

MANAGING YOUR HEALTH CARE

HEALING WITH AMETHYST

Amethyst is universally accepted as a crystal with healing properties since the ancient times.

There are many ways in which amethyst can be incorporated into healing practices. Amethyst is identified as a crystal most notably known for its ability in clearing certain types of blockages, most favorably in aligning the Chakras. By transforming energies on all levels, amethyst also has the ability to balance and stabilize energies located within certain areas.

Amethyst is related to and found to heal and align ailments.

The benefit of using a crystal lies in the healer being able to detach him or herself from the healing process. The healer assigns the healing channel to the crystal, which frees the healer from involvement in the process. The healing process then becomes, Universal energy-to the Amethyst-to the recipient. Notice that the healer and the ego are not part of



the process. The healer is able to carry on with a healing session acting as the channel only. The ego has less opportunity to take the credit for itself because the healing channel has been assigned to the amethyst by the healer.

Amethyst has come to be known as a power crystal with prolific healing powers that can be characterized as purifying, pacifying and transitional. Amethyst has the ability to transform lower energies into higher and acts as a healer at all levels of mind, body and spirit. The healing powers of Amethyst date back as far as the ancient Greeks who believed that Amethyst protected a person from the intoxicating effects of alcohol. The word amethyst is of Greek origin, and is translated as- amethystus meaning intoxicated (-methystos from methyein or intoxicated, methy = wine).

R I C H W A Y

Richway International Incorporation USA. Fuji Bio Sceinece Incorporation. Richway & NF Manufacture
Richway International Japan Branche Co. The Life Corporation Korea. Richway EU Corporation.



21ST ADDITION

THE
RICHWAY
GROUP

A STATE OF THE ART

PROFESSIONAL AMETHYST BIOMAT

THE BIOMAT IS MODERNLY DEVELOPED AND PROVEN EFFECTIVE
CRAFTED BY HIGHLY SKILLED SCIENTISTS AND ENGINEERS

A BREAKTHROUGH
IN MEDICAL SCIENCE



RICHWAY

Professional Amethyst Biomat
US FDA Medical Device 510K: K072534

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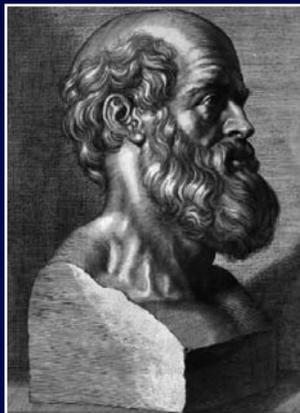


R I C H W A Y

LIFE WITH A BIOMAT

History of heat Therapy

The history of raising body temperature for therapeutic purposes can be traced back twenty four hundred years ago.



" Give me the power to produce fever,
and I will cure all disease."

Hippocrates (BC 460)



RICHWAY

SPREADING THE MESSAGE AROUND THE WORLD

GREETINGS FROM RICHWAY IN HAWAII

Aloha! Thank you for your recent purchase and interest in RichWay International Inc.

We hope that you will find our products of exceptional quality, and receive many health benefits from their use. RichWay International, Inc. is always seeking to enhance and innovate ways that allow you to live and look healthy and happy. We introduce cutting edge high technology, engineering, and methodology into all products to meet your expectations of quality, performance, and professional design. The TMBIOMAT_{mx} is used by thousands of customers all over the world. It has helped to make satisfied users healthier, and we feel confident that it will help you with your health concerns as well. Our newest addition, the BIOMAT_{mx} Professional, is specifically designed for massage tables. It is made of Amethyst semi-precious stones, and is constructed for ease of mobility. Again, thank you for your purchase. We appreciate your patronage and wish you a long life, health and many rich rewards.

Mahalo! Many Warm Regards

RICHWAY INTERNATIONAL INC. CUSTOMER SERVICES





RICHWAY **The name You can trust!**

**We believe that people must be healed
from their wounds, renewed in spirit,
recovered from illness, enlightened from ignorance,
and saved from pain.**

No one should be left behind.

**Our beauty does not lie in our appearance,
but in the passion of our showing and giving care.**

Richway, the name you can trust...

