

Benefits of Heat Treatments

- Enhances homeostasis (the body's ability to stay balanced)
- Decreases muscle tone and spasms by decreasing the rate of firing and sensitivity of muscle spindles
- Reduces stress, fatigue, anxiety and promotes relaxation by engaging the body's parasympathetic nervous response
- Improves sleep patterns by acting as a mild sedative
- Eases joint pain and stiffness
- Provides warm, soothing pain relief
- Eliminates toxins in the body (more intensely if a sweat is induced but also by relaxing the smooth muscles of the urinary system and through increased respiration rate)
- Increases blood circulation and vasodilation
- The effects of passive derivation can help with inflammation in the subacute and chronic phases of tissue repair
- Alleviates migraines and tension headaches when due to muscle tension
- Improves immune system function
- Improves cardiovascular health
- Burns calories
- Assists scar repair by increasing circulation and improving collagen extensibility
- Boosts the immune system by creating an artificial "fever" and removing toxins
- **It is important to stay well hydrated before and after your Biomat treatment**