

# Biomat Settings

## Green Settings

Gentle Healing Warmth 95° - 104°

**Safest for Sensitive & Extended Use**

- ☞ Safe setting for all night sleep
- ☞ Gentle boost to immune system
- ☞ First aid for relief of wounds, digestive problems, headaches & stress
- ☞ Mild detox & recovery

## Low Gold Settings

Dynamic Subtle Warmth 113° - 122°

**Cycles of 20minutes to 2 Hours**

- ☞ Gentle stress relief
- ☞ Muscle relaxation & recovery
- ☞ Cardio & respiratory rate reduction
- ☞ Blood pressure regulation
- ☞ Hormone balancing

## High Gold Settings

Deeply Penetrating Warmth 131° - 140°

**9 to 90 Minute Sessions**

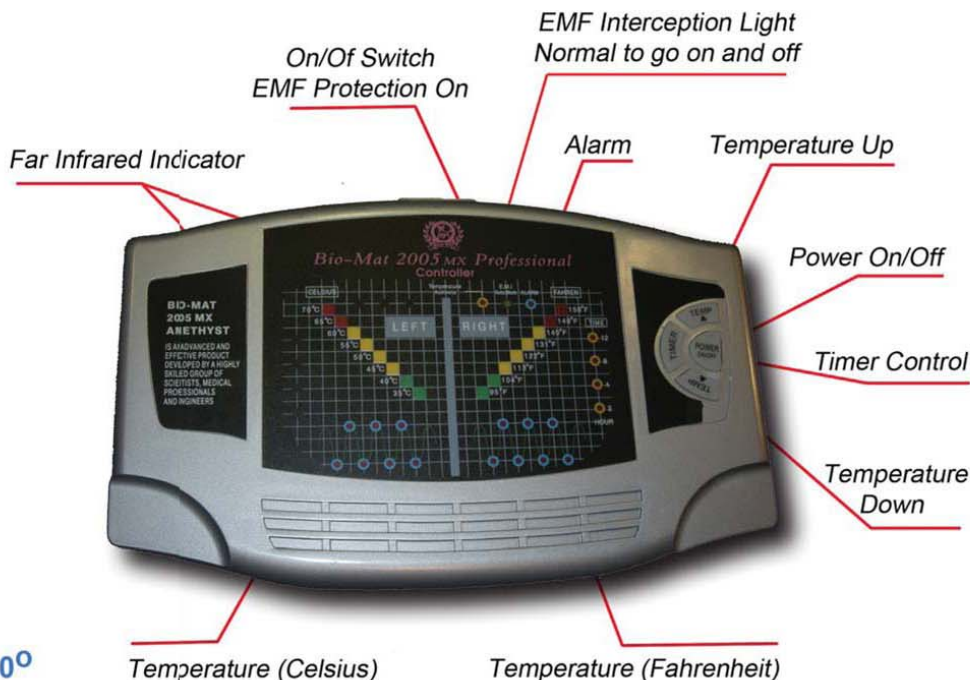
- ☞ Joint, muscle & fatigue relief
- ☞ Stress, Anxiety & trauma relief
- ☞ Profound relaxation
- ☞ Enhances meditation

## Red Settings

Deep Heat & Max. Therapeutics 149° - 158°

**Power Sessions of 20 minutes to 45 minutes**

- ☞ Sauna level cleansing & maximum detoxification
- ☞ Promotes weight loss
- ☞ Improves skin tone
- ☞ Setting used by Japanese cancer clinic
- ☞ Sanitizer



## Power Only

No Temperature

### Negative Ions Only

- ☞ Relief from severe pain for some people
- ☞ Useful after a higher heat setting to prevent a detox reaction

Blinking red lights at the bottom of the control panel indicate negative ion cycle is on

## MiniBiomat Settings

Correspond to above temperature settings

95° - 158°