

Rejuvenation Mat Basics & Benefits

The Splish Naturals Rejuvenation Mat utilizes four advanced modalities—Pulse Electromagnetic Field (PEMF) therapy, Far Infrared Radiation (FIR), Negative Ion Generation, and Transcutaneous Electrical Nerve Stimulation (TENS)—to effectively reduce inflammation and pain, promote cell regeneration, and enhance overall relaxation and healing. This comprehensive approach ensures natural recovery processes are stimulated, improving athletic performance and accelerating healing from surgeries or injuries.



Splish Naturals Rejuvenation Mat The Basics

The Splish Naturals Rejuvenation Mat is a wonder of technology that emulates several different benefits that the earth, the sun and mother nature provide us.

Far Infrared Radiation Heat Therapy

*Far Infrared Radiation (FIR) is considered safe and effective. FIR is the same type of electromagnetic radiation that the sun uses to warm the earth and it does **NOT** emit harmful UV rays. Here is a list of health benefits of using FIR as part of your daily, self-care, health routine:*

Reduces Inflammation and Pain: FIR therapy is well-documented for its anti-inflammatory properties. By penetrating deep into the tissues, it helps to reduce inflammation and alleviate pain. This is particularly beneficial for individuals suffering from chronic conditions such as arthritis, fibromyalgia, and other inflammatory ailments.

Improves Circulation: FIR helps to enhance blood flow by dilating blood vessels and reducing viscosity. Improved circulation means more oxygen and nutrients are delivered to the body's tissues, promoting faster healing and better overall function of organs and muscles.

Accelerates Wound Healing: The increased circulation and improved cellular function fostered by FIR therapy can accelerate the healing of wounds and injuries. This makes it particularly useful for post-surgical recovery and healing of sports-related injuries.

Boosts Immune Function: FIR therapy helps to stimulate the production of white blood cells, which play a crucial role in the body's immune response. This boost in immune function helps the body fight off infections and illnesses more effectively.

Enhances Detoxification: By promoting sweating, FIR therapy helps the body to eliminate toxins through the skin. This

detoxifying effect can lead to improved skin health and overall better functioning of the body's detoxification systems.

Improves Mood and Reduces Stress: FIR has been shown to have positive effects on mood and stress levels. The warmth and deep penetration of infrared rays promote relaxation and can help to reduce symptoms of depression and anxiety.

Boosts Vitamin D Levels: Exposure to infrared rays can help to naturally boost Vitamin D levels in the body. Vitamin D is essential for bone health, immune function, and overall wellness.

Promotes Better Sleep: The relaxation and stress-reducing benefits of FIR therapy can also contribute to improved sleep quality. By reducing tension and promoting a sense of calm, it helps individuals achieve deeper and more restful sleep.

Supports Weight Loss and Metabolic Health: FIR therapy can aid in weight loss by increasing core body temperature, which in turn can help to boost metabolism and promote the burning of calories. This effect, combined with improved circulation and detoxification, supports overall metabolic health.

Enhances Skin Health: The improved circulation and detoxification processes can also benefit skin health, reducing the appearance of cellulite, improving skin tone and texture, and promoting a youthful appearance.

These health benefits make FIR therapy a valuable addition to holistic wellness practices, particularly in products like the Splish Naturals Rejuvenation Mat, which integrates FIR with other therapeutic modalities to maximize health outcomes.

Pulsed Electromagnetic Field Therapy **(P.E.M.F.)**

P.E.M.F. therapy is considered one of the safest home therapies and is used to treat a variety of conditions. The earth has an average frequency of 8HZ. A normal, healthy body will mimic the earth's frequency. For anyone struggling with sleep or relaxation, this frequency can be lowered to 3HZ (P1), slowing the mind and the body down, assisting with relaxation. At the opposite end of the frequency spectrum, you can increase the frequency to a maximum of 64HZ (P8) which will energize the body and speed up healing or prepare the body for your day's physical activity. Pulsed Electromagnetic Field (PEMF) therapy offers numerous healing benefits, which can be particularly beneficial for a variety of health concerns. Below is a detailed list of the primary benefits of PEMF therapy:

Enhanced Natural Recovery Process: PEMF therapy stimulates the body's inherent healing mechanisms, aiding faster recovery from injuries and surgeries by improving cellular health and functionality.

Cellular Recharging: It exercises and energizes cells, helping them to operate more efficiently and effectively. This cellular recharging is crucial for maintaining overall health and vitality.

