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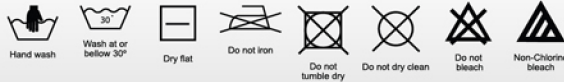
AZURAI ACUPRESSURE MAT/PILLOW SET PRODUCT INFO

Each Azurai Acupressure Mat/Pillow Set includes: one mat, one pillow and one carrying bag.

Mat: 68x40cm / 171 spikes / 27 needles per spike / 4617 needles

Pillow: 37x15x10cm / 51 spikes / 27 needles per spike / 1377 needles

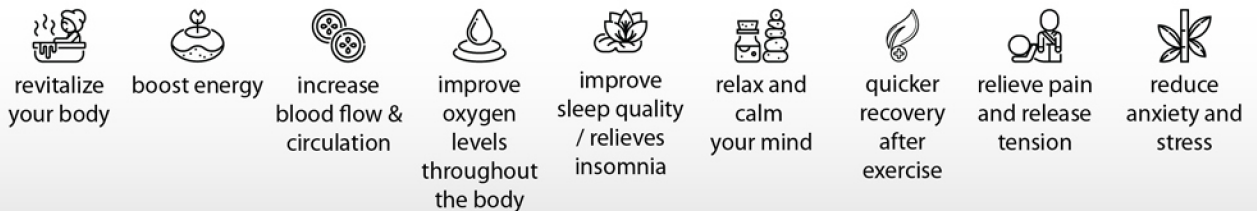
Eco-friendly cotton / linen, oxford cloth, eco-friendly foam insert and High Impact Polystyrene (HIS or HIPS) abs spikes.



WHY AZURAI ACUPRESSURE MAT/PILLOW?



BENEFITS OF USING AN AZURAI ACUPRESSURE MAT/PILLOW SET



WHAT TO PREPARE TO USE AN AZURAI ACUPRESSURE MAT/PILLOW SET

PREP/ATTIRE

Wear a thin/light shirt.

Optional: Use a thin fabric (such as thin cotton/gauze towels) to place over your mat and a pillow for your head.

Lay down your Azurai Acupressure Mat/Pillow in a comfortable space.

WHERE & HOW TO USE AN AZURAI ACUPRESSURE MAT/PILLOW SET

For beginners, we suggest spreading out the mat on a soft surface – a bed, a carpet/area rug or a chair/sofa.

For intermediate and advanced users, may use their mats onto the floor.

Try sitting on it. You can set the mat on a chair so that your buttocks and lower back have a stronger, direct contact.

Choose a comfortable space and lie down slowly, with your weight evenly distributed on the mat. This will help you avoid injury from the points.

Reposition yourself carefully. Don't fidget or move around on the mat, as you may more readily pierce or scratch your skin that way.

LENGTH OF ACUPRESSURE SESSION

After you lie on Azurai Acupressure Mat/Pillow: close your eyes, try to free your mind, focus on breathing and practice consciously relaxing your body. For the first few times you are on the mat, aim to last 5 minutes. Gradually increase the time to 10 minutes and beyond. You can build up to 40 minutes for the best results.

- Beginners: 10-15 minutes each session
- Intermediate users: 20-40 minutes each time
- Advanced users: 40 minutes and more.



CAUTIONS & WARNINGS

There are also some conditions where using Azurai Acupressure Mat/Pillow or other accessories is not generally recommended. Before using Azurai Acupressure Mat / Pillow Set, consult your health care practitioner if you have any of the following: Significant skin damage in the desired area of use; Heart disease; Diabetes or poor blood circulation; Large papillomas, moles or pronounced skin inflammation; Oncology; Coagulation problems (haemophilia) or using anticoagulants; Epilepsy; Substantial skin damage (severe eczema or psoriasis, shingles) in areas of use; During pregnancy or breastfeeding; Fever or an acute illness; Severe forms of various diseases; Thrombophlebitis; High or low blood pressure; Never use an acupressure mat to induce labor; Never use an acupressure product with babies, toddlers, and small children under the age of 8. (Children 8 and older must be supervised by an adult.)

Plastic bags and films can be dangerous. To avoid danger of suffocation, keep them away from babies and children. Do not use them in cribs, beds, strollers, or play pens. They are not toys.