

vilno.

Hi!

I am a Foot Reflexology Mat by VILNO.CO

I will give back pain relief for you, applying pressure to particular points on the soles of the feet.



If you have questions, you are welcome to email **support@vilno.co** or watch a video-guide



www.vilno.co/pages/instruction-reflexology-mat

At VILNO we are a small **family-run US company.**

We value your ideas and comments. Please, send us them on **support@vilno.co**

If you are unhappy, please allow us to solve the problem ASAP! We will answer and help **within 12 hours!**

What is Reflexology?

Reflexology is one kind of this technique used in traditional Chinese medicine. Foot reflexology is a non-invasive innovative treatment that focuses on working with the feet to reduce stress.

Reflexology, as a foot massage, provides the following health advantages:

- Relaxation
- Improvement of Your Nerve Functions
- Betterment In Your Brain Power
- Increased Blood Circulation in Your Body
- Boosting Your Metabolism and Energy Level
- Reducing Your Headaches

How to use Vilno Reflexology Mat?

- 1.** Try to stand for at least ten seconds. It's best to hold each shift of your body for 30 to 60 seconds. Start from 3 times per day and continue up to 6 times per day. Always walk carefully, pay attention to your body, and concentrate on your breathing.
- 2.** To reduce part of the downward force caused by your body weight at the beginning and to maintain balance, we advise holding on to something like the back of a chair.
- 3.** The pressure might initially feel "uncomfortable," deep, and powerful. But I can assure you that if you persevere and do it every day for two weeks, your time on the board will significantly increase, which will boost the effectiveness and advantages of reflexology.
- 4.** Place your feet on the board in a way that will activate the sinus reflex point if you have a cold. You will be able to move and adjust your feet considerably more easily by doing this.
- 5.** Try placing one foot on and one foot off the foot massage and reflexology board as an additional approach. In this manner, it is quite simple to shift your foot around while it is still on the board and you can concentrate on one foot at a time. You may also try utilizing the board while sitting or when standing up with socks on your feet.
- 6.** If this product is giving you discomfort, stop using it. Anyone utilizing this product does so at their own risk, and no responsibility or obligation is taken for any discomfort or harm incurred.

As a Conclusion:

We designed this Mat, because adopting reflexology foot massages into your wellness regimen may have a big impact on how you feel and how you live. You may reap enormous short- and long-term advantages by regularly getting reflexology foot massages as part of your health and fitness program.

Yours Vilno Team