

Far Infrared Natural Stone Mat

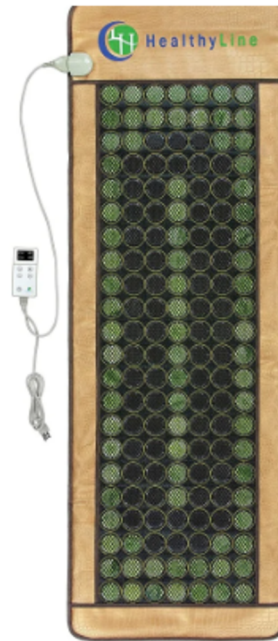
Jade & Tourmaline

What is it?

A far infrared natural stone mat is a pulsed electromagnetic field (PEMF) therapy device that utilizes the power of far-infrared heat, negative ions and crystals. It promotes relaxation and healing. Although this works through advanced technology, using heat and crystals can be traced back to ancient Civilization, who believed in the healing properties of these elements.

Benefits

- Pain relief
- Improved circulation
- Detoxification
- Stress reduction and relaxation
- Arthritis and stiffness relief
- Bone regeneration
- Improved focus and energy
- Reduce anxiety and depression



What is PEMF and how does it work?

Pulsed electromagnetic field therapy is a system that can help ease discomfort by alleviating pain deep inside your body. It works by sending electromagnetic waves through your body to your cells. PEMF waves have certain frequencies, intensities, pulses, and waveforms. They have different effects on your body. For example, the jade and tourmaline mat used here have a frequency of 7.83 hz, which is the natural magnetic frequency of the earth. This allows your body to return to its natural and optimal state.

Each cell in your body has a membrane, which acts as an “outer shell”. It allows molecules to pass in and out of the cell. The permeability depends on the electromagnetic charge it has. A limited amount of molecules can pass through if the membrane is weakened. This slows down the removal of waste and doesn't allow as many nutrients to pass through. Using PEMF balances the membrane which results in more permeability. This allows more nutrients to pass through and allows the toxins to be removed more efficiently. PEMF therapy also improves circulation through our blood vessels and heart.

Far Infrared Natural Stone Mat

Jade & Tourmaline

What is Far Infrared technology?

Far infrared rays are a form of invisible light. This type of ray is able to penetrate the body and deliver therapeutic benefits on a cellular level. The heat generated by far infrared rays warm the body, reaching 6 inches of tissue.

The deep heat triggers the body's natural healing. This occurs in a few ways. It *improves circulation* by dilating blood vessels and enhancing blood flow. The increased blood flow delivers oxygen and essential nutrients to cells and tissues. The deep penetration of heat also *activates sweat glands* which helps the body release waste. The detoxification process supports the body's immune system. The heat produced from far infrared rays *provide relief for chronic pain conditions* like joint stiffness, muscle stiffness and muscle soreness.

What is Negative Ion technology?

Negative ions can be found naturally in the environment, such as waterfalls, mountains and forests. Negative ions stimulate the production of serotonin, a neurotransmitter that regulates mood. This helps to reduce stress levels and enhance mental clarity. They can also have a calming effect on the nervous system. This can reduce anxiety and promote relaxation. Negative ions also enhance oxygen absorption. This can boost energy levels and support the body's immune system.

Jade stone benefits

Jade is one of the best natural heat absorbers. It is able to process far-infrared heat and release it 4 to 6 inches into your muscles and joints. It is also a powerful conductor of negative ions.

Jade has been known to combat negativity inside and outside your body as well as enhance feelings of courage and wisdom, helping you improve your self-confidence and motivation. It also assists in mental clarity, helping you clear your of distractions and allow you to pay attention to what matters.

Tourmaline stone benefits

Tourmaline generates negative ions even when it's not heated, it is a superconductive stone that generates natural far infrared heat. It radiates energy identical to our brain waves, so it can bring our mind to a state of calmness and increased energy. It also counteracts the effects of unnatural electromagnetic fields that we are surrounded by with our electronic devices, cell phone towers and power lines.

Sources

<https://healthyline.com/blogs/blog/what-is-pemf-therapy>

<https://www.phillylymphbodywork.com/blog/the-science-of-biomat-therapy-understanding-the-mechanics-of-far-infrared-and-negative-ion-technology>