



Extralink Acupressure Mat, Health Cushion with Spikes Stimulating Circulation Massage Pillow



link to the product:

<https://www.batna24.com/gb/p/fitness-equipment/extralink-acupressure-mat-health-cushion-with-spikes-stimulating-circulation-massage-pillow>

Price: **89.90 zł** gross / 73.09 zł net

Manufacturer: EXTRALINK



Referention number: DNXGGONJHRMMJQ

Information:

The Stay Fit acupressure mat with a shaped pillow helps create a home zone for relaxation, unwinding and recovery. The numerous nodules act on the body in a targeted way, supporting muscle relaxation after work, training or long periods of sitting. The set can be used lying down, sitting or standing, including during meditation, breathing exercises and stretching. The pillow makes it easy to support the neck, head or lower back comfortably. The whole set can be folded easily, stored in the bag and taken anywhere.

Full product description

Home relaxation session with the Stay Fit acupressure mat

The Stay Fit acupressure mat lets you create your own relaxation zone without leaving home. Numerous spikes arranged across the mat's surface act on the body in specific points, helping to relax muscles after work, training or long periods spent in one position. The set can be used during peaceful rest, stretching exercises and everyday recovery routines.



A pillow supporting the neck and head area

The set includes a contoured pillow with spikes, which can be placed under the neck, head, lumbar region or another chosen part of the body. Its shape helps you lie comfortably while the point contact of the spikes with the skin complements the mat's effect. Combining both elements means that during one session you can focus on the back and neck area at the same time.



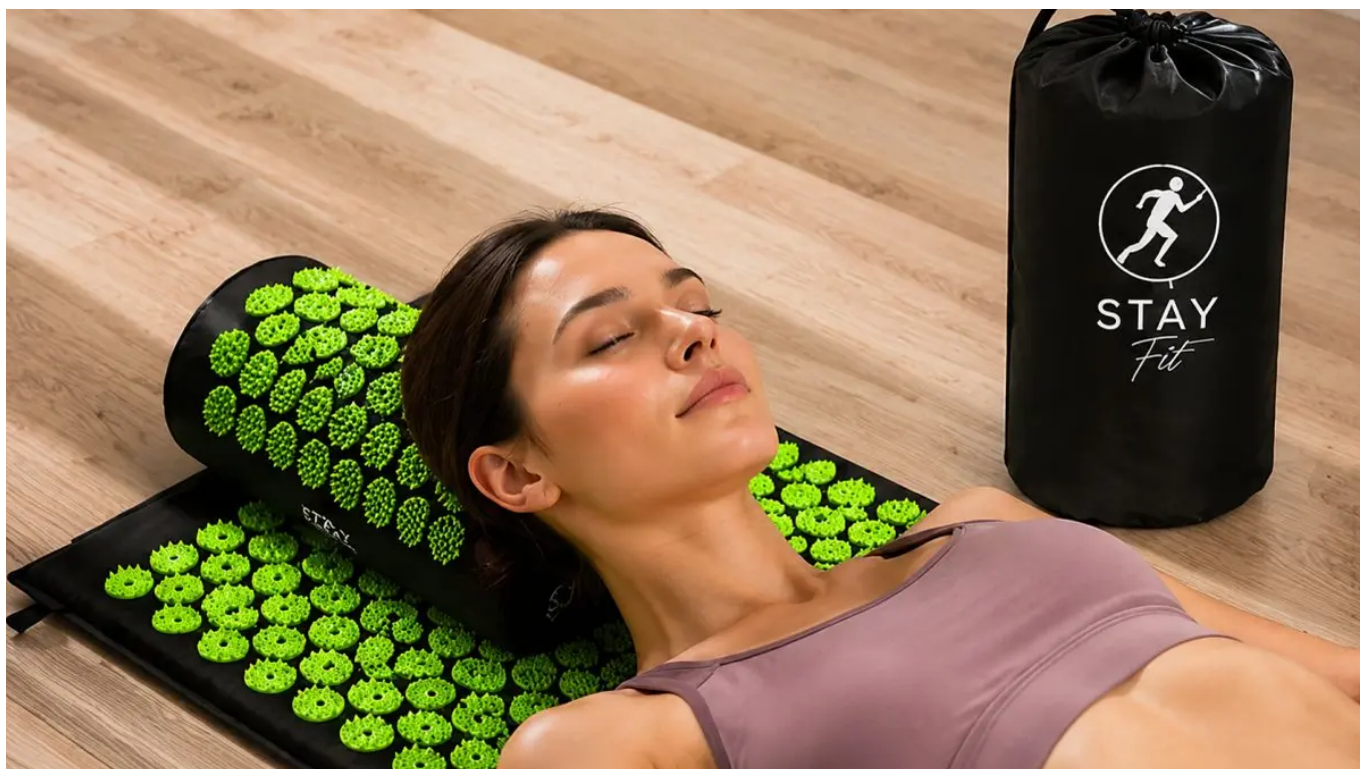
Convenient storage and transport of the set

The mat and pillow can be stored in the included zip-up bag, which helps keep all the set's elements in one place. The handle makes it easy to carry the product between rooms, take it to training, on a trip or to classes. After a session, the mat can be folded or rolled up, so it does not take up much space in a wardrobe or home workout corner.



A moment of calm during meditation

The mat can serve as an additional surface during meditation, breathing exercises and gentle stretching. Contact with the spikes helps focus attention on sensations coming from the body and gradually get used to the intensity of point massage. Regular short sessions can support rest after a demanding day and make it easier to introduce relaxation into your daily routine.



Foot acupressure during everyday exercises

The mat can be used not only in a lying position, but also while sitting or standing. Placing bare feet on the spikes allows for an intense point massage of the soles, which can be combined with gentle stretching of the whole body. The level of pressure is easy to adjust by shifting body weight or shortening the duration of the first sessions.



Relaxation tailored to your own daily rhythm

The Stay Fit set can be used in the morning, after training, during a break from work or in the evening before sleep. The mat offers space for comfortable rest, while the pillow allows you to adjust support to the chosen body position. Its simple use means that a session can be started at any time, without preparing additional accessories.

