

03/05/09

My name is Betty Jean Aldridge and I am an Herbalist, Nutritionist and Massage Therapist here in San Diego, California. I have been in business for 24 years and love what I do. Helping others feel good has always been my inner calling and desire.

With my hands as my gift from, I just knew Massage Therapy this was my true calling. I was introduced by a close personal friend, John Seymour to this magnificent item call the Amethyst "BioMat" by Richway. This mat after just one use made such a difference in the way I felt. It was unbelievable; I could hardly contain myself on talking about it, and to this day I still am. I absolutely love it.

I put it on my massage table and have my clients lie face up on it. Within a few minutes I can watch and feel their body's and face's become calmer and tranquil, making me happy because I know they are happy. They then receive the best rejuvenating massage ever. I have noticed to that I don't have to work as deep into their muscles because the whole body relaxes. My clients love it.

This is truly a state of the art item that every home and office should have. Instead of chair massages, which people usually get in public places; this mat can definitely become a replacement. It's simple, just put the mat on a bed, massage table, etc and lay on top of it for 15 minutes, or so. Your body will thank you for it. Mine does everyday and at 54 I will continue to use it at least 3x a week. I love this mat.

Come by and try it.

BJ Aldridge