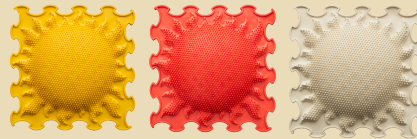


Professional massage isn't cheap. Luckily, you can get the same benefits at home with sensory massage puzzle mats- by doing it yourself.

### 1. Shining sun

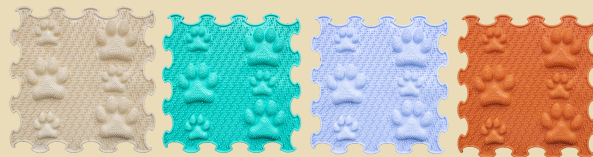
Provides intense stimulation. It was specifically developed for people that are suffering or would like to prevent flat feet. It provides intense stimulation and helps with such foot conditions as varus/valgus. Every year, doctors are increasingly diagnosing "flat feet" to preschool children, to prevent this use convex surfaces daily. We also recommend using it for elderly people.



### 2. Lucky paws

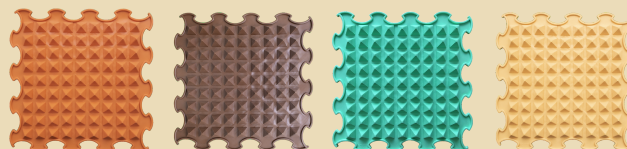
Medium stimulation, mixed elements of soft and firm.

Perfect for flat feet, making stimulation of feet arch. It provides a relaxing effect and can reduce anxiety and foot pain from wearing heels or uncomfortable shoes during the day. Live without pain! This is an effective effect on nerve endings and improved blood circulation, as well as the process of regeneration (recovery) of tissues.



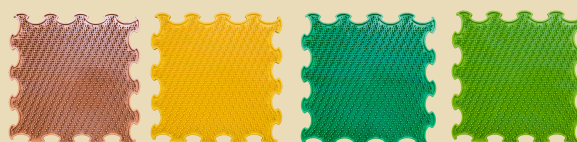
### 3. Pyramids

Our sharpest surface. For those who expect super-deep intensive massage. Massaging specific pressure points on your feet can heal conditions affecting different parts of your body, for example, reducing lower back pain. It can be used not only for your feet but also for your back to ease muscle pain after a long day of physical activities. Modules with acupuncture surfaces do an excellent job of relieving tension, stress, and actively affect biologically active points-scoliosis.



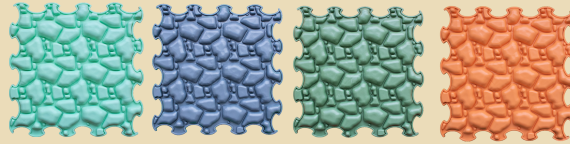
### 4. Grass

Our softest surface. It is very relaxing, especially after intensive puzzles such as spikes or pyramids. Point soothing massage could be very beneficial for people who have insomnia, work stress, and an active lifestyle. It is also the perfect surface for babies as it is convenient to walk on them for legs that are not yet fully strengthened.



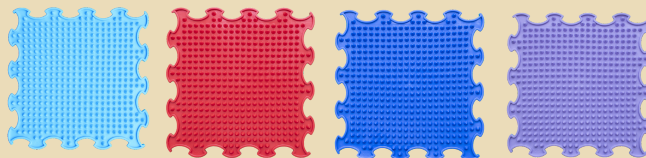
## 5. Stones

Stiff surface. Point massage middle intensity. Stones are great when it comes to sensory and motoric skills development. We recommend doing exercises from heel to toe and stepping on the foot's side so you can feel all the small pebbles. Moderate pressure massage is safe and works well for most people with conditions like arthritis, fibromyalgia, and long-term pain. How? It activates your nervous system, which increases feel-good brain chemicals like endorphins.



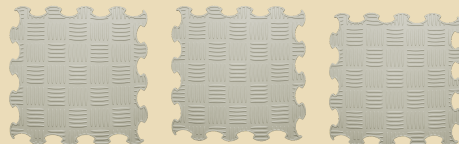
## 6. Spikes

Soft medium intensity surface. It reduces pain and tiredness and provides a very intensive point massage. We recommend it for people seeking relaxation after a long day, especially for women wearing heels. Helps increase tactile sensation of hands and feet by massaging regularly. It also contributes to the manifestation of mental abilities and formation of logical thinking.



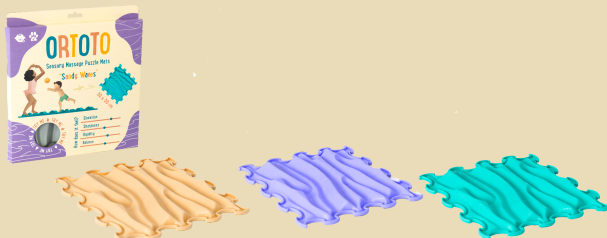
## 7. Sport surface

Anti-sleppery surface. It was developed to cover a bigger area as a plain and non-slippery surface. This could be of great use in the gym, schools, swimming pools, and anywhere sporting activities occur.



## 8. Sea Sand

Stiff surface. Our newest surface is perfect for flat feet stimulation—sensory and motoric skills development. Besides that, reflexology reduces pain and thus decreases the amount of pain medication required, helps to improve psychological conditions such as depression and anxiety, and enhances relaxation and sleep.



For the prevention of various developmental disorders of the feet, as well as strengthening the muscles of the legs, you can use any surface. However to achieve the best results, we recommend getting as many different puzzle surfaces as you can feel the contrast stepping from one to the other, thus boosting blood circulation and effectiveness.