21ST ADDITION

THE
RICHWAY
GROUP

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RICHWAY PACIFIC PHILIPPINE CORPORATION. RICHWAY CHINA CORPORATION. RICHWAY MEXICO. CANADA, ENGLAND, AUSTRALIA, NORWAY, FRANCE, GERMAN, SWEDEN, RUSIA, UKLAINA, CHECKO, BRAZIL, COLOMBIA, INDONESIA, HONGKONG, TAIWAN.

DEAR RICHWAY™ FAMILY

We believe in the power of the teamwork.
We believe that with hard work and passion, anything is possible.
We strive for excellence and integrity in everything we do.
We recognize the relationship between our lifestyle and our health,
and we maintaining wellness.

You want to better yourself.
You have a burning desire to succeed.
You demonstrate all the most important factors
for success: commitment, a passion to make a
difference, a vision for achieving positive change,
and the courage to take action.

We know our purpose is to Make Life Better and
we understand our basic competencies of
Look Better, Feel Better, and Live Better.
Our products reflect the scientific
advancements of today.
We work to achieve freedom of time and finances.
We serve our communities,
we respect the environment,
and we place our families first.
We strive to be loving, caring human beings,
and we teach what we've learned to
anyone who is open.
We believe in Richway,
we believe in what we offer,
and we believe in our purpose.

Warmest regards,



Jeanna Kim

President & CEO
RICHWAY™ INTERNATIONAL INC.



SAFETY SYSTEM

BIOMAT™ CONTROLLER FEATURES

SOFT TOUCH POWER ON/OFF AND TEMPERATURE UP AND DOWN

It has the most advanced I.C. Chip which cuts off Electromagnetic Waves. A Control System with many convenient functions. Temperature Up/Down : to set the temperature of the Mattress. You will see the lights move up or down on the indicator as you press the buttons.

Alarm

This light will appear if there is any malfunction. Please contact the dealer.

Temperature Indicator (Fahrenheit)

EMF Interception Light

Blocks the harmful Electromagnetic waves.

F.I.R Indicator

When you change the temperature, this light will come on and stay on.

Temperature Indicator (Celsius)



E.D.N.I Indicator



RICHWAY BIOMAT™

Unlike an electric blanket, the pad does not get hot when it is turned on. However, if you lie down on it, it warms the inside of your body and the part of the pad making contact with your skin gets warm. When any part of the pad gets higher than the selected temperature, the sheet current is cut off by thermal sensors distributed throughout the pad. When the Biomat gets higher than the selected temperature, then the Negative Ions come on and will stay on until the Biomat needs to raise the temperature. It comes with an external control box where you can adjust the desired temperature of the Biomat. As well as a Timer so you can set it to turn off in 2,4,8, or 12 hours settings.

Far Infrared Rays penetrate 6 inches into the body. Therefore, these rays not only benefit the muscles on the surface of the body, but all cells including blood vessels, lymph glands, and nerves in the deepest parts of our body.



The Nobel Prize in Physiology or Medicine 1991

FOR THEIR DISCOVERIES CONCERNING THE FUNCTION OF SINGLE ION CHANNELS IN CELLS



Max-planck-Institut
für Biophysikalische
Chemie Göttingen,
Germany, 1944~

Erwin Neher,
Germany



Max-Planck-Institut
für Medizinische
Forschung Heidelberg,
Germany, 1942~

Bert Sakmann,
Germany

Press Release : The 1991 Nobel Prize in Physiology or Medicine
NOBELFORSAMLINGEN KAROLINSKA INSTITUTET
THE NOBEL ASSEMBLY AT THE KAROLINSKA INSTITUTE



SUBSTANTIATED BY THE NOBEL MEDICAL COMMITTEE

PRESS RELEASES : The 1991 Nobel Prize in Physiology or Medicine.
NOBELFORSAMLINGEN KAROLINSKA INSTITUTET
THE NOBEL ASSEMBLY AT THE KAROLINSKA INSTITUTE.

