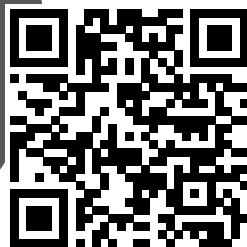




**activate  
your product  
warranty**

scan the QR code and  
register your product  
within 7 days to activate  
your warranty



Registering also gives you access  
to tips, exciting offers and more!

**acupressure mat + pillow + body roller bundle**

**INSTRUCTION MANUAL AND WARRANTY INFORMATION**

NOV-200M | L-04980, Rev. 1

# IMPORTANT SAFEGUARDS

READ ALL INSTRUCTIONS BEFORE USING.

- NOT for use by children.
- Use only for its intended use as described in this manual.
- Remove jewelry before using the acupressure bundle.
- Tie up long hair before using the acupressure bundle.
- Wear loose, comfortable clothing and avoid wearing knitted fabrics as the acupressure nodes can cause fabric snags.

# SAVE THESE INSTRUCTIONS

**CAUTION** – PLEASE READ ALL INSTRUCTIONS CAREFULLY BEFORE USING.

- This product is not intended for medical use.
- Consult your doctor prior to using this product, if:
  - You are pregnant
  - You have a pacemaker
  - You have any concerns regarding your health
- DO NOT use this product for more than 30 minutes at a time.
- NEVER use this product directly on swollen or inflamed areas or skin eruptions.
- DO NOT use this product as a substitute for medical attention.
- This product should NEVER be used by any individual who has sensory deficiencies.

## **ACUPRESSURE MAT & PILLOW**

### **INSTRUCTIONS FOR USE**

The acupressure mat & pillow feature small plastic spikes that stimulate targeted areas of the body, including acupressure points, providing deep relaxation and rejuvenation.

Since your weight is evenly distributed on the mat, the spikes do not puncture the skin. If you experience pain immediately discontinue use. This is a holistic way of promoting energy.

1. Place the acupressure mat & pillow on the floor.
2. Relax and lie down on the mat and place the pillow under your neck. Try to evenly position your back across the mat. Always feel free to shift or move your body as needed to find a comfortable position that best suits you.
3. Initially, the acupressure spikes may not seem super comfortable. However, simply relax, breathe, and give your body time to adjust.
4. Lay on your mat for 20–30 minutes in order to obtain ultimate results. You may want play meditation music.
5. After 30 minutes, arise from the mat feeling calm, rejuvenated, and relaxed.

## **BODY ROLLER INSTRUCTIONS FOR USE**

1. Hold by the ergonomic grip handle and roll the massage nodes over the desired area of the body. Press down gently for soothing muscle relaxation or firmly to release tight knots.

## **MAINTENANCE TO STORE**

Place mat, pillow, and body roller in its storage bag and store in a cool, dry place.

## **TO CLEAN MAT & PILLOW**

Undo the hook and loop closure and remove the cover from the foam pads. Turn the covers inside out and then lightly handwash in cold water with a mild detergent. Lay flat to dry. Once dry, reinsert the foam pads into the covers and seal with the hook and loop closure.

## **TO CLEAN BODY ROLLER**

- Use a damp towel to wipe clean.
- **DO NOT** attempt to repair the mat, pillow, or body massager. There are no user-serviceable parts. For service, contact Consumer Relations at the telephone number listed in the Warranty section.



## 1-YEAR LIMITED WARRANTY

Homedics sells its products with the intent that they are free of defects in manufacture and workmanship for a period of 1 year from the date of original purchase, except as noted below. Homedics warrants that its products will be free of defects in material and workmanship under normal use and service. This warranty extends only to consumers and does not extend to retailers.

To obtain warranty service on your Homedics product, contact a Consumer Relations representative for assistance. Please make sure to have the model number of the product available.

Homedics does not authorize anyone, including but not limited to retailers, the subsequent consumer purchaser of the product from a retailer or remote purchasers, to obligate Homedics in any way beyond the terms set forth herein. This warranty does not cover damage caused by misuse or abuse; accident; the attachment of any unauthorized accessory; alteration to the product; improper installation; unauthorized repairs or modifications; improper use of electrical/power supply; loss of power; dropped product; malfunction or damage of an operating part from failure to provide manufacturer's recommended maintenance; transportation damage; theft; neglect; vandalism; or environmental conditions; loss of use during the period the product is at a repair facility or otherwise awaiting parts or repair; or any other conditions whatsoever that are beyond the control of Homedics.

This warranty is effective only if the product is purchased and operated in the country in which the product is purchased. A product that requires modifications or adoption to enable it to operate in any other country than the country for which it was designed, manufactured, approved and/or authorized, or repair of products damaged by these modifications is not covered under this warranty.

THE WARRANTY PROVIDED HEREIN SHALL BE THE SOLE AND EXCLUSIVE WARRANTY. THERE SHALL BE NO OTHER WARRANTIES EXPRESS OR IMPLIED, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS OR ANY OTHER OBLIGATION ON THE PART OF THE COMPANY WITH RESPECT TO PRODUCTS COVERED BY THIS WARRANTY. HOMEDICS SHALL HAVE NO LIABILITY FOR ANY INCIDENTAL, CONSEQUENTIAL, OR SPECIAL DAMAGES. IN NO EVENT SHALL THIS WARRANTY REQUIRE MORE THAN THE REPAIR OR REPLACEMENT OF ANY PART OR PARTS THAT ARE FOUND TO BE DEFECTIVE WITHIN THE EFFECTIVE PERIOD OF THE WARRANTY. NO REFUNDS WILL BE GIVEN. IF REPLACEMENT PARTS FOR DEFECTIVE MATERIALS ARE NOT AVAILABLE, HOMEDICS RESERVES THE RIGHT TO MAKE PRODUCT SUBSTITUTIONS IN LIEU OF REPAIR OR REPLACEMENT.

This warranty does not extend to the purchase of opened, used, repaired, repackaged, and/or resealed products, including but not limited to sale of such products on internet auction sites and/or sales of such products by surplus or bulk resellers. Any and all warranties or guarantees shall immediately cease and terminate as to any products or parts thereof that are repaired, replaced, altered, or modified, without the prior express and written consent of Homedics.

This warranty provides you with specific legal rights. You may have additional rights that may vary from state to state and country to country. Because of individual state and country regulations, some of the above limitations and exclusions may not apply to you.

For more information regarding our product line in the USA, please visit [www.homedics.com](http://www.homedics.com). For Canada, please visit [www.homedics.ca](http://www.homedics.ca).

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### FOR SERVICE IN THE USA

[cservice@homedics.com](mailto:cservice@homedics.com)

**8:30am-7:00pm EST Monday-Friday**

**1-800-466-3342**

### FOR SERVICE IN CANADA

[cservice@homedics.ca](mailto:cservice@homedics.ca)

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