

## What is the Inframat Pro?

The Inframat Pro is a gemstone heat therapy mat that is designed to facilitate better wellness of the body. In a sense, it is a heating pad evolved. Contrary to the cheap and inefficient heat of a traditional heating pad, the Inframat Pro utilizes gemstones to channel deep penetrating heat 4-6 inches deep into muscles and tissue. The Inframat Pro conducts several natural therapies that work together harmoniously to provide one comprehensive experience. The use of the Inframat Pro provides advanced natural therapies, ultimately leading to increase in overall well being.

## Combine up to 5 Therapies Into One Wellness-Defining Experience Hot Stone Therapy

Uses the placement of heated stones on the body to help relax tight muscles and increase local blood circulation where applied. This is a form of therapy commonly found in spa settings. The hot stone therapy offered with the Inframat Pro, however, is a much more complex process. While you get all the typical experiences associated with hot stone therapy, these benefits are greatly amplified by the gemstones incorporated in every mat. The Inframat Pro is available in many different models that use a combination of tourmaline, jade, or amethyst. These gemstones are natural conductors of far infrared rays and negative ions when they are activated by the heating technology. These additional processes may help improve the effects your body will receive from hot stone therapy.

## Far Infrared (FIR) Therapy

Far infrared rays are a necessity to all living life. The main source of FIR is the sun. Using an Inframat Pro exposes you to these rays of invisible light when the heating technology activates the natural gemstones. These rays penetrate 4-6 inches into the body's tissues. The benefits can include increased oxygen movement, decreased pain, inflammation, and stiffness. FIR therapy promotes relaxation that leads to higher levels of wellness. One way to receive FIR is saunas, however, these saunas are expensive and sometimes inaccessible to people. Each Inframat Pro comes with a foil blanket that can be used to trap the heat as you use it to recreate this sauna-like effect.

## Negative Ion Therapy

Negative ions are abundant in nature and vital to wellness. Just like stepping away for a breath of fresh air, a dose of negative ions can shock your body with a refreshing jolt. Negative ions attract harmful positive ions and pull them down to the floor, reducing the number of airborne toxins you are exposed to on a daily basis. As a result, negative ions work to improve your wellness and help with the removal of harmful metals from your body. Negative ions used in conjunction with FIR stimulate the body from the inside to rapidly increase the speed and quality of other forms of treatment and recovery.

## **Photon Light Therapy**

Uses light particles that can help correct bio-magnetic imbalances in the body as well as help reduce blockages within the body's systems. It has also been shown to help the cells break down and release stored up toxins, promoting better overall wellness.

Photon therapy has been used for years as a supplemental non-medicine pain reliever and anti-inflammatory. HealthyLine Inframmat Pro models that have photon light therapy are equipped with 6-12 LED lights that emit red photon light on the body. It is important not to block the light from making direct contact with your skin or else its full effects will be blocked.

## **PEMF Therapy**

PEMF, or pulsed electromagnetic field therapy, is a process of applying magnetic fields of a particular frequency to the body. HealthyLine bases its PEMF technology on the variables that have been proven to be effective based on the majority of studies which is a PEMF at 7.83Hz (or approximately 8Hz), 3000 milligauss, and using a pulsed sinusoidal wave. This combination brings maximum effectiveness with simplicity and reduces complications. It is also the combination that is most in line with Earth's natural magnetic field mimicking its frequency & intensity which is most compatible with our bodies' natural biorhythms. It helps the body return to the proper level that the Earth has accustomed it to for years.

## **Understanding the Importance of your Gemstones**

Without the incorporation of natural gemstones, you would not receive the benefits of far infrared rays or negative ions. This would simply be a normal heating pad. The gemstones function as enhancers of these properties, tailoring the experience with their particular traits. All gemstones included in the Inframmat Pro boast wellness benefits, but depending on the stone, you may experience different results.

### **Amethyst**

Amethyst is a purple stone that has been used in medicine since ancient Greece. It is a natural conductor of FIR and negative ions. It is known to have calming and stress-reducing effects that make it ideal for meditation and calming practices. Amethyst has been known to enhance the body's ability to help with sleeping trouble, undergo detoxification, and boost cell regeneration. The amethyst we use in our mats is crushed finely to resemble sand. This makes it the softest of the stones we use and by extension the most comfortable. Amethyst is typically very expensive, but because we purchase it in large quantities, we are able to bring its soothing powers to you at a reasonable price.

## Jade

Jade is a stone made up of two components: jadeite and nephrite. This often greenish stone has been used since prehistoric times. It may have been first used for medicinal purposes on the Asian continent as early as 3000 years ago. Jade is also a natural conductor of FIR and negative ions. It is a great stone to be used with other stones because it is known to amplify their effects.

## Tourmaline

Tourmaline is said to be a magical stone that protects those who covet its powers. It is known to help to detoxify tissue and body systems. It also emits far infrared and negative ionic energies. In fact, tourmaline has the highest negative ion output out of all the stones we use. These properties help tourmaline to revitalize energy levels.

## Obsidian

Obsidian is the only stone that we use in our mats that doesn't produce FIR or negative ions. This is why we do not offer any products that are solely comprised of obsidian. The reason we use it is that it has a history of being used in medicine. The jet black color of the stone is believed to draw all negativity to it, both physically and mentally, protecting the user from any harm. Obsidian is a very powerful support gemstone, amplifying the effects of other stones it is around. Tourmaline and obsidian will provide an energizing effect. Infusing obsidian with Amethyst leads to improvements in relaxation and loosening of tense muscles. By extension, you can experience temporarily improved levels of local blood flow that will boost your wellness levels.

Combining the effects of amethyst, jade, tourmaline, and obsidian provide a tremendous wellness-boosting experience. These stones help to conduct the energy of your body and properly distribute it to the areas that require the most attention. All of these elements together pack a powerful punch to tension, muscle spasm, and pain.

### **Use your Inframmat Pro to temporarily alleviate symptoms of such things as:**

Local circulatory problems  
Headaches, including migraines  
Insomnia  
Fibromyalgia  
Chronic Fatigue  
Hypertension  
Breathing ailments such as COPD  
Arthritis  
And more!

### **When not to use the Inframmat Pro**

*As with any product, there are certain people who shouldn't use Inframmat Pro due to compromised immunity or other medical conditions. These persons/conditions include:*

Pregnant Women  
Varicose Veins  
Open wounds or near thin skin  
Bypass surgery  
Pacemaker placement  
Conditions requiring use of muscle relaxers  
Use of blood thinners such as Coumadin  
Decreased skin integrity or temperature sensitivity