



How to use the Prana nail mat

You lie down with the mat under your back. If you find the nails sharp in the beginning you can use a thin fabric between you and the mat. The goal is to rest directly on the mat.

At first you feel a burning sensation and of course it hurts, but it's an even pressure and after a minute or so you feel the blood pulsate and the back is getting warm.

The endorphins and oxytocin kick in and a lovely feeling of well being is spread through your body and mind. After using the nail mat for a while you feel addicted to it. But it's a good addiction without any side effects.

About 10-15 minutes makes you more alert and 20 minutes to as long as you like, makes you relaxed and stress free. You even fall asleep on the mat and that is heaven for people suffering from insomnia.

Eventually you can try the nail mat on other bodyparts and make it a daily routine. When it feels good it makes good!

If you have a medical condition. Contact your doctor before using the nail mat.

Washing instructions:

Start by removing the inside foam and hand wash it if needed. Use a detergent and lukewarm water and let it hang dry. Hand wash the outer cover with a mild and skin friendly detergent in lukewarm water. Rinse the cover thoroughly and hang dry.

Don't wash the nail mat in a washing machine and don't use a drier because it can damage the machine or the nail mat.