



NATURAL PAIN RELIEF



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fitness

Acupressure Mat and Pillow

Alfombra y almohada de acupresión

Soothing relaxation and massage effect for your skin

- Increases circulation and energy
- Reduces muscle tension while lying down
- Compact and portable
- Includes acupressure mat, pillow and a carrying bag

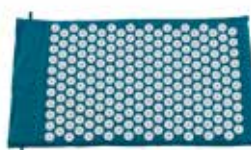
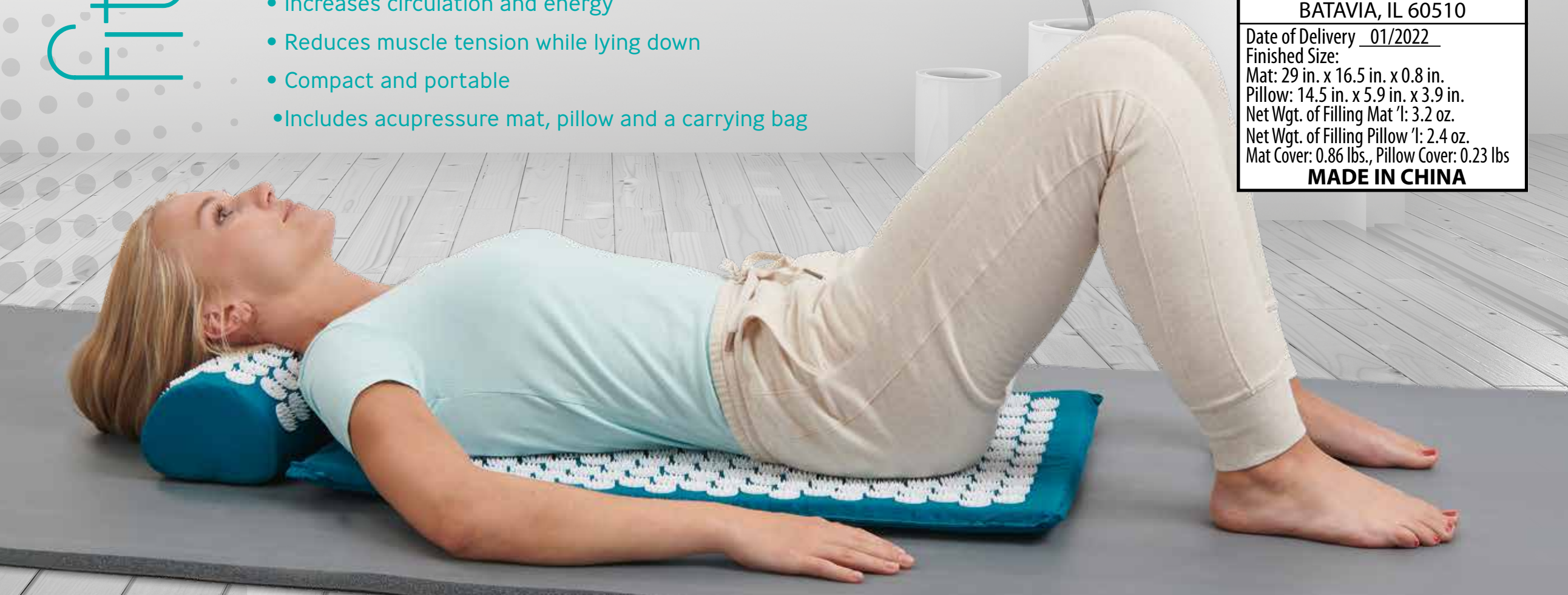
**UNDER PENALTY OF LAW
THIS TAG NOT TO BE REMOVED
EXCEPT BY THE CONSUMER**

**ALL NEW MATERIAL
consisting of**
Mat: 100% Polyurethane Foam
Pillow: 100% Polyurethane Foam

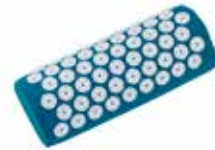
REG. NO. PA-42970 (CN)
Certification is made by the manufacturer
that the materials in this article are
described in accordance with law

