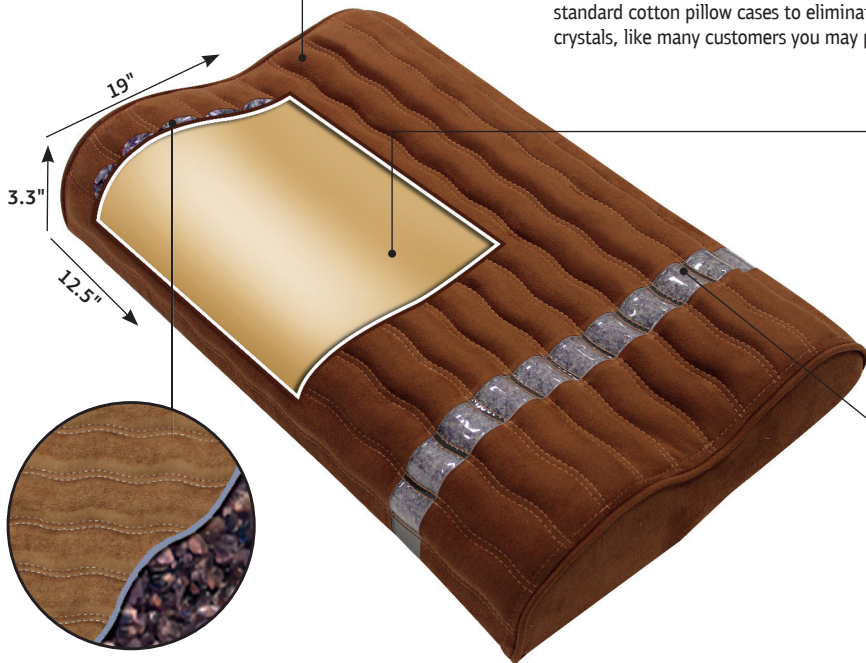


RICH BROWN HARD B-SHAPE AMETHYST PILLOW

QUICK START GUIDE

- **SIZE: 19"x12.5"x3.3"** (48x31x8.5 cm)
- **2.5 LBS OF NATURAL PURPLE AMETHYST**
- **FIRM SUPPORT**
- **HARD MEMORY FOAM**
- **NET WEIGHT: 5.3 LBS**

High quality heat resistant soft, elegant, durable and comfortable brown microfiber suede fabric with Ereada® logo embroidery



HARD MEMORY FOAM FOR FIRM CERVICAL SUPPORT

HARD core pillows with **FIRM CERVICAL SUPPORT** may provide better head and neck elevated position during FIR heat sessions on hot stone mats and pads. These Gemstone Pillows recapture Far InfraRed heat from the FIR Mat and radiate it at a lower intensity especially useful for high heat detoxification sessions on the FIR mat. These pillows with gems may also be effective to maintain back and joints in normal condition.



A+ GRADE AMETHYST



We use specially crushed to minimum size 2-4 mm rounded to avoid sharp edges high grade «A+» Natural, not chemically treated, crushed and tumbled best Korean and Brazil Amethyst crystals. When crystals become hot they start to generate the most bio-available Far InfraRed (FIR) crystal rays as well as Negative Ions. Our pillows are heavier than other brands because we load them with much more gemstones by weight. The tiniest stones which we use have much larger surface than the standard ones and generate more crystal rays and ions. These stones are smooth and do not create the same pressure on the head or neck as the standard pillow. So small polished crystals make our pillows healthful and comfortable.

