

- This massage mat features a reflexology diagram embedded with stimulation points for targeting acupressure points located on the feet. The purpose is to apply acupressure from the body's own weight, to the reflex points of the foot. The mat is designed to emulate ancient stone reflexology pathways found throughout Asia. The soles of our feet act as a map of the entire body, with reflex points corresponding to vital organs, muscles and glands, therefore the uneven stones surfaces stimulate acupressure points on the soles of the feet.

Instructions:

- 1) Lay the mat on the ground
- 2) Drink warm water before and after use of the mat to remove all the impurities from human body with urine. The recommended volume of water to drink is between 8 to 16 ounces.
- 3) During early use of the mat, we recommend laying a thin blanket on the mat or walking on it with thick socks to ease discomfort. After regular use, you can walk on it directly.
- 4) Do not use it for more than 20 minutes each time; 10 minutes for elderly and young adults. Use once a day or once every other day at least 10 times if using as a course of treatment.

Not fit for the follow people:

Hemorrhagic;

This product is not recommended for use by children, women during menstruation and should not be used during pregnancy;

Tuberculosis, acute myocardial infarction, diabetes, severe renal failure, severe heart failure, hepatic necrosis unfit for use;

Other symptoms, please consult your doctor to use.