

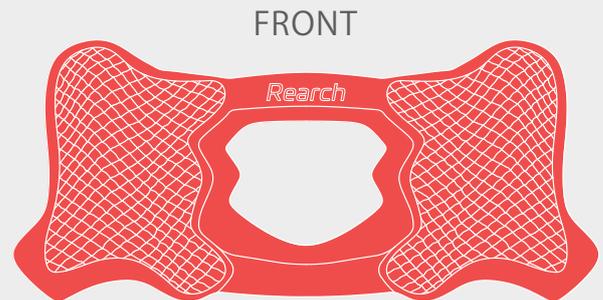
# Research

POINT  
1

## Instructions for Using Research

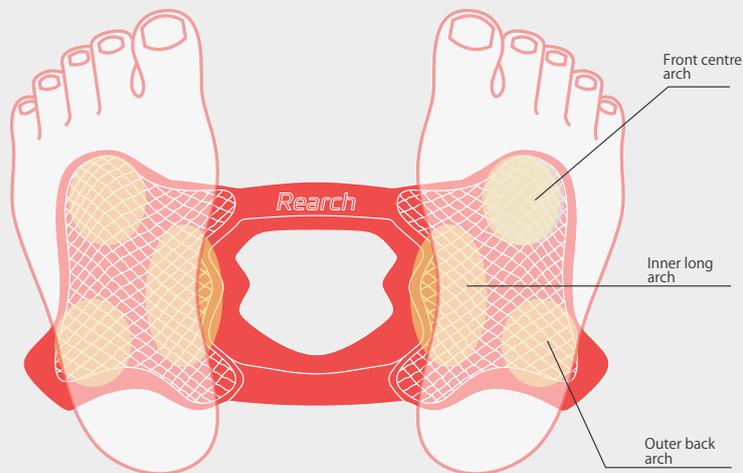
### 1 Ensure the product is facing the right way

Place so that the Research logo is in front.  
The product is designed not to slip but it is recommended to place on a non-slip surface.



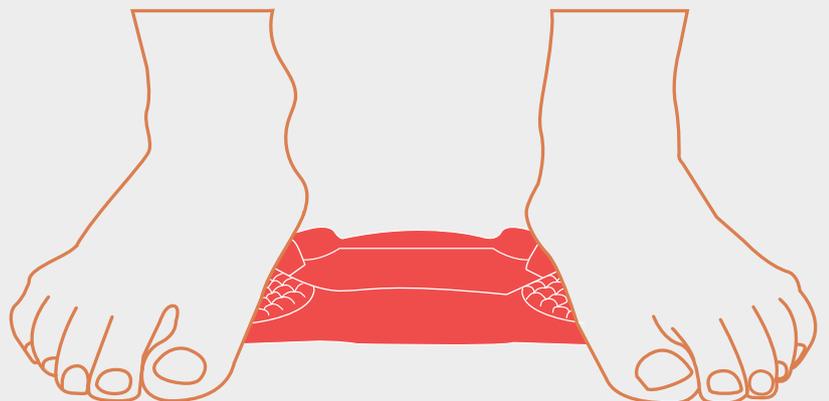
### 2 Align your arch points

Research is designed to stimulate the front centre arch and the inner and outer arches.  
Make sure the arches are aligned with these 3 points.



### 3 Step lightly on Research

Step lightly on the product.  
Until you get used to it, support yourself using a wall etc.  
Initially, use for 1 – 2 minutes.  
Gradually increase the length of time.  
3 – 5 minutes each time is recommended.



# Research

POINT  
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## Easy to use everywhere



While dressing



While taking a break  
in the office



In hotel room  
while on holiday

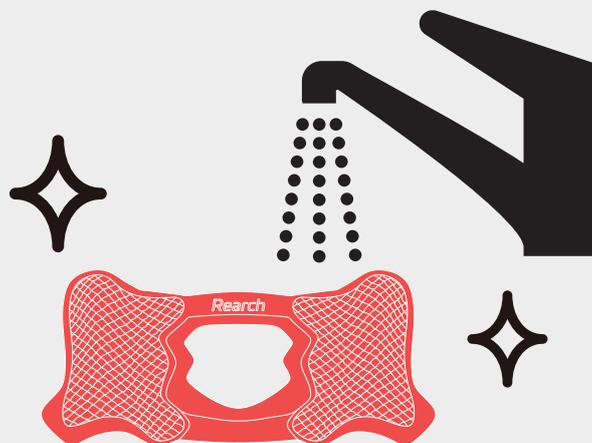


After exercise

**Weighing only 80g and compact,  
Research is easy to carry around.**

POINT  
3

## Ok to wash with water!



**If necessary, wash lightly with water  
and wipe with a dry cloth.**

# Rearch

POINT

4

## Precautions

1

Rearch is designed not to slip. However, please use on a non-slip surface.



2

In the unlikely event that you feel pain or unwell while using the product, stop using immediately and contact your local medical facility.



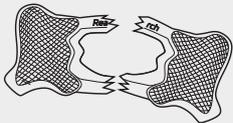
3

Until you become used to the product, use a wall or other support. Initially use for 1 - 2 minutes before increasing over time.



4

The product uses high quality materials with elasticity and durability. However, depending on the length and frequency of use, it may degrade, change shape and lose its effectiveness.



5

Leaving the product in a hot car or car trunk may lead to the product losing its shape in a short period of time.



6

Placing the product in direct sunlight or close to a stove, heater, or drying machine etc. may cause it to dry out excessively, change shape / colour and shrink.

