



Therapeutic Information

Depth of Penetration - 16 inches	Drink 4-8oz. of water during session
First Session: Make it 1/2 session - Will feel some Detox	Body only uses the energy it needs
Will increase absorption rate of medication	May feel worse before you feel better

*These are only **suggested settings**. Please choose the **highest intensity level that you're comfortable with**.

Therapeutic Chart

Time	When / How Long	Area	Regimen
20 min	Daily	Skin	Wounds - Not Active Bleeding , Burns, Exema
20 min	2-3 times/week	Bones	Fractures, Osteopenia, Osteoporosis
20 min	Daily (before/after workouts)	Muscles	Sprains, Strains, Cramps, Workouts, Spasms
20 min	2-3 times/day	Lower Back	Spasms, Sciatica, Disc - lowest intensity
20 min	Daily	Organs	Liver, Kidney, Prostate, Bladder
10-20 min	2-3 times/week	Joints	Ankles, Hips, Shoulders, Fingers, Wrists, Elbows
10-20 min	Daily	Head	TMJ, Concussion, Depression, PTSD
10-20 min	2-3 times/week	ACL	Butterfly loop placed over the outside of knee
10-20 min	Morning	Energy/Mood	Large loop over Chest or Abdomen
10-20 min	Before Bedtime	Sleep	Large loop over Head or Pillow
10-20 min	Daily or As often as possible	Immune	Large loop over Thymus Gland (chest)
10-20 min	Daily, (low-medium) intensity	Wound/Infection	Place loop over wound site - Not active bleeder
10-20 min	Daily or As often as possible	Stress/Anxiety	Large loop over Heart or Solar Plexus (below rib)
10-20 min	Daily or As often as possible	Detoxification	Large loop over Liver or Kidneys
10-20 min	Daily or As often as possible	Digestion	Large loop over Abdomen
10-20 min	Daily or As often as possible	Blood Circulation	Large loop over Legs and Arms
10-20 min	Daily or As often as possible	Lymphatic System	Large loop over Neck/Groin to reduce swelling
10-20 min	Daily or As often as possible	Balance Hormones	Butterfly loop over Thyroid/Adrenal Glands
10-20 min	Daily or As often as possible	Bone Health	Either loop over injured Bones (Fractures)
10-20 min	Daily or As often as possible	Respiratory	Large loop over Chest or Back
10-20 min	Daily or As often as possible	Cosmetic	Butterfly loop over your Face or Neck
10-20 min	As Needed	Headaches	Butterfly loop over Forehead, Base of Skull, Feet
10-20 min	As Needed	Sinus Congestion	Butterfly loop over Nose or Cheeks
10-20 min	As Needed	Pelvic Dysfunction	Large loop over Lower Abdomen or Pelvis
10-20 min	2-3 times/day	Hair Growth	Butterfly loop over your Scalp
10-20 min	Daily	Tinnitus/Ear Infect	Butterfly loop over your Ears
10-20 min	Daily	Arthritis	Large loop over affected Joints or Muscles
10-20 min	Daily	Vision	Butterfly loop over Eyes - Fatigue or Strain
10-20 min	Daily	Lung Health	Large loop over Chest or Back
10-20 min	Daily	Flexibility	Large loop over your Joints & Muscles



Intended Use

The Aura Wellness devices are intended to maintain or encourage a general state of health by:

- Massage like benefits to aid in personal relaxation
- Like Massage, PEMF can provide relief from anxiety and stress
- Provides joint and muscle relief due to strenuous sports and work activity
- Benefits total wellness and life rejuvenation

Contraindications

The following contraindications must be observed:

- Do not operate any Aura Wellness device in areas where moisture is present.
- Do not allow the attachment coil to come into contact with water or other fluids during operation.
- Users with low blood pressure should be careful after a wellness session as they could become dizzy for a few minutes after standing up after the wellness session with Aura Wellness.
- Users with pacemakers or other implanted medical devices should not use Aura Wellness.
- Users with recent organ transplants should not use the Aura Wellness.
- Consult your physician if you are:
 - Currently receiving immunosuppressive therapy
 - Currently pregnant
- For safety reasons, Aura Wellness application may not be applied in combination with anticoagulant therapy with prescription anticoagulant therapy
- Do not use this product if there is a diagnosed deep vein thrombosis (DVT)
- The Aura Wave applicators may come in contact with the user and are considered applied parts.
- Patients who wear an active medical implant that leads to stimulation (e.g., pacemakers, defibrillators, brain stimulators, muscle stimulators) should not use the Aura Wellness system.
- Patients wearing active medical implants designed to deliver medication (e.g., medication pumps, insulin pumps) should not use the Aura Wellness system.

