



AMETHYST BIOMAT

Temperature Settings

The following temperature settings are merely guidelines.

Remember everyone has different backgrounds, needs, and metabolism, which can change on a daily basis. Therefore, it is important to use your intuition and listen to your own body when selecting temperature settings.

⦿ NO COLOR = Negative Ions and Amethyst Crystal energy only!

⦿ GREEN ~ GENTLE, BROAD SPECTRUM COOLING

Use these low settings to enjoy the health benefits of negative ions and amethyst crystal, with minimal far-infrared heat. These are the ideal settings for a good, regenerative night's sleep, and are excellent to use on a nightly basis, with cumulative health benefits.

- Use for minimal far infrared, negative ion + amethyst energetics
- Promotes deeply regenerative sleep +/-or anytime pick-me-ups
- Provides all-purpose cellular renewal
- Clears energy blockages
- Relieves chronic symptoms (i.e. migraines)
- Uplifts and revitalizes body, mind, spirit
- The Green Settings have a cooling effect on body temperature, so these settings can be refreshing and energizing for rest in hot weather, or for any overheating conditions.
- This setting also provides wonderful health benefits for those who would wish to begin their Biomat health program cautiously, such as those with any high-risk, pacemaker, heart condition, or sensitive to detoxification.

☉ YELLOW ~ LOW GOLD = SUBTLE, WARMTH

Start on lower settings and **gradually increase** as the body is ready to absorb more of these beneficial light rays. Yellow Settings are ideal to use on a daily basis for relaxation, and as an adjunct to healing modalities such as massage therapy, acupuncture and physical therapies. In addition, these Settings can also be used as a great “warm-up” prior to yoga, performance and athletic activities.

- Safe for extended use
- Companion for flexibility training, physical therapies + rehab
- Speeds sports, muscle + injury recovery and healing
- May stabilize blood pressure, blood sugar + glandular functions
- Relieve allergy + asthma + promotes respiratory health

☉ YELLOW ~ HIGH GOLD = DEEP PENETRATING WARMTH

- Gradually increase duration from 15 min. to 1-2 hour sessions
- Promotes soothing comfort, pain relief + profound relaxation
- Unwinds chronic stress, tension + anxiety
- Relieves insomnia + physio-emotional trauma
- Enhances circulation, hormonal balance + sexual vitality

☉ RED ~ DEEP HEAT + MAXIMUM SAUNA THERAPEUTICS

The high temperature settings indicated by the red lights are best used for 20-60 minute “Treatment” Sessions. This is the most therapeutic setting for deep purification and detoxification. For the deeply-purifying Biomat sauna, cover the body with a towel, and then on top of that, add several natural fiber heavy blankets. Biomat high-heat sessions are superb for relieving pain, stress, jet lag, hangover, flu, etc.

This is also a great first-aid device for winter maladies such as frostbite and winter chills. (Allow 20 minutes for the Biomat to heat up to the higher-heat settings.)

- Up to one hour daily of sauna-level cleansing sessions
- Detoxifying for toxic, viral, cystic, acidic + edemic conditions
- Restorative support for metabolic, organ + nerve functions
- Accelerates fat + cellulite-burning and natural weight loss
- Supports all-around immunity, prevention + regeneration
- Sanitizes + purifies air, bedding + environments