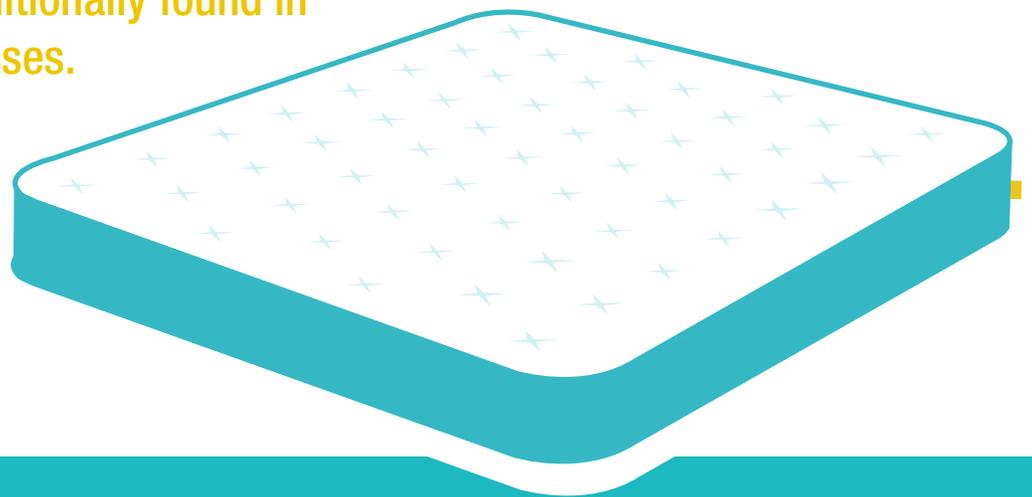


RON & LISA'S HEALTHIEST MATTRESS PICKS

You spend more time in the bedroom than any other room in the house — one third of your life, roughly. It's imperative that the mattress you sleep on is not off-gassing dangerous volatile organic compounds (VOC's) from polyurethane foam derived from petrochemicals, pesticides, polyvinyl chloride, formaldehyde, antimicrobial finishes or chemical flame retardants traditionally found in conventional mattresses.



100% NATURAL LATEX WASHABLE AIR \$\$\$

ZENHAVEN

The Zenhaven by Saatva mattress consists of an organic cotton cover; a flame-retardant layer of breathable 100% organic New Zealand wool natural wool; a 1.5" comfort layer of 100% Talalay latex featuring a proprietary 5-zone design; and a 6" base layer of 100% Talalay latex. Features both comfort levels in one mattress — the Luxury Plush and the Gentle Firm. This Talalay latex is naturally hypoallergenic and resistant to mold, microbes and dust. It contains no VOC's or other harmful substances found in chemical-based bed foams. It's handcrafted in America and comes with a 20-year warranty and 75-day in-home trial.



METTA BED

The Metta Bed brand of natural and organic sleep products was created by the same family who owns and operates Organic Mattresses, Inc. (OMI)[®] (see below).

Handmade to order at OMI's California-based Eco-Factory™, The Metta Bed mattress is made with only premium natural and certified organic raw materials and is free of chemical flame retardants and foams. With a five-star rating on off-gassing via the Greengard Gold certification, this all-natural, premium latex is minimally processed and at least 95% pure – free from many of the synthetic “fillers.” It uses unbleached, certified organic cotton fabric used that has earned the Global Organic Textile Standard (GOTS) certification. The GOTS certified organic wool is sourced from New Zealand. Metta Bed offers a 20-night Comfort Exchange and a 20-year warranty.

AVOCADO

Avocado mattresses offer safe, luxurious and affordable mattresses using natural latex, natural New Zealand wool and certified organic cotton.

A safe, luxurious and affordable mattress that respects the planet, all products are handmade to order in the USA and ship for free. They offer a 100-Night Sleep Trial and 10-year warranty.

