



**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 Zip-Apart 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](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 ZIP-APART MAT

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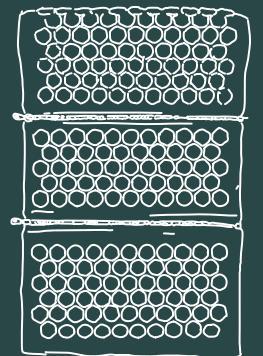
Welcome to Kanjo, and thank you for your purchase. Kanjo reminds you to make time for you. Relieve pain. Destress. Relax and rejuvenate.

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 Zip-Apart Mat**, including back, neck, shoulder and foot pain relief as well as headache and migraine relief and improved circulation.

# KANJO

Relief for Real Life™



## A few instructions:

- Lie on the Mat with your back on the plastic stimulators and your head on the built-in pillow
- Adjust your position to maximize comfort. (Refer to the images for alternate uses/positions.)
- Unzip the Mat and use the sections together or individually.

## A few notes:

The Kanjo Zip-Apart Mat's pain-relief effects are best facilitated by lying on the mat with your bare skin. For some, this may be overwhelming, and a shirt can be worn to reduce sensitivity to the mat's stimulators.

If it's your first time using the Kanjo Mat, we recommend a 15 minute session to start. First-time users may feel strange or even uncomfortable lying 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 covers, remove them from the memory foam cores, spot clean with water or a mild detergent, and let dry completely before use.