The Nobel Assembly at the Karolinska Institute has today decided to award the Nobel Prize in Physiology or Medicine 1991 jointly to Dr. Erwin Neher and Dr. Bert Sakmann for their discoveries concerning the function of single ion channels in cells (MORE INFORMATION : <http://nobel.sdsc.edu/medicine/laureates/1991/press.html>)

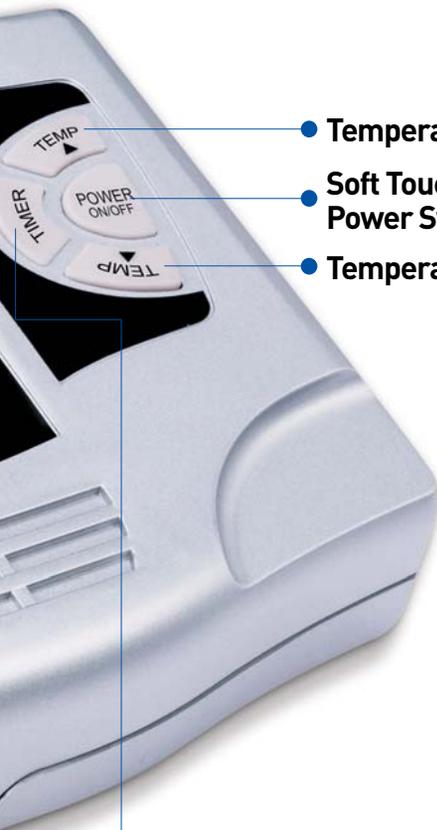
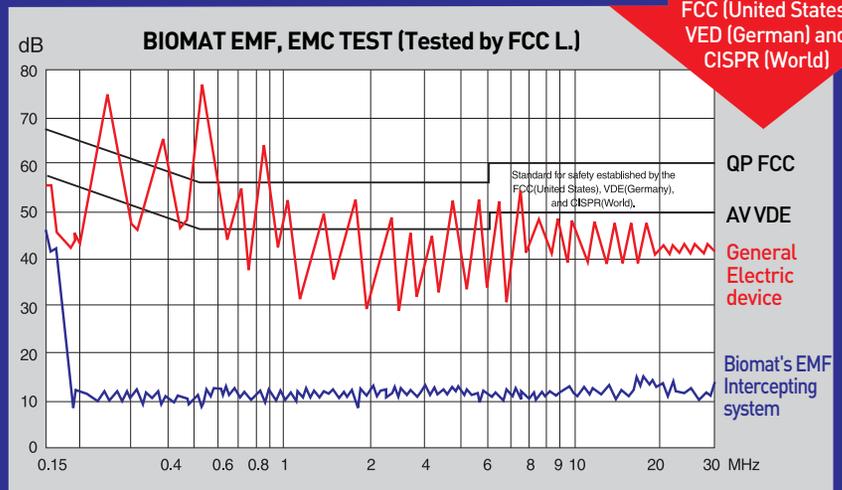
What is EMF?

EMF (Electromagnetic Fields) is a term used to describe the invisible electric and magnetic fields radiating away from man-made alternating electrical current. EMF radiate from all electrical appliances in the home, office or factory, in cars, trucks and buses, also overhead tram and train lines.

What does Biomat EMF interceptor do?

Biomat EMF Interceptor acts in the same way as a lightning rod, safely conducting the EMF energy away to ground. By simply performing, you can effectively block exposure to EMF to yourself and your family.

Biomat EMF Blocking Levels drop far below standards for safety established by the FCC (United States) VED (German) and CISPR (World)



- Temperature Up
- Soft Touch Power Switch
- Temperature down

Time Control

To set the time you want to use the Mattress. The light will change to a different time setting as you press the Timer Button on the indicator.

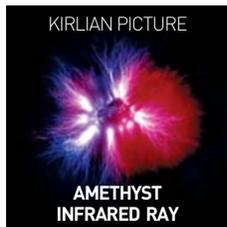
U.S. FDA Medical Device 510K Number : K072534

JAPAN FDA Medical Device Number : BG1030097

KOREA FDA Medical Device Number : A83080.01 (2)

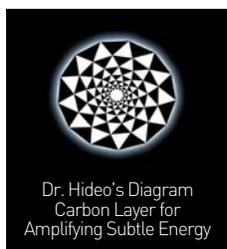
WITH FAR INFRARED RAY EMITTING MEDICAL DEVICE
AMETHYST HEALING PROPERTIES

RICHWAY BIOMAT™



RICHWAY BIOMAT™ **PROFESSIONAL**

Best Product for Professional treatment, Massage, Chiropractic and Heat Therapy.
 Uses Super fiber (Patent 13865601) materials to generate Far Infrared Ray
 (6.5 ~ 12 Micron) that human body can easily absorb.



