



**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 Neck Pillow.

**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 Memory Foam Acupressure **NECK PILLOW**

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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 Memory Foam Acupressure Neck Pillow**, including neck and shoulder pain relief as well as headache and migraine relief.

# KANJO

Relief for Real Life™



## A few instructions:

- Place the Pillow around your neck as shown.  
The Pillow can be used while sitting up or lying down.
- Connect the two ends of the Pillow using the attached button to enhance your experience, or to attach the Pillow to a bag or backpack for travel.

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## A few notes:

The Kanjo Neck Pillow's pain-relief effects are best facilitated by contacting the stimulators with your bare skin. For some, this may be overwhelming, and a shirt can be worn to reduce sensitivity to the stimulators.

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

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## 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.

