



2024 HOLIDAY

# Gift Guide

Make this season unforgettable with  
gifts that truly say, 'I thought of you' not -  
'I bought for you.'



FROM BIOMAT

# Happy Holidays

As the holiday season approaches, we're reminded of what makes this time of year truly special—the moments spent with loved ones and the joy of giving. This season, more than ever, we're grateful to have you as part of our family.

At BioMat, we believe that a thoughtful gift goes beyond what's inside the box. It's a gesture of care, connection, and appreciation for the people who make life meaningful. Whether you're celebrating with friends, family, or simply treating yourself, we're here to help you create memories that last.

Thank you for letting us be a part of your holiday traditions. May this season be filled with warmth, laughter, the comfort of togetherness and the foundation of good health.

From all of us at BioMat.com, we wish you a beautiful holiday and a happy New Year!

# Giftng Checklist

Make this season memorable by checking off everyone on your list with thoughtful gifts they'll truly love.



THE MOM WHO NEEDS A BREAK



THE HEALTH PROFESSIONAL AIMING TO GROW & THRIVE



THE PEAK PERFORMER



THE HEALTH-CONSCIOUS WOMAN



THE DAD WHO WANTS TO STAY ACTIVE



THE KIDS WHO JUST WON'T SLEEP



THE AGING PARENT SEEKING BETTER HEALTH



THE TEEN ATHLETE WHO GOES HARD ON THE FIELD



THE TEEN WHO NEEDS A LITTLE CALM

## GIFT IDEAS

# For the Mom Who Needs a Break

This gift set is for the mom who juggles it all. Help her unwind and rebalance with essentials that lower stress levels, support relaxation, and reduce cortisol.



SALE

### BIOMAT Professional

Provides therapeutic warmth that eases tension, reduces cortisol levels, and clears the mind.



### THE NOW Massage

Treat her to a calming massage experience at The Now Massage.



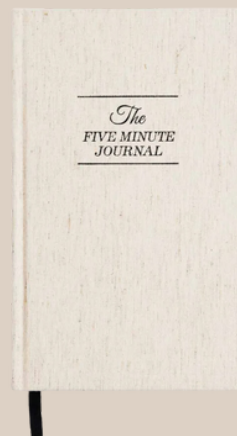
## LOLA Blanket

Incredibly soft blanket designed for ultimate comfort and coziness.



## THE 5 MINUTE Journal

A simple daily journal that promotes gratitude and mindfulness in just five minutes.



## VITRUVI Stone Diffuser

Fills the air with calming aromatherapy to create a peaceful ambiance.



## WE DRINK BUBBLES Champagne

A curated selection of bubbly, perfect for celebrations or relaxing moments.



## MIND VALLEY Subscription

Mind Valley offers guided meditations and personal growth resources to support stress relief and mental wellness.



## A NIGHT STAY Alila Marea

A luxurious night away with BioMat in the spa rooms, offering complete relaxation.

# GIFT IDEAS For the Health Professional

Perfect for practitioners looking to enhance their practice, expand their offerings, and invest in personal and professional growth.

## BioSpa Suite of Products

A comprehensive package of tools to establish a spa-like experience, featuring essentials for client treatments and wellness services.



SALE

BIOMAT

### MicroCurrent Mask

(Pack of 10) High-quality MicroCurrent face masks that support a professional skincare regimen, enhancing client offerings.



SALE

BIOMAT

### Professional

A wellness tool that provides deep relaxation, pain relief, and stress reduction, adding significant value to any health practice

### BIOMAT Comfort Pad

The Quantum Energy Pad adds an extra layer of comfort to the BioMat, providing clients with a luxurious treatment experience.

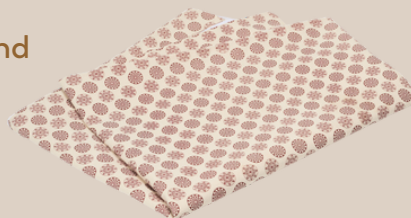


BIOMAT

### BioLight

Light therapy device that supports skin rejuvenation and wellness, perfect for client treatments or self-care.

SALE



BIOMAT

### Waterproof Cover

The Germanium Power Pad protects the BioMat and ensures easy cleanup, allowing for a hygienic, professional setup.



## MISSY BUNCH Mentorship

Specialized mentorship focused on enhancing brain and pain relief techniques, equipping professionals with valuable skills to support client wellness.



## AG1 Athletic Greens

Nutrient-rich greens powder for all-day energy.



## MANNA Vitality Shilajit

An ancient supplement known for boosting vitality and resilience, supporting long workdays and active lifestyles.

## DHARMA SHOP Singing Bowl

A calming tool for meditation and mindfulness sessions, ideal for grounding and centering oneself before or after client work.



