

How does the BioMat® work?

The BioMat is a unique innovation in biotechnology using 17 different layers and more than 28lbs of amethyst crystals, to generate far infrared rays which are then transferred to the body as heat. Designed by NASA engineers, scientists and medical engineers, the BioMat combines three healing components: Far Infrared Rays, Negative Ions, and Amethyst Therapies, for a deep body, mind, and spiritual healing experience. To me, it is total Bliss!

Far infrared rays... are part of the electromagnetic spectrum that has been studied for various health benefits. It provides warmth and relaxation similar to the energy that radiates from the sun. These rays not only benefit muscles on the surface of the body, but all cells and bodily tissues in the deepest parts of the body. The warm stimulating waves temporarily increase local circulation. This deep tissue heating relaxes the muscles and tissues surrounding the joints relieving pain and discomfort.

Negative Ions... are atoms that have a greater number of electrons (-) than protons (+), which result in a negative charge. They are abundant in natural environments such as forests, mountains, waterfalls and oceans. Negative ions are believed to relieve stress and boost our energy.

Amethyst Crystals... generate and transfer far infrared rays that the body can easily absorb. Amethyst also helps balance the bodies energies & clear energy blocks. It is soothing and emotionally calming. The BioMat® contains 28 pounds of Amethyst to assist in creating a space of contentment, and peace!

What are the benefits of the BioMat®?

- Eases stiffness and joint pain
- Relief of joint pain associated with Arthritis
- Relaxation of muscles
- Reduces muscle pain & muscle spasms
- Relief from minor strains and muscular back pain
- Improves the Immune System
- Removes Toxins
- Temporary increase of blood circulation
- Speeds recovery from surgery or injury
- Reduces stress and fatigue
- Promotes relaxation and restful sleep



What happens during a Biommat® session?

Deep relaxation! You lie on a comfortable padded massage table, fully clothed, on top of the Biommat®. You have a pillow and blankets to be comfortable. Generally, music is played to help you relax, unless you prefer silence. Some clients like to meditate, others allow their mind to wander wherever it may go, and others nap.

How will I feel after my session?

Some people experience more energy after a session, and sometimes less energy. Both are normal. If you feel a lack of energy, it is because your body is cleansing and restoring at deep cellular levels and is using a lot of energy. By drinking plenty of fluids you will assist your body to easily go through the healing process.

Are you looking for even more?