

# Reach Next Level Zen with Acupuncture Yoga Mat and Pillow

Acupuncture is a traditional Chinese practice that includes the penetration of needles in the body. Effective in relieving headaches, pain, and migraines, this alternative medicine technique will be an excellent source of relaxation in your life. With the help of [Acupuncture Yoga Mat and Pillow](#), simply lay back and indulge in positive vibes.

## Restore Vitality to your Mind and Heart

For increased blood circulation and improved overall health, 10 to 30 minutes of relaxation on this yoga mat are sufficient. When it comes to acupuncture, pressure points are crucial. Be sure to stimulate each one by using this mat while standing, sitting, or lying down. The release of endorphins through this technique will surely keep you coming back for more. For best results, use against bare skin.

## The Perfect Size

Acupuncture Yoga Mat and Pillow measurements are plentiful to accommodate all shapes and sizes! Mat size: 26" x 16.5" x 0.8". Pillow size: 14.6" x 5.5" x 3.9". Moreover, it's made from only the best cotton in the industry, 100% cotton. Ensure protection with the safest ABS spikes. It also contains an eco foam inside, which is neither too hard nor too soft.

## Resolve Physical Pain and Mental Stress

This mat is abundant in massage needles and includes 230 of them combined with 6,210 massage points. Get complete therapy at home because even the pillow has 59 massage nails. It also contains 1,593 massage points with 27 pressure peaks. Indulge in long, peaceful, meditational yoga, or lie down on this yoga mat and pillow. Either way, you'll receive the goodness of an acupuncture-like therapy.