

**WARNING**: This product is not intended for sleeping purposes.

WARNING: Follow all instructions carefully and use only as directed.
Always consult with your healthcare professional before treating any serious injury or if pain persists beyond treatment with the Kanjo Wedge Pillow.

**WARNING**: Risks are associated with any exercise program. Please consult with your healthcare professional before performing this or any physical activity.

Please visit
www.gokanjo.com/warranties for
information on our Limited Express
Product Warranty.

#### Questions? Concerns?

Please contact us at support@gokanjo.com www.gokanjo.com

# Kanjo Memory Foam Acupressure **WEDGE PILLOW**

Welcome to Kanjo, and thank you for your purchase. Kanjo reminds you to make time for you. Relieve pain. Destress. Relax and rejuvenate.

Kanjo Acupressure products have stimulators that target acupressure points to reduce pain throughout the body, much like ancient Eastern methodologies used in acupuncture, but non-invasive and easy to use at home and on the go.

You are on your way to experiencing the benefits of your **Kanjo Memory Foam Acupressure Wedge Pillow**, including neck, shoulder and back pain relief, headache and migraine relief, and neck traction and spinal alignment.





### A few instructions:

- Lie down on the floor or on a bed or couch, and place the Kanjo Wedge Pillow beneath your head with your neck in the semi-circular cut-out and the stimulators facing away from you, as shown.
- Adjust the Pillow if necessary to maximize comfort.

## A few notes:

The Kanjo Wedge Pillow's pain-relief effects are best facilitated by contacting the stimulators with your bare skin. For some, this may be overwhelming, and a shirt can be worn or placed on the Pillow to reduce sensitivity to the stimulators.

If it's your first time using the Kanjo Wedge Pillow, we recommend a 15 minute session to start. First-time users may feel strange or even uncomfortable on the plastic stimulators. Any discomfort will subside as your body responds to the stimulators' effects and pain relief begins, usually after a few minutes of contact.

#### How do I clean this?:

To clean fabric cover, remove it from the memory foam core, spot clean with water or a mild detergent, and let dry completely before use.

