

Amethyst Mini Bio-Mat Settings



Uniquely Versatile

Select from 8 settings to create your own experience

Green Setting 95-103 F; 35-39.4 C

Broad Spectrum Cool Vitality

Safest for Sensitive and Extended Use

- All purpose Healthcare program Support
- Super Immunity and Energy Booster
- First Aid and Irritable Symptom Relief (ie Headaches, Indigestion, Jet Lag)
- Regenerative Sleep and Recovery

Low Gold Setting 104-121F; 40-49.4 C

Dynamic Subtle Warmth

Cycles of two hours or more

- Sports and Flexibility Training
- Cardio and Respiratory Aid
- Blood Pressure and Sugar Regulation
- Female Cycle Rebalancing and Support
- Youthful Hormone Restoration

High Gold Settings 122-139 F; 50-59.4 C

Deeply Penetrating Warmth

30 to 90 Minute Sessions

- Joint and Pain Relief
- Stress, Anxiety and Trauma Relief
- Profound Relaxation and Mood Elevator
- Higher Consciousness Tool

Red Settings 140-158 F; 60-70 C

Deep Heat and Max. Therapeutics

Power Sessions of 30 to 60 Minute Sessions

- Sauna level Cleansing and Detoxification
- Natural Weight Loss and Skin Tone
- Enhanced Sexual Vitality and Metabolic Aid
- Healthy Blood Circulation and Purification
- Environment and Bedding sanitizer.