

A unique method to relax and revitalize your mind and body



Shakti

The bed of nails helps to achieve a balance between body and mind and helps remove emotional, physical and mental blockages. This ancient healing concept, combined with Swedish innovation, offers you an easy and practical way to reduce stress, achieve deep relaxation and renew your overall health and well being. The tiny points feel prickly at first. but users get used to the feeling and soon go from 5-minute sessions to 20 minutes or longer.

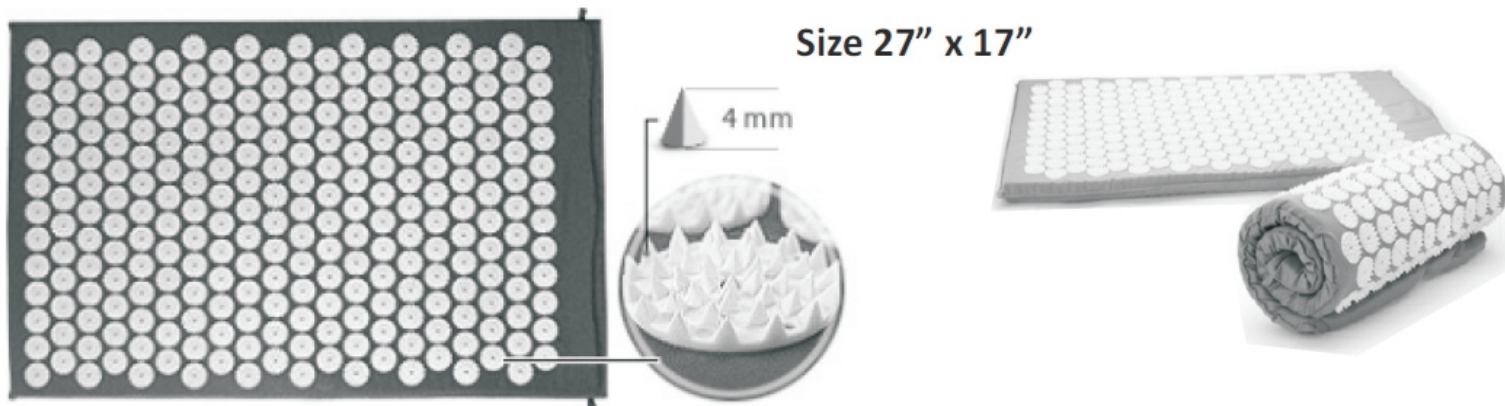


The Shakti Acupressure Mat is a modern user friendly “bed of nails” intended as a drug-free approach to tension and stress relief. The mat’s 6210 tiny plastic points apply acupressure which many patients said relieved their tension and even their pain, and induced deep relaxation. According to studies, the relief reported by sufferers of back pain, nausea, etc., may be due to release of endorphins (and other feel good hormones) stimulated by the spikes, to produce a state of meditative relaxation. The Shakti Mat can help those suffering from low levels of energy, high levels of stress, insomnia, tension pain, migraine, lumbago, sciatica, depression, and more.

The modern version of this “bed of nails” is connected to Ivan Kuznetsov, a Russian music teacher who suffered a terrible chemical burn in the late 1970's. In final desperation to help himself, he resorted to the unorthodox idea of using a homemade bed of nail device to cure his burned skin. His surprising success led to recognition of the technique by the Russian Academy of Science and Medical community as a proven natural remedy for a variety of ailments. These mats are called Kuznetsov Applicators. Since their introduction, over 80 million Kuznetsov Applicators have been sold in the former Soviet States and are still widely available.

In the late 1990's, with the break up of the Soviet Union, the Acupressure mats gained even more popularity in the former Easter bloc countries and beyond. Today we are seeing the popularity of acupressure mats spreading worldwide with their use sweeping across Scandinavia, Western Europe, America and Australia. The popularity of Acupressure Mats is explained by its extreme simplicity and fantastic results. Unlike most drugs, relief is usually immediate.

Getting to Know More About the Shakti Acupressure Mat



- ★ The “nails” or tiny points of the Shakti Acupressure Mat were designed in conjunction with Swedish doctors and chiropractors.
- ★ Cover fabric is 100% cotton that is hygienic and free of harmful materials.
- ★ The spikes are made of plastic and attached to the cotton cover using a safe adhesive that is commonly used in consumer products and medical devices.
- ★ Easy to hand-wash using detergent.

How to use the Shakti Acupressure Mat

1. Place the mat on the floor, bed, or any other flat or soft surface. If possible, use a neck pillow or rolled up towel underneath the mat for neck support.
2. Lie down slowly and carefully distribute your weight evenly over the contact points. You will likely experience a mild discomfort during the first 1 to 3 minutes. This is perfectly normal and the sensation will subside quickly.
3. Take long deep breaths and relax. You will soon feel completely relaxed and re-energized.



We recommend that you start slowly and work up to using the mat daily for about 15-30 minutes, but it's completely harmless if you want to use it for longer periods. If you feel that the initial sensation is too painful, simply wear a t-shirt or place a thin sheet between your body and the mat. You will gradually become used to the mat and be able to remove the protective layer. When you become more familiar with the mat you can experiment with other positions.

Adult supervision is recommended when used by small children.

Keep it clean and observe and maintain hygienic practices during daily use.



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