**MADE FOR
ALDI
BATAVIA, IL 60510**

Date of Delivery 01/2022
Finished Size:
Mat: 29 in. x 16.5 in. x 0.8 in.
Pillow: 14.5 in. x 5.9 in. x 3.9 in.
Net Wgt. of Filling Mat 'l': 3.2 oz.
Net Wgt. of Filling Pillow 'l': 2.4 oz.
Mat Cover: 0.86 lbs., Pillow Cover: 0.23 lbs
MADE IN CHINA



DIMENSIONS MAT: approx. 29.1 in x 16.5 in
(L x W) (74 x 42 cm)
THICKNESS: approx. 0.78 in (2 cm)

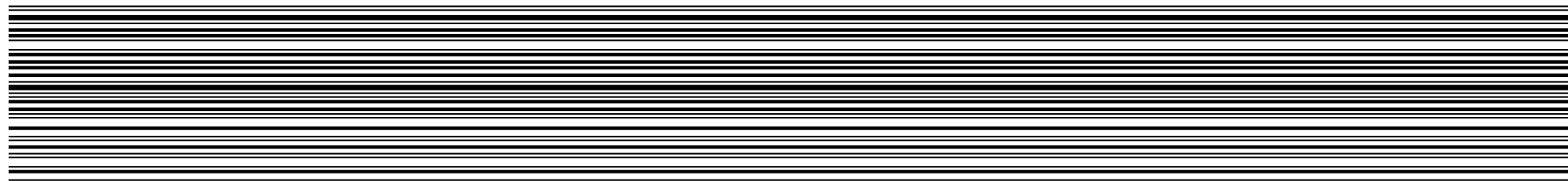


DIMENSIONS PILLOW: approx. 14.6 in x 5.9 in
(L x W) (37x 15 cm)
THICKNESS: approx. 3.9 in (10 cm)

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01/2022

Made in China
DIST. & SOLD EXCLUSIVELY BY:
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BATAVIA, IL 60510
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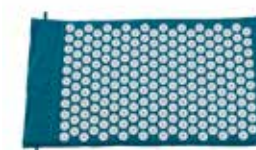
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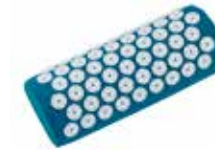
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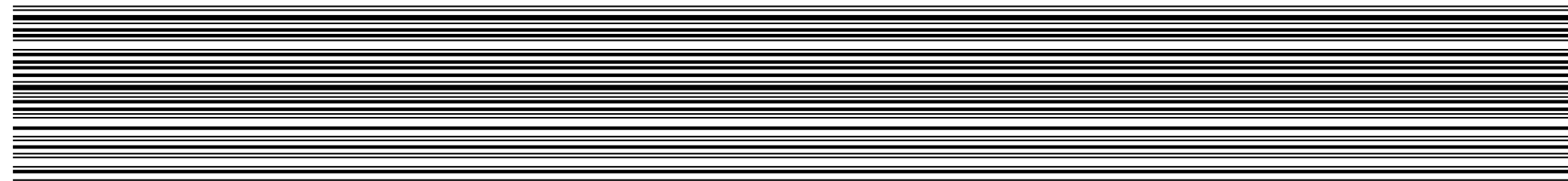


