



**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 Foot Mat.

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

**WARNING:** Possible exposure to chemicals that can cause cancer and birth defects. [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)

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 Acupressure Pain Relief FOOT MAT

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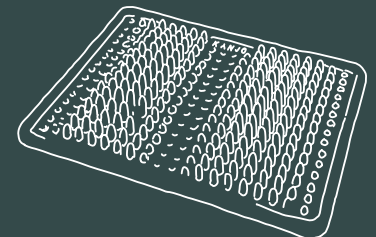
Welcome to Kanjo, and thank you for your purchase. Kanjo reminds you to make time for you. Relieve pain. Destress. Relax and rejuvenate.

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 Acupressure Pain Relief Foot Mat**, including relief from general foot, plantar fasciitis, and arch pain caused by running, walking, and working on your feet.

# KANJO

Relief for Real Life™



## A few instructions:

- Stand on the Foot Mat with your feet on the raised, rounded spikes.
  - Adjust the position of your feet if necessary to maximize comfort.
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## A few notes:

The Kanjo Foot Mat's pain-relief effects are best facilitated by standing on the mat with bare feet. For some, this may be overwhelming, and socks can be worn to reduce sensitivity to the mat's spikes.

If it's your first time using the Kanjo Foot Mat, we recommend a 15 minute session to start, followed by longer sessions as you become accustomed to the Mat.

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

Wipe clean with water and/or a mild detergent.

