



# The BioMat® Mini Quick Start Guide

*Reduce Stress. Relieve Pain. Heal.*



## FEATURES & BENEFITS

The BioMat® Mini is a compact and portable therapeutic FDA Class II Medical Device that combines cutting-edge technology with the wisdom of ancient healing practices. Perfect for targeted therapy and on-the-go use, the BioMat® Mini is safe and effective for use with other healing modalities, spa treatments, or entirely on its own.

The BioMat® harnesses the power of Medium to Far Infrared Rays, Negative Ions, and the conductive properties of Amethyst and Tourmaline crystals for a deep and effective healing experience. Relax on your BioMat® Mini and enjoy localized pain relief (including arthritic symptoms), decreased inflammation, boosted energy, healthier circulation, increased oxygenation, and a profound release of stress!

## Why People Choose BioMat®



### FDA 510 Class II Medical Device

Safety and efficacy are critical. BioMat® meets all the highest standards.



### Amethyst and Tourmaline Crystals

Ancient wisdom meets cutting-edge technology. Deepen the healing with the synergistic power of these natural elements.



### Profound Shift

Clients enter a parasympathetic healing state faster, enhancing the value of every session with you.



### EMF Protection

Offer your clients a protected environment, ensuring they have the best healing experience.

## QUICK START INSTRUCTIONS

# BioMat® Mini



1

Unpack your controller, cotton pad and BioMat® Mini from the carrying case. Unfold your BioMat® Mini on a flat, sturdy surface, such as a massage table, floor, or bed.

2

Unfold the cotton pad, noting the underside has straps and a fabric pocket at opposite ends. Align the end with the fabric pocket with the end of the BioMat® opposite the controller plug. Slip the fabric pocket over the end of the BioMat®. Finish by pulling the straps over the end with the controller plug.

3

Plug the plastic connector from the controller into the receiving slot on the BioMat®, ensuring there is no gap, and the pieces are touching each other.

4

Press the power switch on the side of the controller to the ON position, then press the power button on the controller's face to activate it.

## QUICK START INSTRUCTIONS

5

Use the “Temperature Up” button to set your desired temperature.

6

Check the timer setting to ensure it's set to your preferred duration (2, 4, 8, or 12 hours).

7

OPTIONAL: If you have the Germanium Waterproof Cover you can slide it over the BioMat® before placing the cotton pad on top. If you prefer the cotton texture, layer the cotton pad over the Germanium Pad, or leave the cotton pad off entirely if you want a surface that's easy to wipe down and sanitize.

8

Preheat the BioMat® Mini to your desired temperature, allowing 10-20 minutes for temperatures between 95°F (35°C) and 122°F (50°C), or 20-45 minutes for temperatures between 131°F (55°C) and 158°F (70°C).



# QUICK START INSTRUCTIONS



*The following are guidelines intended for healthy individuals, OR those cleared for Infrared heat therapy under the guidance of a health professional. We do not provide medical advice.*



*You receive the same amount of Infrared Rays and Negative Ions on ALL heat settings. The heat is the variable.*



*As you adjust the heat, the benefits to the body become either more gentle or stronger. For example, the increase in circulation on a Red setting will be greater than that on a Gold heat setting.*



*Contraindicated conditions include: Organ transplants, Lupus, heat sensitive MS, high fever, skin issues in the area of use.*



*For additional modifications of use and safety precautions, please [visit our website](#).*



*Disclaimer: Results from using BioMat products may vary based on individual health conditions. These products are not intended to diagnose, treat, cure, or prevent any disease. The Food and Drug Administration (FDA) has not evaluated these statements. Consult your healthcare provider for medical advice.*

# HEAT SETTINGS

## 104F (35-40C)

The Blue setting offers a gentle Infrared and Negative Ion setting, designed for those sensitive to heat, offers benefits like deep relaxation, a mild boost in circulation to relieve pain, and support for reducing inflammation. Ideal for use alongside other healing modalities, it helps prepare for restful sleep, supports post-surgical recovery, enhances meditation and self-care routines, and is suitable for children and pets.

Recommended duration: 20 minutes to several hours. For overnight, use the timer settings to shut off the heat when desired or set the BioMat to the No Heat / Negative Ion only setting.

## 113-122F (45-50C)

The Green setting offers a warm, inviting level of Infrared and Negative Ion therapy, gently warming muscles and promoting profound relaxation, with a slightly stronger effect than the Blue setting. This setting encourages a "melting" sensation as it activates your parasympathetic nervous system's healing response. Always listen to your body and ensure you stay well-hydrated.

Recommended duration is 2-4 hours, depending on your health status and comfort level.

## 131-140F (55-60C)

This setting intensifies the benefits of the Green setting, offering deeper pain relief, enhanced circulation, detoxification, and an energy boost by raising body temperature. Though warmer than the Blue and Green settings, it promotes both relaxation and revitalization. Ideal for managing arthritis and chronic conditions. Stay attuned to your body and hydrate well.

Recommended duration: 2-4 hours, depending on health and tolerance.

## 149-158F (65-70C)

The Red setting offers the highest therapeutic benefit, simulating an Infrared sauna effect with deep cellular and organ penetration. It may activate a beneficial Heat Shock Protein (HSP) response, especially for those in good health.

Recommended duration for this setting is 20-60 minutes, with the maximum usage being 60 minutes, twice per day, spaced 10 hours apart, and ensure you hydrate properly before, during and after.



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## THE SCIENCE BEHIND BIOMAT®

The BioMat® is a powerful tool for wellness, approved by the FDA as a 510K Class II Medical Device. With its advanced combination of Far Infrared Rays, Negative Ions, and Amethyst and Black Tourmaline crystals, the BioMat® delivers multiple health benefits. These include stress reduction, improved sleep, relief from pain and inflammation, enhanced circulation, and support for the immune system.

