



KEEP MOVING WITH CALDERA

Releaf® Neck Rest Instructions



- 1 Positioning:** Hold your Releaf neck rest in front of you with the chin indentation on top in front of your chin and the Velcro strap in back, on your left



- 2 Fastening:** Wrap Releaf around your neck and fasten the Velcro® ends in the back. Make sure you can easily put both index fingers between Releaf and your neck. Leave enough room to breathe normally and feel comfortable.



- 3 Centering:** Place a finger on each side of Releaf's chin indentation and center it under your chin.




- 4 Final:** Pull the lower edge of Releaf down to fit comfortably under your chin. After you've adjusted Releaf, you'll feel your head slightly lifting.

Washing Instructions

Machine wash on cold/gentle cycle

Do not bleach

Tumble dry at low temperature setting. Be sure to fasten Velcro strap to prevent catching other clothing

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