

COZLOW

Wooden Foot Roller

INSTRUCTION MANUAL

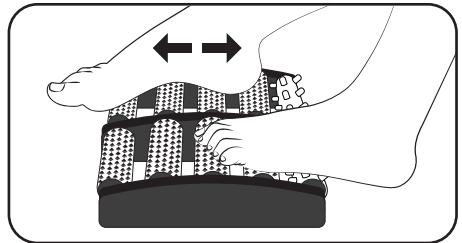
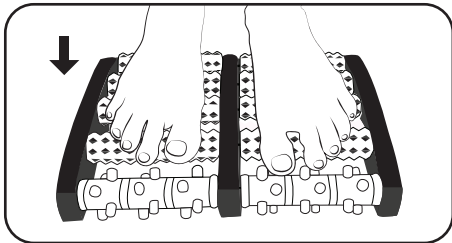
Introduction

The Wooden Foot Roller features two types of acupressure nubs that help relieve plantar fasciitis, foot pain, and spur pain. Its arch-design perfectly aligns with the feet shape, while the five rows of rollers ensure maximum coverage and relaxation for your feet.

Use Instructions:

Follow these simple steps for an effective and soothing foot massage.

- 1 Find a comfortable chair or sofa to sit on.
- 2 Place the foot roller on a flat surface in front of you.
- 3 Sit with your thighs parallel to the ground, ensuring a comfortable position.
- 4 Use the foot roller with bare feet or while wearing socks, based on your preference.
- 5 Apply gentle pressure to the roller with your feet, feeling the nubs.
- 6 Slowly roll both feet back and forth in opposite directions from toe to heel for 3-5 minutes.



- 7 Adjust the pressure by adding or reducing weight on the roller.
- 8 Continue rolling your feet for the desired duration, taking breaks if necessary.

NOTE

If you experience any pain, discomfort, or have any pre-existing medical conditions, consult with a healthcare professional before using the wooden foot roller.

Remember to wipe the foot roller clean with a damp cloth and store it in a safe place after each use.

If there are any problems with this product,
please email support@mendotamerchants.com or call 1-844-464-1915