



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 Memory Foam Acupressure Mat Set

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 Memory Foam Acupressure MAT SET

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 Memory Foam Acupressure Mat Set**, including back, neck and shoulder 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 Pillow.
 - Adjust your position to maximize comfort. (Refer to images for alternate uses/positions.)
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A few notes:

The Kanjo Mat Set'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.

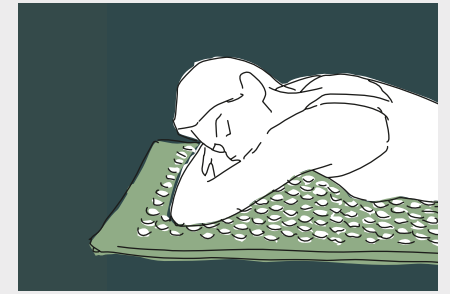
How do I clean this?:

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.

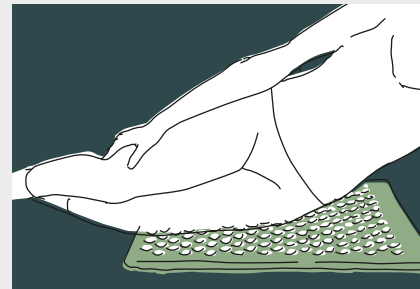
Back - resting Position



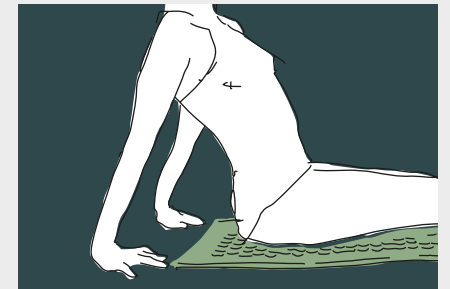
On-stomach Position



Hip-resting Position



Bottom-resting Position



Lying on Mat with Neck Pillow



Lower back pillow Position



Foot - resting Position



Carry bag for on-the-go

