

Swedish Spike Mat

Warning

People with sensitive skin should be careful and always use a towel or wear a T-shirt when they start using the Acupressure mat to avoid itching sensations. People with coagulation problems (hemophilia) or people undergoing treatment with anticoagulants such as Waran, Klexan or Heparin must not use the Acupressure mat, since there is a large risk of subcutaneous bleeding and bruises. People with severe allergic back eczema or general psoriasis should be careful and always use a towel, and should initially lie on the Acupressure mat for a shorter time than recommended and experiment to find the optimal treatment time. People with widespread skin damage on their backs should not use the Acupressure mat.

NB! Be careful with your hands when you lie down and get up from the Acupressure mat! **NB!** If you feel clammy, dizzy or faint during the treatment, you should stop and place a thicker towel on the mat.

NB! Don't use before the fourth months of pregnancy.

Side-effects

After use you may feel slightly "high". This is probably due to endorphins released and is completely harmless. Some people may initially get a headache, feel dizzy or feel tender after use. This is not harmful, and is a result of the sudden relaxation of the body. Lie on the mat for a shorter time and/or with longer intervals and gradually increase the use of the mat so that your body becomes accustomed to it. The "nails" cannot penetrate your skin, but will leave marks on your back. These are also harmless and will disappear after a while.

Whiplash

People with whiplash injuries become dizzy and sometimes have pains in their neck at the beginning of the treatment. This is because the neck is important for balance. When a person has chronic tension in the neck and shoulders, the muscles "force" the neck into a new position. When the muscles relax, a new balance is created and this may cause dizziness. This is harmless and will gradually disappear as the muscles around the neck become less tense. Lie on the mat for 10 minutes every other day and gradually increase use of the mat as the dizziness/aches decrease.

Fibromyalgia

Those who suffer from fibromyalgia are often over-sensitive to pain and should initially lie on the mat for a short time, about 10 minutes, and use a fairly thick cloth to get used to the sensation. Gradually increase the time on the mat and preferably use a thinner cloth as the body becomes accustomed to the pain with time.

General

If you are doubtful, Before using the Spike Mat, don't hesitate to consult the manufacturer, Svenska Spikmattan AB, or your doctor.

Measurements: 64x40 cm

Adjustable effect

Material: Recyclable TPE. Washable. Free from Latex and PVC

The Acupressure mat is CE marked.

The product is design patented.

Manufacturer: Svenska Spikmattan AB, Malmö, Sweden www.spikemat.com

Swedish Spike Mat

HELPS AGAINST
Insomnia, Back pain, Stiffness,
Neck pain, Shoulder pain,
Muscle tension, Stress



CLASSIC, FLEX and COMBI used with or without clothes

CLASSIC (hard) for you who wants a strong acupressure effect.

FLEX (soft) for you who wants a milder acupressure effect or for pure relaxation.

COMBI (soft+hard) for you who wants to vary the acupressure effect .



Made in SWEDEN by Svenska Spikmattan

Swedish Spike Mat



CLASSIC (hard)
A strong acupressure effect



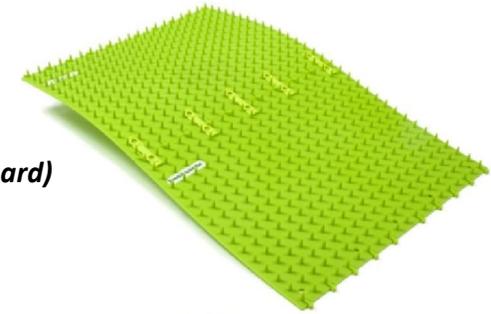
FLEX (soft) Milder acupressure affect.



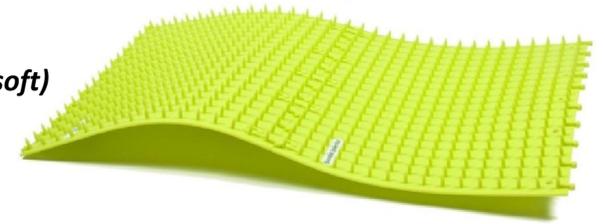
COMBI (hard and soft)
Vary the acupressure effect

How to use the Swedish Spike Mat

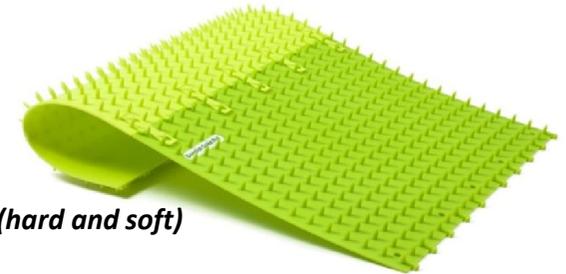
- Place on bed, sofa or floor
- Adjust the pain/effect by wearing thinner or thicker clothes
- Use at last 20 minutes. 20-40 min is optimal.
- The first 5 minutes it shall feel properly. After that you will feel warm and drowsy and some may fall asleep.
- Use the Spike Mat every day or when you need it.
- For sleeping problems; use it in the bed when going to bed.
 - Remove it just before falling a sleep.
- Easy to wash. Rinse it with or without soap.
- Store the Spike Mat with the nails down or against the wall



CLASSIC (hard)



FLEX (soft)



COMBI (hard and soft)

Why does it work?

- Endorphins gives pain relief
- Oxytocin provides relaxation
- Relaxation and pain relief gives recovery
- Your body is good at self-healing if given a chance!



* Much indicates that the body produces Endorphins and Oxytocin when lying on the Swedish Spikemat.

Can help the following

Lumbago, slipped discs, stiffness, sciatica, stress, chronic aches, "frozen shoulder", headaches, sleeping problems, whiplash, fibromyalgia