



BIOBLANKET USE INTRODUCTION

BioBlanket® is designed to **Reflect Externally** away, and so help Protect the body from external energy influences, Also to **Reflect Internally** Bio and energy influences back to the body. **This dual sided Reflection is inbuilt, and always working, no matter which side is next to the body.**

In addition, BioBlanket multilayered construction is designed with two distinct sides of **Yin/Passive -OR- Yang/Active** quality, allowing the user to determine their preferred type as they use it.

The YANG BioBlanket side is the side with the stitched BioBlanket logo on it. This Yang side includes an extra Negative Ions fabric layer and is **more thermally active**, in stand-alone use, or over an InfraBed.

The YIN BioBlanket side is the plain side with no stitched BioBlanket logo on it. This side features maximum reflection and so is more Passive and cool and so is **more thermally neutral**, in stand-alone use, or over InfraBed.

BIOBLANKET USE BY ITSELF

BIOBLANKET is used by itself in the usual traditional ways.

You may lay on, or in, or under, the BioBlanket.

Additionally you may choose to put the Yang Active or Yin Passive side wrapped around, or under, or over, the body, as preferred by the user.

BIOBLANKET USE WITH INFRABED

The INFRABED shares several similar layers with the BIOBLANKET. As such they are both perfect reflectors for a Passive Energy Feedback experience. Simply **keep your InfraBed turned off to create a dual only Energy Blanket effect** by laying on your INFRABED, under your BIOBLANKET, for an unheated session.

INFRABED THERMAL SESSIONS UNDER BIOBLANKET®
create a more insular, intense, whole-body heat and energy experience by adding additional thermal energy by BioBlanket reflection, and by also creating a pocket for extra air convection heating, under the BioBlanket, *heating is more efficient, so **be aware of the multiplying effects.***

Use CAUTION with INFRABED Thermal Activating Therapy



BIOBLANKET AND ITS COVER INTRODUCTION

BioBlanket® by itself has four Purposes :-

- 1 to help Protect the body by Deflecting away external energy influences
- 2 to help Balance the body's multiple energies by establishing a Cocoon
- 3 to help Reflect back to the body its own energy output = BioFeedback
- 4 to help Raise Core Body Temperature and to Synergise with InfraBed®

BioBlanket features 2 different Sides = (Yin & Yang)

BioBlanket available in 2 Sizes = (Single & Double)

Single King 120 x 200 cm, (full body size)

Double King 240 x 200 cm (full fold over size)

Both sizes and sides can fold round, over or back to free up head or feet.

Every BioBlanket BLANKET - has two different sides

BioBlankets are all double-sided, with dual internal foil layers, so
BOTH BIOBLANKET SIDES ARE REFLECTING - AT ALL TIMES.

BioBlanket Side 1 is the YIN Side, feels thinner, slippery, cooler - No Label side.
Side 1 is PASSIVE, settling, cooling, quieting, balancing, resting

BioBlanket Side 2 is the YANG Side, feels thicker, Ion Fabric, warmer - Label side.
Side 2 is ACTIVE, activating, warming, heating, energising, rousing.

Every BioBlanket COVER - has two different sides

BioBlanket COVER is a double sided SHEET / QUILT, Zip-Up Cover
Both Cover sides are natural cotton fabrics that are washable

Cover Side A is the SHEET side, which is 100% White, thin cotton - its Label side
Side A is designed to work with the InfraBed's YIN or Passive Side 1

Cover Side B is the QUILT side, 100% cotton, Cream, stitched - its No Label side
Side B is designed to work with the InfraBed's YANG or Active Side 1

To ASSEMBLE BIOBLANKET INTO ITS COVER please insure that you
Place the Blanket into its Cover so that the two Label Sides are NOT Facing.

BiBlanket[®]

TO ASSEMBLE BIOBLANKET INTO ITS COVER

Place BioBlanket into its Cover so that the **Label Sides are NOT Facing,**

So the YIN Blanket Side 1 with No Label is interfacing the SHEET side A
+ the YANG Blanket Side 2 with a Label is interfacing the QUILT side B.
If you have done this correctly then the LABEL SIDES ARE NOT FACING.
The Cover is now covering the BioBlanket YIN side with white SHEET side
The Cover is now covering the BioBlanket YANG side with cream QUILT side

TO USE YOUR BIOBLANKET - IN ITS COVER BY ITSELF

You can stand, recline, sit or lie down flat, on, or under, the BioBlanket.
To lie, or sit, to meditate, reflect, introspect, to recover, recharge, to think,
to sleep, and or to work, with your BioBlanket round, under or over you.

For Thermal Active Warming Ionizing YANG type use...
Place your BioBlanket YANG side with its Quilt Cover side, facing the body

For Cooling Passive Balancing Settling YIN type use...
Place your BioBlanket YIN side with its Sheet Cover side, facing the body

TO USE YOUR BIOBLANKET - IN ITS COVER - WITH INFRABED

In addition to BioBlanket use by itself, You can have an InfraBed under you,
and it can be turned OFF for Passive use, and ON for Active use

For Thermal Therapy and Active warming ionizing YANG type use...
Use BioBlanket YANG side down with its Quilt Cover side, facing the body

For Cooling Passive Balancing Settling YIN type use...
Use BioBlanket YIN side with its Sheet Cover side, facing the body

Please do experiment with uses and find your personal preferences.

NB Drink enough Water Before and After sessions.

You and others might not notice, but users will tend to dehydrate fast.
Warmer sessions burn calories and raise circulation and metabolism.
Higher temperatures can induce Sauna type of sweating reactions.

Whilst these may be desired for thermal therapy, detoxification
and weight loss ~ **plenty of water is required**

TO ASSEMBLE BIOBLANKET INTO ITS COVER
Place BioBlanket into its Cover so that the **Label Sides are NOT Facing,**



BioBlanket Multi-Layers

- 6 COVER : External Quality Cotton Zip-up
 - a) side - white cotton sheet (logo stitched)
 - b) side - white cotton heavy quilted sheet
- 5 Fifth layer : Bamboo Carbon Fibre
- 4 Fourth layer : Non-woven fabric emits **Negative Ions**
- 3 Third layer : High Quality Reflector Foil facing IN
- 2 Second layer : High Quality Reflector Foil facing OUT
- 1 First layer : Bamboo Carbon Fibre



*Protecting
Restoring
Balancing*



BioBlanket
Layers
5,4,3 =
Yang side

Layers
2, 1 =
Yin side



