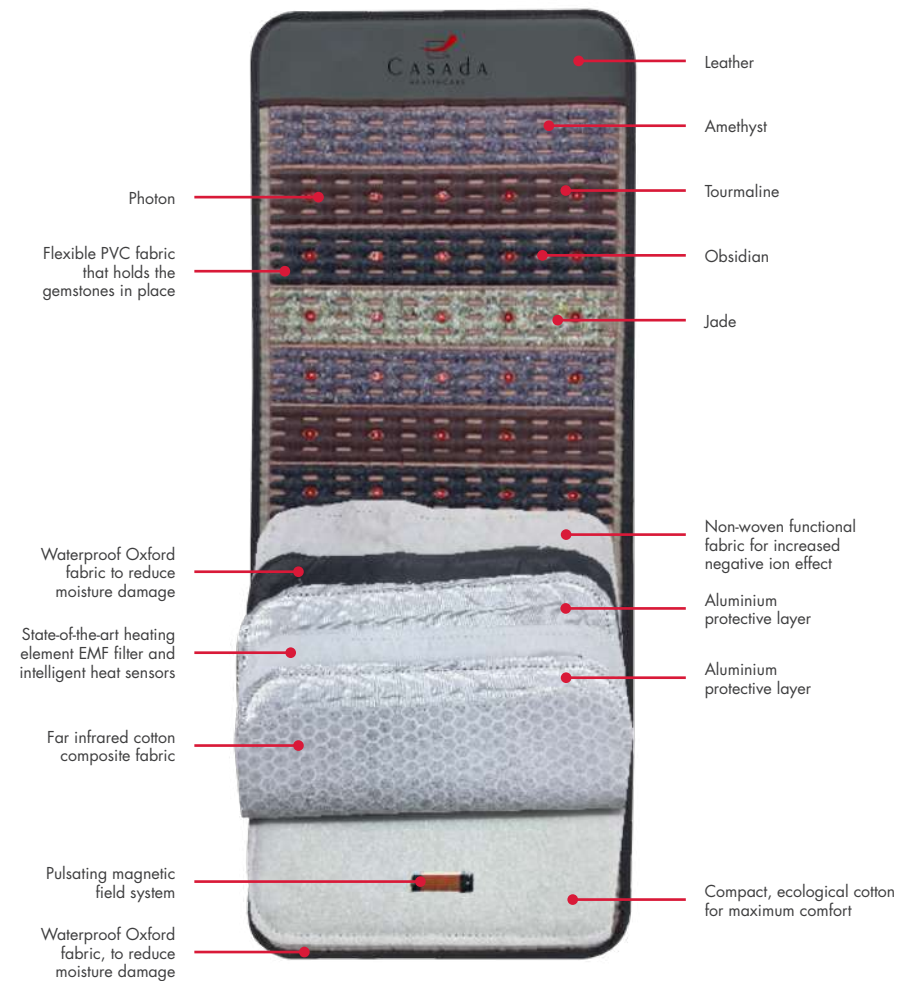
Please be advised that a voltage of 220 V to 240 V at 50 Hz is required. It is also important to ensure that the power cable is properly connected to the socket.

It is recommended that those with impaired vision use the appliance under the supervision of a relative or other suitable person.

Please note that the appliance has a heat able surface. We advise that those with a sensitivity to heat be particularly cautious when using the product. Please note that the appliance is intended for use by adults only and that children must be always supervised to ensure that they do not play with the product.

To avoid malfunctions, please allow at least one minute to elapse after unplugging and reconnecting the power cable.

Layer view



Remote control

POWER

To activate the remote control, please press the power button. The display will show the following elements: TEMP, TIMER, PEMF and PHOTON.

TEMPERATURE

To turn on the heat, press TEMP. Press TEMP again and “+/-” button to set the temperature. Set the temperature. Press any button to save.

To switch between Fahrenheit and Celsius, press and hold the “TIME” button for 5 seconds.

TIME

Press TIME to start time setting. The time will flash. Press “+/-” button. Set the time and press any button to confirm.

