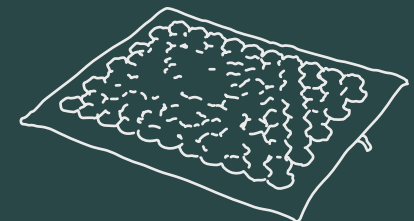# Kanjo Coconut Acupressure
MAT WITH CARRY BAG

Welcome to Kanjo, and thank you for your purchase. Kanjo reminds you to make time for you. Relieve pain. Destress. Relax and rejuvenate.

Kanjo Acupressure products have stimulators that target acupressure points to reduce pain throughout the body, much like ancient Eastern methodologies used in acupuncture, but non-invasive and easy to use at home and on the go.

You are on your way to experiencing the benefits of your **Kanjo Coconut Acupressure Mat**, including back and neck pain relief as well as headache and migraine relief and improved circulation.

WARNING: Follow all instructions carefully and use only as directed. Always consult with your healthcare professional before treating any serious injury or if pain persists beyond treatment with the Kanjo Coconut Acupressure Mat.

WARNING: Risks are associated with any exercise program. Please consult with your healthcare professional before performing this or any physical activity.

Please visit www.gokanjo.com/warranties for information on our Limited Express Product Warranty.

Questions? Concerns?

Please contact us at support@gokanjo.com
www.gokanjo.com

KANJO
Relief for Real Life ™

A few instructions:

– Lie on the Mat with your back
   on the plastic stimulators.

– Adjust your position to maximize comfort.
   (Refer to images for alternate uses/positions.)

A few notes:

The Kanjo Mat's pain-relief effects are best facilitated by lying on the mat with your bare skin. For some, this may be overwhelming, and a shirt can be worn to reduce sensitivity to the mat's stimulators.

If it's your first time using the Kanjo Mat, we recommend a 15 minute session to start. First-time users may feel strange or even uncomfortable lying on the plastic stimulators. Any discomfort will subside as your body responds to the stimulators' effects and pain relief begins, usually after a few minutes of contact.

How do I clean this?:

To clean fabric cover, remove it from the coconut core, spot clean with water or a mild detergent, and let dry completely before use.

Back resting position

Stomach resting position

Hip-resting position

Bottom-resting position

Foot-resting position

Neck-support position with rolled towel