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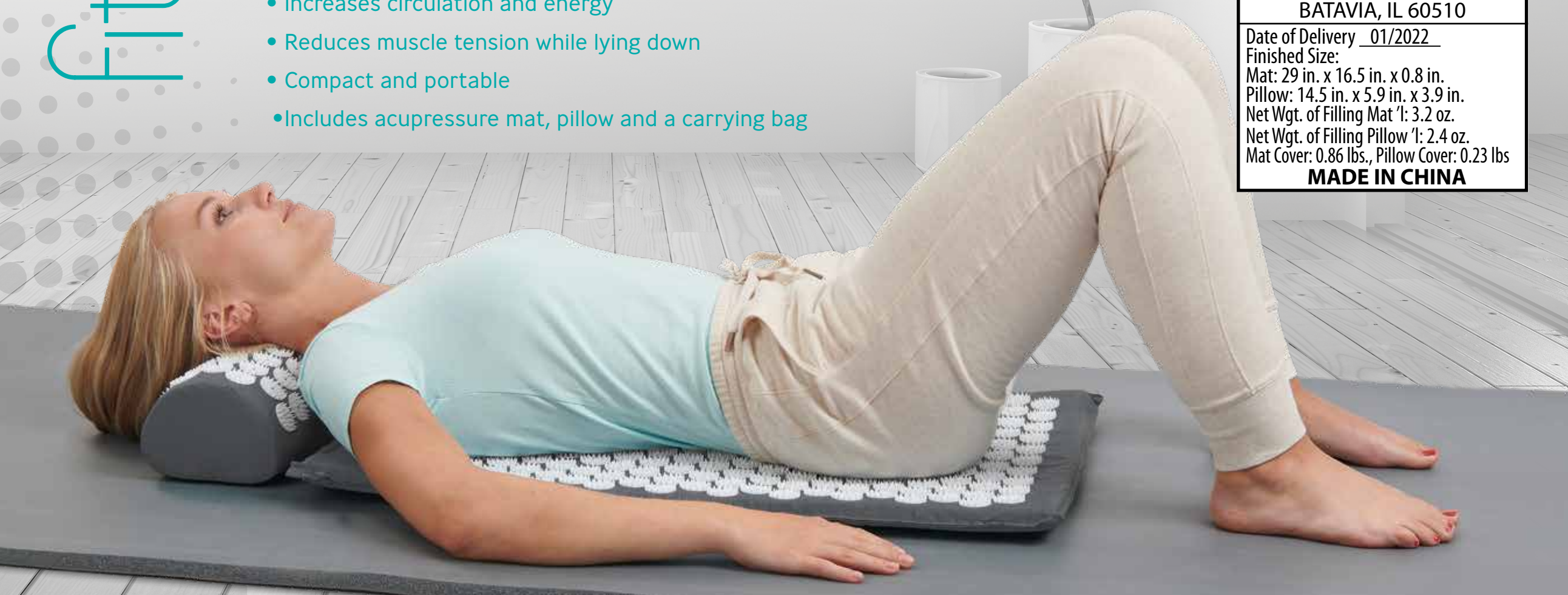
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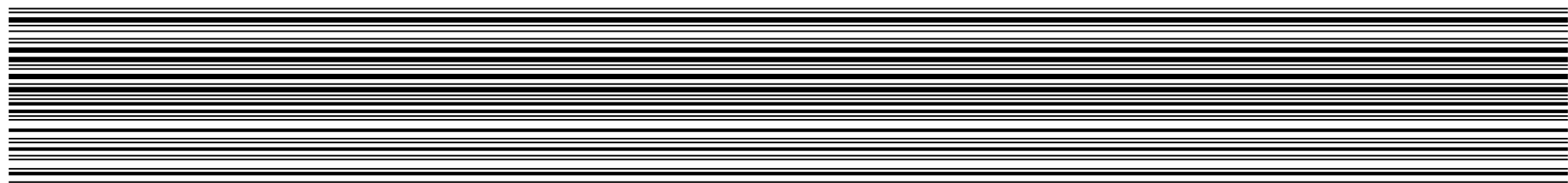


