



Congrats on your purchase!

Thank you for using Sandsoxx. The world's first 3-in-1 pain relief device for feet!

Here are some instructions:

The FIT:

- 1) The insole is a bit bigger than the 'soxx'; this was by design to optimize the compression. It takes a bit of effort to get in at first!

How to cool for anti-inflammation and the sensation of walking on cool sand:

- 2) The insole can be cooled in the freezer to help with inflammation - up to 12 min out of the freezer will provide instant relief.

How to heat up the insole for increased circulation in the fascia of the foot:

- 3) The insole can be heated in the microwave- to help with circulation or just to ease pain. (2min with a cup of water – and stack your insoles bottoms together- all microwaves vary).

[Watch the instructional video](#) to learn more!

Other:

- 4) Washing instructions on insert in 'soxx'
- 5) Washing instructions for insole – warm damp mild soap - hand wash
- 6) Recommended time for wearing - 1 hr.
- 7) Contrast recovery (when using a second pair of insoles for hot/cold): 10 min cold/10 min hot repeat for as many times up to 1 hr.

Enjoy! These will help relieve pain and foot symptoms related to ailments. Use it daily, twice a day, or just whenever.

**They can also be used daily for preventative health care- if you don't have foot pain!

Email us if you have any questions!

support@sandsoxx.com

Thank you!

The Sandsoxx Team