

# 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.

### Using Your Insoles

1. To trim your insole, 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 as a guide to get the perfect fit.
2. Correctly align insole into your shoe, making sure that the magnet at the back is aligned with the middle of your heel.

### Tips For Using Your Insoles

- Reflexology Insoles do not have to be used with a particular shoe. If you wish, you may transfer insoles into any shoe.
- Magnetic therapy promotes massage, stimulation, and isolated healing. Wear Reflexology Insoles to feel immediate benefits.

### Caring Information

- If insoles needs 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