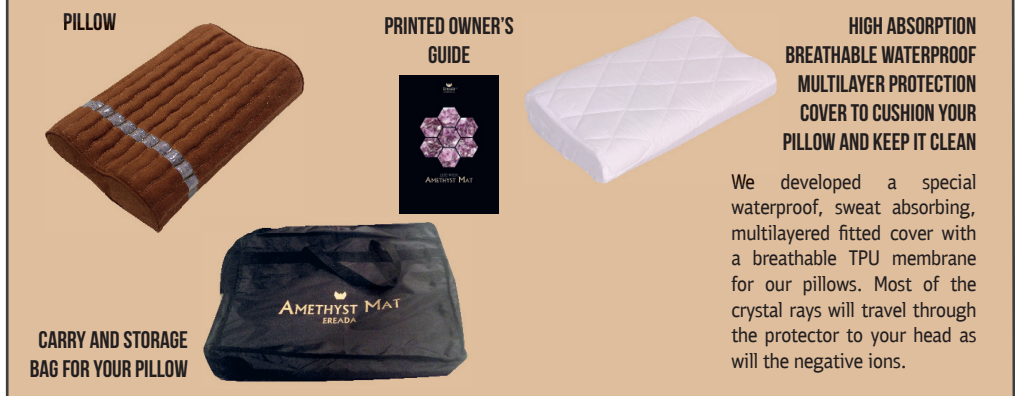
Natural Amethyst was known in ancient times as healing stone for its powers to detoxify body, reduce emotional problems, stress, and anxiety, improve sleeping and clear mind. For centuries this beautiful purple gemstone was believed by traditional practitioners in both Europe and Asia to be helpful to alleviate tension, soothe problems, snoring, and reduce discomfort caused by bone and joint-related issues.*

Ereada® Pillows are non-powered and do not utilize electricity. The crystals forming the whole surface of the pillows naturally release Far InfraRed rays and Negative Ions in safe and delicate way using your own body heat. The gems can absorb the excessive heat from the too hot zones of your head and return it to those areas which need more warmth.

When sleeping on your side or on your back a pillow between or under your knees can reduce stress on your hips and lower back.



EREADA® PILLOW SET INCLUDES:



HIGH ABSORPTION BREATHABLE WATERPROOF MULTILAYER PROTECTION COVER TO CUSHION YOUR PILLOW AND KEEP IT CLEAN

We developed a special waterproof, sweat absorbing, multilayered fitted cover with a breathable TPU membrane for our pillows. Most of the crystal rays will travel through the protector to your head as will the negative ions.

We do our best to ship all pillows to customers with free of charge protective waterproof and sweat absorption covers. In case your pillow was delivered without a cover, or it is not comfortable even with the cover, please, use the towel or several standard cotton pillow cases to eliminate the crystals' pressure on your head and neck. As soon as your head gets used to crystals, like many customers you may prefer to use your pillow without the thick covers, especially for sleeping or during low-intensity sessions that do not involve sweating.

RICH BROWN HARD B-SHAPE AMETHYST PILLOW

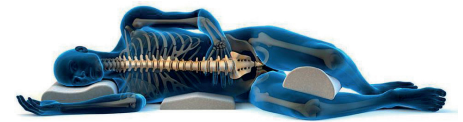
QUICK START GUIDE

1. We have several types of pillows with amethyst specially designed to be used with our FIR mats and for short sessions before sleeping (harder one) or as separate items just for sleeping and relax (softer ones).
2. All Ereada® pillows are un-powered, non-electric. It is not safe to heat the head and we do not manufacture heating pillows.
3. The crystals forming the whole upper surface of the pillows naturally release far infrared rays and negative ions in a safe and delicate way, using your own body's heat.
4. The gems can absorb excess heat from the warmer areas of the head and distribute it to areas which are in need of more warmth.
5. So even without the mats, these pillows use the natural heat of our body to generate FIR rays and provide the effects of amethyst in a pure and natural form.
6. Negative ions are also naturally emitted by crystals upon distortion caused by heat or pressure.
7. You will experience a cooling effect in the summer and a warming effect in the winter.
8. The pillows are very useful for FIR mat sessions, more elevated head and neck position.
9. Ereada® pillows are recommended for high-heat sessions on the FIR mat. They can protect your head from heat, absorb it from the mat and radiate it at a lower, more natural intensity to the neck and head.
10. The pillows can also provide some protective distance between your head and the electrical connector on the mat.
11. Non-Powered GemStone Cervical Contour pillows which we carry vary in shape, stones used, softness/hardness/support.
12. If you are not sure that you need a Hard pillow for cervical support, it may be better to choose the Soft one with Gentle support as more comfortable.
13. If you lay on your back and use the pillow under neck or under your neck or knees the

