

HOLISTIC HEALING CENTER INTRODUCES...

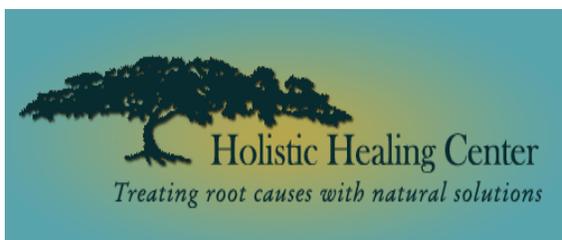
THE BIOMAT

State-of-the-art technology speeds cellular renewal to promote:

- ◆ **Detox**—Negative ions help to eliminate metabolic waste and free radicals at the cellular level while metabolism and circulation increase, helping to rid the body of toxins.
- ◆ **Circulation**— Causes expansion of capillaries, arteries, veins and the fluid within them. This aids in the ease of circulation making oxygen, nutrients and energy more available to organs, joints and muscle tissue. This helps clean arteries, lower blood pressure and has been proven to aid people with diabetic neuropathies.
- ◆ **Stress Reduction**—The deep heating effect promotes the parasympathetic nervous system to become dominant. Stress is a major factor in all disease and the Biomat evokes the relaxation response.
- ◆ **Metabolism** – Speeds up all biological processes. This speeding up requires energy which helps to burn calories and fat. Waste and toxins are removed more quickly. Aging muscle, bone and skin tissue are replaced more quickly.
- ◆ **Pain Relief** –The deep heating properties of the Biomat help to dilate peripheral blood vessels bringing relief and healing to muscles and soft tissue injuries. The increased circulation delivers oxygen-rich blood to oxygen-depleted muscles while carrying away fatigue causing lactic acid.
- ◆ **Improved Skin** –Subdermal as well as external sweating achieved after just a few minutes on the Biomat carry off deeply imbedded impurities and dead skin cells, leaving the skin glowing and very clean.
- ◆ **Immune System Boost** –Encourages the generation of endorphins and boosts the immune system.
- ◆ **Weight Control and Calorie Burning**—While laying on the Biomat, the body is actually hard at work producing sweat, pumping blood and burning calories. As many calories may be burned as in 30 minutes of jogging.

PRICING

\$15 for 15 minutes •• \$20 for 20 minutes
\$30 for 30 minutes •• 1hr detox \$60
\$100 for four 30 minute sessions



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**ALL SESSIONS INCLUDE A RELAXATION
MEDITATION AUDIO**