

The Reflexology Foot Massage Mat!

 **Futzuki**™



NOTE: The 2800 massaging points on Futzuki® are hard and intense! They are designed to provide maximum resistance for your foot massage. When you first use Futzuki®, it may be uncomfortable. If uncomfortable, wearing socks is recommended.

How to Use Futzuki®:

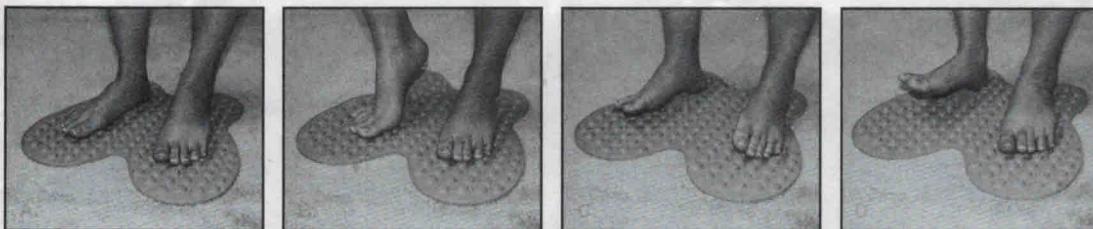
1. Remove Futzuki® from plastic bag.
2. Place Futzuki® on a flat, dry, solid surface on the floor. The raised massaging points should be face up.

Caution: Do not use Futzuki® in the shower, bathtub, pool or any surface that is slippery when wet.

3. Locate the two spots on the mat where the massaging points are tallest. Position the arches of your feet over these 2 points and gently step onto the mat.

Caution: Stepping onto an uneven surface can cause a sudden loss of balance. To avoid losing balance, hold onto a chair or fixed object while using Futzuki®.

4. Allow your feet to adjust to the massaging points.
5. Once your feet have adjusted to massaging points you can slowly begin to move your feet in the following ways to massage your feet:
 - A. With feet positioned flat on mat, shift weight from heels to toes repeatedly for 10 seconds. Rest and repeat as desired.
 - B. With feet positioned flat on the mat, shift weight from heels to toes and raise up onto the ball and toes of your foot. Hold that position for 3-5 seconds then slowly lower your heel back down onto the mat. Rest and repeat this motion as desired.
 - C. With feet positioned flat on the mat, shift weight from the insteps of feet to outer sides of feet repeatedly for 10 seconds. Rest and repeat as desired.
 - D. With feet positioned flat on the mat, shift weight to your heels and raise the ball and toes up off the mat then roll back to feet flat position. Rest and repeat this motion as desired.



Warning: Do not use Futzuki® if pregnant or recently gave birth, have a heart condition, cancer, diabetes, sensory impairment, epilepsy, phlebitis, thrombosis, joint dysfunction, inflammation from injuries, weak bones, osteoporosis, fever, kidney disorder, abnormal or curved spine, are at risk of developing blot clots, have open sores or cuts on feet.

Persons with pins, screws, artificial joints, medical device implants, currently being treated for a medical condition, injury or taking medication should consult with a physician before using Futzuki®.

Care Instructions: Hand wash with soap and warm water. Wipe dry with paper towel.

Material Content: 100% Thermoplastic Elastomer (TPE)

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(800) 471-6123 (M-F - 9 to 5 EST)

NPI
Natures Pillows, Inc.



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