



ANYTIME ACUPRESSURE FOOTPAD

Restore yourself from the *ground up*

GET STARTED

Your feet ground you directly with the earth. Acupoints exist in each of them, and by stimulating them with acupressure you can refresh and restore your entire body. All it takes is a little courage and a couple of steps.

HOW TO USE

1. Stand or sit with your feet firmly against the spikes
2. Spend 5-15 minutes daily
3. Take a few deep breaths to calm your mind
4. Adjust your weight to shift the pressure if you need to.

WHEN TO USE IT?

- While you brush your teeth
- After a day of rushing about
- When you crave a foot massage
- Before or after running and hiking
- If you can get away with bare feet under your desk



A WORD FROM THE WISE

Standing on spikes isn't easy, so don't be put off if you need to step off after a few minutes. Like most things that are worth it, a little time is all it takes. Just know you can push through – you won't believe how good the other side feels.

You've got this!

REGISTER YOUR FOOTPAD & GET INSTANT ACCESS TO SHAKTI SHALA

The world's only acupressure mat app is filled with pro-tips, tutorials, and guided meditations.



"Perfect to work on breathing through the discomfort and learning how to focus."

Get to the point of relaxation



CONTRAINDICATIONS

Consult a medical professional before use if you have any of the following conditions:

- Coagulant issues or if you're using anti-coagulant medication
- Epilepsy
- Any skin conditions, including significant skin damage, pronounced skin inflammation, large papillomas, or moles
- Fever or other acute illness
- Cardiovascular conditions
- Thrombophlebitis

If you have any other medical condition or disease, we recommend you consult your physician before using this product.

If you are pregnant or are planning to become pregnant, consult your physician before use.

The Anytime Acupressure Footpad is a general wellness product for personal use and is not intended to treat any disease or condition.

MATERIALS

Organic cotton
Medical grade ABS spikes
Memory foam
Nylon elastane

WARNING OF USE

Contains sharp spikes – use with care and only as directed. Spikes may dislodge and could pose a choking hazard.

STORAGE

Fold the footpad back to its closed position when not in use.

Store in a safe location out of reach of pets and children.

CLEANING

Keep the Footpad clean by wiping the base with warm soapy water.

The foam can be removed for thorough cleaning – hand wash cold.

Ensure the footpad has dried thoroughly before putting the foam inside. Do not wash the foam inside the footpad.



TIPS, TRICKS, AND DAILY ZEN DELIVERED

Handmade in India.

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