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BioMat Massage: Heat that heals

For sore, aching muscles and joints, a professional massage or a warm heating pad can provide great relief. At White Lotus Salon & Massage in Fayetteville, clients can get both at the same time.

Massage therapist Debi Lambeth uses a BioMat on her massage table. The specialized heating pad uses amethyst quartz crystals to generate heat and negative ions, which can relieve pain, boost the immune system and improve circulation. The BioMat delivers heat without subjecting the body to electromagnetic waves produced by traditional heating pads.

Lambeth first learned about the BioMat from a client.

"He mentioned that his dentist had this 'mat thing' in a relaxation room that he puts clients in to get them relaxed," she said.

Client Ruthie Graen suffers from arthritis caused by scar tissue from three surgeries — back surgery for a shattered disc in her lower back and surgery on both knees to repair damage caused by running.

"In winter when it's super cold, I get achy all the time," Graen says. "The BioMat relaxes me from head to foot. The heat lets you get rid of stress and if you have any type of arthritis, it helps."

The mat has rows of amethyst crystals covered with quilted material. A clear-plastic window makes the crystals visible. The mat uses three things to provide its benefits — the crystals, negative ions and infrared heat.

"Negative ions increase serotonin levels in the brain," Lambeth said. "That's what puts you in a peaceful state of mind. It also increases the amount of oxygen flow to the brain and gives you mental energy."

Graen was so impressed with the BioMat that she bought two for use at home. One is a full-length mat for use in her bed at night and the other is a mini-mat designed to fit in a chair.

Lambeth will demonstrate the mat during complimentary mini-sessions during an art reception for Bob Thomas on July 16 from 4-6 p.m.

White Lotus Salon & Massage is located at 4750 E. Mission Blvd., about two miles east of Arkansas 265.

More information is available from Lambeth at (479) 582-4806 or by email to lotuswhite@sbcglobal.net or dlambethlmt@gmail.com.