**BioMat HEAT SETTINGS**



Your BioMat 7000 MX control box features several different temperature settings. Select for your comfort, the benefit you are wishing to achieve, and/or your personal health issue(s).



**No Temperature**

**Negative Ions Only – lights on control panel bottom light up and “dance.” This means you have engaged the negative ions (and there’s no heat turned on)**



**Cool Vitality: 95° - 104°**

**Safest for Sensitive and Extended Use**



**Subtle Warmth: 113° - 122°**

**One Hour or More**



**Deeply Penetrating Warmth: 131° - 140°**

**9 to 90 Minute Sessions**



**Deep Heat and Maximum Therapeutics: 149° - 158°**

**Power Sessions of ½ to 1 Hour**