RICHWAY BIOMAT™ **AMETHYST QUEEN**

Good for home use on Queen sized bed, Designed for 2 people usable.
 Separated controll temperature of left side and right side. Far Infrared Ray emits diretly into our
 body and it penetrates several inches into our body. We can feel quite warm and perspire profusely.
 However our skin will not be hurt by the Far Infrared Ray heat.

FAR INFRARED RAYS CAN PENETRATE DEEPLY

Because of this, it can warm our body from the inside out, and stimulate our system. Infrared rays which are at the opposite side of the spectrum are health kinds that give you warmth and relaxation.

Medical and therapeutical professionals have found that the same infrared rays as in natural sunlight are generated in the RichWay BIOMAT Sleeping System by modern technology.

You'll feel those tired muscles relaxed as helpful dry heat not only warms the surface of your skin, but also penetrates into your skin for deep, soothing comfort. Far Infrared Rays' deep heat raises your body temperature, inducing an artificial fever.

As it works to combat the fever, your body's immune system is strengthened. Combined with the elimination of toxins and waste produced by the intense sweating, your overall health and resistance to disease is increased.

The gentle warmth of your Amethyst TMBIOMATmx gives you an overall massaging effect, soothing jangled nerves and knotted muscles. You'll feel rejuvenated and renewed, restored in both body and mind.

NASA Discovered How to Generate Infrared Rays

Infrared Rays generating materials mixed with fabrics, paper, plastics and ceramics. As mentioned before, all surfaces radiate FIR waves as a function of surface temperature.

However, this special compound of alumina (Al_2O_3) and silica (SiO_2) can convert any normal energy into infrared Rays waves in a most efficient manner at room temperature, the materials containing these compounds will generate more Infrared Rays waves than ordinary materials. The discovery of these mineral oxides, and their capability to generate Infrared Rays waves was made by NASA.

 U.S. FDA Medical Device 510K Number:
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AMETHYST PROFESSIONAL BIOMAT™

TMBIOMAT SPECIFICATIONS

1. The RichWay™BIOMAT uses Ceramic Fiber (Patent1386560).
2. The RichWay™BIOMAT has a special function that emits Negative Ions and transforms Positive Ions to Negative Ions in the human body. It provides strength and energy to the human body.
3. The Super Fiber Materials generate far infrared rays (6-12 micron) that the human body can easily absorb.
4. A Special layers of double fiberglass and Carbon completely cuts off harmful Electromagnetic waves.
5. The™BIOMAT has an advanced software and a soft touch control system, which has many convenient functions.
6. The™BIOMAT emits many negative ions and far infrared rays, which contributes to a healthy life.



RICHWAY BIOMAT_{MX} A STATE OF THE ART

RichWay™ Amethyst BIOMAT Professional



| | |
|-----------------------------|-------------------------------|
| BMP Size | 700x1880mm/27.56 x74 |
| Net Weight | 13kg/28lb Without Controller |
| Electric Consumption | 160W |
| Voltage | AC120 |
| Performance | Temperature 35C -70/95F -158F |
| Amethyst Size | 5mm-12mm |
| Amethyst Color | Natural Violet Clear |
| Cut & Shape | Tumbled |
| Polariscope Test | Dr |
| Refractive Index | 1.544-1.553 |

Fluorescence LW : No Refraction, Natural factor

RichWay™ Amethyst BIOMAT Single



| | |
|-----------------------------|-------------------------------|
| Amethyst Single Size | 1000x2002mm/39.37 x77.81 |
| Net Weight | 15kg/34lb Without Controller |
| Electric Consumption | 180W |
| Voltage | AC120 |
| Performance | Temperature 35C -70/95F -158F |
| Amethyst Size | 5mm-12mm |
| Amethyst Color | Natural Violet Clear |
| Cut & Shape | Tumbled |
| Polariscope Test | Dr |
| Refractive Index | 1.544-1.553 |

Fluorescence LW : No Refraction, Natural factor

RichWay™ Amethyst BIOMAT Queen Size & King



| | |
|-----------------------------|-------------------------------|
| Amethyst Queen Size | 1400x2002mm/55.11 x77.81 |
| Amethyst King Size | 1800x2002mm/72.65 x77.81 |
| Net Weight | 23kg/52lb Without Controller |
| Electric Consumption | 330W |
| Voltage | AC120 |
| Performance | Temperature 35C -70/95F -158F |
| Amethyst Size | 5mm-12mm |
| Amethyst Color | Natural Violet Clear |
| Cut & Shape | Tumbled |
| Polariscope Test | Dr |
| Refractive Index | 1.544-1.553 |

