

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 Vibrating Acupressure 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 for information on our Limited Express Product Warranty.

Questions? Concerns?

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



FIND OUT MORE:

 [go_kanjo](https://www.instagram.com/go_kanjo)

www.gokanjo.com

Kanjo Vibrating Acupressure PILLOW

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 Vibrating Acupressure Pillow, including neck and shoulder pain relief as well as headache and migraine relief and improved circulation.

KANJO

Relief for Real Life™



A few instructions:

For vibration:

- Unzip the back of the pillow and access the battery compartment.
- Remove the battery door and insert two AA batteries (not included). Close the battery door.
- Flip the switch on the battery compartment to ON. Rezip the pillow.
- Press the ON/OFF button on the side of the pillow once to activate vibration.
- Press the MODE button once to increase intensity, again for intermittent vibration, and a third time for longer vibration intervals.
- Press the ON/OFF button once to turn off vibration.
- Switch the battery compartment to OFF to prevent accidentally turning the vibration back on.

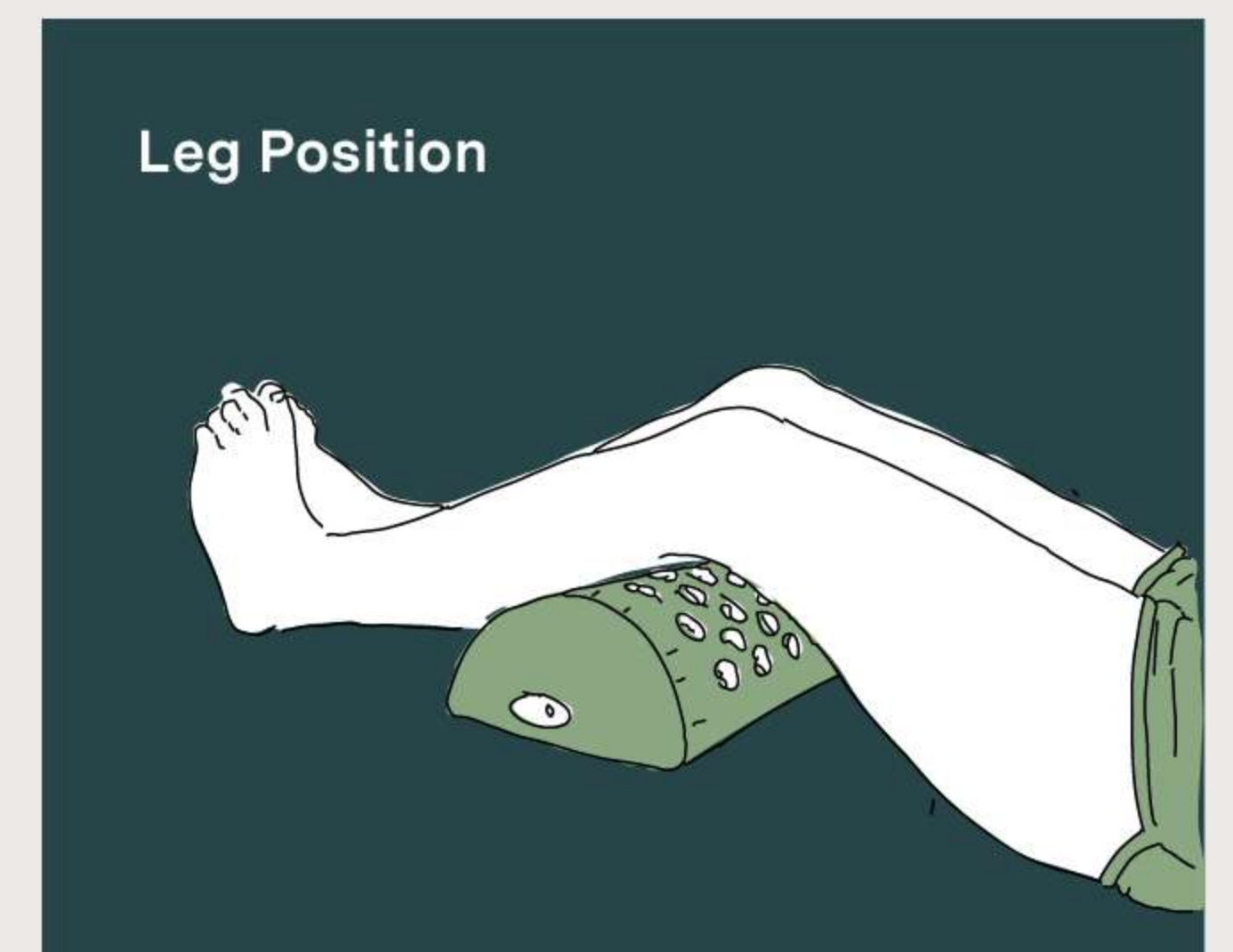
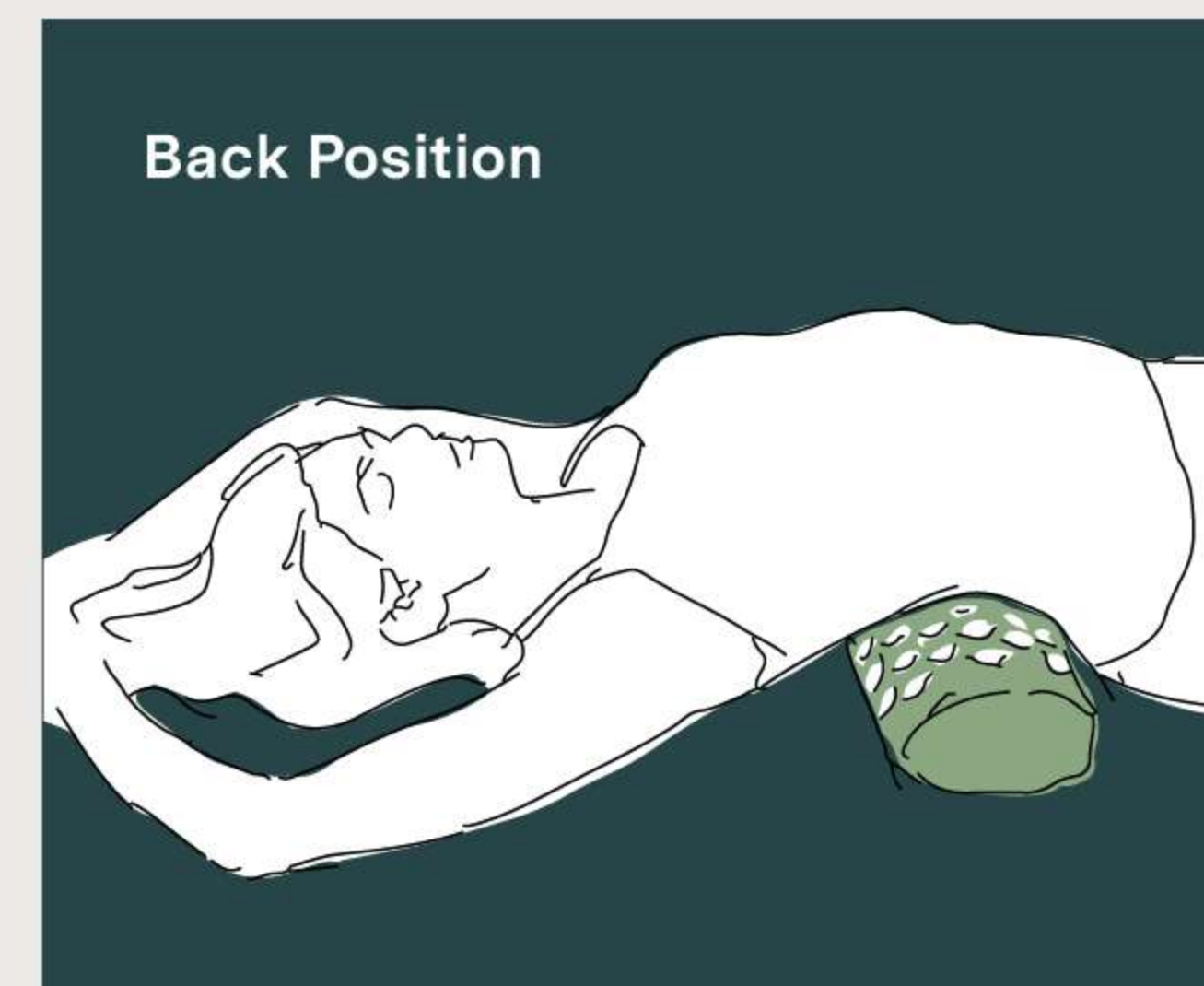
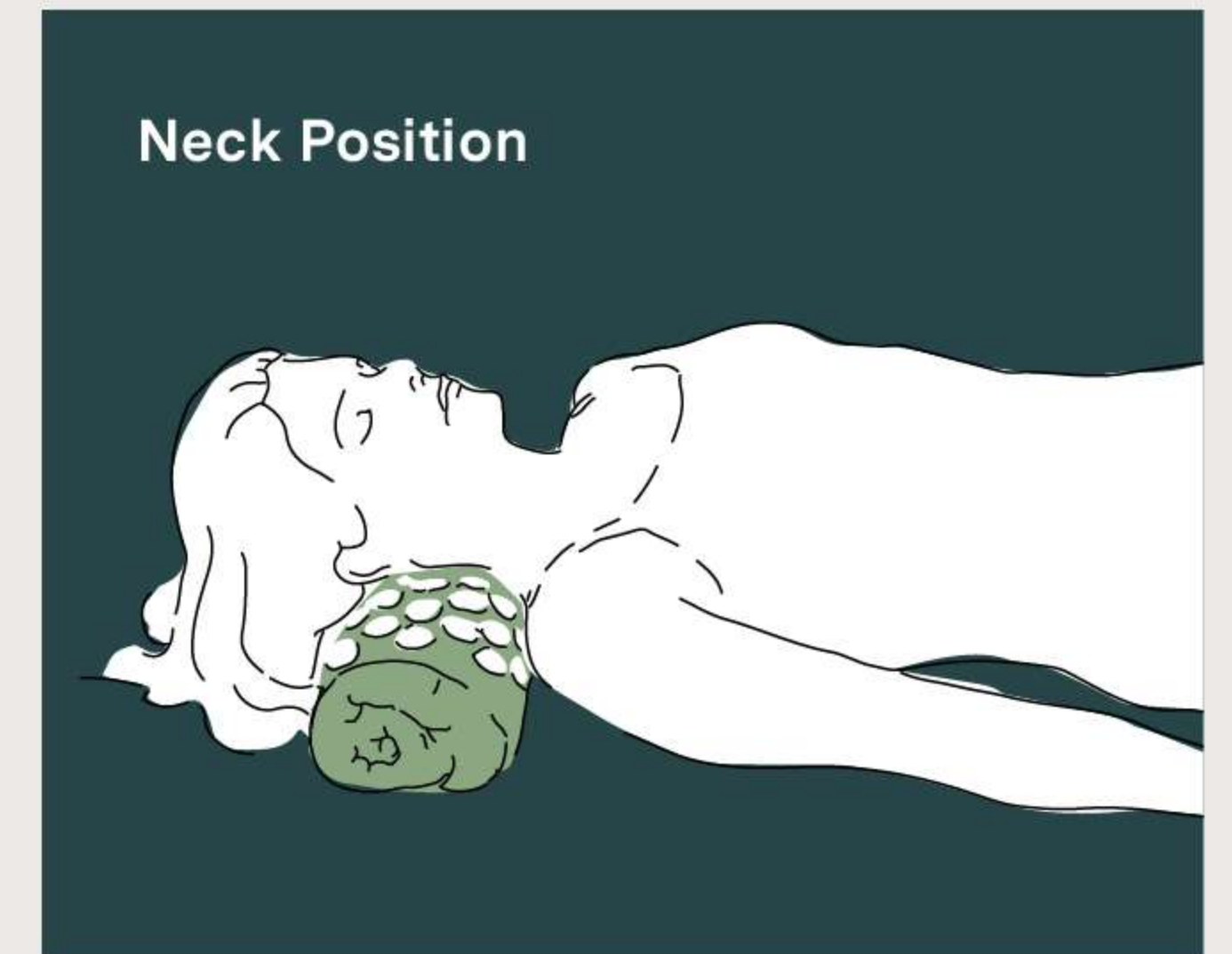
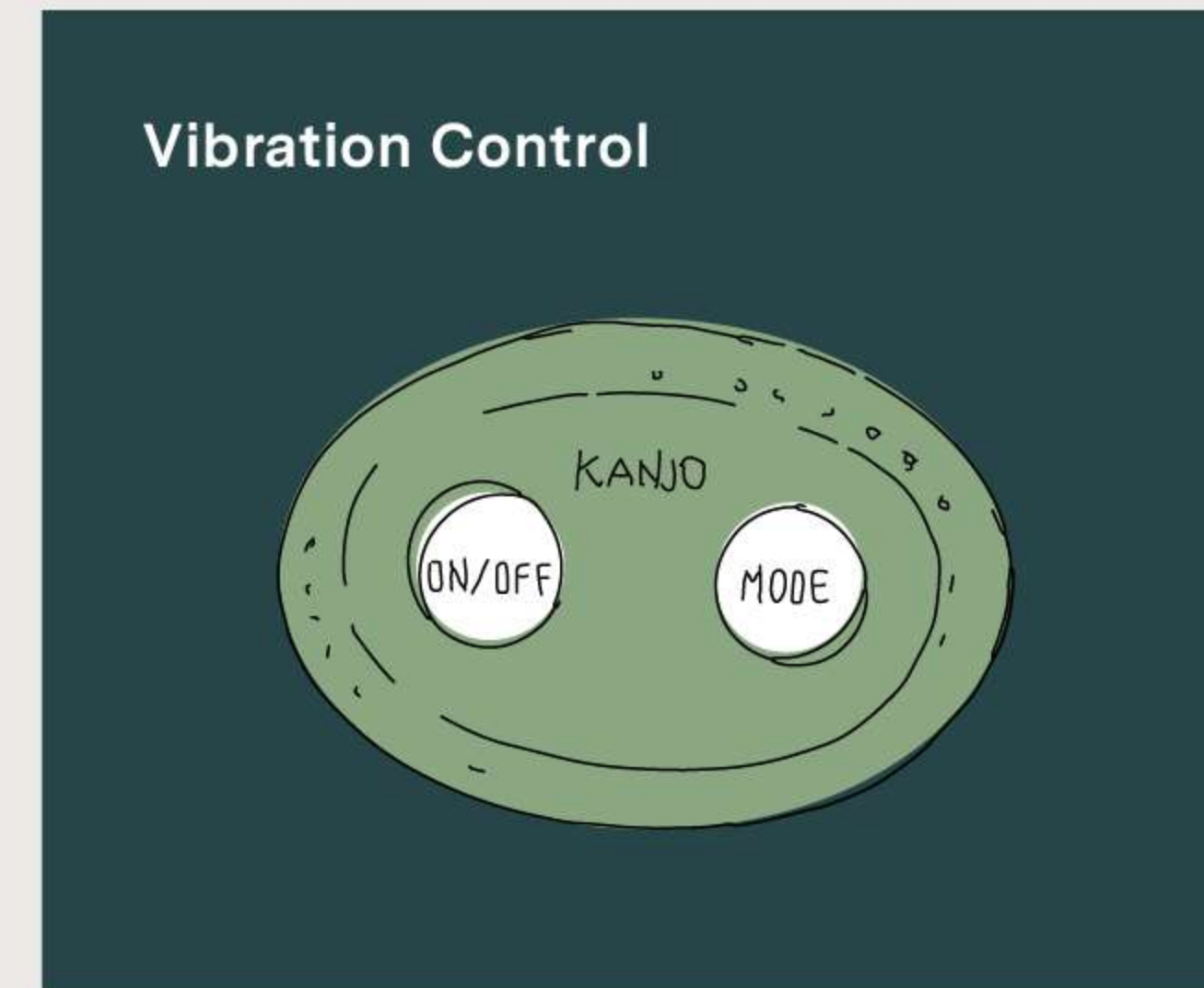
To use the pillow:

- Use the pillow, with or without vibration, by placing it behind your head, knees or back so that you are engaging with the plastic stimulators.
- Adjust your position to maximize comfort.
(Refer to images for alternate uses/positions.)

A few notes:

The Kanjo Pillow's pain-relief effects are best facilitated by lying on it with your bare skin. For some, this may be overwhelming, and clothing can be worn to reduce sensitivity to the pillow's stimulators.

If it's your first time using the Kanjo pillow, 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 outer fabric cover, remove it from the core, spot clean with water or a mild detergent, and let dry completely before use.