ORGANIC MATTRESSES, INC. (OMI) ORGANICPEDIC

This 15 organic-mattress-collection offers both latex and innerspring options, plus latex/innerspring combo options and multiple fabric choices and comfort levels. The 81[®] and Duo organic mattresses provide an unprecedented level of customizability through “sleep zones” that are tailored to each sleeper and can be adjusted over time. All of the organic mattresses are built by hand in a California Eco-Factory™ from certified organic raw materials. Organic mattresses in the OrganicPedic collection range in comfort level from plush to extra firm and are certified organic to the Global Organic Latex Standard



(GOLS) and the Global Organic Textile Standard (GOTS). The OrganicPedic Earth® organic mattress collection offers ranges in comfort level from ultra-plush to medium. They offer a 20-year limited warranty.

SAMINA SLEEP SYSTEM

The SAMINA healthy sleep concept is built of layers that harmonically coordinate with the body. Components include the freely suspended slat frame, natural rubber mattress, Lokosana® grounding pad, organic wool mattress topper, duvets and pillows all made from natural materials. The SAMINA sheep's wool mattress topper is filled with 100% organic sheep's wool which, in addition to a high rate of moisture absorption, also has an ideal self-cleaning capability. The shell of the virgin sheep's wool mattress topper comes in options made from either organic cotton, organic wool or Bio-ceramic®. The Lokosana® grounding pad is to improve the quality of sleep through grounding (also known as "earthing") and the desired stabilization of natural magnetic fields.

INNERSPRING with LATEX

SAATVA

America's best priced eco-friendly, luxury mattress includes individually wrapped coils, edge & lumbar support, steel coil support base, organic cotton cover and euro pillow top with a memory foam enhancement in the lumbar area. Nationwide delivery with in-home set up and mattress removal. Starting at just \$999 for a Queen-size, they offer a flat-rate delivery and set up and 120 Day Home Trial.

NATUREPEDIC

Family owned and constructed by Amish craftsman, the Naturepedic EOS Classic Organic Mattress has a 3-inch layer of organic latex or encased



microcoils (for a latex-free option) which provides exceptional comfort over an 8” support layer of encased steel coils. It uses a PLA comfort layer for resiliency and moisture-wicking to keep cool. A plant-based material, PLA is made from GMO-free plant starch that won't off-gas dangerous chemicals. The mattress is comprised of: certified organic cotton, certified organic wool, organic latex, organic cotton encased coil, no harmful flame retardants or questionable chemicals. The entire EOS mattress is certified organic to the Global Organic Textile Standard (GOTS). All latex is certified to the Global Organic Latex Standard (GOLS). Customize your sleep experience from extra-firm to plush and split the comfort levels on both sides of the bed; an excellent mattress for couples with different sleep needs. Made in the USA with 20-year limited warranty & 90-day money-back guarantee. Option to swap out your comfort layer(s) for free within 90 days.

NATURAL MEMORY FOAM

LOOM & LEAF

The Loom & Leaf Luxury Memory Foam Bed by Saatva is an American-crafted, plant-based 5 lb. premium eco-friendly memory foam with cooling gel, organic cotton & breathable channels. The organic cotton cover and natural thistle flame retardant keep you comfortable and safe. Exclusive Guardin[®] botanical antimicrobial fabric treatment inhibits bacteria to prolong the life of the organic cotton fabric. Loom & Leaf offers firm or relaxed firm and can be compared to iComfort and Tempur-Pedic[®] but is significantly lower cost. Includes a 15-year warranty and a 120-day free home trial with free white glove delivery, installation and removal of old mattress.

ESSENTIA

Essentia mattresses are designed to be the healthy alternative to traditional memory foam and are made from rubber tree sap and known for their



outrageous comfort and support. Made in Essentia's GOLLS (Global Organic Latex Standard) and GOTS (Global Organic Textile Standard) certified factory using a biodegradable foam that feels like memory foam without the toxic ingredients. Similar to a Tempur-Pedic, but natural. Essentia mattresses are VOC-free, allergy-free, have no chemical odors, breathe 80% better than other memory foam + petroleum-free. The Essentia mattress uses organic essential oils, plant extracts and water to achieve the natural foam mattress feel. They offer free shipping, a 20-year warranty and 60-day money-back guarantee.

*Check with each manufacturer for updates on delivery, trial and warranty info.

[RONANDLISA.COM](https://ronandlisa.com)