





fitness

Acupressure Set

- Can enhance your well-being
- Can support stress reduction after a busy day
- Your set consists of an acupressure mat, an acupressure pillow and a storage bag



 **DIMENSIONS MAT:**
approx. 74 x 42 cm
THICKNESS:
approx. 2 cm

 **DIMENSIONS PILLOW:**
approx. 37 x 15 cm
THICKNESS:
approx. 10 cm



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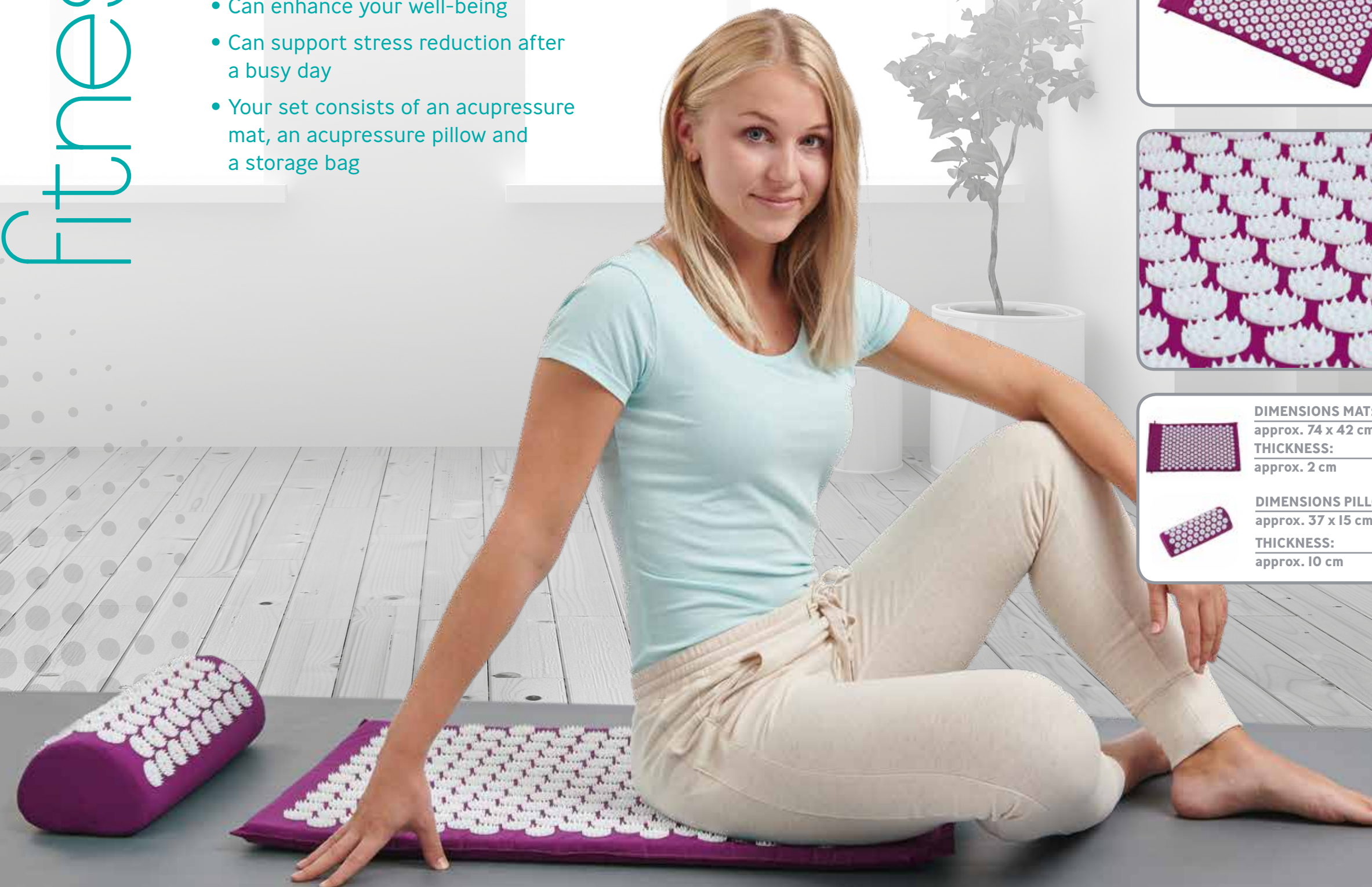
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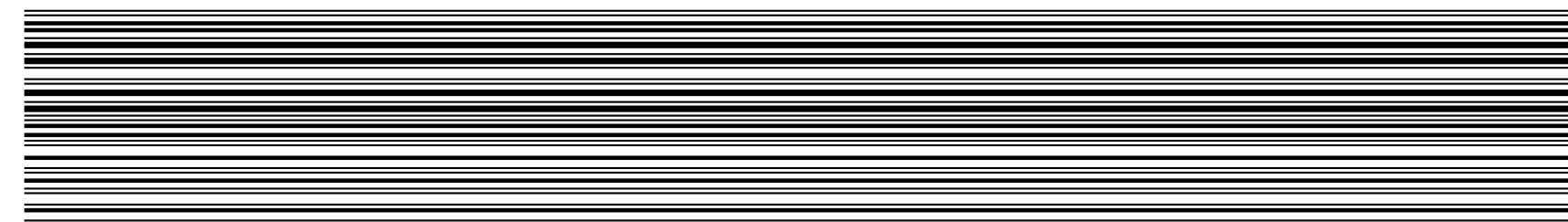
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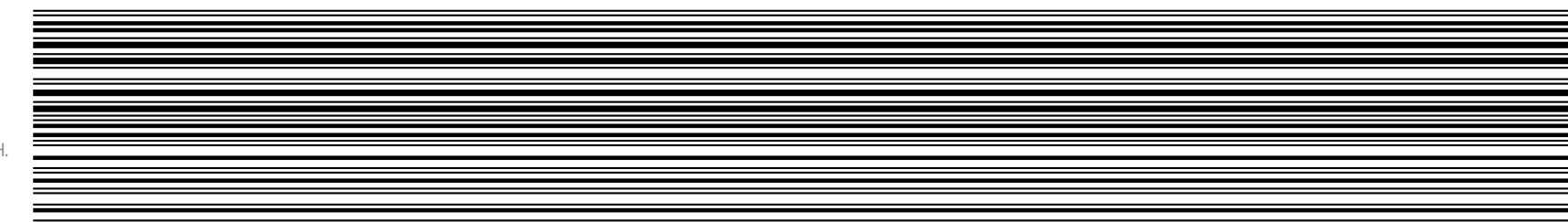
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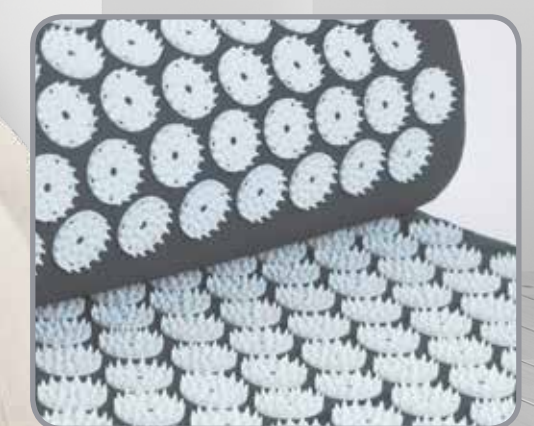
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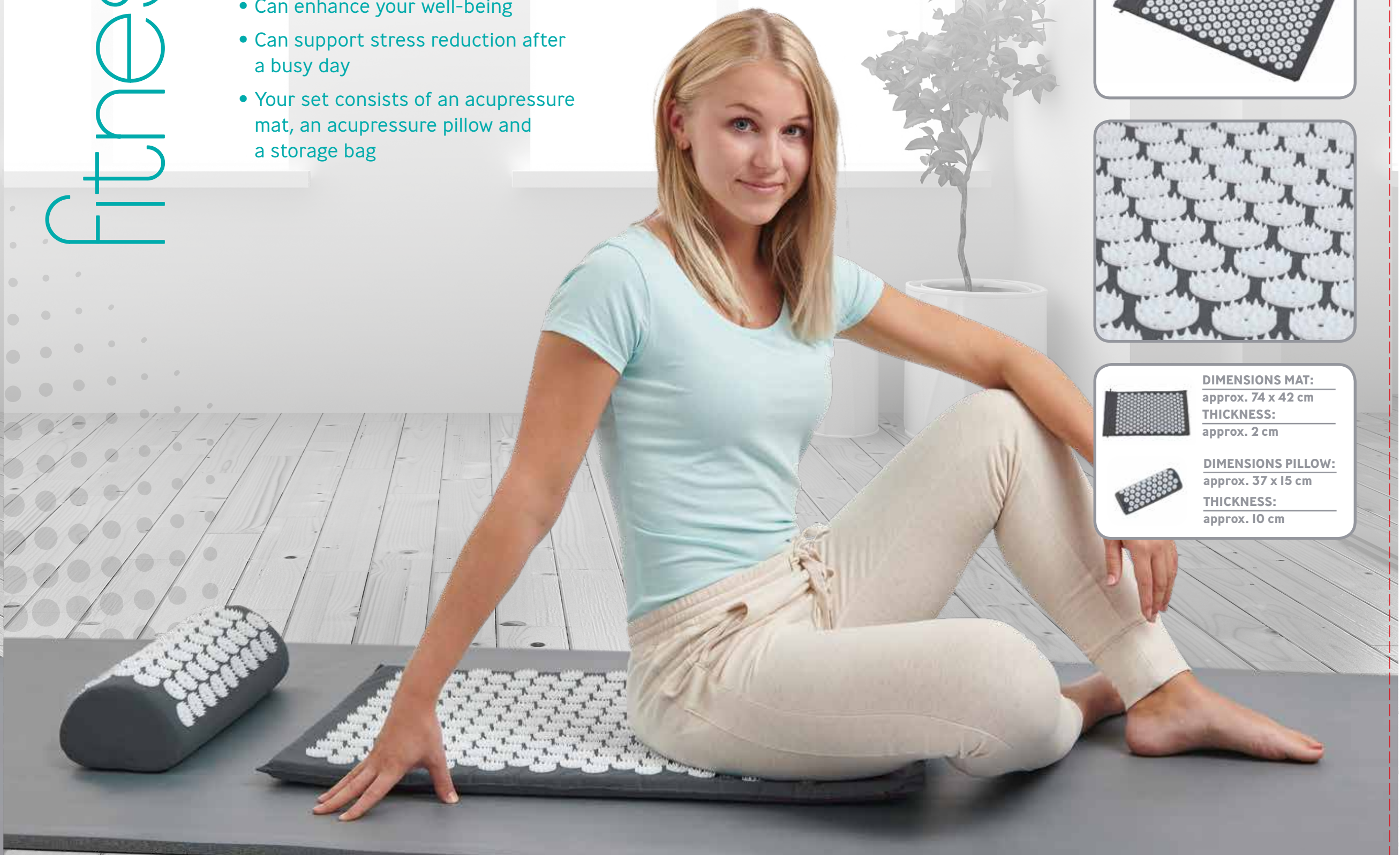
