



**Foot Pad**

*The Energy Restoring*

# Foot Pad

**one step closer to a healthier lifestyle**



# The Energy Restoring Foot Pad



- Restore your energy naturally
- Stimulate the body's natural self-curative abilities
- Release muscular tension
- Promote the circulation of blood and the body's life force to aid healing



"I truly believe that if everyone focused on using The Energy Restoring Foot Pad consistently, it would improve everyone's general health...As a Reflexologist, I highly recommend the daily application of the Energy Restoring Foot Pad to everyone to help overcome most health problems."

**Mobeen M. Khan**, B. Ed., RPN, CR, HTP  
Reflexologist-Consultant / Reflexology Association of Canada

## Features

- Sturdy rubber (Santoprene) 'bumps' apply pressure to the pressure points (reflex points) on your feet as in Reflexology. By pressing your feet gently against those pressure points until you can feel pain/pressure, those pressure points link to the organs in your body (if you feel pain, then there is some energy mishap going on with that organ). So by pressing your pressure points of your feet against those protrusions, then those same pressure points to your organs located on the bottoms of your feet are massaged (see chart on back).
- Each protrusion can be used to reach different organs in your body. The Energy Restoring Foot Pad can be rotated to reach different pressure points for each organ. It allows users to define sore spots within their feet and gently applies pressure to whichever protrusions that reach those points the best.
- Lightweight and flexible, it can be folded in half for easy portability.
- Patented unique shape and suction cup design.
- Your body's weight does the massaging of your feet for you.
- Soft, durable, water-resistant rubber will hold its shape for a lifetime of use.
- The Energy Restoring Foot Pad is formed in shapes of both right and left feet.
- Contains webbing on the underside as well as suction cups on underside for non-slip support.
- One size fits all.
- Can be cleaned easily with soap and water.
- Easy-to-read reference diagrams of feet and corresponding pressure point organ chart.

"A very effective durable and water resistant footpad"

The purpose of this invention, The Energy Restoring Foot Pad, is to provide a massaging pressure point device. The Energy Restoring Foot Pad is made of a soft rubber, water resistant material.

To reach more areas with the pressure points, you can apply pressure with each foot sideways, forward or backward on the pad.

When used on a standard enamel, acrylic, plastic, fiberglass or heavy porcelain tub, a person massaging their pressure points may sit or lay comfortably in a warm bath placing both feet upon the pad, either one foot at a time or both feet together to reach pressure points.

The Energy Restoring Foot Pad can be removed after each use. Take it to the office! Take it on vacation! It can be placed anywhere on the floor. *Never leave home without The Energy Restoring Foot Pad!*

## Instructions and Use

**Lying / Sitting Position** (Bathtub, Hot tub or against Wall):  
Moisten suction cups and place Pressure Point Foot Pad on wall (around overflow drainage holes in bathtub or hot tub). Using either left or right or both feet together, apply pressure to any soreness on your feet while sitting or laying comfortably in water.

**Standing Position** (Shower or Any Floor):  
Moisten suction cups and place Pressure Point Foot Pad on the floor (around overflow drainage holes in shower). While supporting upper body, stand with either left or right foot, or both feet together, and apply pressure to the area where you need help with some relief from tension or soreness.

**For Unlimited Use:**  
To reach more areas with the pressure points don't hesitate to apply pressure sideways, forward or backward on the pad.

### Easy Care Instruction

1. Wash with soap and water.
2. Keep dry between uses.