PEMF

To activate the PEMF function, please press the PEMF button. To begin setting the PEMF frequency, please press the PEMF button once more. The PEMF display will then begin to flash. Press “+/-” button , set the desired frequency in the range of 1-30 Hz in the next step. Please confirm your entry by pressing any button again.

To deactivate the PEMF, press and hold the button for 5 seconds.

The PEMF function is on for 20 minutes and off for 100 minutes. It can be used for a total of up to 12 hours. After this time, it automatically switches off (sleep mode).

INFRARED LIGHT

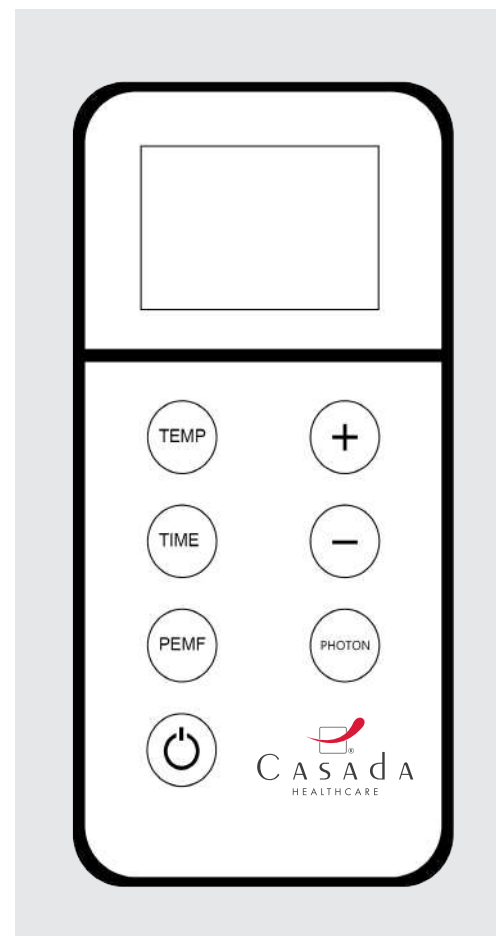
To activate or deactivate the infrared lamps, please press the PHOTON button.

FACTORY RESET

With the appliance switched on, press and hold the remote control for 10 seconds. The remote control will then automatically switch itself on and off again.

Remote control

> TEMP	Temperature
> TIME	Time
> PEMF	Electromagnetic fields
> PHOTON	Infrared light



Special features

GEMSTONES

Precious crystals have been used for their healing powers for centuries by people of all cultures. A lot of people think that precious crystals are good for your wellbeing and can lift your mood.

Tourmaline is a highly versatile stone, available in a wide range of colours. Black tourmaline (schorl) is regarded as a particularly protective and grounding stone.

Green jade is a symbol of harmony and peace, often associated with nature and life.

Obsidian is a natural volcanic glass that forms when lava cools quickly and does not crystallise.

Amethyst is a popular violet-coloured crystal that is often associated with spirituality and inner peace.

BIOPHOTONES

Biophotons are particles of light produced by living cells and organisms. These light emissions are in the infrared visible range. They are produced by biochemical processes, especially cellular respiration and metabolism. They are also generated by chemical reactions in the cells.

Possible effect of biophotons:

Regulation of cell processes: It is thought that biophotons could influence the growth of cells, their differentiation and programmed cell death.

Cell communication: Biophotons could help to transmit signals between cells faster and better. This enables the tissue to respond better to stimuli.

Regeneration: Some research suggests that biophotons could help in the regeneration of tissue.

Special features

INFRARED DEEP HEAT

On contact with the skin, the infrared rays are absorbed by the skin and converted into heat. This heat penetrates deep into the skin and tissue, creating a pleasant warmth.

Promotes blood circulation: The heat dilates the blood vessels, which improves blood circulation. This can relieve pain and promote healing.

Muscle relaxation: The deep heat can relieve muscle tension and relax the muscles.

Detoxification: Sweating stimulates the body to eliminate toxins.

The following temperature ranges and application durations have proven to be particularly suitable in the experience of our users:

35 °C – 40 °C:

Gentle programme for long applications, which has a revitalising effect and promotes inner peace and relaxation.

