

How to set up your Earthing mat

1. Decide where you want to use the mat. Your options include most anyplace where you work, sit, relax, rest, or sleep. Hence, the name “universal mat.” Just remember that wherever you set it up you need to have some bare skin contact.
2. Attach snap end of Earthing cord to snap nub on mat.
3. Insert prong end of Earthing cord into ground port (third hole) of nearest grounded electrical outlet on wall, or into Earthing ground rod cord if you use a ground rod connection. The mat is conductive on either side.
4. If you use your mat in bed, you may like to insert it into the accompanying mat cover. Some people don't like the “feel” of the rubber mat in bed, so the mat cover can be used in such situations. The mat cover transfers the Earth's energy only when in contact with the connected mat.
5. You must make bare skin contact with the connected mat, or the connected mat with cover, in order to receive the Earth's energy. Both sides of the mat are conductive. But only the silver side of the mat cover is conductive.

How to care for your Earthing mat and cover

Use water and any mild soap to periodically clean mat.

Mat cover can be hand washed if needed with warm water approximately 105 degrees Fahrenheit (40 Celsius). Do not use chlorine bleach or liquid fabric softener, or any detergent containing bleach or fabric softener, chemicals that can ruin the conductivity of the cover. Line dry is recommended.

Do not dry clean the cover. When necessary, use hydrogen peroxide-based non-bleach to remove stains and/or to whiten. Do not apply lotions, creams, or oils to the skin before bedtime on parts of your body that will be in contact with the Earthing mat or cover. Such substances oxidize and can damage conductivity.