

Having an open mind does not mean that you will try anything, but will at least listen.

Article from [BuddhasPlace.com](http://BuddhasPlace.com)

# Yoga Mats

## TPE (The best type of mat)

TPE (Thermal Plastic Elastomer) is composed of carbon and hydrogen.

### **Toxic-free**

In order to avoid any harmful ingredients, TPE mats have been designed to be toxic-free from raw material to completed products. The production of this material is also environmentally friendly. No phthalate, toluene, nor heavy metal are contained in any of the production processes.

### **PVC-free & Latex-free & Natural rubber-free**

The TPE material is also non-hypoallergenic. It does not contain PVC or latex. Also the production process to make TPE mats is much more eco-friendly than making latex and rubber mats. Therefore it has been recognized as one of the most superior materials found for making Yoga mats.

### **Decomposable**

The cells are set to decompose after a certain period of time under heat and pressure, such as in a land fill, leaving only water and biodegradable elements.

### **Recyclable**

The recycle process is in two parts. First the production waste is recycled directly after production. Defects are recycled directly after the end of production and then used to make new mats. Secondly, the finished products can be recycled as well. The aim is to reduce any unnecessary damage to the environment.

### **Excellent Performance**

The newly developed and patented TPE (Thermal Plastic Elastomer) foam naturally provides excellent traction offering firm stability. This support also comes from the specially designed patterns enhancing the non-slip performance. One of the main features of the closed-cell structure is to provide the users sufficient support. This also keeps the mat from bottoming out, helping to prevent possible injuries caused by hard floors. This material gives superior comfort on any movement and application. In comparison, the 3mm TPE mat would almost equivalent to the 6mm regular PVC mat.

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## Hygienic

The closed-cell structure prevents does not enable the mats surface to absorb moisture, making it easy to keep clean. This material's natural characteristics help prevent bacteria and fungal growth. the mats surface to absorb sweat or saliva, making it easy to keep clean. This material's natural characteristics also help prevent bacteria and fungal growth.

## Care of TPE Mats

Occasionally there is a residue left over from manufacturing that can make your mat slick for the first few uses. Allow the mat to air out by laying it flat for a few days. You can remove the residue by wiping the mat with warm water and a tiny bit of soap solution. Allow mat to air dry completely before using it or rolling it.

## Natural Rubber (Is Not TPE)

These rubber mats main component is latex, taken from trees. Many people are allergic to latex. We looked at these mats and found them better than PER mats (see below), but nowhere close to being a good yoga mat or as Earth friendly as TPE mats.

## PER (Is Not TPE)

There is another mat out there that we refuse to sell. Some claim it is an Eco Mat, we think that is totally false. PER mats are made of PVC, they just emit a lower level of some gases, they are not Earth friendly. So, please do not be confused. TPE is the only True Earth Friendly mat.

## PVC (Cheap, but bad for the Earth)

These are your cheap mats. They are not Earth friendly (they are toxic and not biodegradable), but if you are looking for cheap, this is what you will buy.