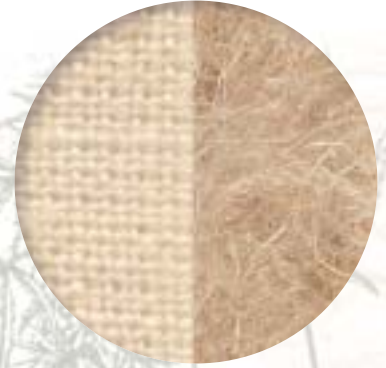


Herbal Hemp Mat®

A thin mattress made of 100 per cent pure natural felted hemp fibre with a woven hemp cloth cover



HempFlax bv

produktie en verwerking van vezels uit hennep en vlas
production and processing of fibers from hemp and flax



Nature wins!



A thin mattress made of 100 per cent pure natural felted hemp fibre with a woven hemp cloth cover. The fibre mattress has been enriched by aromatic herbs and ethereal oils so that it gives off a therapeutic aroma.

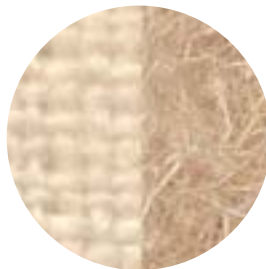
The fibres in the Herbal Hemp Mat have been manufactured from hemp that has been grown in the Netherlands and Germany. The high-grade fibres are carded and needled, and in a special process valuable herbs and flowers are added to the fibre. Finally, the mat is enriched with ethereal oils.

The Herbal Hemp Mat's cover is made from 100 per cent woven hemp cloth. The unbleached fabric comes in its natural colour. The cloth has been mechanically pre-shrunk without interference of chemical agents.

Hemp by nature has great absorptive properties.

The Herbal Hemp Mat is used in many ways.

- *As a yoga mat or for physical exercise:* its natural materials make the Herbal Hemp Mat far more comfortable than a synthetic mat.
- *As a massage mat:* on a hard surface the Herbal Hemp Mat is comfortable yet not too soft. In combination with the therapeutic aromas it makes a perfect massage mat.
- *For the bed:* The mat is put on top the regular mattress and covered with the bottom sheet. The mat gives off heat, soaks up moisture and the aromas ensure a heavenly sleep.



Discover the breath of nature

Aromatherapy is an ancient art based on the use of aromatic plants and plant extracts called ethereal oils. Ethereal oils belong to the most potent substances in nature. Their aromas can strongly influence a person's mental and physical condition. Some aromas have a soothing and calming effect whereas others can be stimulating and rousing.

It comes with an additional bottle of ethereal oil for re-aromatizing the mat from time to time.



Three different blends of aromatic plants and ethereal oils have been selected for the Herbal Hemp Mat.

• **Herbal Hemp Mat 'SOOTHING'**

An aroma for harmony and relaxation:

Lavender (*Lavandula officinalis*): harmonizing, regulating, relaxing the nerves.

• **Herbal Hemp Mat 'CLEARING'**

A blend for refreshing the senses:

Eucalypt (*Eucalyptus globules*): stimulates and refreshes, clears the head.

Peppermint (*Mentha piperita*): refreshes, purifies and adjusts to the body's needs; cools when it is hot, warms when it is cold.

• **Herbal Hemp Mat 'ROMANTIC'**

A blend for intimacy and romance:

Roses (*Rosa centifolia*): harmonizing feelings of well-being, eroticizing.

Ylang-ylang (*Cananga odorata*): harmonizing, relaxing, highly eroticizing.

Herbal Hemp Mat care

- Air the mat regularly if used daily.
- The cover is easily removed from the inner mat and can be machine washed at 60°C with a normal detergent. Do not use fabric softener. The cover can be machine dried. The inner mat cannot be washed. Airing it will suffice because of hemp's natural self-cleansing properties.

In the long run the aromas used to enrich the Herbal Hemp Mat may become faint. The mat can easily be re-aromatized. First the cover should be washed and the mat should be aired for at least 24 hours. After that, splash a few drops of ethereal oil on the mat. Wait half an hour before replacing the cover.

Guidelines for safe use

Aromatherapy is not recommended for children under 6 years of age. Lavender however, is an exception. Therefore the Herbal Hemp Mat Soothing may be used for small children.



The Herbal Hemp Mat measures 70 x 200 cm. It can be rolled tightly into its storage bag which makes it easy to store and carry.



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Nature wins!