



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.

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

Questions? Concerns?

Please contact us at support@gokanjo.com
www.gokanjo.com

Kanjo Acupressure Memory Foam **FOOT MAT**

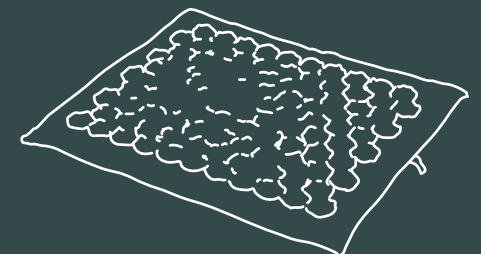
Welcome to Kanjo, and thank you for your purchase. Kanjo reminds you to make time for you. Relieve pain. Destress. Relax and rejuvenate.

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 Memory Foam Foot Mat**, including general foot, plantar fasciitis, and gout pain relief as well as relief of pain in other parts of the body.

KANJO

Relief for Real Life™



A few instructions:

- Unroll the Foot Mat and lay it flat.
- Stand on the Foot Mat.
- Though the Foot Mat is intended primarily for feet, it can be used on other parts of the body.
(Refer to images for alternate uses/positions.)

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 stimulators.

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

How do I clean this?:

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

