



Relief for Real Life™

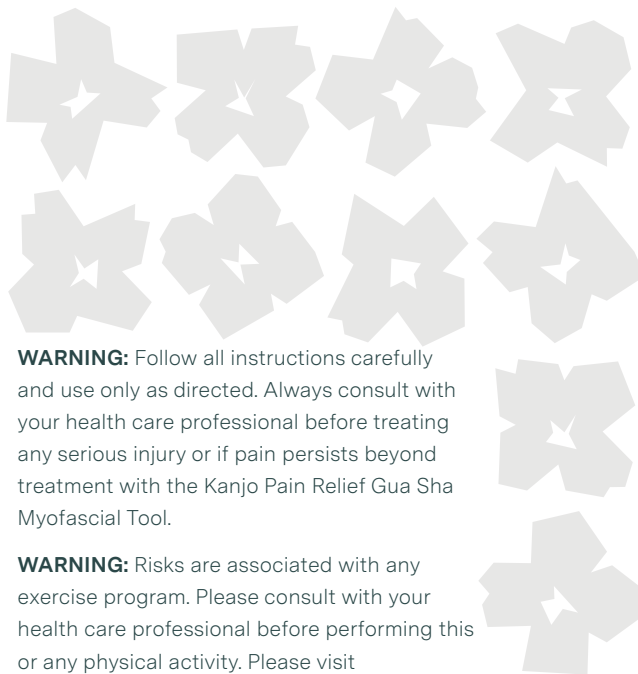
[www.gokanjo.com](http://www.gokanjo.com)

@go\_kanjo

**Questions? Concerns?**

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

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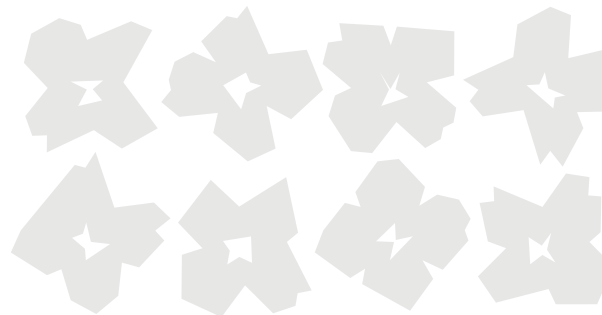


**WARNING:** Follow all instructions carefully and use only as directed. Always consult with your health care professional before treating any serious injury or if pain persists beyond treatment with the Kanjo Pain Relief Gua Sha Myofascial Tool.

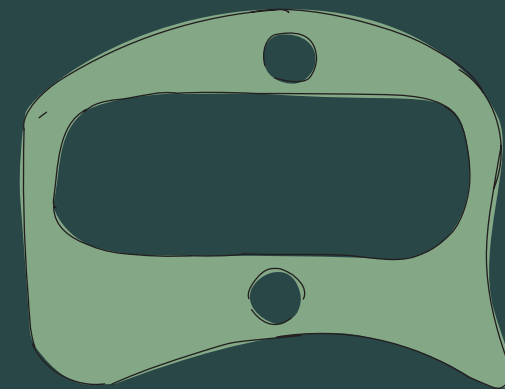
**WARNING:** Risks are associated with any exercise program. Please consult with your health care professional before performing this or any physical activity. Please visit [www.gokanjo.com/warranties](http://www.gokanjo.com/warranties) for information on our Limited Express Product Warranty.

**CAUTION:** Gua Sha is contraindicated in cases of severe diseases, bleeding disorders, or if taking blood thinners, serious communicable diseases, frail elderly persons, or chronic cortisone users.

- Do not apply Gua Sha over broken bones, dislocations, hernias, slipped discs, recent surgical incisions, varicose veins, or open wounds or scratches.
- Avoid scraping over moles, pimples, or skin irregularities.
- Gua Sha should not be performed on affected areas during the acute stages of Psoriasis, Eczema, or Rosacea, or on areas during outbreaks of Urticaria (Hives), Herpes, or Shingles.
- Gua Sha is contraindicated during pregnancy on the lower back and abdominal areas.
- Gua Sha can be applied over bony structures with more caution and less pressure than the fleshier areas of larger muscles.
- Not for use by children.



# KANJO



Pain Relief  
**GUA SHA MYOFASCIAL TOOL**

## Kanjo Pain Relief

### **GUA SHA MYOFASCIAL TOOL**

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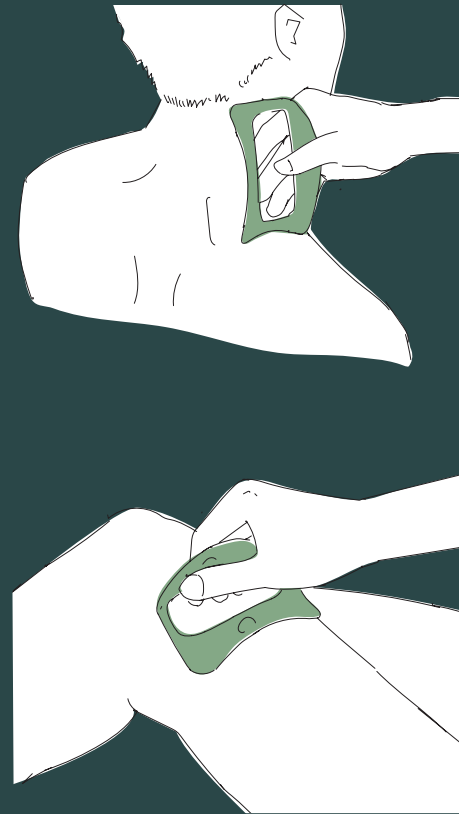
Welcome to Kanjo, and thank you for your purchase. Kanjo reminds you to make time for you. Relieve pain. Destress. Relax and rejuvenate.

Kanjo 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 Gua Sha Myofascial Tool**, including reduced pain and inflammation, increased blood flow, release of muscle tension and stiffness, and increased mobility.

#### **A few instructions:**

1. Choose the area of pain or stiffness you want to relieve.
2. Apply a bit of lubricating balm or oil to the skin in that area to avoid discomfort & improve glide.
3. Use the tool to scrape the skin in even strokes. Experiment with the length of the stroke and the pressure you are applying while scraping. There is no need to apply a lot of pressure.
4. Scrape an area for a few minutes before moving on. Skin turning red is OK and an indication that Gua Sha is working.

#### **How to use**



5. Limit your sessions to 5-15 minutes, making sure not to overdo it on any particular area.

6. After using your Gun Sha tool, keep the red marks on your skin covered and warm and avoid exposing them to sun, wind or cold.

7. Perform another treatment once or twice a week, and only after the red marks have faded.

#### **How do I clean this?**

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Wash with warm soapy water and dry thoroughly.