

## How to Customize Your Organic Latex Pillow

Follow the steps below to personalize the loft and firmness of your pillow to your liking...

You'll need:

- The bag your pillow or body pillow arrived in
- A basket or bucket (insert the bag into the basket to hold it open)
- A vacuum cleaner (in case some spills out)

Steps to help you **remove** shredded latex from your pillow to adjust the height:

- Open up the outer protective cover of the pillow and pull it half way down the pillow
- Hold the pillow with the opening side upward
- Before opening the inner pillow cover, shake the pillow to move the fill down and away from the top opening of the pillow
- Open the zipper. If latex gets caught in the zipper, gently pick it out with your fingertips.
- Tip your pillow into the bag and pour out as much latex as needed.
- While still over the bag, sweep excess latex bits off of the cover and zipper area
- Zip back up - sweep excess off of the outer area with fingertips
- Fluff and shape the pillow to your needs

Steps to help you **add** extra shredded latex back into your pillow to adjust the height:

- Use a paper bag, grocery size or similar, and pour some latex into it
- Fold and roll the opening of the bag to close it about  $\frac{3}{4}$  of the way, leaving  $\frac{1}{4}$  of the top open, having created a hole at one end
- Place the pillow on a chair, hold it open with one hand (or have someone help hold it open)
- Pour the latex into the opening, shaking gently and slowly to prevent it from spilling out
- Fluff and shape the pillow to your needs