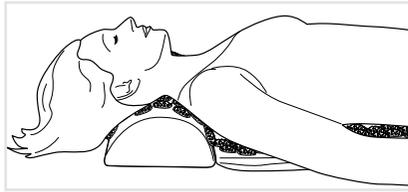


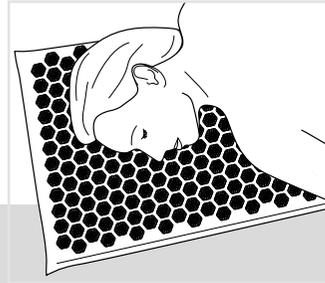
Product number: 724 911

Made exclusively for:
Tchibo GmbH, Überseering 18, 22297 Hamburg, Germany

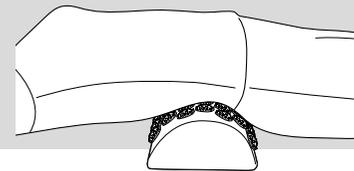
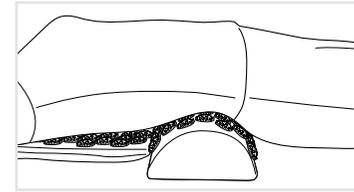
Shoulders and neck



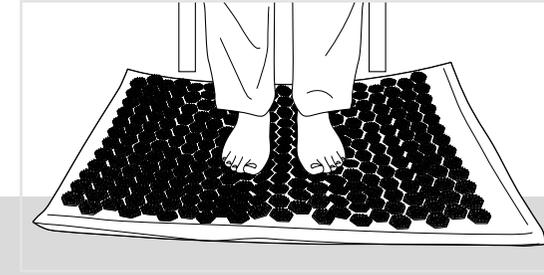
Jaw



Lumbar vertebrae



Feet



Dear Customer

After a stressful day, your new acupressure mat can help to restore calm and balance.

Used regularly, it can help to ease muscle tension and stimulate blood circulation. The acupressure mat is suitable for use on all parts of the body.

We hope you enjoy using this product.

Your Tchibo Team

For your safety

Read the safety warnings carefully and only use the product as described in these instructions to avoid accidental injury or damage.

Keep these instructions for future reference. If you give this product to another person, remember to also include these instructions.

Intended use

The acupressure mat is designed for private use and is not suitable for commercial or therapeutic purposes. It is designed to promote a sense of well-being and is not a medical product.

Do not use the acupressure mat ...

... on areas with skin swelling or irritation, burns, open wounds or other skin infections/disorders, or if you have very sensitive skin.

... if you suffer from blood coagulation disorders (haemophilia) or are taking blood-thinning medication.

... during pregnancy.

If in doubt, consult your doctor before use.

Danger to children and people with limited ability to use products of this kind

• Children, disabled or frail persons, or people in need of care should use the acupressure mat only under adult supervision.

• This product is not a toy. Supervise children to ensure they do not play with the mat.

• Keep the packaging materials out of the reach of children. They pose several risks, including the risk of suffocation!

Warning - risk of injury and damage to health

• Only stay on the acupressure mat for as long as you find the experience pleasant and soothing.

If you find using the mat unpleasant, stop use immediately and consult your doctor for advice.

• Do not use the acupressure mat or cushion on the front of your neck.

Material damage

• The acupressure mat is not suitable for machine washing or tumble-drying.

• Always lie or sit down carefully on the acupressure mat and avoid sudden movements. Otherwise your clothes may be damaged.

Use

You may find the prickling sensation of the plastic tips unpleasant at first and the parts of the body being treated will feel very warm. The blood circulation will be swiftly stimulated and tension eased. The original sensation of pain from the plastic tips gives way to a relaxed, rested feeling.

- You can use the mat clothed or unclothed. However, bear in mind that the less fabric there is between the mat and your skin, the greater the effect.
- You can use the mat and cushion separately or together.

• If you are very sensitive to pain, start off by using the mat when you are clothed or place a thin towel between the tips and your skin until you become accustomed to the unusual sensation.

1. If possible, place the acupressure mat and cushion on a solid surface (e.g. on the floor).

To get used to acupressure, you can also use the mat on a soft surface to begin with, e.g. on a bed.

2. Lie down comfortably on the acupressure mat and cushion. The cushion should rest on your neck. Distribute your weight evenly on the mat.

3. Breathe in and out deeply and relax.

Tip: Do a body scan. Focus on the parts of your body that are touching the acupressure mat and cushion.

How do they feel? Are the muscles in those areas still tense? Consciously relax your muscles.

Length of use

In general, the rule of thumb is: only stay on the acupressure mat for as long as you find the experience pleasant and soothing. If you find using the mat unpleasant, stop use immediately and consult your doctor for advice.

Regular use of the acupressure mat, preferably daily for approx. 30 minutes, is recommended to achieve maximum relaxation.

It is not dangerous if you stay on the acupressure mat for longer periods or if you fall asleep on it.

After use

We recommend that you drink plenty of fluids after use.

Further relaxation or light activity can be beneficial in order to maintain the pleasant feeling.

Use on other parts of the body

CAUTION - risk of injury

Do not use the mat on the front of your neck.

Nerves lead from the spine to all parts of the body. For this reason, using the mat when lying on your back has a positive effect on the whole of your body. However, the acupressure mat can also be used to target just about any part of the body.

Try out which positions bring benefit. If you experience pain that goes beyond the usual prickling sensation at the start, change position or stop using the mat.

• If you are using the acupressure mat on the **soles of your feet**, sit on a chair.

• Using the product on your **jaw** is more pleasant if you lay a cloth under your ear.

When travelling

1. Remove the foam from the mat and take only the cover with you. This saves space.

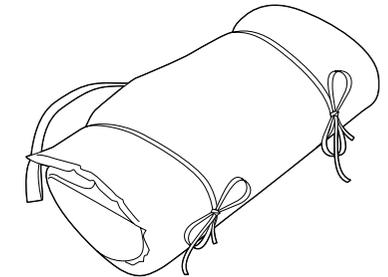
2. Lay the cover directly on the bed for use.

If you want to leave the cushion at home, you can also roll up a towel and place it under your neck or lumbar region to allow the mat to adapt to the curves in your back.

Cleaning and storage

Clean the acupressure mat as follows when necessary:

1. Open the hook-and-loop fastener on the cover of the mat and the zip fastener on the cushion and remove the foam inserts.
2. Wash the covers and the foam inserts by hand in lukewarm water with a mild detergent. The mat and cushion are not suitable for machine washing or tumble-drying!
3. Carefully squeeze some of the water out of the cushion's foam insert. Hang up the covers and foam inserts to drip dry and allow everything to dry **completely**. Pull the covers into shape repeatedly as they dry.
4. Push the foam inserts back into the covers and close the hook-and-loop and zip fasteners.



5. Place the cushion on the mat and roll up the mat to store it away. Store in a dry place that is inaccessible to children.

Disposal

Dispose of the packaging at a recycling point that sorts materials by type. Make use of the local facilities provided for collecting paper, cardboard and lightweight packaging.

Dispose of the product in accordance with current regulations. Contact your local authorities for more information.