Reduction of Inflammation and Pain: One of the most significant benefits of PEMF therapy is its ability to reduce inflammation and alleviate pain. This is beneficial for conditions such as arthritis, fibromyalgia, sports injuries, and post-surgical recovery.

Improved Athletic Performance: Athletes often use PEMF therapy to enhance their performance. It helps in faster recovery from workouts, reduces muscle soreness, and improves overall physical performance by maintaining optimal cellular health.

Faster Healing: PEMF therapy can accelerate the healing process of wounds and fractures. It supports the body's natural repair processes, helping tissues to regenerate more quickly.

Pain Management: It provides a non-invasive, drug-free way to manage pain. PEMF therapy can reduce the intake of pain medications by providing effective pain relief through its cellular repair and anti-inflammatory actions.

Improved Circulation: By enhancing blood flow, PEMF therapy ensures that tissues receive more oxygen and nutrients, which is essential for healing and overall health.

Enhanced Mood and Cognitive Function: PEMF therapy has been shown to have positive effects on mood and cognitive functions, potentially aiding in conditions such as depression and anxiety. It promotes mental clarity and reduces stress.

Energy Boost: Regular use of PEMF therapy can result in increased energy levels as it optimizes cellular function and reduces fatigue, making it beneficial for individuals with chronic fatigue syndrome or general tiredness.

Support for Chronic Conditions: Conditions such as chronic pain, osteoarthritis, and even fibromyalgia can see significant improvement with the use of PEMF therapy. It aids in long-term pain management and improves quality of life.

These benefits highlight the versatility and effectiveness of PEMF therapy as a holistic treatment option for various health issues, enhancing both physical and mental well-being.

Negative Ions

Negative ions are atoms or molecules that have gained one or more extra negatively charged electrons. These ions are prevalent in natural environments, such as near waterfalls, mountains, and beaches, where air molecules are broken apart by sunlight, radiation, and moving air and water.

The benefits of negative ions are well-documented and diverse, especially in the context of wellness and health. Here are some key benefits:

Reduces Inflammation and Pain: Negative ions have been shown to reduce inflammation and pain, making them beneficial for conditions like arthritis, sports injuries, and general muscle soreness. This effect is harnessed in products like the Splish Naturals Rejuvenation Mat, which utilizes negative ion generation to help users recover from physical exertion and injuries.

Improves Circulation: By enhancing blood flow, negative ions can improve circulation, which is crucial for healing and maintaining healthy tissues. Improved circulation can lead to better delivery of oxygen and nutrients to cells, enhancing overall health and vitality.

Enhances Immune Function: Negative ions can bolster the immune system, helping the body to ward off infections and illnesses more effectively. This enhancement of immune function can be particularly beneficial for individuals with compromised immune systems or those looking to prevent illness.

Neutralizes Free Radicals: Free radicals are unstable molecules that can cause oxidative stress and damage cells. Negative ions help neutralize these free radicals, reducing oxidative stress and potentially slowing the aging process and reducing the risk of various chronic diseases.

Promotes Deep Sleep: Exposure to negative ions has been linked to improved sleep quality. By promoting relaxation and reducing stress, negative ions can help individuals achieve deeper and more restful sleep, which is essential for overall health and well-being.

Improves Mood and Alleviates Depression: Negative ions can increase the levels of serotonin in the brain, a neurotransmitter that helps regulate mood. This increase can lead to improved mood, reduced symptoms of depression, and a general sense of well-being. This is particularly useful in combating Seasonal Affective Disorder (SAD) and other mood-related conditions.

Enhances Cognitive Performance: By increasing the flow of oxygen to the brain, negative ions can improve mental clarity, focus, and overall cognitive performance. This makes them beneficial for tasks requiring concentration and mental effort.

Purifies and Detoxifies Blood: Negative ions can help to purify and detoxify the blood, removing impurities and enhancing overall circulatory health. This purification process supports the body's natural detoxification pathways and can contribute to better health and vitality.

The incorporation of negative ions in wellness products, such as the Splish Naturals Rejuvenation Mat, leverages these benefits to enhance the user's health and well-being through natural means. As the wellness industry continues to grow, the use of negative ions in therapeutic and health-promoting products is likely to expand, offering an accessible and effective way to improve various aspects of health.

Transcutaneous Nerve Stimulation

Transcutaneous Electrical Nerve Stimulation, commonly known as TENS, is a therapeutic method used to alleviate

pain and promote healing through the application of low-voltage electrical currents. The TENS device consists of electrodes placed on the skin near the source of pain, which deliver electrical impulses to the underlying nerves. This stimulation can interfere with the transmission of pain signals to the brain and can also promote the release of endorphins, the body's natural painkillers.

