

# MEDICRYSTAL® MATS BENEFITS

the powerful and harmonious energy of life...



Reveals crystals' powers and brings natural forces into your home\*



Provides a restful and calming setting in the middle of modern civilization\*



Creates an energized environment to feel inspired and happy\*



Great complement to massage, yoga and reiki\*



Helps to balance chakras' activity and clean energy channels\*



Ideal to supplement qigong practices and «chi» energy flows\*



Each session can help you feel invigorated and optimistic about your day\*



Part of a routine to help you make wellness and balance part of your lifestyle\*



Creates a comfortable environment to infuse spirit and boost creativity\*



Provides setting to relax while you meditate or seek mental clarity\*



Envelops with soothing and relaxing warmth\*



Complements active lifestyle and supports well-being\*