

BioMat Settings



BioMat Mini and **BioMat Professional** products can be temperature-calibrated to address specific health issues:

NO HEAT: This setting allows you to benefit from negative ion therapy and amethyst conduction without having to use far infrared rays at the same time. The setting is ideal for: **mood enhancement, mental alertness and mental stimulation**, and general **detoxification**.

95-104°F HEAT: This “green” setting enables negative ion therapy plus gentle, broad-spectrum cooling. The setting is ideal for short-term to overnight use as an aid to combat **insomnia**, encourage deep **relaxation** and consistent sleep patterns and deliver long-term **regenerative health**. Benefits also include: **cellular renewal**, improved energy flow and **migraine** reduction or elimination. Ideal setting for people with pacemakers or heart conditions or who are sensitive to detoxification.

113-122°F HEAT: This “yellow” setting provides negative ion therapy plus subtle, warming far infrared ray penetration for a range of healing benefits. This setting is ideal for encouraging regular **relaxation** and increased **flexibility** and healing **muscle, joint or spinal injuries**. The yellow setting also soothes **asthma** and **allergy** symptoms, encourages **respiratory health** and may help stabilize **blood pressure**, blood sugar and glandular functions.

131-140°F HEAT: This “gold” setting provides negative ion therapy plus deep-penetrating warmth to alleviate pain, encourage relaxation and address chronic conditions associated with **stress, tension** and **anxiety**. This setting also encourages better **circulation**, improved **hormonal balance** and increased **sexual vitality**. NOTE: Begin using the BioMat gold setting for 15-minute intervals, gradually working up to one or two-hour sessions.

149-158°F HEAT: This “red” setting offers maximum sauna-like far infrared ray therapeutics designed to purify and detoxify. The high-heat settings are ideal for relieving **pain, stress, low immunity** conditions such as **flu, cold** and **overall low energy**, and even maladies such as jet lag and hangover. Used regularly, the red setting reduces body toxicity and improves conditions caused by **viral, cystic, acidic and endemic malfunction**. The red setting can also **increase metabolism** and **flush fat and cellular waste** from the system. NOTE: Use the BioMat red setting for periods of 20 to 60 minutes, maximum.

**NOTE: The BioMat temperature recommendations are guidelines only. Individual tolerances and preferences will vary. Use these guidelines as a starting point, and adjust your personalized treatments based on your own best results. For medical advice, please consult your primary health care provider.*