Fluorescence LW : No Refraction, Natural factor

RichWay™ Amethyst Mini-Mat



| | |
|--|------------------|
| Amethyst mini-mat Size | 850x330mm/33 x17 |
| Net Weight | 3.8kg/8.2lb |
| Voltage | AC100 |
| Tourmaline | 1.0kg/2.2lb |
| Electric Consumption | 100W |
| Amethyst | 1.2kg/2.4lb |
| Natural Infrared Rays and Negative Ions. | |

Richway Amethyst Pillow Elastic Polyurethane memory foam Pillow.

| | |
|--------------------------|---------------|
| Pillow Size | 480x300x120mm |
| | 19 x12 x43 |
| Net Weight | 2.7kg/6lb |
| Amethyst Weight | 0.7kg |
| Tourmaline Weight | 0.4kg |



A BREAKTHROUGH IN MEDICAL SCIENCE



| | |
|----------------------------------|-----------------------|
| GENERAL SIZE | 1450x140mm / 54"x6.5" |
| XXL SIZE | 1650x140mm / 76"x6.5" |
| Infrared Ray Heating Part | 440x220mm / 18" x 8" |
| Power | AC120V (50/60Hz) |
| Power consumption | 50W |
| Max. temperature | 140F; / 60C; |

Infrared Rays from 8 Precious Jewelries. Mini Biomat Model II Amethyst, Green Jade, Black Tourmaline, Topaz, Crystal, Tiger eye, Citrine, Elvan and Over 8 different kinds Gemstone.
 [Over 8 kinds of jewels such as green jade, amethyst and black tourmaline are fully included throughout the entire textured area.]



| | |
|-------------------------|---|
| 1 Pack | 2,000 milligrams |
| 1 Box | 30 Packs |
| 1 Carton | 3 Boxes |
| Package | polypropylene film |
| Expiry | 3 years |
| Supplement Facts | Salt (Nacl) |
| Production | Burnt 300 Hours in 2,000°F, Superior Quality lite Salt |

Recommendation for use : For maximum results take 1 pack before Fever Therapy or 30 minutes before meal up to 3 times per day with at least 8 oz of water.



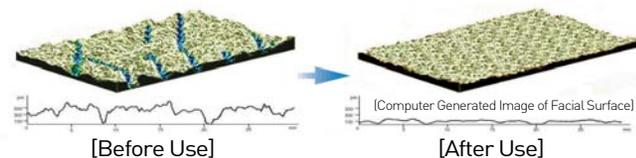
High Quality pH Calibration System. Screen Touch performance System. Electrolysis Performance system.
Alkaline Ionized Water is a powerful antioxidant.
 ORP(Oxidation Reduction Potential) → Negative → Antioxidant → Supplying with abundant activated Hydrogen → Rejuvenating our body.

Richway Alkal Energy-A1 Tourmaline Energy Water Flask

| | |
|-----------------|--|
| Size | 7.5" x 2.7" / 20cm x 7 cm |
| Weight | 1.2 lb / 550 grams |
| Material | Tourmaline pellets for Negative Ions, maifanitum, Calcium Ion pellets, Zeolites and Magnesium. |