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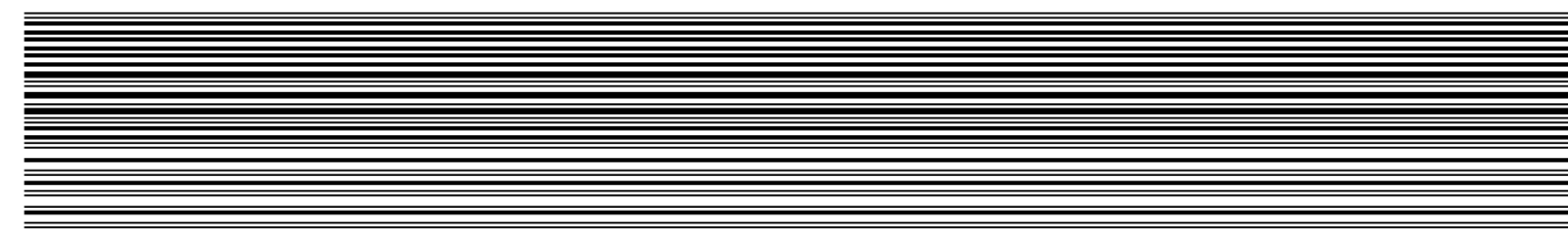
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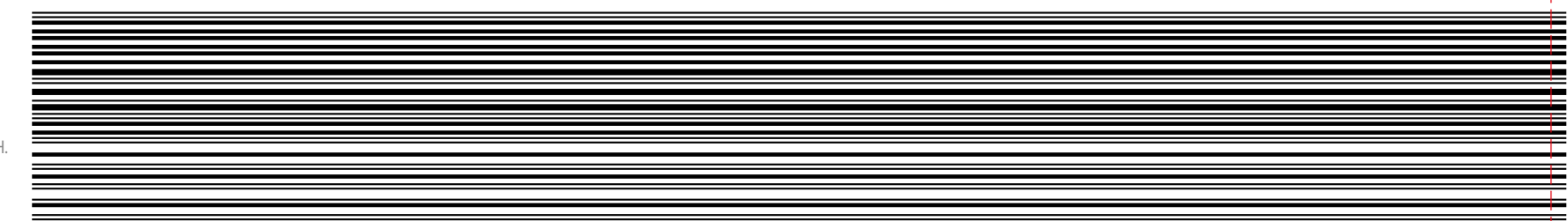
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How do I use my acupressure set?



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:

