

PRESS RELEASE



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SWEDISH SPIKE MAT TREATMENT - INDEPENDENT STUDY CONFIRMS HEALTH BENEFITS

Study conducted by Annette Kjellgren – Psychologist University of Karlstad (Sweden)

(Approved by the regional Swedish board of ethics and performed in collaboration with the pain clinic at the Central Hospital in Karlstad – Summer 2010)

The test group constituted 35 participants, divided into two groups. The first group (experimental group) utilized the Spike Mat for 15 minutes each day for a three week period, while the other group (control group) did not use anything during this period. During the study period, an estimation form was completed by both groups, which indicated the amount of pain experienced, depression, anxiety etc.

The Swedish Spike Mat consists of 300 plastic nails each measuring 15 mm. The mat is made of TPE-plastic, without PVC or Latex, and is recyclable.

The Swedish Spike Mat is available in two models:

1. The *Classic* comprising of hard plastic spikes which work deep into the muscles.
2. The *Soft* model which was developed for the neck and for people with sensitive skin, but can be used by everybody on the neck, back, lower back, buttocks and thighs.

The intensity of the spike pressure can be increased or decreased, increased by using the mat on bare skin or decreased by wearing a t-shirt. It is recommended that the mat be used for 20-40 minutes as often as necessary.

BENEFITS

The results of the study show:

- A significant reduction in pain intensity (neck and back muscular pain) and diminished signs of depression, anxiety and stress.
- Higher energy levels

- Improved sleep patterns

The Swedish Acupressure Spike Mat can be purchased online at www.swedishspikemat.co.za or by contacting Quality Wellness Products on 021 813 6444 or contact@swedishspikemat.co.za. The mats, Classic or Soft, cost R349.00 each. Mats can be joined for maximum effect and the combo price for two is R599.00. A five year warranty and 30 day money back guarantee is offered to make sure that users are 100% happy with their purchase.

End



Issued by:	Quality Wellness Products
Contact:	Anna Sjöberg
Tel:	021-821 6444
Cell:	072-1196144
Email:	anna@swedishspikemat.co.za