

How do I use my acupressure set?



ATTENTION! Not suitable for small children.
Use only under adult supervision for children.

- Lay your mat on a bed or soft flooring.
- Lie down carefully on the mat, and once comfortable, breath deeply and calmly.
- Initially there will be a tingling sensation, however you should become accustomed to this after a few minutes.
- Once you have finished your session, please sit up slowly.

Exercise examples:

