

## How to Use?

- Once you receive your Nutribuck Bolster Cushion do inspect all elements thoroughly
- Store the spare 500 g of buckwheat hulls carefully for refill or replacement within the original carry case
- Place the cushion on the bed and settle it firmly
- Lie down in a relaxed position for some time with the cushion in place to examine the exact filling level that provides the ideal rest and pain relief
- If necessary, you can add or reduce the hull filling to be more comfortable
- If you are a yoga practitioner then try out a few easy yoga postures first to find out the thickness suitable for you



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### REMEMBER

- In case you are a first time user, it can take around 4-5 days to get used to the new cushion, so try to find out your ideal comfort level with patience
- It is recommended that you adjust your neck and shoulders with the cushion comfortably before sleeping
- It is advised not to try out difficult yoga postures with the cushion without consulting your guru or physiotherapist as the case may be
- Remember to air your cushion during the day. It improves the hulls' period of usability
- Wash the cushion cover regularly to get rid of any odours that might develop over time