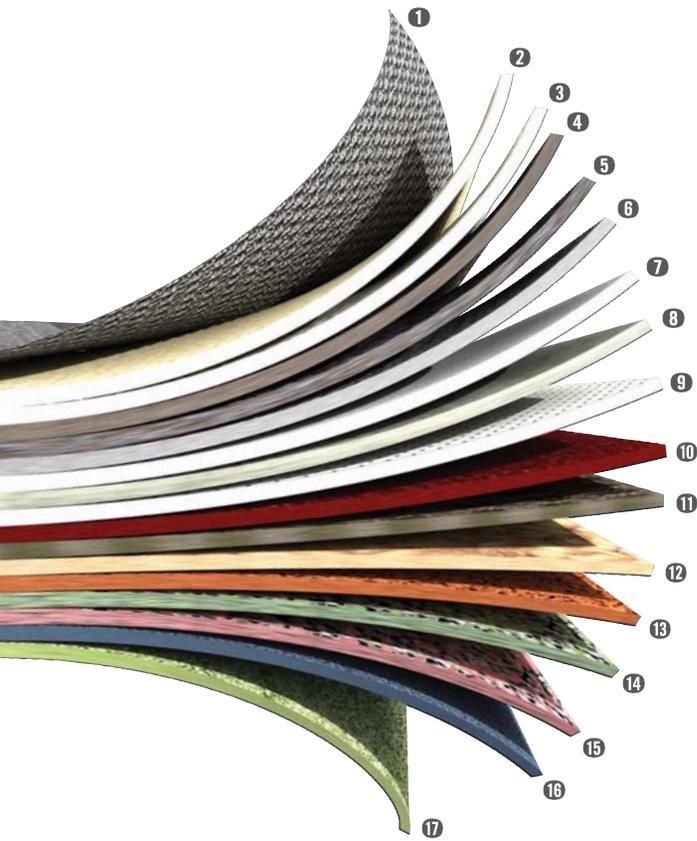
Experience the effectiveness of the Ultrasonic and Negative Ion Sytem in improving Skin Roughness



Rejuvena sL Combining Ultrasonic Massage to Enhance the Effectiveness of this Advanced Technology. Beautiful skin has a supple, soft, silky texture. Over time, the skin becomes dry, rough, and less resilient. Rejuvena sL s Ultrasonic System helps encourage the body s natural beauty rhythms to restore a younger-looking appearance while bringing vitality and smoothness to the skin.

CONSISTS OF 17 LAYERS.

UNIQUE INNOVATION IN BIO TECHNOLOGY:



Produces High Quality Infrared Rays By Means of Super Fiber and Natural Amethyst.

- 1 **Surface material:** Silicon urethane with cotton
- 2 **Amethyst (with Tourmaline) :**
Transfers to natural far infrared rays
- 3 Top waterproof layer
- 4 Hyron cotton layer for thermal insulation
- 5 Second waterproof layer
- 6 Negative ion generator
- 7 Super fiber layer for far infrared rays
- 8 First fiber glass layer
(For interception of harmful EMF waves)
- 9 Carbon layer for amplifying far infrared rays
- 10 First Urethane layer for protection and reflection
- 11 Solid square cotton padding layer
- 12 Second fiber glass layer
(Prevents over heating and harmful EMF waves)
- 13 EMF protected heating plate with Themostats and Bi-metals
- 14 Second Urethane layer for protection and reflection
- 15 Concentrated ceramic layer for reflection of far infrared rays
- 16 Hyron silk cotton padding layer for thermal insulation
- 17 **Bottom material:** High quality cotton with brass pattern

✓ PRODUCE HSP [Heat Shock Protein]

Heat Shock Protein is known to protect cells from thermal stress. In order for our body to prevent HSP secretions and to allow recovery, our brain actively secretes hormones called Endorphins, which are neurotransmitters responsible for happy emotions and the relief from pain.

43.0 Protein activation
41.0 H.S.P
40.0 Bacteria and viruses are susceptible to heat

37.0 3,000 Essential enzymes are activating
36.5

35.5 Difficulty in autonomic nervous system
35.0 Immunity greatly decreased

When the body temperature is decreased by **1 degree**

36% of immune functions decline!

12% of basic metabolism declines!

50% of enzymatic activities decline!



A lot of people give up during the first 60 minutes because it is difficult to withstand the heat. However, people get used to it after a while. It is known that more treatments are more beneficial to the body.