### **How it Works: Far Infrared Rays and Amethyst**

Unlike traditional heating pads, the BioMat® uses Far Infrared Rays generated through Amethyst crystals, which have a unique "Resonant Frequency" (0.8-14 microns) that the body easily absorbs. These Infrared Rays penetrate deeply, reaching tissues, organs, and cells to relieve pain, boost circulation, and promote overall healing. Amethyst's natural Infrared properties make it an ideal source, allowing you to experience a gentle, soothing heat that can last for up to 8 hours.

### **Negative Ions: Rebalancing in a High-Tech World**

The BioMat® also generates Negative Ions, which counterbalance the positive ions emitted by electronic devices, a common source of stress and fatigue. Negative Ions from the BioMat® can help alleviate headaches, irritability, and tiredness by promoting cellular function and enhancing mood. Negative Ions also work in harmony with Infrared therapy, encouraging cells to release toxins while improving nutrient and hydration uptake for a deeper detoxifying effect.

### **Layers of Innovation: 17 Layers for Enhanced Wellness**

The BioMat® is designed with 17 layers, including Amethyst and Tourmaline channels, a TOCA (Tourmaline) layer for additional Negative Ions, and three specialized layers for EMF protection. While most heating products measure high on EMF tests, the BioMat® features a reverse current layer that uses DC current, greatly reducing EMF exposure by converting AC to DC. This advanced technology, combined with premium materials like natural Black Tourmaline, makes the BioMat® a standout in wellness technology.

## CORE BENEFITS OF THE BIOMAT®

### EMF Safety and Testing

Manufactured in a certified medical facility in South Korea, the BioMat® meets strict quality control standards, with certifications including the MSDAP / ISO 13485 Safety Certification. Our commitment to safety means the BioMat® undergoes extensive testing for quality and compliance, unlike some products that avoid these safety standards by being labeled as "furniture" or "bedding." With FDA 510K Class II approval and NRTL certification, the BioMat® is verified to provide safe, effective infrared therapy.

### Why Black Tourmaline?

Black Tourmaline, known as the highest natural source of Negative Ions, is incorporated into the BioMat® in both tumbled stone and TOCA layers. Our BioMat® produces 3,236 Negative Ions per cubic centimeter—equivalent to the fresh, invigorating air of an unpolluted natural environment. We use only authentic, high-quality Black Tourmaline, avoiding synthetics and ceramics, to ensure you receive the highest level of ion therapy.

### A Rejuvenating Experience

Imagine lying on the BioMat®—it's like basking in warm sunlight in a tranquil rainforest, surrounded by nature's healing energy. The soothing heat, combined with Negative Ions, calms the nervous system, enhances circulation, and gently detoxifies. Ideal for everything from stress relief to arthritis and chronic pain, the BioMat® transforms any space into a sanctuary of healing and relaxation.

### Usage Recommendations

Customize your own optimal results with the heat and timer settings. All heat settings provide the same amount of Infrared frequency and Negative Ions. You choose how much heat (👉 how strong or gentle of an effect) is right for your unique health goals and biology. Hydrate well before, during and after to support ongoing detoxification. Always listen to your body and adjust the temperature and duration as needed.

With proven benefits, rigorous safety certifications, and a commitment to quality, the BioMat® stands as a trusted, high-performance wellness device.

Whether you're seeking stress relief, pain management, or enhanced relaxation, the BioMat® offers a powerful, natural solution for body and mind.

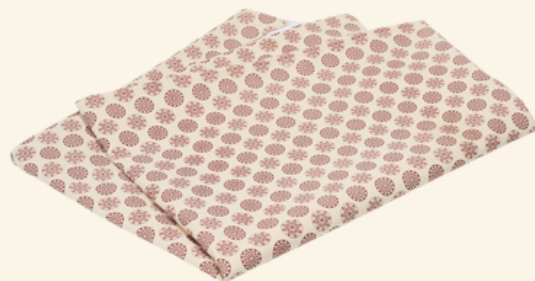
## COMPATIBLE ACCESSORIES

Enhance your BioMat® experience with our specially designed accessories, each crafted to elevate comfort, support, and overall wellness during your sessions.

### The Germanium Waterproof Cover

#### *Waterproof Protection*

The ultimate BioMat® companion, the Germanium Waterproof Cover, is crafted from cotton and non-toxic, waterproof materials, including Germanium. This material creates a durable, waterproof barrier similar to silicon, making it the only cover that allows you to spray and wipe down your mat effortlessly after each use.



### The Amethyst Pillow

#### *Head and Neck Support*

Designed to support and align your head and neck during BioMat® sessions, the Amethyst Pillow provides natural healing benefits through Far Infrared and Negative Ion technology. This non-heated, non-electrical pillow is infused with Amethyst crystals and black Tourmaline, which naturally regulate temperature, keeping your head cool as per Ayurvedic principles while your body enjoys the BioMat®'s soothing warmth.

### The Quantum Comfort Cover

#### *Detoxing Balance and Comfort:*

For those seeking additional comfort, the Quantum Comfort Cover offers gentle Infrared and Negative Ion benefits in a non-heated, non-electrical format. It can be used as an added layer atop the BioMat® 7000mx or on its own, providing a soft, soothing experience. Enriched with Grapeseed and Peach extracts, this pad helps balance cellular voltage, relieves pressure points, and enhances overall comfort.





If you have any questions or need assistance, don't hesitate to reach out. You have plenty of options to connect with our team, whether through a call, email or live chat—we're here to help!

[LiveChat](#)

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