# GIFT IDEAS

## For the Peak Performer

This gift set is for those dedicated to reaching peak physical and mental performance.

Packed with advanced wellness tools, recovery essentials, and vitality-boosting supplements, it supports optimized recovery, enhanced energy, and overall wellness to help them stay at the top of their game.



### BIOMAT

## Professional

Optimizes recovery,  
reduces stress, and  
improves overall  
performance.



### PLUNGE

## Cold Plunge

At-home cold plunge for  
recovery and energy  
boost.





## AG1 Athletic Greens

Nutrient-rich greens powder for all-day energy.



## BIG ASS CALENDAR Planner

A strategic system for goal-setting and productivity.



## OURA Ring

Tracks recovery, sleep quality, and performance metrics.



## DREAM RECOVERY Mouth Tape

Promotes better breathing and recovery during sleep



## QUALIA NAD Supplement

Supports cellular energy and anti-aging.



## ORGANIFI Shilajit

Increases energy and vitality.

## GIFT IDEAS

# For the Health-Conscious Woman Focused on Fitness and Anti-Aging

This gift set is for the woman who prioritizes fitness, vitality, and feeling radiant. Packed with wellness essentials, it supports her health and helps her look and feel her best.

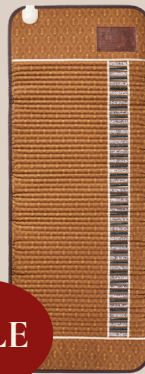


SALE

BIOMAT

### MicroCurrent Mask

Pack of 10 High-quality microcurrent masks that promote skin rejuvenation.



SALE

BIOMAT

### Professional

Reduces stress, increases circulation, and supports anti-aging through detoxification.

PALEO VALLEY

### Bone Broth Protein

Clean protein source that supports fitness goals and protein intake. A perfect coffee replacement.

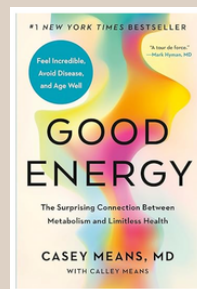


BIOMAT

### BioLight

Uses 7 customizable light therapy settings to reduce fine lines and boost skin health.

SALE



BOOK

### Good Energy

Good Energy by Casey Means – Guides you on connecting wellness to energy.



CADDIS

## Blue Light Glasses

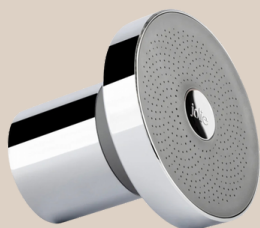
Protects eyes from digital strain, helping her feel and look vibrant.



PRELUDE

## Colostrum Gummies

Gut Health • Immune Support • Skin & Hair.



JOLIE

## Filtered Showerhead

Remove impurities and harmful substances for better skin, hair and health



CAP BEAUTY

## Dry Brush

Exfoliates the skin, promoting circulation and a youthful glow.

ORGANIFI

## Harmony

Create, Metabolize & Use Hormones The Way Your Body Was Meant To So You Can Feel Your Best.



# GIFT IDEAS

## For the Dad Who Wants to Stay Active

Perfect for the dad who wants to stay healthy and active. This gift focuses on relieving soreness, reducing inflammation, and supporting him in his wellness goals.



SALE

### BIOMAT Professional

Delivers deep warmth to relieve soreness and inflammation, perfect post-workout, or for the ultimate dad nap.



### HYPERICE Compression Sleeves

These compression leg sleeves boost circulation and help with recovery post-exercise.





BOSE

## Noise Cancelling Headphones

Blocks out distractions, ideal for workouts or downtime.\_



THERABODY

## Wave Duo Massager

Ergonomically contoured to the back, spine, and neck, this portable smart vibrating roller is a uniquely versatile rolling solution for targeted relief on the back and shoulders.



VUORI

## Joggers

Comfortable and durable joggers ideal for an active lifestyle



TRX

## Weighted Vest

Adds resistance to workouts for a fitness boost.\_



CYMBIOTIKA

## D3+K2 + CoQ10

Supports cardiovascular and bone health, enhancing vitality.

# GIFT IDEAS

## For the Kid Who Just Won't Sleep

For the kids who are full of energy long after bedtime, this set is designed to calm their busy minds and guide them gently into restful sleep.



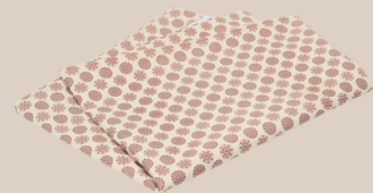
SALE

### BIOMAT Mini

Adds warmth and relaxation to help kids settle down at bedtime.

### BIOMAT Comfort Pad

The Quantum Energy Pad adds an extra layer of comfort to your BioMat.