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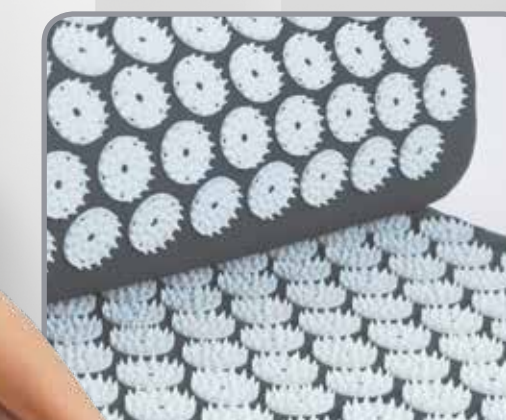
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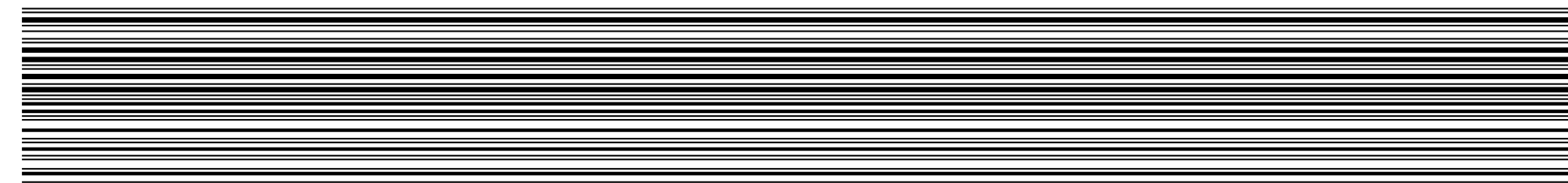


