

K A N J Ō

Using your Kanjō Mat

Two recommended ways to use your Kanjō Mat :

1

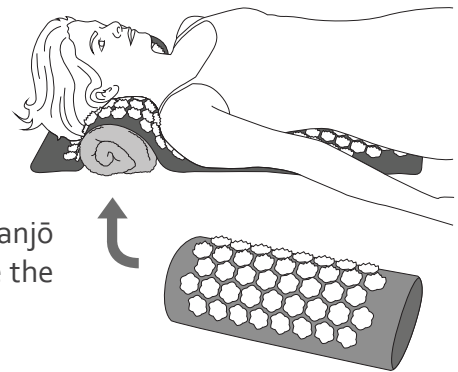
Simply lie the mat flat on the ground and lay your back on the mat's plastic stimulators.



2

Alternative method: place a rolled towel under the top of the Kanjō mat where your neck rests before laying on the mat. Doing so adds support to the back and neck, and can enhance the Kanjō Mat's overall pain-relief effects.

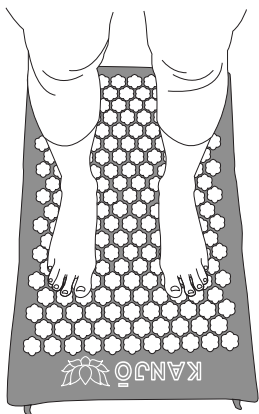
If you have purchased the Kanjō Pillow with the Kanjō Mat, a towel under the mat will not be necessary. Use the pillow to provide pressure against the neck.



NOTE: The Kanjō Mat's pain-relief effects are best facilitated by lying on the mat with your bare skin. For some, this may be overwhelming, and a shirt can be worn to reduce sensitivity to the mat's stimulators.



If it's your first time using the Kanjō Mat, we recommend a 15 minute session to start. First-time Kanjō Mat users may feel strange or even uncomfortable, lying on the plastic stimulators. Any discomfort will subside as your body responds to the stimulator's effects and pain relief begins. (Usually after a few minutes of contact.)



Some Kanjō Mat users might also benefit from standing on the mat, applying stimulator pressure to the feet. This usage mimics the effects of traditional Chinese reflexology, and may assist in pain relief.

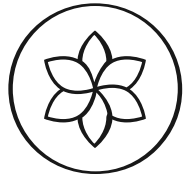


Please contact us at info@acutens.com with any questions or concerns.



WARNING: Risks are associated with any exercise program. Please consult with your health care professional before participating in any physical activity.

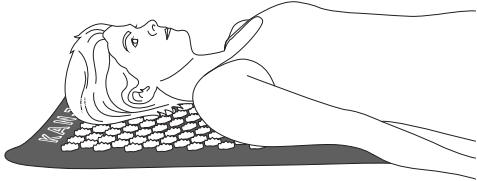
Please visit www.gokanjo.com/warranties for information on your product's voluntary manufacturer's warranty.



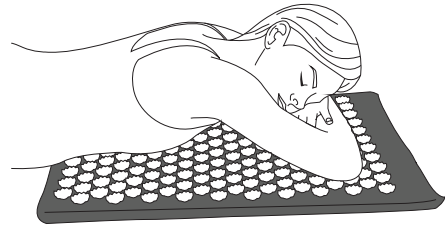
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Acupressure Mat Uses and Positions

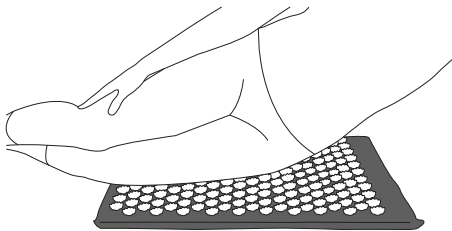
Back - resting Position



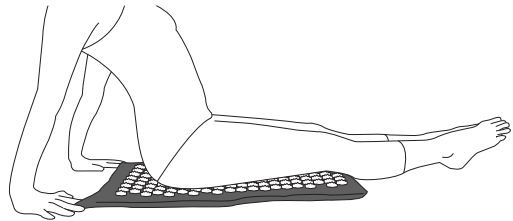
On-stomach Position



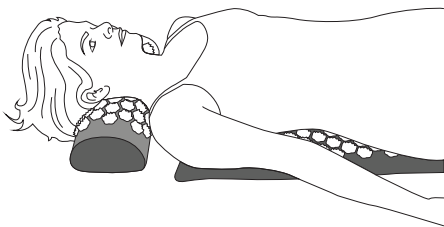
Hip-resting Position



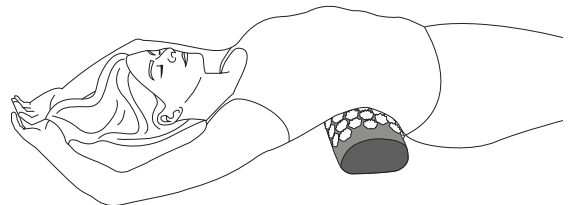
Bottom-resting Position



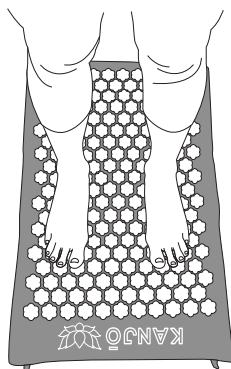
Lying on Mat with Neck Pillow



Lower back pillow Position



Foot - resting Position



Carry bag for on-the-go

