

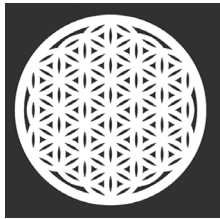
## ABOUT ACUPRESSURE

A long-standing aspect in holistic healing, Acupressure stimulates and massages key points in the body to promote wellness. This practice is utilized to address pain, improve sleep, increase circulation and help achieve states of deep relaxation. Our mats offer “33-point” flower discs, providing the most evenly spread, comprehensive healing experience.

With its ‘spiky’ acupressure points the mat serves to relieve tension, pain and soreness in the back, neck, shoulders and hips. Depending on the pattern, the different design discs target specific areas and pressure points in the body. Central to the effectiveness of the mat are the patterned discs in the various shapes of the Lotus flower.

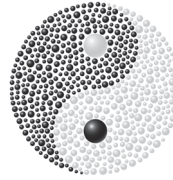
The Lotus has been long known as the, “Flower of Life” as it represents the cycle of a fruit tree and its very formation is considered sacred geometry. From the seed, grows the flower, and the flower becomes fruit. The fruit falls from the tree to the ground, its seeds create another tree. These steps form a 5-step cycle: tree, flower, fruit, seed, and new tree. The 5 steps of this life cycle are paralleled throughout the geometrics of nature.

The various geometric shapes of the flower impart intrinsic and distinct energy. This energy resides at the foundation of holistic healing modalities. The Lotus shape is considered sacred as it connects intrinsic energy with extrinsic energy created the balance needed for optimal healing.



## LIFE, BODY BALANCE

When the mind and body are out of balance, areas of stress and distress are often felt throughout. When these aspects are in alignment, an overall sense of wholeness and wellbeing can be felt. The Acupressure mat is a powerful tool that can support in the immediate while offering long-term benefits for the future.



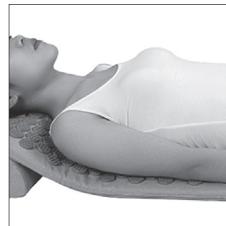
## HOW TO USE

The Acupressure mat can be used in a variety of ways. To maximize your use of the mat, please refer below for detailed instructions. Placing a sheet or other thin piece of fabric on top of the mat will enhance comfort until the body adapts to the spiky feel of the mat.



### Face and Jaw

Carefully lay face down on the mat. For balanced healing in the jaw and facial areas, be sure to spend equal time resting both sides of the face on the mat.



### Back and Neck

Adjust so that your neck and shoulders are positioned evenly across the mat. Place a pillow or rolled up towel underneath the mat and rest the nape of your neck in that position. This position helps you relax and also helps relieve pain or discomfort throughout the entire back.



### Abdomen

Lay face down on the mat. Slightly press your pelvis into the mat to achieve optimum results. This position improves digestive and metabolic health and efficiency.



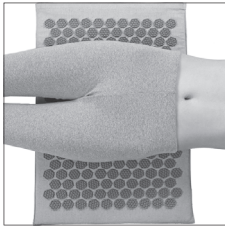
### Hip and Leg

Resting on your forearm, lower your hips onto the mat. Be sure your legs rest one on top of the other in a relaxed, yet straight line so that your pelvis and lower back are aligned. Be sure to spend equal amounts of time on each side. This position helps promote lymph circulation, relieves hip pain or discomfort, relieves gas symptoms and strengthens leg muscles.



### Buttocks and Thighs

Sit on the mat, making sure you can feel the mat making contact evenly across this area of your body. To increase the effect, stretch out your legs and reach your hands towards your toes. Alternatively, you can use while sitting in a chair by placing the mat between you and the chair.



#### **Lower Back and Buttocks**

Place the mat along your lower back. For additional benefits, bend your knees and place your feet on the floor.



#### **Feet**

Stand on the mat - ideally with your feet hip distance apart - and gently rock back and forth. As the feet are covered with pressure points that impact the body from head to toe. Therefore, use of the mat on the feet will provide comprehensive healing, creating all over wellness.

#### **LIMITED LIFETIME WARRANTY**

Your Medic Therapeutics Acupressure Mat is backed by a limited lifetime manufacturer's warranty. Medic Therapeutics will repair or replace your device at any time should it fail due to a defect in material or workmanship, subject to the certain limitations.

This limited warranty does not cover any damage that results from unauthorized or improper use, service, or repair. Further, it does not cover damage caused by accident, impact, negligence, or normal wear and tear. Should you discover your Medic Therapeutics Acupressure Mat is not functioning properly, please send your device to our repair center for evaluation. If your product cannot be repaired or serviced, we will reserve the right to change it for a similar or newer model.

Please note that a flat rate of \$35.00 will be charged to cover a service evaluation fee and return shipping of your device. All warranty claims must be accompanied by a copy of your proof of purchase from an authorized retailer. Please send your device, proof of purchase, and a check or money order in the amount of \$35.00 made out to Medic Therapeutics to:

Address:  
Medic Therapeutics Service Center  
3069 Taft Street  
Hollywood, FL 33009

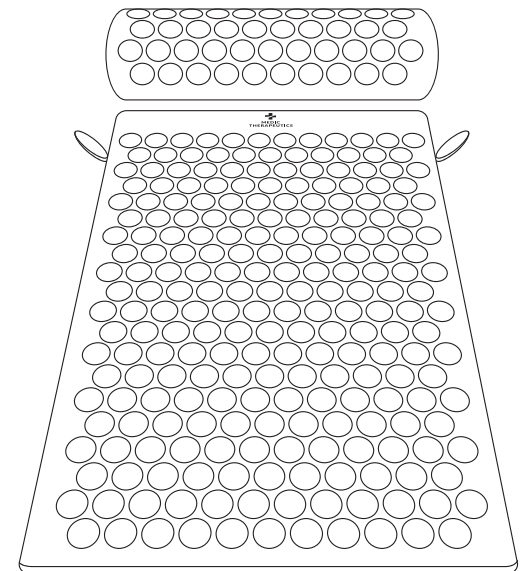
Contact:  
[warranty@medictherapeutics.com](mailto:warranty@medictherapeutics.com)



# **MEDIC THERAPEUTICS**

## **ACUPRESSURE MAT**

### **Instruction Manual**



Please Read Manual Prior to Use