

BIOMAT versus INFRARED SAUNA

ONE SETTING vs. MANY SETTINGS Conventional & Infrared Saunas only have a 'high' setting. Some people find it difficult to breathe deeply in conventional saunas, not so with a BioMat. The BioMat has 8 different heat settings and one that is strictly Negative Ion release, no heat. The lower ranges of the BioMat are for relaxation & rejuvenation. The mid-ranges are for releasing tired aching muscles, lactic acid build up and for stressed organs. The highest temperature settings are greater than currently known saunas of any kind and are equivalent to saunas in their detoxification effects.

SWEATING A regular sauna opens up the pores to detoxify therefore induces sweating.

The BioMat allows toxins to leave the body through 7 major pathways including the skin. Sweating may not occur until higher settings yet *detoxification takes place even with the lower settings*. For that reason, people find the BioMat more comfortable to detoxify with.

COMFORT Most F.I.R Saunas require the user to sit up while the BioMat is used while lying down. Most people can relax more easily while lying down. The BioMat is also designed to be slept on at night and for extended periods of time.

DEPTH of PENETRATION Far Infrared Saunas allow heat to penetrate 1-2 inches into the skin.

Due to the design of the BioMat, the Far Infrared Rays penetrate 6-8 inches within the body deepening the detoxification process.

1 vs 3 COMPONENTS: Infrared Saunas only use 1 component: Infrared rays compared to the BIOMAT's 3 Elements: Infrared Rays, Amethyst Crystals and Negative Ions. These elements work synergistically to increase the healing potential of one another.

1) The **Amethyst Crystals amplify the depth of Far Infrared Rays** – now the rays can penetrate the body 6-8 inches due to the presence of Amethyst Crystals. 2) **Far Infrared Rays** improve circulation and lymphatic flow; they also reduce swelling and inflammation.

3) **Negative ions** provide greater cellular communication. Negative Ions act as free radical scavengers, relieving the body of toxins and waste. Negative Ions then attract nutrients, water and oxygen for improved cellular function. These naturally occurring ions are in low concentrations in cities and homes, yet they are vital to our health. When they are in low concentrations we hold onto cellular waste and toxins - one of the hidden reasons we feel sluggish or get sick more often. The BioMat's **Far Infrared Rays**, by increasing circulation, assist the **Negative Ions** in their job by flushing out the toxins in the cells through the circulatory and lymphatic systems. Negatively charged ions are delivered in high concentrations from the BioMat like those felt at a beach or waterfall.

IMPORTANCE OF KEEPING HEAD COOL: Most saunas enclose the entire body. Therefore the head (brain cells) is heated as well. According to ancient traditional healing, keeping the head cool is felt to be crucial as this allows the brain's heat control center (the hypothalamus) to send signals to the body to tolerate more heat; the body then has an easier time tolerating higher levels of heat hence greater detoxification. It is recommended to use the BioPillow along with the BioMat for this reason.

SAFEGUARD FOR YOUR HEALTH regarding EMFs (Electro-Magnetic Frequencies)

According to the producers of the BioMat, RichWay USA, the BioMat's design reduces and then neutralizes harmful EMF's by first converting the A/C to D/C at the control box. Then the D/C travels from the control box down to the mat. This is a greatly reduced electrical signature and D/C is also more in alignment with the body's own electrical system. In addition, four of the 17 layers of the BioMat are designed to eliminate the remaining harmful EMF's including the naturally occurring 'water vein waves' that occur geologically.

ENERGY CONSUMPTION the BioMat uses the Wattage of a lightbulb!

PORTABILITY is much easier with the BioMat; lighter in weight and includes a wheeled carrying case.