Health Benefits of TENS:

Pain Relief: TENS is widely recognized for its ability to reduce chronic pain, including conditions such as arthritis, fibromyalgia, and neuropathy. The electrical impulses generated by TENS can block pain signals from reaching the brain, providing significant pain relief without the need for medication.

Reduction in Medication Use: By providing effective pain management, TENS can reduce the need for pain medications, which often come with side effects and the potential for dependency.

Muscle Spasm Reduction: TENS can help relax muscle spasms, which are often a source of acute pain. This is particularly beneficial for conditions like lower back pain and muscle injuries.

Improved Functionality and Mobility: By alleviating pain and reducing muscle spasms, TENS can improve mobility and functionality in patients suffering from musculoskeletal conditions. This can enhance the quality of life by allowing individuals to perform daily activities with less discomfort.

Post-Surgical Pain Management: TENS can be a valuable tool in managing post-operative pain, helping patients recover more comfortably and potentially reducing the length of hospital stays and reliance on narcotic pain relief.

Chronic Pain Conditions: TENS has been found effective in treating a variety of chronic pain conditions, including lower back pain, sciatica, and migraine headaches. The therapy can be tailored to target specific areas of pain, providing localized relief.

Neuropathic Pain Relief: For conditions such as diabetic neuropathy and post-herpetic neuralgia, TENS can provide significant relief by altering the way pain is processed by the nerves and brain.

Rehabilitation and Recovery: TENS can aid in rehabilitation by reducing pain and muscle spasms, thus allowing patients to engage more fully in physical therapy and exercise, which are crucial for recovery from injuries and surgeries.

In summary, TENS is a versatile and non-invasive therapy that offers a wide range of benefits for pain management and rehabilitation. Its ability to reduce reliance on medications and improve patient mobility and quality of life makes it a valuable tool in both clinical and home settings.

Red-Light Therapy (CHAKRA Mat Only)

Red-light therapy is an increasingly popular wellness treatment that uses low-level wavelengths of red light to treat various health conditions and promote overall well-being. Below, we delve into its benefits and applications:

Enhanced Wound Healing: Speeds up the healing process of wounds, cuts, and other skin injuries. Promotes tissue repair and regeneration.

Pain Relief: Reduces inflammation and pain in conditions like arthritis, tendonitis, and chronic pain syndromes. Helps alleviate muscle soreness and joint pain.

Improved Skin Health: Increases collagen production, leading to improved skin elasticity and reduced wrinkles. Helps with conditions like acne, psoriasis, and eczema. Reduces scars and stretch marks.

Enhanced Muscle Recovery: Accelerates recovery after workouts or injuries. Reduces muscle fatigue and soreness.

Improved Circulation: Enhances blood flow and oxygenation of tissues. Promotes better cardiovascular health.

Reduced Inflammation: Decreases inflammation, which is beneficial for various inflammatory conditions.

Boosted Immune Function: Stimulates the immune system, potentially aiding in faster recovery from illnesses.

Mental Health Benefits: May improve mood and reduce symptoms of depression and anxiety. Potentially enhances cognitive function and memory.

Improved Sleep: May help regulate circadian rhythms and improve sleep quality.

Hair Growth: Promotes hair growth in individuals with alopecia or thinning hair.

Red-light therapy (RLT) has garnered significant attention in recent years for its potential health benefits. This non-invasive treatment utilizes specific wavelengths of red and near-infrared light to penetrate the skin, promoting cellular regeneration and enhancing overall well-being. Scientific studies have shown promising results in areas such as skin rejuvenation, pain relief, wound healing, and reduction of inflammation.

One of the key advantages of red-light therapy is its safety profile. Unlike other treatments, RLT is generally well-tolerated, with minimal side effects reported. It offers a natural and holistic approach to health, appealing to those seeking alternatives to pharmaceuticals and invasive procedures. The therapy's versatility allows it to be used in clinical settings, at home with portable devices, and as a complementary treatment alongside conventional medical care.

In conclusion, red-light therapy presents a promising avenue for enhancing health and well-being. Its ability to promote skin health, alleviate pain, and support healing processes makes it an attractive option for many individuals.

Many call the Rejuvenation Mat a “miracle” as it taps directly into the power of nature. Let the Splish Naturals Rejuvenation Mat help to heal and find your rhythm and balance.

Remember.....

“Everyone Deserves Wellness”™