

Restore by GAIAM 

# NECK PILLOW

## Setup, Workout Tips, and Care & Safety Guide

*Please read before using your Neck Pillow.*

### SETUP

1. Remove Neck Pillow from box and check for possible shipping damage. If nicks or tears are present, DO NOT use.
2. Your Neck Pillow is now ready for use.

### CARE

1. **DO NOT** wash. Spot clean the Neck Pillow with a damp cloth. Air dry.
2. Avoid exposing the Neck Pillow to sharp or abrasive surfaces, or to excessive sunlight.

### IMPORTANT SAFETY CAUTIONS!

*Please read before setting up or using your Neck Pillow.*

1. To reduce the risk of injury, consult your doctor before using this product. The instruction presented herein is in no way intended as a substitute for medical counseling.
2. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your doctor before using this product.
3. Use product only as intended.
4. This product is sold without any warranties or guarantees of any kind and manufacturer and distributor disclaim any liability, loss or damage caused by its use.

**CAUTION:** Use only as directed. Consult with your doctor or physical therapist before beginning any self-treatment program. If symptoms worsen, discontinue use and contact your doctor. Suitable for ages 13 and over. Keep out of reach of infants and younger children.

GAIAM®



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