

Care & Instructions for your new Pure Life Pillow



Relax!

Your new Neck and Back Support Pillow is truly easy to care for.

Good news! Your pillow is 100% machine washable and dryable! It's made with an innovative, hypoallergenic filling that is manufactured in tiny clusters that don't bunch up like traditional fiberfill. This top of the line, down alternative fill and soft, yet durable cover material make it possible to machine wash and dry your pillow as often as you want.

Simply throwing your pillow in the dryer on medium heat for a few minutes will plump it up nicely at any time as well. The more you fluff the pillow with your hands, the better it will mold to your particular needs, so experiment with shaping it with your hands.

The orthopedically correct, ergonomic shape of this pillow is perfectly contoured to support the cervical curve of your neck and cut out to allow plenty of room for your shoulders. This unique feature keeps your head from being pushed too far forward like most rectangular pillows.

When used with the tips pointing upward in a U-shape, your pillow provides gentle decompression type traction to the neck or low back and can relieve pressure on joints, and help prevent headaches, neck pain, and backaches. When used with the tips pointing downward, the pillow provides unparalleled support to the natural curves and contours of your spine.

You can even rest on your new pillow with the tips pointed straight up to the ceiling, which lightly covers your ears and helps block noise. Try all three positions and keep experimenting until you find the one or ones that are best for you. Also, feel free to ask your healthcare provider what they recommend for your exact needs.

You can use your new pillow as a supportive cushion for your neck or back while watching television or reading in your favorite chair or on the couch. Use it as a lumbar support or neck cushion in your office chair at work, and even use it as a bed pillow when you travel.

Buy two or three and put one between or under your knees to relieve low back pain or take it with you when you travel on a plane or ride in a car.

For more information, please visit www.pure-life.com and click on the pillow link. Please feel free to e-mail us your testimonials and honest feedback so that we can better help serve others.

We appreciate your business.

Pura Vida!

Pure Life, Inc



www.pure-life.com