

The core of BioMat technology is a combination of far infrared rays, negative ion effects and the conductive properties of amethyst channels. The BioMat delivers soothing, deep-penetrating heat while stimulating the regeneration of damaged cells in your body. It's a safe and natural way to achieve optimal health now and maintain a stronger, more resilient body in the future.

Real measurable results!

Unlike topical treatments that don't address the root of the problem, the BioMat is capable of stimulating the cells of your nervous and musculoskeletal systems, achieving phenomenal results. In fact, your body absorbs far infrared rays to a depth of as much as seven inches! Clinical research shows that this technology stimulates improvements in a range of areas, including musculoskeletal and cardiovascular health, more efficient body detoxification, immune system resilience, improved sleep, increased energy and more.

BIOMAT AMETHYST CHANNELS



**CALL FOR AN APPOINTMENT
WITH:
ANDREA FELESINA, RN,
LMT, APRN
NVMT#4854**

**Available
Sessions/Packages:**

30 Min BioMat Only Session - \$30
1 Hr BioMat Only Session - \$60
1 Hr BioMat/Massage Combo - \$110
1.5 Hr BioMat/Massage Combo - \$155

Call for other package combinations & rates!

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**The Healing Power
of Amethyst, Far
Infrared Rays, and
Negative Ions in
the BioMat**



**Sierra Nevada Holistic Services
Proudly Presents the Amethyst
BioMat!**

Frequently Asked Questions:

A treatment that combines the best of science and holism

The BioMat uses verified scientific principles to deliver holistic treatment that reaches the whole body. The BioMat provides a non-invasive, soothing experience that addresses the root causes of many common ailments. As well as providing immediate relief from some types of pain and discomfort, the therapy builds long-term resistance to disease and deterioration.

Benefits of the BioMat:

- Reduces stress and fatigue
- Relieves anxiety and promotes relaxation
- Improves sleep patterns
- Reduces inflammation
- Eases joint pain and stiffness
- Provides warm, soothing pain relief
- Eliminates toxins in the body
- Increases blood circulation
- Alleviates migraines and tension headaches
- Reduces allergy symptoms
- Improves immune system function
- Improves cardiovascular health
- Improves muscle tone and skin quality



What are negative ions?

An ion is a particle containing an electrical charge. An ion with a negative electrical charge is called a negative ion, and this type of ion is now considered to be integral to healthy cellular function. If there are enough negative ions inside and outside the cell, the cell is able to absorb nutrients and eliminate waste product more effectively. Flooding the body with negative ions enriches it at the cellular level and encourages the elimination of toxins and oxidants.

- Fully Clothed Sessions
- Sessions in as little as 30 Minutes!
- FDA and ISO Approved Medical Device
- May be utilized as an adjunct thermogenic therapy
- Can be combined with other services!

Why Amethyst?

The third technology incorporated into the BioMat is the oldest and most valued throughout the centuries. Amethyst's healing powers have been celebrated for thousands of years. The outermost layer of the BioMat is covered with channels of pure amethyst through which the far infrared rays must pass. The superconducting properties of the amethyst layer turn these rays into long wavelengths capable of safely penetrating the body as deeply as seven inches.

What are far infrared rays?

Far infrared rays are part of the electromagnetic light spectrum and are close to the light frequency of natural sunlight. However, far infrared does not contain any of sunlight's harmful UV/UVB radiation. The beneficial properties of far infrared light have received particular attention from the scientific community in recent years, although the first research conducted on this part of the light spectrum was undertaken by NASA decades ago. More recent studies suggest that far infrared light stimulates the production of healthy cell tissue, promoting faster, more complete healing processes. Far infrared therapy also encourages the elimination of cellular wastes and toxins. Today, health practitioners from a wide range of disciplines agree on the beneficial properties of far infrared technology.