

Zen Bloks

LEG ELEVATION FOAM BOLSTER

USER GUIDE

Materials

Pillow Core	Polyurethane (Memory Foam)
Pillowcase	Polyester
Inner Cover	Polyester

Easy Care

Pillowcase Wash Instructions



Do not bleach



Do not dry clean



Do not iron



Max wash 60°F- 90°F

Pillow Core

The memory foam cannot be washed. It is sealed in the inner cover for its protection.

- **Never** put into direct sunlight
- **Never** wash the foam core

***washing will cause pillow deformation and ruin the memory foam.

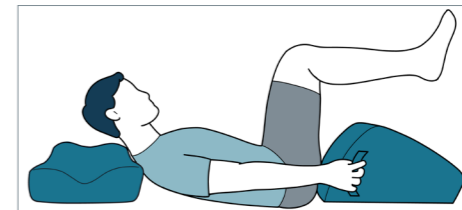
HOW TO USE

1. Remove the bolster from the box and plastic. Careful not to puncture or cut foam or cover fabric when unboxing.
2. Once the plastic is removed, allow the bolster to breathe from its air packaging. Depending on the climate, it will take full shape and firmness within a few hours to 1-2 days.

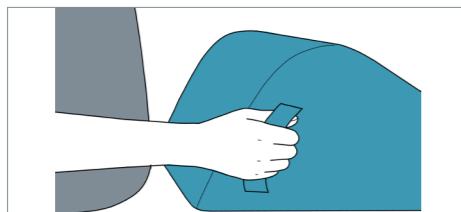
Bolster is most effective on a flat surface (such as your bed, sofa, yoga mat, massage mat, or massage table). Use daily for back relaxation and alignment and help with general back muscles keeping you aligned. Place the end with the handles close to you. The bolster is designed to help you feel weightlessness while your legs are being held up and a gentle stretch to your lower back using the ergonomic design.

Once the bolster is placed underneath, you relax as needed. You can relax for hours or minutes; it's your personal preference. If you feel like sleeping, you can move the bolster when you want or use the easy side handles to move the bolster onto the floor. This is entirely up to you. You know your body best.

1. Position the Leg Elevation Bolster Under the Bottom (use with a pillow or flat neck towel)



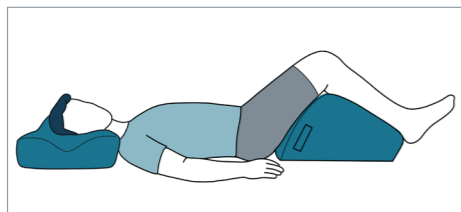
2. Correct Position – Handles Against Gluteal Muscles (Buttocks). Use Side Handles To Pull Close to the Buttocks



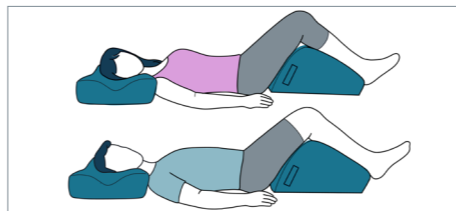
3. Relax Legs Over Top of Bolster – Breathe Deep Send Oxygen To Muscles



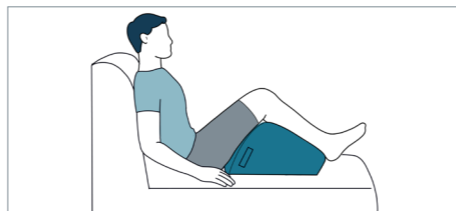
4. Lay Flat, Allow Low Back, Mid Back, and Thoracic Spine To Relax



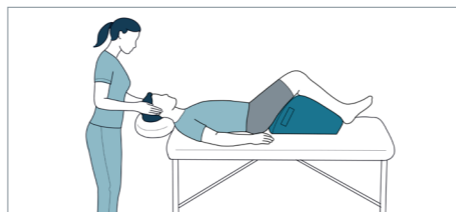
5. Relax Together As One



6. Use Sitting Up. Pull Close Using Handles Or As Comfort Desired (test different positions for your ultimate comfort zone)



7. Elevate legs during massage



*****Disclaimer**

This ZenBlok's Foam Leg Elevation Pillow is intended solely for comfort and support purposes and is not a medical device. It is not designed to diagnose, treat, cure, or prevent medical conditions. All users should use this product in accordance with its instructions and as intended use.

Helpful Tips to Enjoy Your New Pillow

Opening the plastic – Your new bolster/leg wedge arrives wrapped up in a tube. This compressing helps with shipping, protects from humidity or cold, and preserves the foam for transport. It is common for our factory to compress foam before shipping. Please open the plastic carefully to avoid damaging the bolster/wedge or cover. Depending on climate and altitude, the bolster/wedge will take total density and shape. This can take a few minutes or a few hours. Usually, after 24 hours, it is full shape and density firmness.

Polyurethane – Our memory foam products use only the highest quality memory foam. There might be a slight odor upon opening. Rest peacefully, as this leftover odor is not harmful. This sometimes happens since the foam is sealed and packaged after cutting/forming it to protect the materials. If you are sensitive to the smell, open the zipper and air out the pillow for up to 1-3 days.

Please note – This product is not a medical product. If you are using this for rehabilitation, please consult a medical doctor for medical advice.

Contact

www.ZenBlok.com