



## ACUPRESSURE MAT THERAPY ROUTINE

With almost 8,000 pressure points to stimulate points along the meridian lines of the body, the self-healing benefits of the ProSource Acupressure Mat and Pillow Set include:

- Stimulates feel-good endorphins
- Promotes blood circulation
- Reduced pain and muscle tension
- Stress Relief
- Increased energy
- Improved sleep

For best results, lie on the mat with bare skin. You can also wear light clothing or use a thin sheet on top of the mat until your body gets accustomed to the sensation. Be sure to get on and off of the mat carefully as the pressure points are very sharp.

You may experience some initial discomfort as your body adjusts to the feeling of the pressure points. Breathe deeply and relax, and the discomfort should diminish within a few minutes, allowing you to experience the healing benefits of acupressure.

### NECK & BACK THERAPY

Soothes back pain, neck/shoulder tension, and headaches. Reduces stress, promotes relaxation and sleep.

- Lie on a flat surface with your back on the mat and pillow directly under your neck.
- For more lower back contact, bend knees with feet flat on the floor in front of you.
- Time
  - Beginner: 10-20 minutes
  - Advanced: Up to 45 minutes



## CHEST & ABDOMINAL THERAPY

Facilitates recovery after workouts, aids digestion, and promotes circulation in respiratory muscles.

- Lie on your stomach with head off of the mat, resting on hands.
- You may also lie with one cheek on the mat or accompanying pillow at the same time to relax the face and jaw.
- Time: 10-20 minutes



## LOWER BACK & BUTTOCKS THERAPY

Relieves lower body tension, facilitates recovery after lower body workouts, promotes good posture. Great for using at the office or traveling on a plane.

**Chair:** Place the mat on a chair with a slight fold, so your gluteus and lower back are both in contact with the mat.

- Carefully sit fully against the mat and back of the chair.
- Time: 10-30 minutes



**Floor:** Place mat on the floor and sit with legs crossed or extended in front of you

- Time: 10-15 minutes

## LEGS

Targets various lower body pain, promotes recovery after workouts.

**Hamstrings:** Sit on the edge of the mat and extend legs out in front of you.

- To increase flexibility and stimulate circulation, reach forward toward your shins or toes and hold for 20-30 seconds at a time.
- Time: 10-15 minutes



**Quadriceps:** Lie face down on the floor, with the mat under your hips and front of legs. You may prop yourself up slightly to stretch through your abdomen and hips for 10 seconds at a time, or relax fully onto the floor.

- Time: 10-15 minutes



**Outer Thighs:** Sit sideways on the mat with legs together and knees bent. Place arm on the ground for support.

- Time: 10-15 minutes



## FEET

Relieves tired feet and provides a sense of rejuvenation and increased energy – a great way to start your day.

- Stand on the mat or sit in a chair with feet on the pillow
- Time: 5-10 minutes.

