

Pax ☆ Vita

Thank you for buying Pax Vita!

Instructions

Basic use:

Gently lie down on your Pax Vita. Try to get your weight evenly over the contact points. Sit up close to the mat and roll down onto it. During the first 1-5 minutes you will most likely experience a prickly feeling which is mildly painful. This pain will gradually fade away. Breathe deeply and relax.



Even those who have a low pain threshold can use Pax Vita. The release of endorphins and hormones is a reaction to stimulation so expect some initial discomfort. Listen to your body's signals. If the pain you are experiencing becomes too much, sit up and place something light between your Pax Vita mat and your skin (a pillow case, sheet, linen or cotton T-shirt) When you become used to the sensations you can use your Pax Vita without a protective layer.

One common experience after a session on Pax Vita is feeling energetic but tranquil. A feeling of satisfaction and clarity.



The first 1-5 Days use between 10-15minutes.

Any time of day is fine. You can experience a range of reactions. Some first time users fall asleep. Others get an energy boost immediately after use. This will adjust itself once you start using your Pax Vita more frequently. Drink a glass of water after use.

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When you feel ready we recommend about 20 – 45minutes.

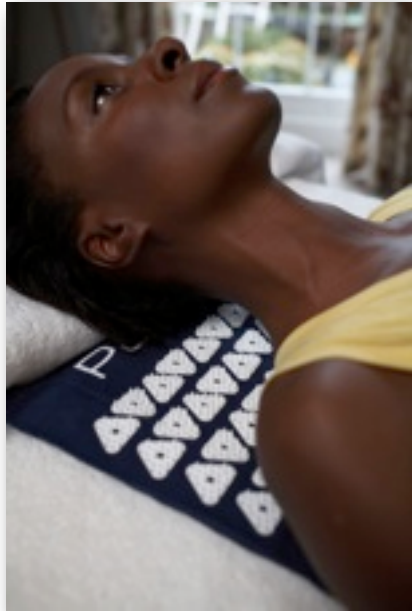
Relax and enjoy, time is not important and there is no need to stick to a schedule. The time you spend on your Pax Vita can and should be restricted by your senses not by time. Always relax and let yourself go. Don't worry if you discover that you have used it for longer than we recommend. What matters is that you feel good after a treatment. You can use Pax Vita any time of day even at bedtime.

Use it when it feels right. Whenever it feels right, take a Pax Vita break. Most users treat themselves daily for maximum effect. People with autoimmune disorders appear to get the best results with daily use, preferably in the morning.



We recommend you drink water after each use. Take a few minutes to re-adjust after use.

Variation of use.



Back

Lay your Pax Vita on an even surface. Lying Pax Vita on a soft surface such as a bed will reduce the pressure and the stimulation because Pax Vita will yield under your weight. For maximum stimulation use the floor. Place a rolled up towel or pillow under your neck. Lower yourself onto the mat so your bare back is in contact with the points. This stimulates acupressure points along the spine and over the back. This can help back problems, pain relief, lower stress levels, balancing and energising the body.



Stomach

As above but with your chest down, slowly lower yourself and use a pillow/towel for your head for comfort. This can improve your metabolism and loosen tightness in the diaphragm and respiratory muscles.



Face

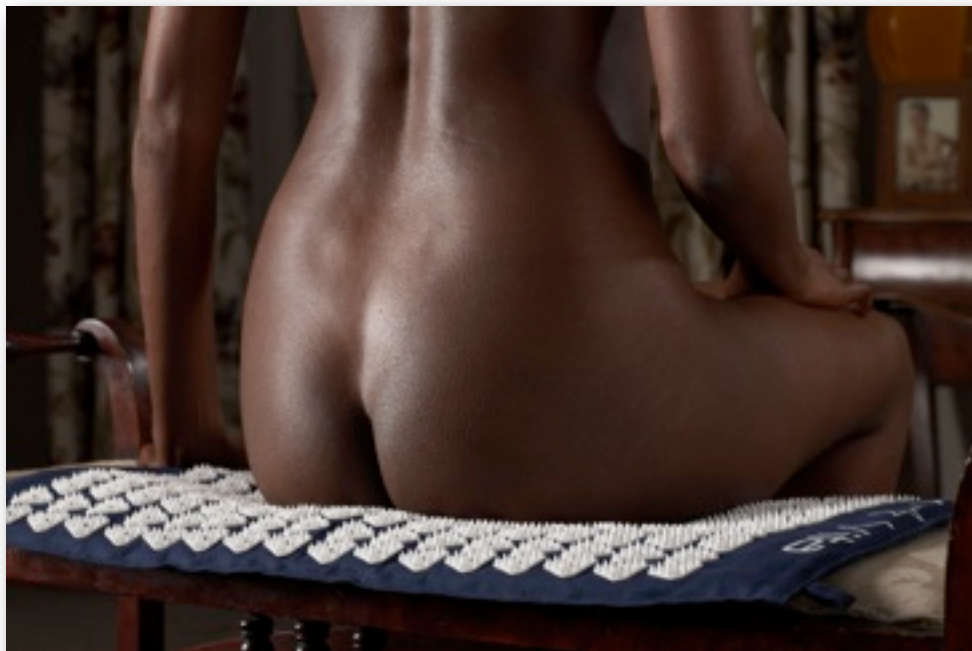
Fold your Pax Vita in two places so it forms an S from the side, use it as a pillow, carefully lay down with your cheek against the mat. To ease any discomfort use a thin sheet. It may leave imprints of the points for up to an hour depending on the hydration of the skin etc, so exercise caution if you are going out. This method loosens tightness in the neck and jaw. This can rejuvenate the face and neck and brighten the complexion

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Feet

Lay your Pax Vita on the floor and gently step on to it. Stand for as long as you wish, we recommend 5-10 min. You can start by wearing thin socks to reduce the initial pain. A gentler way is to place your Pax Vita on the floor next to a chair, sit down on the chair and place your feet on your Pax Vita. This can stimulate acupressure points in the feet and help stimulate the body and internal organs.



Lower back and bottom

Put your Pax Vita on a chair, make sure the mat covers the seating area and let the remaining part follow the back of the chair. Gently sit down. This can ease tension.

Make your own “well being” program:

With the above basic positions in mind we suggest you make your own “well being” program to suit your individual needs. These are suggestions and you do not have to do them all, only what you feel comfortable with.

Enjoy your Life in Peace – Pax Vita!



How to clean your Pax Vita

We recommend occasionally cleaning the points with a spray cleaner

The mat should be hand washed with soap and a brush (if needed) then rinse with water. Hang to dry, do not use a tumble dryer.

Do not put it in your washing machine.

Warnings

Do not use the mat if you suffer from any skin allergies, malignant and benign tumours, thrombophlebitis. (<http://en.wikipedia.org/wiki/Thrombophlebitis>)

If you are pregnant please consult your physician, before using the mat.

Pax Vita treatment and ideas we share here are not meant to replace medical advice in anyway.

Use under supervision with children.

Not for use on Infants or Animals

We are confident that you will have a peaceful and energetic experience with Pax Vita.

Let us know! info@paxvita.com

Your overall energy levels increase and you cope better in everyday life

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