### BIOMAT Water Proof Cover

to protect your BioMat Mini from all water, food, and sometimes the occasional nighttime accident.

## LOLA Blanket

A cozy blanket for warm and restful nights.



## UNCOMMON GOODS Story Time Player

Pre-loaded with calming stories, perfect for helping kids wind down.



## MARY RUTHS Sleeping Gummies

Gentle, natural sleep aid with kid-friendly flavors.



## PLUSH TEDDIES Teddy Bear

From classically designed plush, mohair and limited edition teddy bears to charming designs hand painted by artists in unique colors, find your perfect cuddly companion.



## KYTE Pajamas

Ultra-soft, breathable pajamas that keep kids comfortable through the night.

## GIFT IDEAS

# For the Aging Parent Seeking Better Health & Relief from Arthritis

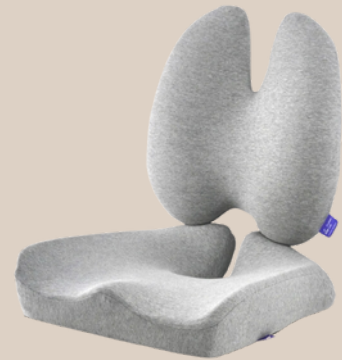
Help your parent ease joint pain, reduce inflammation, and promote relaxation with this collection of supportive wellness essentials.



SALE

### BIOMAT Mini

Provides gentle warmth to ease joint pain, increase circulation and promote relaxation.



### THE CUSHION LAB Memory Foam Cushion

Supports comfort for prolonged sitting.



## ARNICARE Pain Relief Gel

Natural gel to relieve stiffness and pain from arthritis.



## AUDIBLE Audio Book Subscription

Audible could keep them entertained and mentally stimulated.



## AURA Digital Photo Frame

Pre-load a digital frame with family photos and memories; it's a thoughtful way to keep family close and can be updated easily by family members.

## WEARWELLOW Compression Socks

Reduces swelling and improves blood flow



## CORDIAL ORGANICS Restore Stick

Easy-to-apply topical solution for joint discomfort.

## GIFT IDEAS

# For the Teen Athlete Who Goes Hard on the Field

For the teen athlete dedicated to their sport, this set supports physical recovery and focus, helping them excel on the field and stay on top of their schoolwork.



SALE

### BIOMAT Professional

Speeds muscle recovery  
after intense practice  
sessions.



### THERAGUN Mini Massager

Deep tissue massage for  
sore muscles and quick  
recovery.

## CYMBIOTIKA Magnesium Oil

A topical magnesium supplement for muscle relaxation.



## TRIGGER POINT Foam Roller

Self-massage tool for targeted muscle release.



## CADDIS Blue Light Glasses

Reduces eye strain, especially helpful for studying post-practice.



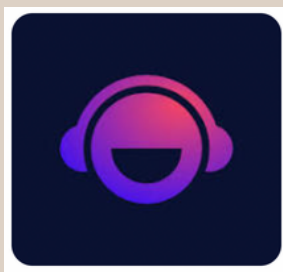
## MOVEMENT IQ Mobility Membership

Subscription to maintain flexibility and prevent injuries.



## ULTIMA Electrolytes

Essential hydration support to fuel performance.



## BRAIN.FM Subscription

Focused music to enhance study and training sessions.

# GIFT IDEAS

## For the Teen Who Needs a Little Calm

This gift is for the teen who feels life's ups and downs. With comfort and relaxation in mind, these items help calm her mind and ease anxiety—gifts -parents will feel good about giving.

### LOLA Weighted Blanket

Calming pressure blanket  
to reduce stress.



SALE

### BIOMAT Mini

Reduces stress, increases  
circulation, and supports anti-  
aging through detoxification.



CALM

### Meditation App

Meditation app that  
encourages relaxation and  
mindfulness.



### CRYSTAL ELIXIR Water Bottle

Designed to infuse your water  
with the energy frequency of  
different crystals — promoting  
vitality and purification in your  
daily routine!

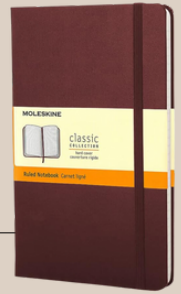




BOSE

## Noise Cancelling Headphones

Great for creating a quiet, focused environment.



MULESKIN

## Gratitude Journal

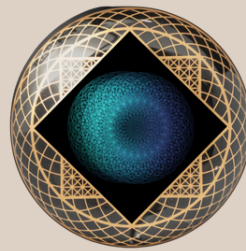
Encourages mindfulness and reflection.



BALOO

## Crystal Infused Sleep Mask

Blocks light for a deeper, more restful sleep.



ARIES TECH

## EMF Blocker

Protects against electromagnetic frequencies, supporting a calm space.



# Happy Gifting!

