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› Kanjo Acupressure Mat and Pillow Set User Manual

## Kanjo Kanjo

# Kanjo Acupressure Mat and Pillow Set User Manual

Model: Kanjo | Brand: Kanjo

## 1. PRODUCT OVERVIEW

The Kanjo Acupressure Mat and Pillow Set offers a convenient at-home solution for various discomforts by stimulating acupressure points. Designed with premium materials, this set aims to promote relaxation and alleviate tension.

### Key Features:

- **Pain Relief Benefits:** Acupressure massage for back pain, neck pain, shoulder pain, headaches & migraine relief.
- **High Density Memory Foam Core:** Molds to the body for a custom, comfortable experience.
- **100% Cotton Linen Cover:** Provides a soft, plush surface.
- **BPA-Free Plastic Stimulators:** Custom designed for maximum coverage and acupressure trigger point activation.
- **Carry Bag Included:** For easy portability and storage.



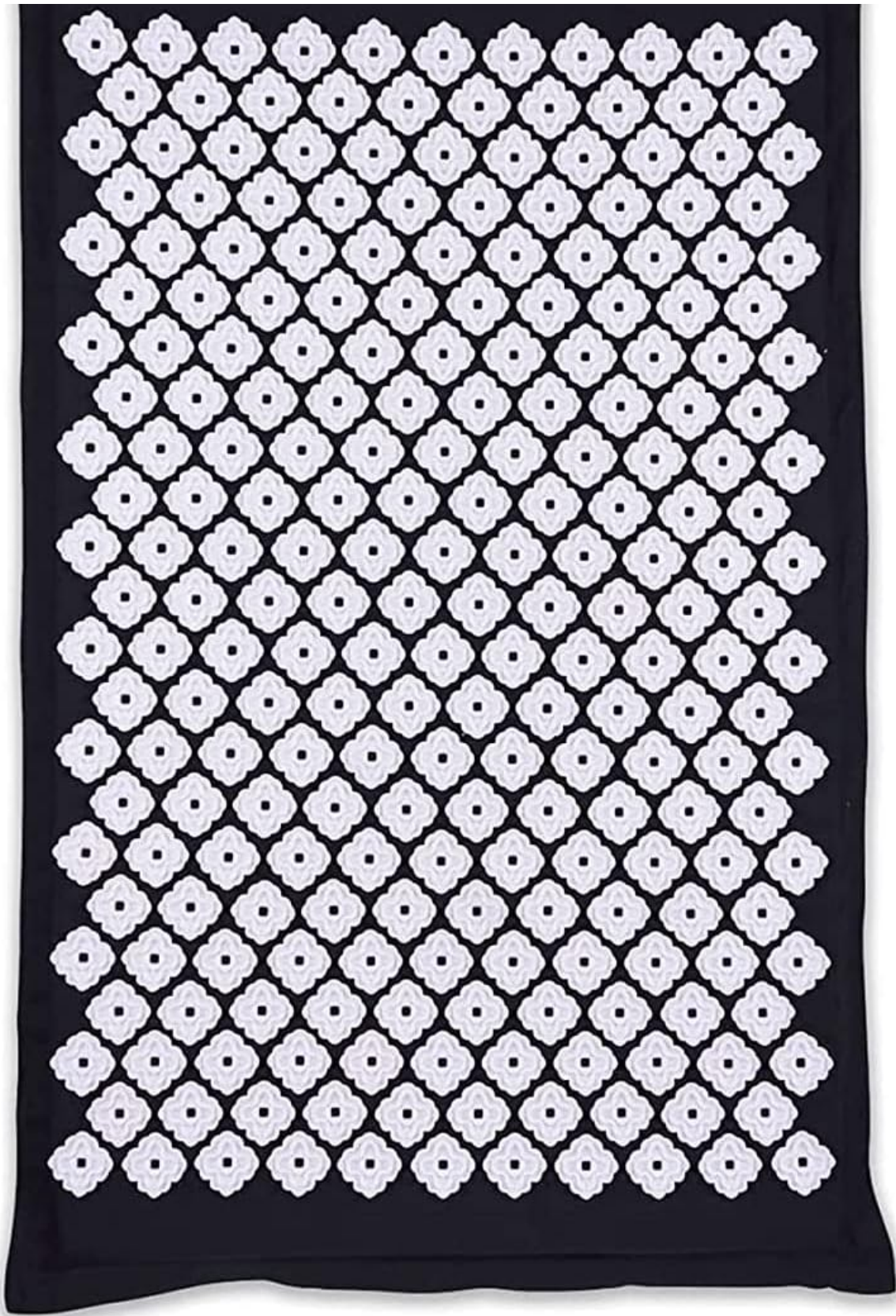


Figure 1: Kanjo Acupressure Mat and Pillow Set (Black Onyx)

## 2. IMPORTANT SAFETY INFORMATION

**WARNING:** The plastic stimulators on this product are sharp. Exercise caution when handling and using the mat and pillow. Initial use may cause discomfort or a tingling sensation. Acclimate gradually to bare skin exposure.

