

NEW MIND Grounding Mat



Portable and Versatile | Durable Leatherette | Includes Ground Adapter & Grounding Cable.

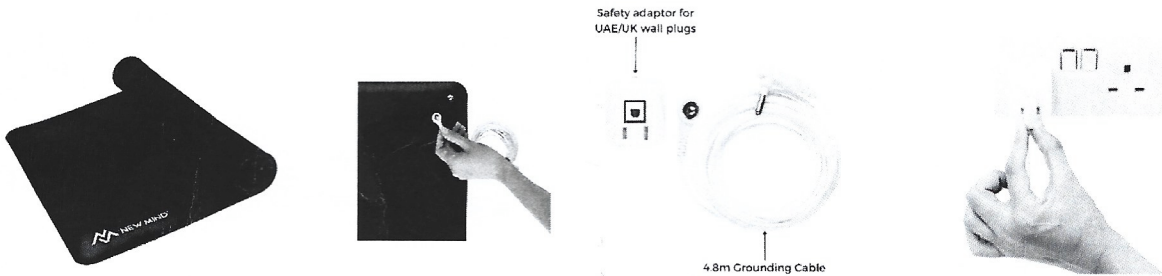
Product Description:

The NEW MIND Grounding Mat offers an easy way to stay grounded indoors. Use it under your desk, on the couch, or as a desktop pad. It connects you to the Earth's natural energy, promoting wellness wherever you are.

Materials: Fabric: Durable leatherette / **Color:** Black

Package Includes:

- 1x NEW MIND Grounding Mat (60 cm x 40 cm) / 1x Grounding Cable (4.8m) / 1x Ground Adapter (UAE/UK type)



Care Instructions:

- Wipe with alcohol-free wet wipes when needed
- Keep out of direct sunlight and away from water or moisture

Proper care helps maintain the mats conductivity, ensuring lasting health benefits.

How to Use:

Step 1: Connect the grounding cord onto the connection pin on the mat.

Step 2: Plug the other end of the cord (with the adapter) into the wall outlet.

Step 3: Place your feet, hands, or body on the mat for direct contact and relax.

We recommend at least 30 minutes of use daily, though there's no upper limit. Consistent use leads to better long-term results. Your body will absorb the Earth's natural energy, even if you live in a high-rise apartment, thanks to the connection through the grounded outlet.

Benefits: Grounding helps connect your body to the Earth's natural energy, offering a range of potential health benefits with consistent use which may include:

- Improved circulation, Reduced inflammation, Relief from anxiety, stress, and fatigue, Eased muscle tension and soreness (enhanced recovery from physical activity), Support for better sleep and relaxation, Support for conditions like high blood pressure, PMS, or jet lag

Whether you're working, relaxing, or meditating, grounding promotes a healthier, more balanced lifestyle.

Key Reminder:

Grounding works best with direct skin contact.