

**WATER BOTTLE WARNING:**

Do not heat the water bottle in a microwave, conventional oven, or on a stovetop. Never use boiling water or extremely hot tap water in water bottle. Hot water can cause burns and serious injury.

Do not fold, sit, or lie on bottle during use.

Do not place heavy or sharp objects on top of bottle.

**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 Heat Therapy Pillow.

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

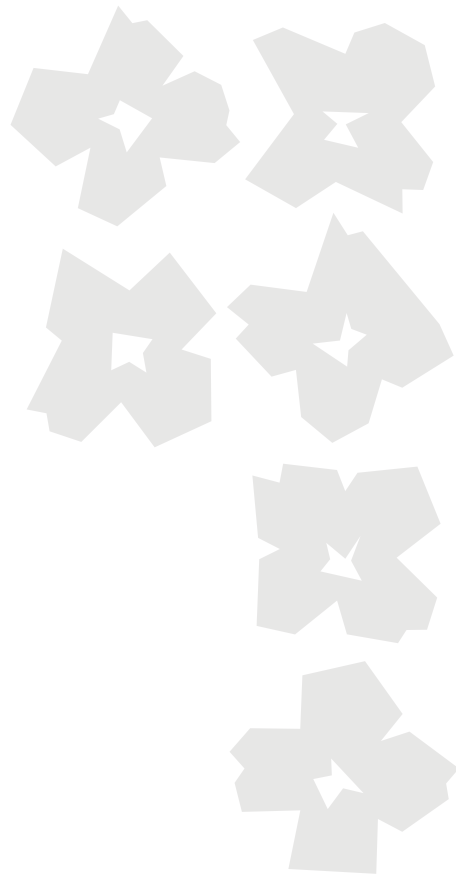
**CAUTION:** This Product Contains Natural Rubber Latex Which May Cause Allergic Reactions.

Please visit [www.gokanjo.com/warranties](http://www.gokanjo.com/warranties) for information on our Limited Express Product Warranty.

**Questions? Concerns?**

Please contact us at [support@gokanjo.com](mailto:support@gokanjo.com)

**[www.gokanjo.com](http://www.gokanjo.com)**



## Kanjo Heat Therapy Acupressure PILLOW

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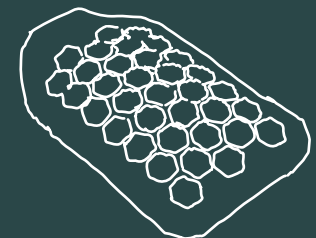
Welcome to Kanjo, and thank you for your purchase. Kanjo reminds you to make time for you. Relieve pain. Destress. Relax and rejuvenate.

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 Heat Therapy Acupressure Pillow**, including neck, leg and stomach pain relief combined with hot or cold compress therapy.

# KANJO

Relief for Real Life™



## A few instructions:

- Place the Cushion as shown. The Cushion can be used in multiple positions.
- Adjust your position to maximize comfort.

### To fill the Water Bottle:

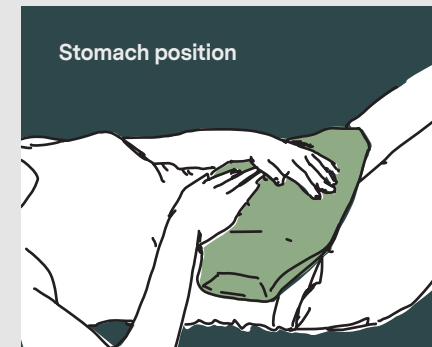
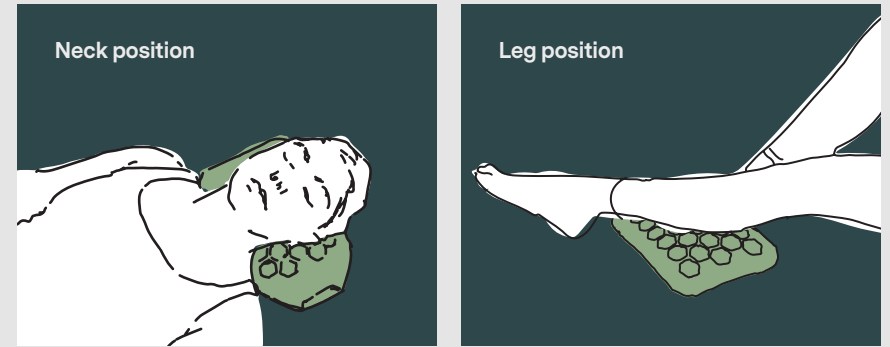
- Open Velcro® and fold back fabric to reveal water bottle neck.
- Turn cap counterclockwise to remove.
- Fill bottle with warm or cold tap water until two-thirds full.
- Release excess air from bottle.
- Secure cap back onto water bottle by turning clockwise until tight.
- To test for leakage, turn bottle upside down and apply pressure.
- Pull fabric over water bottle neck and secure Velcro®.

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## A few notes:

The Kanjo Heat Therapy Pillow's pain-relief effects are best facilitated by contacting the stimulators with your bare skin. For some, this may be overwhelming, and a shirt and long pants can be worn to reduce sensitivity to the stimulators.

If it's your first time using the Kanjo Pillow, we recommend a 15 minute session to start. First-time users may feel strange or even uncomfortable 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.



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### How do I clean this?:

Before each use, examine the water bottle carefully. The bottle should not be used if there are any signs of wear such as cracks or dryness.

After each use, rinse water bottle thoroughly with lukewarm tap water; drain, and air-dry thoroughly.

Store water bottle flat in a dark, cool, dry place.

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

Contact with oil will damage water bottle.