- Keep out of reach of children.
- Do not use on broken, irritated, or sensitive skin.
- Consult a healthcare professional before use if you have any pre-existing medical conditions, are pregnant, or have sensitive skin.
- Discontinue use if excessive pain, skin irritation, or adverse reactions occur.

### 3. SETUP

1. **Unpack:** Carefully remove the acupuncture mat and pillow from the included carry bag.
2. **Placement:** Lay the mat on a flat, comfortable surface such as a bed, sofa, or floor. Ensure the stimulators are facing upwards.
3. **Pillow Placement:** Position the acupuncture pillow at the top of the mat, where your neck will rest.



Figure 2: Mat and Pillow with Carry Bag

## **4. OPERATING INSTRUCTIONS**

For optimal results, it is recommended to use the mat and pillow on bare skin once acclimated. Begin with shorter sessions and gradually increase duration as comfort allows.

### **Using the Mat (Back Pain Relief):**

1. Slowly lie down on the mat, ensuring your back is evenly distributed over the stimulators.
2. Breathe deeply and relax. The initial sensation may be intense, but it typically subsides within a few minutes as blood circulation increases.
3. Recommended session duration: 15-20 minutes.

### **Using the Pillow (Neck & Shoulder Pain Relief):**

1. Position the pillow under your neck, allowing the stimulators to target the neck and upper shoulder areas.
2. Relax and allow the pressure points to work.
3. Recommended session duration: 5-10 minutes, or as comfortable.

# Simple & Effective At-Home Pain Relief

The included acupressure pillow provides additional relief & acupressure stimulation to the neck and upper back



Figure 3: Proper Usage for Relaxation

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Video 1: Kanjo Acupressure Mat Overview by Seller

This video provides a general overview of the Kanjo Acupressure Mat, demonstrating its components and basic use.

## 5. MAINTENANCE

To ensure the longevity and hygiene of your Kanjo Acupressure Mat and Pillow Set, follow these cleaning instructions:

- **Spot Cleaning:** For minor spills or dirt, spot clean the fabric cover with a damp cloth and mild soap.
- **Deep Cleaning:** The fabric covers of both the mat and pillow can be removed for hand washing.
  - a. Unzip the pillow cover or open the velcro closure on the mat cover.
  - b. Carefully remove the memory foam insert.
  - c. Hand wash the fabric cover in cold water with a mild detergent.
  - d. Rinse thoroughly and air dry completely before reinserting the memory foam.

- Do not machine wash or tumble dry, as this may damage the fabric or plastic stimulators.



Figure 4: High Density Memory Foam Core

## 6. TROUBLESHOOTING

### Initial Discomfort:

It is normal to experience a strong, prickly sensation during the first few minutes of use. This is a sign that the acupuncture points are being stimulated and blood flow is increasing.

- **Solution:** Start by wearing a thin shirt or placing a thin sheet over the mat until you become accustomed to the sensation. Gradually transition to bare skin.
- **Solution:** Begin with shorter sessions (5-10 minutes) and slowly increase the duration as your body adapts.

### No Sensation or Effect:

- **Solution:** Ensure direct skin contact for maximum stimulation.

- **Solution:** Adjust your position to ensure even pressure distribution across the stimulators.

## 7. SPECIFICATIONS

<b>Product Dimensions</b>	10.5 x 18 x 10.5 inches
<b>Item Weight</b>	2.6 Pounds
<b>Model Number</b>	Kanjo
<b>Manufacturer</b>	Acutens
<b>Material</b>	Cotton (Cover), Memory Foam (Fill), BPA-Free Plastic (Stimulators)
<b>Color</b>	Onyx

## 8. WARRANTY & SUPPORT

For any product inquiries, warranty information, or support needs, please contact the manufacturer, Acutens, directly. Select Kanjo products are FSA and HSA eligible; consult your plan administrator for details.