- D-shape mini pillow may be sufficient. But remember that all of these mini pillows are hard. They are about 3 -3.5 inches in height.
14. The B-shape Pillow can be HARD or SOFT and have two supportive lobes, one 2.5"-3" and the other 3.5"-4" high. You may choose many different positions with this pillow.
15. The lower lobe is usually used under neck and the higher one under the knee but it also depends on your neck curvature and comfort, as well as whether you lay on your back or on your side.
16. Please find and use the most comfortable way for your personal needs.
17. All our pillows consist of 2 parts, the core insert made of either special heat resistant HARD foam for FIRM cervical support, or SOFT memory foam for GENTLE support, and the valuable cover with precious natural tumbled crystals infused along the whole length of the pillow case.
18. The terms SOFT and HARD are used relatively, as of course all the pillows with stones in the upper layers feel rather hard.
19. These pillows are supposed to be hard, they are not built for comfort or long sessions. Of course everybody is different and some customers may start sleeping on them right away, but most use them occasionally for short-duration sessions.
20. For longer sessions, sleeping, or relaxing, it may be better to choose the SOFT Pillow with GENTLE cervical support. Again, the softness is relative, as all pillows with crushed crystals are significantly harder than common sleeping pillows made with natural or synthetic down or feather-like fillers.

But if you need to make the pillow really soft, the best solution is to have the cover removed from the pillow insert (there is a zipper on the back) and put it on a standard sleeping pillow, or fill the case with shredded memory foam like the one used for expensive bean bags or with eggshell mattress pad material. That would be the best for a comfortable all-night sleep.

If you would like to sleep on your pillow, do it slowly, adapting your head and neck to the pressure. You can start with shorter 15-30 minutes sessions before bedtime and move forward gradually, adding half an hour every second day. It is like acupuncture – there's no need to overstimulate the body from the outset, it is better to increase the intensity of pressure slowly and continuously.



The hard pillow consists of a removable cover with amethysts and a zipper on the rear side, and a heat-resistant hard polyurethane foam insert.



HARD PILLOWS

- Hard pillows are very hard and are not intended for relaxation or sleeping (though some customers do use them this way). They are necessary if you have a special need for a hard, very supportive contoured pillow.
- To decrease the pressure from the stones use a topper or a towel on the top of the included protector to make the pillow softer. Most of the crystal rays and ions will travel through the protector and topper to your head and you will be more comfortable. Later, when your body gets used to the pressure, you can remove the extra layers one by one. It may also demand a step-by-step increase of the time you lay or sleep on the pillow, starting from half an hour and adding 15 minutes every other day, for example. If you feel pain, it means that you are overdoing it.
- But if your pillow is really too hard for you, no matter hard it is or soft, please remember that the pillow consists of two parts – the core insert, made of special heat resistant foam, and the most valuable part of the pillow, the cover with precious natural amethyst infused along the whole length of the pillow case.
- If you need to make it really soft for a more comfortable all-night sleep or long sessions, the best solution would be to have the gem-infused cover removed from the pillow insert (there is a zipper on the back side) and replace it with a common sleeping pillow or some other filling material as for example eggshell mattress pad material available on Amazon.

LEGAL DISCLAIMER

*Ereada® stone mattresses, mats, pads, belts, wraps, pillows can help you create a relaxing, soothing and re-energizing environment to maintain your wellness, balance, good sleeping, physical strength and fitness and awaken the restfulness, comfort and invigoration powers and energies. Together with exercises and healthy diet Ereada® products may supplement your daily activity and become an important part of your healthy lifestyle which can improve your ability to do the everyday things and enhance life experience. Ereada® products are not intended to diagnose, cure, treat, mitigate, or prevent any disease, illness or medical condition or to substitute medical treatment of any kind or to affect the structure or any function of the body. Information here is never to be construed a medical advice. It does not reflect or represent a product claim. FDA has not approved or evaluated Ereada® products or this information. All products, specifications, and data are subject to change without notice to improve reliability, function or design of the products.



Amethyst crystals emit Far- and Mid-InfraRed rays in the isolated most absorbable and compatible wave length range between 4 and 16 microns. These rays are called "Crystal" or "Bio-resonance" because of the unique Amethyst effects concentrating the most part of radiated heating energy at 7 and 12 microns. If you have a cat the Pillow with crystals will be her favorite place.

