

AMETHYST & TOURMALINE Contoured PILLOW



The Pillow is made of 3 separate pieces: a Memory Foam Contoured Pillow, a zippered Wrap made of rows alternating Amethyst/Tourmaline quartz crystals and a removable quilted cover. The Memory Foam style Pillow was selected as it is suitable for most people. Its contoured shape allows for proper neck alignment critical to all therapies.



The Crystal Pillow is *designed to be used as a set with any size BioMat* from Mini to King size. This combination allows for maximum therapeutic effects of the BioMat.

The importance of the Crystal Pillow is to keep the brain cool. Amethyst & Tourmaline Crystals assist in brain cooling so the body can tolerate higher heat settings from the BioMat for a greater range of therapeutic effects. This design is based on Taoist teachings and Ayurvedic principles. The Crystal Pillow also helps in balancing the brain's cranial rhythm allowing optimal flow of spinal fluid to the spinal cord.

Tips to add comfort to the Crystal Pillow:

- * Determine whether low or higher curve is best for your neck and bone structure. Experiment. It may take a couple of weeks for your neck to come into alignment & you find yourself more comfortable using the Pillow. Others adjust to the shape easily.
- * For added padding, place a natural cover of wool, sheepskin or a cotton towel on top of the Pillow.
- * *As a last option*, replace the Memory Foam with your favorite pillow keeping the Crystal Wrap around AND ON TOP OF your pillow (see photo on the right). You will still receive the maximum negative ion effect yet it may not keep your head as cool when using higher temperature settings.



Other uses for the Crystal Pillow

Pain relief for all ages...

In addition to a full BioMat session for pain relief, the Crystal Wrap can be used by itself around a painful area of the body. The Crystal Wrap is light in weight & requires no electricity yet will deliver benefits for pain relief. The Crystal Wrap can be used safely on very young children & the elderly without concern of overheating/dehydration as there is no heat involved. Keep the Crystal Wrap clean by covering it with a towel.

Meditation... The Memory Foam contours nicely to the buttocks and offers support to your spine. Sit on the Memory Foam Pillow. Place the unzipped Crystal Wrap flat on the floor in front of the Pillow. Another option is to lie flat on the Crystal Wrap and have your head supported by the Contoured Memory Foam Pillow. The Amethyst / Tourmaline Wrap allows for deeper meditation as well as grounding. Note: cover the Pillow and Wrap with natural fabrics for hygienic purposes.



Napping : for a comfortable, relaxing and refreshing mid-day nap, the key is the BioMat contour Pillow. Its custom-design makes sleep a calming experience to ensure you awaken even more vibrant and revitalized. It can be used alone or in conjunction with the BioMat.

Travel: For the weary traveler, this pillow is compact enough for easy packing and guarantees that you rest comfortably no matter where you lay your head.

These statements have not been evaluated by the FDA. Consult a licensed health care provider for medical advice.

**For additional information & for purchase,
Contact your Universal Biommat Representative**

