

Revitalizing Insole

IMPORTANT SAFETY INFORMATION

CAUTION: REFLEXOLOGY INSOLES ARE NOT A CURE OR A SUBSTITUTION FOR PROPER TREATMENT OF INJURIES OR AILMENTS.

WARNING: ALWAYS CONSULT A DOCTOR OR PHYSICIAN IF YOU ARE UNSURE IF REFLEXOLOGY INSOLES ARE SUITABLE FOR YOU.

Important Instructions Before Use

- Only use insoles for intended purposes.
- Cut insoles cannot be accepted for refund.

Test Your Insoles Before Making the Final Cut

- To test your insoles, place them on the floor or in an open shoe with the magnets and acupoints facing up.
- Gently place your feet on the insoles and gradually apply pressure to feel the acupoints and sensation on the soles of your feet.
- For sensitive feet, try them with socks first to get used to the acupoints and sensation. The more sensitive your feet, the thicker your socks should be.

Using Your Insoles

- The magnets should be pointing up and in contact with your feet.
- To trim your insoles, use sharp shears to cut around the suggested guidelines to fit your shoe. You can line your insoles up with the bottom of your shoe to get the perfect fit.
- Correctly align insole into your shoe, making sure that the magnet at the back is aligned with the middle of your heel.

Note: Take your time to break in your insoles. We recommend wearing them for 15 minutes initially, followed by a period of rest. You can gradually increase the amount of time you wear them each day until you are comfortable in them. Try transferring them into different shoes or doing different activities to experience the benefits Reflexology Insoles have to offer.

Caring Information

- If insoles need cleaning, wipe with damp cloth. Do not attempt to clean with liquid cleansers or submerge in water.
- If magnets fall out, they can easily be reattached by inserting them firmly into their original spot with your thumb. Magnets do not need additional adhesive to be reattached.

Features

- Can be trimmed to fit any shoe.
- Breathable material.
- 12 large acupoints to support your foot's arch and the body's core.
- 120 medium acupoints to stimulate reflexes.
- 270 small acupoints that promote nutrient-rich blood flow.
- 5 magnets strategically-placed to relieve pain across key reflex points.

Technical Specifications

- Dimensions: 310 x 125 x 1.5 mm
- Weight: 133 g