45 °C – 50 °C: 60 minutes to 100 minutes

Particularly suitable for extensive physical relaxation. Beneficial to support physical tension.

55 °C – 60 °C: 10 minutes to 90 minutes

Mental relaxation, mood-enhancing

65 bis 70 °C: 10 to a maximum of 60 minutes

Intensive sessions, when feeling inner, physical stress, the session corresponds to a sauna treatment.

Special features

PEMF FREQUENCIES

Pulsed Electromagnetic Field (PEMF) therapy is based on the use of different frequencies, each of which can provide specific health benefits.

LOW FREQUENCY RANGES (1-10 HZ)

1 Hz:

The method promotes relaxation and can improve sleep quality. Users have reported improved healing of cells and tissue. and tissue healing.

3–5 Hz:

Has a calming effect on the nervous system. It can reduce stress levels and generally promote relaxation.

7–10 Hz:

Improves blood circulation. There is a possibility that these frequencies may be helpful in relieving pain and treating muscle tension.

MEDIUM FREQUENCIES (10-50 HZ)

10–15 Hz:

It is believed to support the regeneration of tissues and the healing of injuries. Furthermore, it promotes blood circulation as well as metabolism.

20–25 Hz:

It can result in pain relief as well as support the function of the nervous system. After intensive physical activity, the frequency spectrum supports muscle recovery.

30 Hz:

There is evidence that it can result in support for the immune system. It can be used to support the treatment of inflammation and chronic pain.

Special features

PULSATING MAGNETIC FIELD

Magnetic field therapy is based on the assumption that magnetic fields can support the healing process in the body. It aims to restore the natural balance of the cells and activate the body's self-healing powers.

Possible effects of magnetic field therapy:

Pain relief: many people use magnetic field therapy to relieve pain, be it back problems, joint pain or migraines.

Supporting the immune system: By strengthening cell functions, magnetic field therapy can stimulate the immune system.

Stress reduction: Some users report a relaxing effect that can contribute to stress reduction.

NEGATIVE IONS

Negative ions are atoms or molecules that have absorbed one or more electrons. They occur frequently in nature, especially near waterfalls, beaches and forests. There they are generated by natural processes such as evaporation or the breaking of water.

Possible functions of negative ions:

Stress reduction: Negative ions help to reduce cortisol levels. When cortisol levels fall, cortisol levels fall, you feel relaxed and less stressed.

Improved respiratory function: According to research, negative ions cleanse the airways. They bind allergens and pollutants and thus improve breathing quality.

Sleep quality: Negative ions can relax the body and reduce stress, leading to better sleep.

Special features

SCHUMANN - RESONANCE

Dr Stone Pro is a wellness product that uses the Schumann resonance. The Schumann resonance is important for the balance of the environment. The mat contains precious stones that amplify the Schumann resonance and bring it into contact with the body.

Possible effects on the human body

Well-being: There are studies and reports that show that Schumann resonance can improve well-being. People who spend time in environments with lots of negative ions often feel relaxed and at ease.

Relaxation and stress reduction: The frequency of 7.83 Hz relaxes and reduces stress. This frequency has a calming effect and can reduce stress levels.

Sleep quality: Some researchers believe that the Schumann resonance promotes sleep by balancing the body. The frequency could aid sleep.

Physical and mental health: There is evidence that Schumann resonance can strengthen the immune system and promote general health. Some people report improved concentration and mental clarity in environments with strong Schumann activity.

BRAINWAVE STIMULATION

Reviews have been published on how magnetic fields affect brain activity. The results are often inconclusive. Some researchers believe that certain magnetic fields can influence brain waves. This could change mood, relaxation or concentration.

Brain waves are electrical impulses in the brain that are generated by the activity of nerve cells. They are divided into different frequencies, which are measured in Hertz (Hz). We distinguish between different types of brainwaves:

Special features

Delta frequency range is between 0.1 and 4 Hertz. In this range, people sleep without dreams and delta waves occur.

Theta frequency range: 4 to 8 Hertz – this is the REM phase in which we dream. Sleepiness also occurs in this range.

