

BioMat Settings Guide

- BioMat Network recommends that you start slowly and build up to more time and higher temperatures on the BioMat. Starting slowly will help prevent excessive detoxification and potential discomfort.
- Sessions on the Amethyst BioMat may vary in length from 30 minutes to overnight. You can also induce therapeutic sweats on the BioMat from 30 minutes to an hour. The amount of time you stay on the BioMat is a personal preference.
- Always drink plenty of water before and after your BioMat session as Far Infrared Therapy is very dehydrating, and you are burning calories the whole time you are on a BioMat.
- The benefits are cumulative, so the more you use the BioMat, the more benefits you will experience.
- Preheating the BioMat for 15-20 minutes prior to use is recommended.
- Mini BioMat use: settings correspond to the temperatures of 95°-158° (below).

Select from multiple temperature settings to customize your BioMat experience:

Temperatures indicated in Fahrenheit



GREEN — Gentle, for extended time usage

Broad spectrum gentle effect	95° - 104° Safest for extended use
All purpose health support	Immunity + energy booster
Regenerative sleep	



LOW GOLD — For cycles of 2 hours each

Surrounding warmth 113° - 122°	Cycles of 2 hours or more
Improves cardiovascular + respiratory function	Blood pressure + blood sugar regulation
Female cycle + hormone balancing	Muscle pain relief
Improved relaxation	



HIGH GOLD — For cycles of up to 1.5 hours each

Deeply penetrating warmth	131°-140° 9 to 90 minute sessions
Joint+ muscle pain relief	Exercise recovery + tissue repair
Stress, anxiety +trauma relief	Profound relaxation
Mood elevationenhanced surgical recovery	



RED — For power sessions of up to 1 hour each

Deep heat 149°-158°	Power sessions of half hour to one hour
Maximum detoxification	Natural weight loss
Fights invading infections	Enhances sexual vitality
Improves circulation + blood purification	Environment + bedding sanitizer