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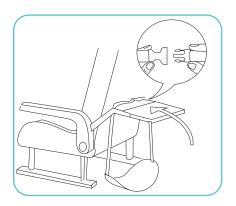
## WHAT'S INCLUDED

- Travel Footrest with zipper
- Eye Mask

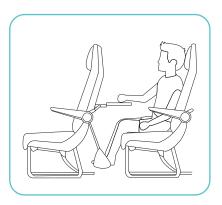


## HOW TO USE IN AN AIRPLANE, BUS OR TRAIN SEAT

- Unhook the tray table in front of you.
- Hang the adjustable strap onto the tray brackets.



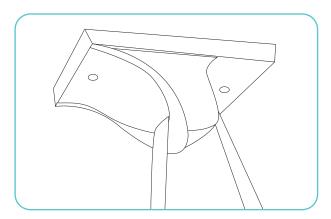
 Rest your feet or calves on the travel footrest and adjust the strap length for comfort and support.



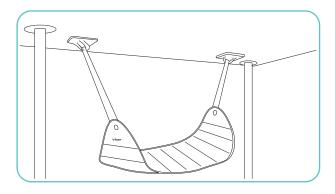


## HOW TO USE AT A DESK OR TABLE

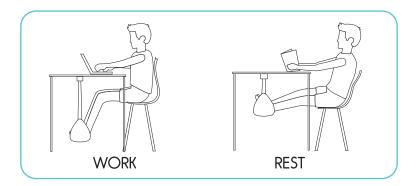
 Install a hook (not included) in the middle or two hooks on either side



• Hang the adjustable strap onto the hook(s)



 Rest your feet or calves on the travel footrest and adjust the strap length as needed; shorter for resting or longer for working.



## **CARE INSTRUCTIONS**

- Hand wash in cold water with mild detergent
- Hang dry

