



Infrared Saunas are the Ultimate Relaxation Therapy: A guide to choose wisely for health benefits you can measure.

Infrared sauna offers an innovative wellness retreat, available at a professional spa or in your home. It can be a rejuvenating experience for the mind and body. As with everything, whether good or bad depends on how it is made and whether it is a good match for you.

Using the latest technology, infrared saunas use gentle, radiant heat to penetrate deeply into your muscles, promoting relaxation, and relief.

Unlike traditional saunas, infrared saunas operate at lower temperatures, making them more comfortable and accessible to a wider range of individuals. Cleveland Clinic states “instead of steam or flame-stoked heat, [infrared saunas use infrared lamps and electromagnetic magic](#) to create warmth”.

‘Electromagnetic magic’ is Electromagnetic Frequencies (EMFs), prolific in modern times, and becoming more so with Wi-Fi routers, electronic devices, smart meters, appliances, and even the wiring inside walls. Low earth orbit satellites which provide high bandwidth 5G internet services, and even electric cars all inundate you with EMFs.

According to Dr. Joseph Mercola, author of [EMF*D: Protect Yourself Now from the Hidden Harms of 5G, Wi-Fi and Cell Phones](#), “There’s no question wireless EMFs are unsafe. A working group of nearly 30 scientists appointed by the National Institute of Environmental Health Services (NIEHS) carried out important research after Congress passed the Energy Policy Act in 1992. In 1998, NIEHS produced a 532-page report in which the experts voted 19 to 9 in favor of designating EMFs as a “possible carcinogen.”

The Answer: BioMat® offers the benefits of infrared sauna with more versatility than a traditional infrared sauna and EMF Protection. Negative ions produced by amethyst and tourmaline gems that cover the entire surface of the mat enhance the BioMat’s effect for relief and performance. BioMat professional is a mat, the size of a massage table, that trifolds for easy storage and portability. It comes with a wheeled carry case and weighs under 45 lbs., making it easily useful for healthy living homes.

Imagine immersing yourself in a warm and therapeutic experience, where pain and stress melt away as your body absorbs the rejuvenating effects of the BioMat. You will not want to put your BioMat away. You can enjoy it year round. The Far Infrared Rays, NASA technology, and Negative Ions feel like a beachy getaway or a forest therapy retreat.

BioMat EMF interceptor acts in the same way as a lightning rod, safely conducting the EMF energy to the ground. A special layer of fiberglass and carbon encases the new controller cutting off any exposure to EMF. BioMat® new controllers are guaranteed for life.



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HOW THE BIOMAT® WORKS

BioMat has three primary therapeutic components, each of which contributes to the effectiveness of the product. These therapeutic components are:

- The generation of Far Infrared Rays (FIR)
- The generation of Negative Ions
- Focusing this energy through a matrix of Amethyst Crystal

The deep penetrating power of Far Infrared Rays stimulates every system of the body from the inside out. As Infrared is radiated into the body, it resonates with the frequencies of organic molecules and cells causing them to vibrate, heat up and expand. In turn, blood vessels, capillaries, nerve endings and organelles expand, making the body feel fully charged and energized in just the same way a bell struck at regular intervals vibrates and moves faster and faster. This causes a net increase in metabolism helping cells to divide faster, nervous signals to move faster and healing to occur at a much accelerated rate.

The Negative Ions stimulate cell membranes of the body causing their ion channels to become active. This helps to alkalize all cells by removing cellular waste and toxins. Negative Ions also convert cells from “fight or flight” (stress) mode, to reproductive, normal functioning (happy) mode causing a sense of deep relaxation in the mind and body. Just as negative ions clean our air, they also clean out our cells.

Amethyst crystals have been known to deliver both infrared and negative ions naturally. In this case the amethyst crystal is not only used to focus the FIR energy of the BioMat but also helps to calm and protect the mind and nervous system.

This combination of therapy using FIR and Negative Ions traveling through a matrix of amethyst crystal delivers healing frequencies to the body creating a unique method of accelerated cellular regeneration which aids in many different modalities of healing.

These therapeutic components of the BioMat works to remove blockages creating better communication between the brain, the autonomic and sympathetic nervous systems, and all organs of the body to balance and stabilize the bodies systems and strengthen the body’s own self-healing power.

Combining the healing properties of Far Infrared light, Negative Ions and amethyst crystal creates a unique healing environment. To counteract the effects of toxins, harmful electromagnetic radiation, stress and illness, regular use of the BioMat can bring the body into a state where wellness and recovery and relaxation are a part of everyday life.

BioMat, with its 17 layer scientific design, is made in a medical manufacturing facility. It is an FDA cleared Class II Medical Device, since 1997. Its range of temperature is 98 to 158 degrees



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Fahrenheit which allows for use variability for bio-individuality. Resting on the BioMat without heat can also be productive, and supportive for human grounding. *VeryWell Health* states “Beyond legend and anecdotal evidence, a [growing body of research supports and explores the physiological effects and possible health benefits of grounding.](#)” Improved mood, blood flow [BioMat® promotes blood flow 6-8 inches into tissues], immune system function, wound healing; Increased heart rate variability; and reduced post-exertion muscle soreness, pain, inflammation autoimmune signaling, and stress are among the health benefits cited in the article.

Visit us on our [BioMat | BioAcoustic Mat](#) page for more benefits, studies, and science how [Far Infrared Technology and vibroacoustic sound therapy](#) works for human good. The germanium waterproof cover enhances endorphin production to help the BioMat work even better for health and wellness.

Richway International | Richway and Fuji Bio Inc, the BioMat manufacturer offer a three year warranty, and more, all available to view along with the User Manual on our [Biomat USA Store](#) page. Free signature guaranteed shipping is included.

Questions and inquiries for order interest? Contact us with a call to talk using the QR code or schedule via <https://www.TamJohn.com>. Free in-home trials are available.



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