Alpha frequency range: 8 to 13 Hertz – this is the range in which we feel relaxed and detached, visualise things and remember experiences.

Beta frequency range: 13 to 30 Hertz – this is the waking range in which we find our way in everyday life, think logically and perceive things.

Storage and maintenance

MAINTENANCE

- We recommend using the mat/cushion with a soft cotton cover. If soiling occurs, you can remove it with a cotton cloth and as little water as possible.
- Disconnect the product from the power supply and allow it to cool down.
- Never immerse the mat/cushion in water or other liquids during cleaning.
- Do not use abrasive cleaners, brushes, petrol, paraffin, polishing agents or paint remover to clean the mat.

STORAGE

- Please store the mat/cushion in the dust-free bag supplied.
- Please store the mat/cushion in a dry place.
- After prolonged storage, we recommend removing the mat/cushion, checking the storage situation and airing it out.
- We recommend that you do not place any heavy objects on the mat/cushion during storage.

Technical data

Dr. StonePro Large

Model: CS-324
Name: Dr. Stone Pro Large
Dimensions: 150 x 60 x 3 cm
Weight: 14 kg
Temperature range: 60~158°F
16~ 70°C
Voltage: 220 - 240 V ~ 50 - 60 Hz
Rated power: 210W
Magnetic field coils: 6 pieces
Magnetic field strength: 8GS
CEEMCNo: TEJS24082161309
CELVNNo: SFT23JUN005C
Safety structure: Class 2 type B protective insulation additional insulating cover
Certificates:



Dr. StonePro Medium

Model: CS-323
Name: Dr. Stone Pro medium
Dimensions: 50 x 80 x 3 cm
Weight: 5,3 kg
Temperature range: 60~158°F
16~ 70°C
Voltage: 220 - 240 V ~ 50 - 60 Hz
Rated power: 80W
Magnetic field coils: 4 pieces
Magnetic field strength: 8GS
CEEMCNo: TEJS24082161309
CELVNNo: SFT23JUN005C
Safety structure: Class 2 type B protective insulation additional insulating cover
Certificates:



Technical data

Dr. StonePro Cushion

Model: CS-325
Name: Dr. Stone Pro Cushion
Dimensions: 50 x 30 x 9 cm
Weight: 3,5 kg
Temperature range: 60~158°F
16~ 70°C
Voltage: 220 - 240 V ~ 50 - 60 Hz
Rated power: 30W
Safety structure: Class 2 type B protective insulation - additional insulating cover
Certificates:



Troubleshooting

Trouble

- The appliance is connected to the mains, neither the appliance nor the control panel are working.

Resolution

- Check the connection to the power connection.
- The appliance may overheat if used for too long. Therefore, switch it off and allow it to cool down for 30 - 50 minutes.

EU Declaration of Conformity

Complies with European Regulatory Standards EMC 2014/30/EU, LVD 2014/35/EU.

Warranty provisions

The retailer guarantees a statutory period of warranty for the product described on the reverse. Warranty is valid from the date of purchase. The purchase date must be documented with proof of purchase. The retailer will repair or replace defective products registered within Germany free of charge. This does not include parts subject to wear such as fabric covers. This requires the defect device to be sent in with proof of purchase before expiration of the warranty period.

The warranty is void if a defect occurred e.g. due to outside influences or as a result of a repair or modification not performed by the manufacturer or an authorised dealer. The retailer warranty is limited to product repair or replacement. Under this warranty, the manufacturer or the retailer shall have no further liability and is not responsible for damages due to failure to observe the instructions for use and/or improper use of the product.

If after examining the product, the manufacturer determines the warranty claim is not for a defect covered by the warranty or that the warranty period has expired, the customer is responsible for the costs of the inspection and repair.

Legal notice: None of the contents have any healing value. The diagnosis of and therapy for illnesses and other physical disorders requires treatment by a doctor, alternative practitioner or therapist. The statements are exclusively informative and should not be used as a replacement for medical treatment. Every user is instructed to carefully assess their situation and, where necessary, consult a doctor to determine whether using the product is encouraged in their own unique case. Every use or therapy is undertaken at the user's own risk. We dissociate ourselves from any healing properties or commitments.

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