

HOW TO USE THE COQUET JOLI™ ACUPRESSURE MASSAGE MAT

1. Unroll the mat on a flat surface, with the acupressure points facing upwards. Place the headrest at one end of the mat if needed.
2. Slowly lie down onto the Acupressure Massage Mat. The slight discomfort will disappear once you've gotten used to the acupressure points sticking into your back.
3. Lie down on the Acupressure Massage Mat.
4. Get back up fully revitalized thanks to the Acupressure Massage Mat!

F.A.Q.

How Long is the Mat?

The mat is 26 inches long and 16 inches wide, or 67 centimeters long and 42 centimeters wide.

How Long Should I Lay on the Mat?

You can lay on the mat for as little as ten minutes to as long as an hour.

Can I Sleep on the Mat?

It is possible to fall asleep on the mat, but the acupressure bristles might become uncomfortable after a long period of time. Perhaps a short nap on the Acupressure Massage Mat might be better for you!

What Material is the Mat Made of?

The Acupressure Massage Mat is made from cotton and ABS (acrylonitrile butadiene styrene) plastic material.

Can it Help With Fibromyalgia?

Yes! Acupressure may be able to help people with fibromyalgia sleep better.

Can it Help With Sciatica?

Yes! The application of pressure can help relieve people who suffer from sciatica. Simply rest your lower back and legs on the mat.

Can it Help With Arthritis?

Yes! Applying acupressure to the joints can be a way to help relieve arthritis sufferers of the pain they experience.

Can it Help With Lower Back Pain?

Yes! Applying pressure on the lower back muscles for simply a few minutes can help provide instant relief from the pain.

Can Pregnant Women Use This?

We do not recommend the use of the Acupressure Massage Mat if you are pregnant. Please consult a doctor for advice.

Can Diabetic People Use This?

We do not recommend the use of the Acupressure massage Mat if you are diabetic. Please consult a doctor for advice.

How Do I Clean the Mat?

Brush the mat with detergent in a circular motion, hang the mat on a hanger and then rinse it off in the shower. Hang dry the mat afterwards.

If It Gets Too Painful, What Should I Do?

Put a thin cloth over the Acupressure Massage Mat. You can also ease into it by using it for a longer period of time everyday, letting your body adjust to the added pressure. Start at 10 minutes, and increase the time spent on the mat by 5 to 10 minute intervals everyday.