

UNIQUE TECOLOY ELEMENTS FOR THERAPEUTIC EFFECT

The Tecoloy elements in a Health Mate sauna have been developed to radiate **long wave infrared** in the therapeutic range. They radiate between 5600 nm and 7000 nm (average 6340 nanometer) but they have an electromagnetic radiation of less than that of a light bulb.

The long wave infra-red rays penetrate just under the skin.

1

There, they heat the water. Water is a good heath conductor

2

The water heats the surrounding tissues (muscles, tendons...).

3

The blood vessels then open up.

4

Our brains receive a signal that the body is warm:

- Heart rate increase
- Production of sweat



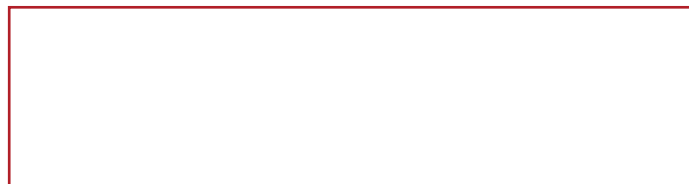
Lifetime warranty, a Health Mate® is a once-in-a-lifetime purchase

A HEALTH MATE® IS BUILT TO LAST A LIFETIME.

That is why you will receive a life-long guarantee with the elements, electrical supply, touchscreen and lighting. In short, a guarantee on anything that could go wrong.

A Health Mate has been developed to maximise the therapeutic impact in an **energy-efficient manner**.

- We use **wood** that reflects infrared.
- Glass lets infrared and heat through so we use as little **glass as possible**.
- **Tecoloy elements** use little electricity (comparable to a hair dryer).



HEALTH MATE®
DE THERAPEUTISCHE INFRAROODSAUNA

CONTINUE TO ENJOY LIFE TO THE FULLEST, THANKS TO HEALTH MATE®.

WITH A HEALTH MATE® YOU'RE CHOOSING:



Therapeutic sauna



Patented Tecoloy™



Very low electromagnetic field



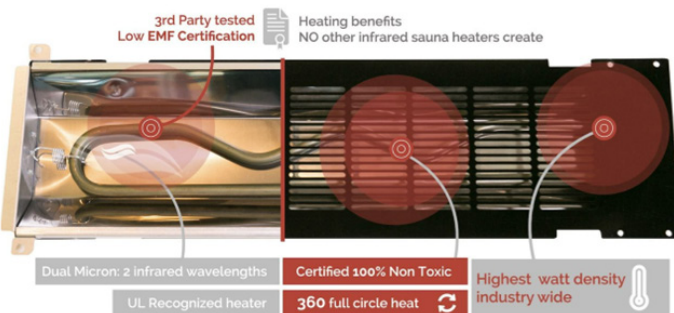
Lifetime warranty



All-in price



Very low energy consumption



www.healthmate.be
info@healthmate.be

03 295 50 25
Hagenbroeksesteenweg 169,
2500 Lier

BUY A HEALTH MATE®



CAREFREE ENJOYMENT OF LIFE

A HEALTH MATE® HELPS YOU TO:

 **Improve your quality of life**


People who struggle with stiff and painful muscles, rheumatism, fibromyalgia or skin disorders such as acne, psoriasis and eczema will experience a significant reduction in their symptoms.

 **Monitoring your health**

A Health Mate® not only induces relaxation and improves energy, your body also recovers and recuperates more quickly.

 **Your sports performance will improve**

Your body will recuperate quicker during and after exercise, allowing you to keep going for longer, with fewer subsequent issues. You can also avoid injuries and/or heal more quickly.

 **Monitoring your mobility**

The fact that your blood flow capacity improves means you lose less muscle mass and recuperate quicker. You are also arming your body against the impact of ageing.

THE EFFECT OF THE HEALTH MATE® THERAPEUTIC INFRARED SAUNA ON THE BODY



The body's internal temperature goes up, just like when you have a fever.

The immune system is activated.

The blood vessels open up and this enables improved blood flow throughout the body.

All of your tissues (muscles, tendons...) receive efficient blood flow.

Supply of building blocks (amino acids, sugars, oxygen...).

Disposal of toxins.

Stimulation of the growth of micro blood vessels.

Skin pores open and sweat is produced.

The skin is cleansed and receives better blood flow.

The production of collagen is stimulated and this rejuvenates the skin.

The hypothalamus produces endorphins.

These 'drugs' produced by our own bodies have a relaxing and pain-relieving effect.

Heart rate increases significantly.

This compares to a cardio work-out but without the physical strain on the body.

Fat cells heat up and release toxins.

Fat cells are reoriented, reducing cellulitis. This leads to rejuvenated skin.

Regular use of the Health Mate therapeutic infrared sauna helps the body to recover from infections and injuries and aids recuperation.