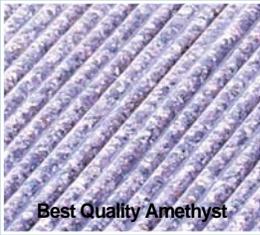
| | Age | Gender | Before | During treatment | After |
|----|-----|--------|---------|------------------|--------------|
| 1 | 46 | Male | 36.5 °C | 37.6 °C | 38.6 °C |
| 2 | 64 | Male | 36.5 °C | 37.4 °C | 37.9 °C |
| 3 | 54 | Female | 36.5 °C | 37.4~38 °C | 38 °C |
| 4 | 52 | Male | 36.5 °C | 37~37.6 °C | 37.8~38.5 °C |
| 5 | 58 | Female | 36.4 °C | 37.4 °C | 38~38.3 °C |
| 6 | 70 | Female | 36.5 °C | 37 °C | 37.8~38.2 °C |
| 7 | 76 | Female | 36.9 °C | 37.6 °C | 38~38.6 °C |
| 8 | 59 | Male | 36.5 °C | 37.8 °C | 37.9~38.2 °C |
| 9 | 52 | Female | 36.5 °C | 37.3 °C | 37.9~38.4 °C |
| 10 | 31 | Female | 36.4 °C | 37.3 °C | 38.1~39.1 °C |

Without Enzyme activity, there are no life The aging process tends to damage our blood vessels, which worsens the circulation and makes us feel colder. Decreasing physical exercise naturally lessens the production of heat and the control center of the brain that responds to the changes in temperature.

MANAGING YOUR HEALTH CARE

RICHWAY IS COMMITTED TO THE ENHANCEMENT AND DEVELOPMENT OF THE HUMAN POTENTIAL

BEST QUALITY AMETHYST

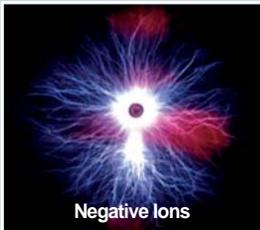


The world's best source of Amethyst comes from Korea. Amethyst crystals are most notably known for its power to detoxify the body from alcohol and other harmful elements.

Amethyst also produces Far Infrared Rays. These Far Infrared Rays (FRI)

revitalize biological functions of cells to help promote blood circulation, perspiration, relieve neuralgia, relief from backaches and arthritis and to eliminate toxins. Far Infrared Rays are designed for relaxation, antibacterial functions and purification of the air.

A LIFE GIVING ENERGY : NEGATIVE IONS



Revolutionary Discoveries! How Negative Ion Therapy can help people ; If 600 to 1000 volts of negative potential is applied to an insulated body, more calcium and sodium minerals in the circulating blood get ionized, thus changing an acidified

body to alkaline body. Although it uses a high voltage, since there are no current flows present, there are no risks or dangers. This invention is sometimes called a static electric treatment device or high potential treatment device. Its effects stretch out to and effective for stiff shoulders, headaches, insomnia, and chronic constipation. It works for allergy patients; however, it is advised to consult a physician before using the product.

THE FUNCTION OF NEGATIVE IONS



Purifying blood, reviving cells, improve immune system, controlling automatic nervous system, the vitalization of cell metabolism, the paralysis symptom is eased, relief of pain.

RICHWAY LIFE WITH A BIOMAT



HEALING WITH A BEAM OF LIGHT

DEEP IMPACT POWER



Increases Blood Circulation and Strengthens the Cardiovascular System: As your body increases sweat production to cool itself, your heart works harder pumping blood at a greater rate to boost circulation.

Improved Skin: The profuse sweating achieved after just a few minutes on the TMBIOMAT_{mx} carries off deeply imbedded impurities and dead skin cells, leaving the skin glowing and immaculately clean. Increased circulation draws your skin's own natural nutrients to the surface.

Burns Calories and controls Weight: As you relax in the gentle heat of the TMBIOMAT_{mx}, your body is actually hard at work, producing sweat, pumping blood-and burning calories. According to a Journal of the American Medical Association report, in a single Infrared Ray sauna session, you may burn as many calories as you would rowing or jogging for 30 minutes. So you lose weight-not just water.

Improves the Immune System: Far Infrared Ray's deep heat raises your body temperature, inducing an artificial fever. As it works to combat the fever, your body's immune system is strengthened. Combined with the

elimination of toxins and waste produced by the intense sweating, your overall health and resistance to disease is increased.

Reduces Stress and Fatigue: The gentle warmth of your Amethyst TMBIOMAT_{mx} gives you an overall massaging effect, soothing jangled nerves and knotted muscles. You'll feel rejuvenated and renewed, restored in both body and mind.

Removes Toxins: Increased blood circulation stimulates the sweat glands, releasing built-up toxins and waste. Daily sweating can help detoxify your body as it rids itself of an accumulation of potentially carcinogenic heavy metals, as well as alcohol, nicotine, sodium, sulfuric acid and cholesterol.

