



Relief for Real Life™

www.gokanjo.com

 [go_kanjo](https://www.instagram.com/go_kanjo)

Questions? Concerns?

Please contact us at
support@gokanjo.com

www.gokanjo.com



WARNING: Follow all instructions carefully and use only as directed. Always consult with your health care professional before treating any serious injury or if pain persists beyond treatment with the Kanjo Pain Relief Ice Roller.

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

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

KANJO



Pain Relief
ICE ROLLER

Kanjo Pain Relief
ICE ROLLER

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

Kanjo wellness products reduce pain throughout the body and are easy to use at home and on the go.

You are on your way to experiencing the benefits of your **Kanjo Pain Relief Ice Roller**, including cold therapy for relief of headaches, migraines, and sinus tension, facial muscle ache relief, reduced swelling, and sunburn relief.

A few instructions:

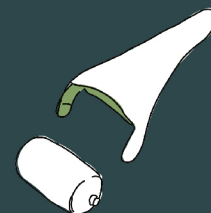
1. Remove the Ice Roller head from the handle and place it in the freezer, lying flat, for at least 15 minutes. The Ice Roller head can be stored in the freezer. It is best for it to lie flat so the cooling gel is evenly dispersed.
2. Attach the chilled head to the handle.
3. Roll back and forth over the affected area for cooling therapeutic relief.

CAUTION:

- Do not apply the Ice Roller over wounds.
- Store in a cool place.
- Do not heat the Ice Roller.

How to use:

Detach Ice Roller head, freeze head, reattach to handle



Roll over the affected area



How do I clean this?

Wash head and handle with soapy water, rinse, and dry with a soft towel or cloth, or air dry.