



# User Manual

## Introduction

ACUPOD is a Swedish-developed massage mat with 415 flexible rubber spikes. It stimulates the nerves in the feet, improves blood circulation, and activates reflex points according to the principles of reflexology. It is water-resistant, easy to clean, and designed to promote health and well-being.

## How to Use ACUPOD

### 1. For the feet (primary use)

1. Place ACUPOD on a flat surface.
2. Stand with your feet lengthwise so that the raised part is under the arches.
3. Move your feet as if you were walking.
4. Shift your weight and change positions to stimulate different reflex points.
5. Use for **6–7 minutes per day** for best results.

■ The sensation can be compared to a deep foot massage.

### 2. Alternative Uses

- **Lower back:** Place the mat behind your lower back in a sitting or lying position – for example, in a chair or car seat. It provides support and relaxation for the back.
- **Neck:** Put ACUPOD behind your neck while lying down or sitting. Perfect for unwinding and relieving tension after a long day.
- **Sitting for the glutes:** Sitting on ACUPOD stimulates the gluteal muscles and increases blood circulation, helping to reduce stiffness from prolonged sitting.
- **In the shower/bath:** The mat is water-resistant and can be used in the shower, bath, or even at the beach, making the experience both refreshing and relaxing.

## Recommendations

- Recommended usage time: 6–7 minutes/day.
- Longer use may cause overstimulation.
- Avoid using ACUPOD if you are: pregnant, suffering from serious heart conditions, or diagnosed with illnesses requiring medical treatment (e.g., cancer, diabetes, epilepsy).
- Not intended for children under 8 years old.

*Free your feet – Refresh your body!*



## Care and Cleaning

ACUPOD is made from non-toxic rubber, approved under EU REACH legislation and FDA standards. Rinse the mat with lukewarm water. Do not use strong cleaning agents.

## Technical Specifications

- Material: Special rubber compound (free from toxins and allergens).
- Spikes: 415, progressively shaped for varied pressure.
- Size: approx. 29 × 38.5 cm.
- Weight: approx. 1 kg.
- Manufactured in: Sweden (Gislaved Gummi AB).

## Tips for Best Results

- Use barefoot for maximum contact.
- Start gently if you are not used to reflexology.
- Combine with light stretching or foot massage oil.
- Regular use may improve blood circulation and leave your body feeling more energized.

*Free your feet – Refresh your body!*

[www.acupod.se](http://www.acupod.se)

