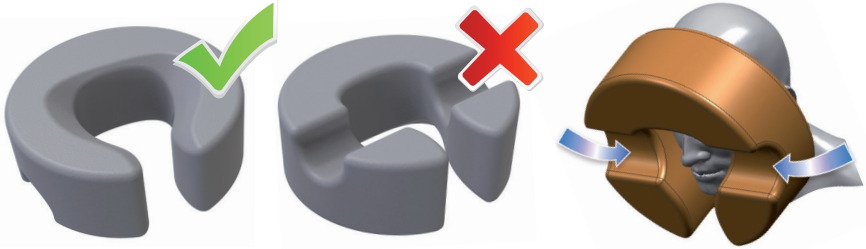


# IMPORTANT - PLEASE READ

Congratulations on purchasing your Premium Face Down Pillow from Zenesse Health! Please take 2 minutes to read this Quick Start Guide, to ensure you get the most from your product and achieve the full comfort you deserve...

## ? How to position the pillow



Place your face down pillow with the open end towards your chest and the ventilation arches at the base. This will then assist in providing a proper air flow and easy breathing while in use. Tension the adjustment cord to adjust the pillow shape for your personal comfort, ensuring it is always positioned at the base, next to your mattress.

## ? My face sinks too far down

Your head is not positioned correctly on the pillow. Ensure your forehead is resting on the foam support area at the top, rather than the void in the center. This will allow the pillow to support the weight of your head and maintain airflow through the channels. If you don't rest your forehead on the top support area of the pillow, it can lead to the sides splaying out and your face sinking too far into the pillow.

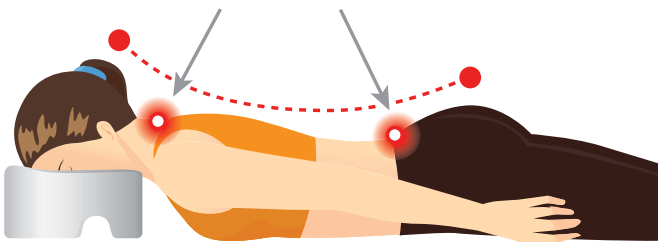


## ? My neck/back aches when I am lying flat

If you find the pillow a little high or you are experiencing stress in the neck area when lying flat, then simply put a normal pillow lengthwise from your stomach to shoulders. This will gently elevate your torso, helping to keep your spine in line and ease neck tension whilst using the face down pillow in a lying prone position.

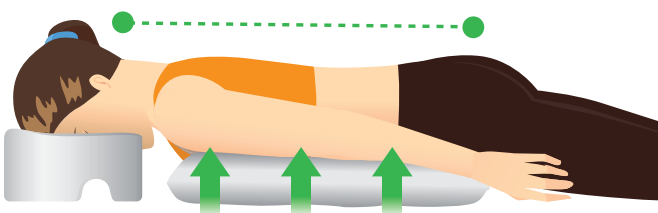
### TORSO UNSUPPORTED

Creates stress on the neck & lower back



### TORSO IS ELEVATED

Spine is aligned, no strain on neck & back



Please see over for product care and warranty information...

## ? How to care for your pillow



\*Cover Only  
Machine Washable  
Low Heat / Delicates



\*Cover Only  
Drip Dry / Tumble on  
Very Low or No Heat



Memory Foam Pillow  
- Spot Clean Only -  
DO NOT TUMBLE DRY

We try to ensure our pillows are produced so they do not have a scent like many other memory foam pillows. However, when any memory foam is enclosed in air-tight packaging over a period of time, occasionally low levels of vapour can build up. So if you do notice a slight odor, please take off the removable cover, allow the foam to 'air out', ideally outside in direct sunlight or near an open window for 24-48 hours and wash the cover on a low heat with fabric conditioner for optimal freshness.

Memory foam is VERY delicate and should only be sponge cleaned by hand with a very light touch, using as little liquid and gentle cleaning agents as possible. To freshen up, spray with a fabric freshener and leave to air naturally outside. All our support pillows are OEKO TEX certified, free from harmful substances



For questions and advice, please contact: [support@zenesse.health](mailto:support@zenesse.health)



## Product Warranty

We want you to know that we stand by our products and our customers, so if in the unlikely event that you are not satisfied, don't worry, we've got your back!

Your premium Face Down Pillow comes with a full no-quibble 3 month warranty from purchase. However if you register your product with Zenesse Health customer support directly, we will extend this to a FREE 5 year guarantee!

To take advantage of our FREE Extended Warranty offer, simply make a note of the information required below and register your purchase today at:

[www.zenesse.health/warranty](http://www.zenesse.health/warranty)

Product Name: .....

Amazon/Zenesse Order No: .....

Purchase Date: .....

For support visit: [www.zenesse.health/support](http://www.zenesse.health/support)  
or email: [support@zenesse.health](mailto:support@zenesse.health)