Relieves pain: The deep heat of your Amethyst TMBIOMAT_{mx} helps peripheral blood vessels dilate, bringing relief and healing to muscles and soft tissue injuries. Increased blood circulation carries off metabolic waste products and delivers oxygen-rich blood to oxygen-depleted muscles, so they recover faster.

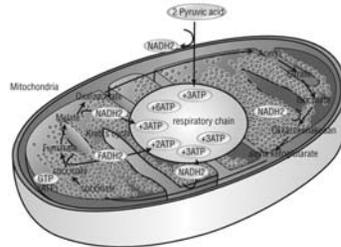
HOW TO FEEL BETTER AND RECONDITION

Feel rejuvenated and renewed, restored in both body and mind

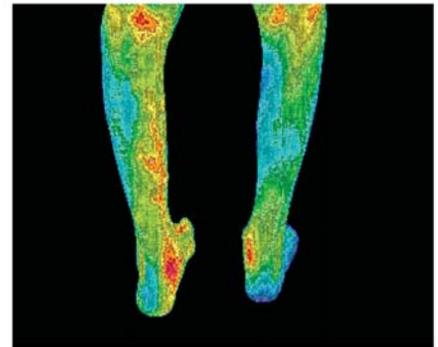
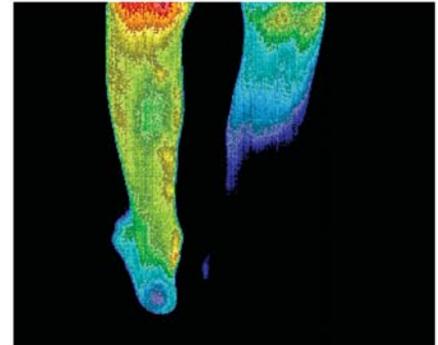
Body temperature and metabolic activity

Mitochondria is produced Body heat and Heat Shock Protein by Infrared Ray's Heat and Vibration.

The Far Infrared Ray is both an electromagnetic wave and an energy wave. Long frequency waves are considered to be beneficial to our body. They replicate mitochondrial activities.



Production of ATP in mitochondria

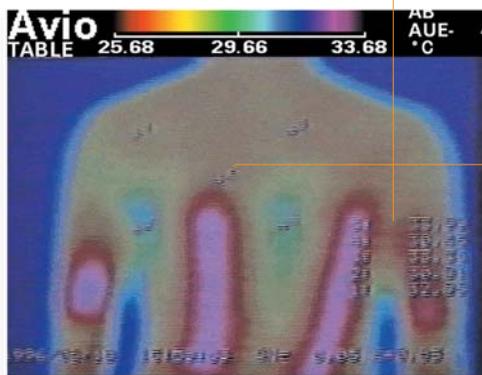


Images show poor circulation before and after 14 days of Biomat usage the circulation increase

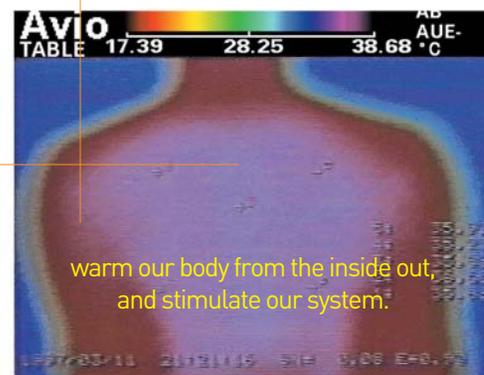
When the body is warm the blood circulates well and higher metabolism increases blood circulation. The circulation of the blood can be likened to the work of a fleet of trucks, some that bring in fresh food and others that take away the garbage. The heat from internal organs provides the energy, the heart provides the delivery motions.

Comparison of Normal heat and Biomat Infrared Ray

After Using Common Heating Pad for 10 Minutes
Only Skin Surface Effected In This Area



After Using Far Infrared Ray for 5 Minutes
Skin is Penetrated 80 Times more deeply than other Kinds of Heat



There are two kinds of heating applicable here. One is the simple application of any warming technique imaginable, while the other is Far Infrared Ray that causes the molecules inside the mitochondria of the cell to resonate and be activated. One of the main focuses of attention during the 21 st century will be on these methods of heating the body by the Far Infrared Ray.