

FIVE THINGS TO CONSIDER WHEN CHOOSING A PEMF MAT

Pulsed Electromagnetic Field Therapy is a safe, non-invasive, and painless treatment for various injuries, bone healing and pains.

Currently, there are more and more PEMF devices with mats sold on the market. You may be confused about which PEMF mat to choose. We chose the top five on the market and did some research. Hope it will make your process of finding the best PEMF device much easier.

Below, we list the five important things that you need to consider when choosing a PEMF mat.

Frequency Range

As we all know, the frequency is especially important to PEMF devices.

The frequencies of earth's magnetic field and ionosphere are primarily in the 0-30 Hz range and they exactly match the frequencies of our body, mind, tissues and cells. It's believed that the vast majority of healing occurs in this frequency range.

Schumann Resonance is the natural heartbeat of Earth. It allows people to experience benefits like body rejuvenation, enhanced memory and improved stress tolerance. If this natural, life-giving frequency is removed from the environment, people experience migraine headaches, depression, and other health problems.

Brand	Frequency Range
Vasindux Home MRSY	1 – 62.5 Hz
iMRS Wellfit	0.5 – 25 Hz
Vasindux Pro 3.0	0.5 – 963 Hz
Bemer Classic	10 or 33 Hz
MiraMate Big Magic	Schumann resonance 7.83Hz

Waveform

NASA studies have shown that square wave is effective for cell stimulation and regeneration.

The shorter and sharper waveform in the mat can penetrate the cells easier, faster and improve the blood flow of your body to keep it to the normal condition. The signal within cells will also be stronger.

Brand	Waveform
Vasindux Home MRSY	Sine wave
iMRS Wellfit	Sawtooth wave
Vasindux Pro 3.0	Square / Sine wave
Bemer Classic	Sine wave
MiraMate PEMF Mat	Square wave

Bidirectional Pulse

If the cells and body receive the frequencies applied in one direction for long-term treatments, they won't be neutralized. It is not good for health. Bidirectional Pulse means the frequency will change directions at specific times. It can make your body maintain equilibrium and won't become magnetically charged.

Brand	Pulse Direction
Vasindux Home MRSY	Unidirectional pulse
iMRS Wellfit	Unidirectional pulse
Vasindux Pro 3.0	Unidirectional pulse
Bemer Classic	Unidirectional pulse
Miramate PEMF Mat	Bidirectional Pulse

Material of Mat Cover

The mat of PEMF devices should be designed to be flexible and practical.

The material should be lightweight, easy to clean and better waterproof to suit your daily needs. It also should be used directly on the skin without allergies.

Brand	The Material of Mat Cover	Features
Vasindux Home MRSY	Poly-cotton	soft, lightweight, not easy to clean and not waterproof
iMRS Wellfit	Vinyl	comfortable, lightweight, easy to clean, waterproof
Vasindux Pro 3.0	Poly-cotton	soft, lightweight, not easy to clean and not waterproof
Bemer Classic	PES fabric	resistance to high temperature, lightweight, not easy to clean and not waterproof
Miramate PEMF Mat	PVC	comfortable, lightweight, easy to clean, waterproof, corrosion resistance