

CELLER8[®]

Quick Start Guide

Please read the manual before first use to check any warnings or contraindications.



Please charge the CELLER8[®] fully before first use.



Turning the CELLER8[®] on

To turn the CELLER8[®] on, press down on the Control Dial for 2 seconds.



Turning the CELLER8[®] off

To turn the CELLER8[®] off press down on the Control Dial for 3 seconds.

The CELLER8[®] will switch off automatically if idle for 60 seconds or at the end of a program.

Connecting the Celler8[®] controller with the mat

If using a CELLER8[®] mat, connect it now, by plugging it into the bottom of the CELLER8[®] controller.



1. Charging port
2. Mat port

Setting up an application and program

Select an application using the control dial. Turn the control dial clockwise and anti-clockwise to navigate up and down on the menu. Press down on the Control Dial to select the application.



Applications:



Controller

Only the CELLER8[®] will emit PEMFs in this mode.



Mat

Only the CELLER8[®] Mat will emit PEMFs in this mode.



Mat & Controller

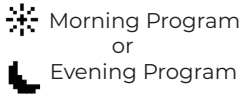
The CELLER8[®] & Mat will emit PEMFs at the same time.

Using the control dial, select the program you want to use, then select

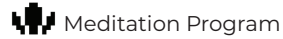
Start or **Back** to select a different program.

Programs:

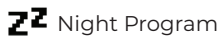
For general recovery and maintenance



For deep meditation and relaxation



Create an optimal frequency for deep sleep

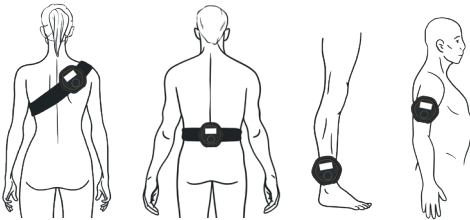


Customise your own frequency, time & intensity



Once your program has begun, you can select **Pause** using the control dial to pause or end the program.

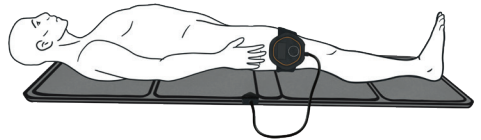
Applying the CELLER8®



Apply the CELLER8® to your chosen area and secure it in place with the elasticated strap.

Using the CELLER8® Mat

When the Mat is in use, it should be fully unfolded with the lighter grey side and CELLER8® logo facing up. The CELLER8® can be used as the controller for the CELLER8® Mat, or it can be used at the same time for both a full-body and localised PEMF application, as shown.



The CELLER8® can be used with the mat on both battery and mains power.*

For any help using your system, please visit www.celler8.com or refer to the manual.



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*During a Custom program, if the frequency is being set to 40Hz and above, ensure the CELLER8® is plugged into the mains power, as the battery alone cannot support the higher frequencies.