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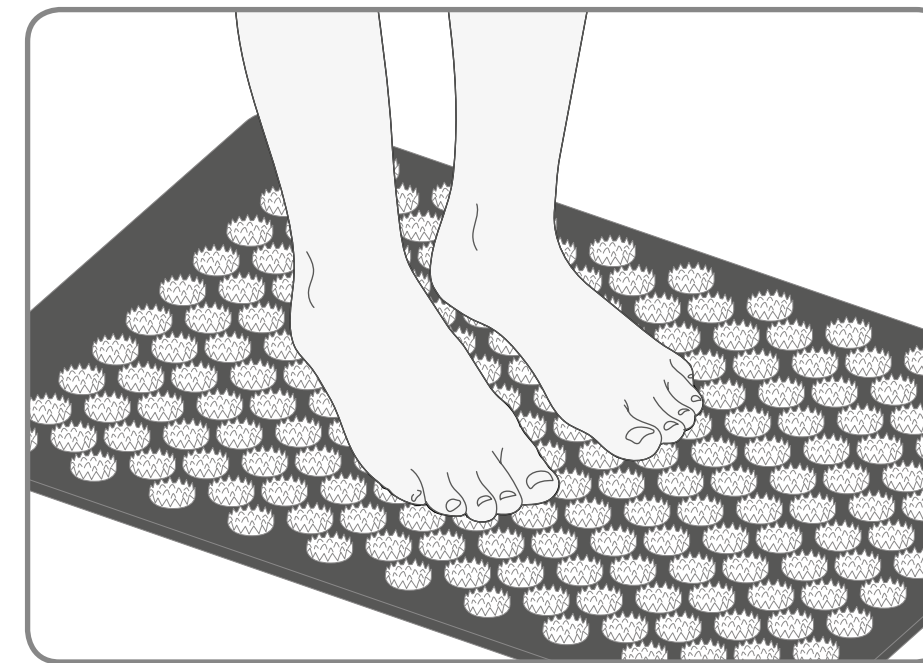
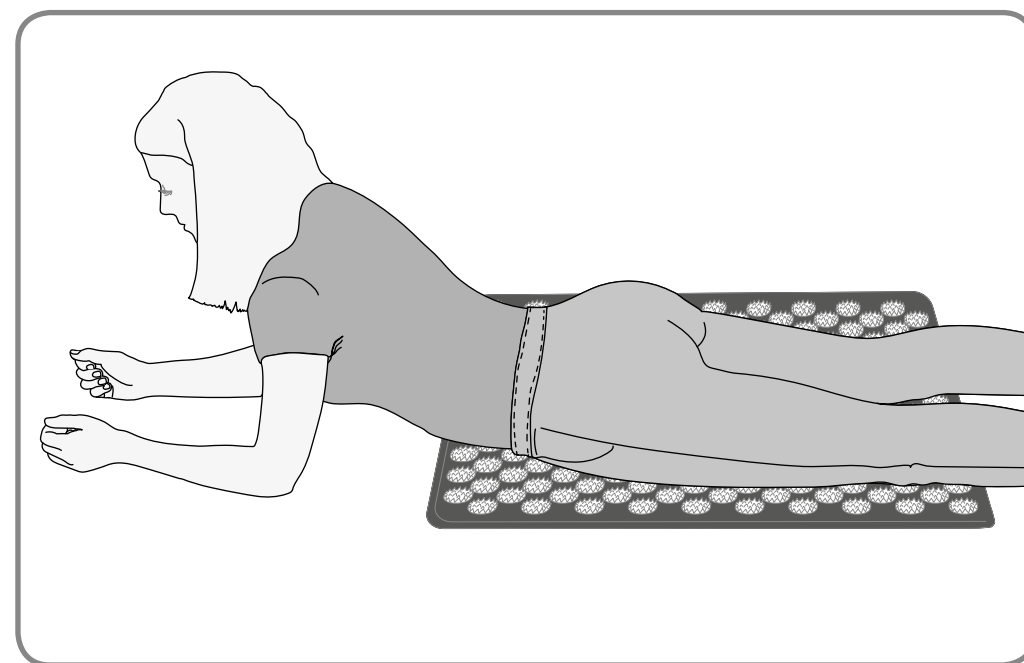
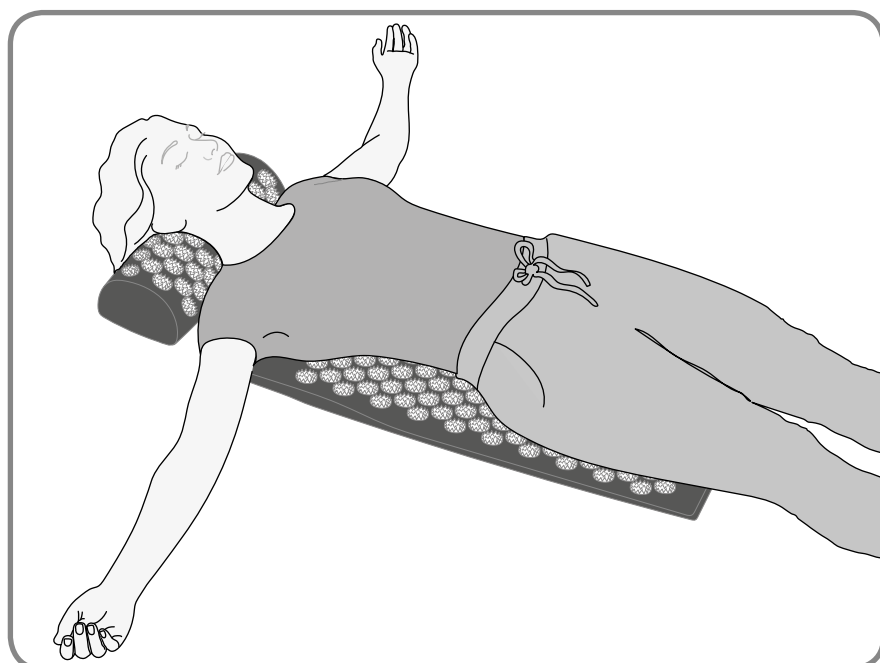
How to use the Acupressure Mat and Pillow?



CAUTION! Not suitable for children.
Use only under adult supervision.

- Lay the mat and pillow down on a soft surface, such as a bed, carpet or exercise mat
- Wear a t-shirt at first for less intensity
- Lie down carefully and slowly onto the mat and rest your head on the pillow
- Breathe and relax for a few minutes as the tingling sensation transitions into a pleasant pressure

Exercise examples:



¿Cómo utilizar la alfombra y almohada de acupresión?



¡PRECAUCIÓN! No apropiado para niños.
Usar solo bajo la supervisión de un adulto.

- Coloque la alfombra y la almohada sobre una superficie suave, como una cama, una alfombra o una alfombra de gimnasia.
- Use una camiseta al principio para sentir menos intensidad.
- Acuéstese con cuidado y lentamente sobre la alfombra y apoye la cabeza sobre la almohada.
- Respire y relájese durante unos minutos mientras la sensación de hormigueo se transforma en una agradable presión.