

These instructions are provided for informational purposes only, and are not a substitute for professional medical advice, examination, diagnosis or treatment. Always seek the advice of your physician or other qualified health professional before using this device or starting any new treatment or making any changes to existing treatment.

Do not delay seeking or disregard medical advice based on these instructions. No health-related information provided herein is regulated or evaluated by the Food and Drug Administration and therefore the information should not be used to diagnose, treat, cure or prevent any disease without the supervision of a medical doctor or other qualified health professional. Not responsible for direct, indirect, incidental or consequential damages resulting from any defect, error or failure. Use at your own risk.

#### Additional Warnings:

This product is intended as a neck training device for properly instructed adults only, please use only as directed.

If a user of this product experiences pain in the head, neck, and/or shoulder area, this could be a sign of a more significant head, neck, and/or shoulder problem and the product should no longer be used and the user should consult a Health Care Practitioner immediately.

Do not use while operating or riding in a motor vehicle or heavy equipment. Remove before driving. Remove before sleeping.

**WARNING: CHOKING HAZARD; KEEP AWAY FROM CHILDREN AND PETS.**

This product contains carbon steel particles surrounded by nylon and geoprene. If broken or leaking contents, do not use - immediately dispose of properly. Never use as a pillow, necklace, flotation device, or toy. Not a life saving device. Not a flying toy; do not throw. Do not puncture or tear. Keep away from fire or flames. Do not use in microwave oven.

DO NOT MACHINE WASH OR DRY.

DO NOT SUBMERGE IN WATER.

To Clean: Gently hand wash the sleeve portion of the HALO in mild soapy warm water.

Under penalty of law, the warning tag on product not to be removed.

Patent # D5667995.

Manufactured by:  
Halo Products Inc.



PROUDLY MADE IN THE U.S.A.

## How To Use The Halo Rejuvenator

### IMPROVE CERVICAL MOBILITY NECK & SHOULDER PAIN

- **IMPORTANT**-Wear at least 5 minutes before stretching or rotating the head.
- For 5 minutes, slowly (6 second count) stretch the neck by bringing your chin close to your chest, then tilting your head back. Next tilt the head to the right and then to the left.
- Always maintain good posture when performing these exercises.



### FOR HEADACHE PAIN

**IMPORTANT**-Adjust the HALO to your head size for maximum comfort

- Put on your head with weighted side on top. (see picture)
- The sleeve portion should slide comfortably on to the head
- Sit, stand or walk maintaining good posture.
- Wear for 5-10 minutes



 [HaloRejuvenator.com](http://HaloRejuvenator.com)



A healthy solution for  
Improving body posture  
and alleviating  
muscle tension pain.



The Halo Rejuvenator is an easy to use, safe and effective multipurpose tool which can be utilized to improve upper body posture and reduce symptoms of myofascial and musculoskeletal pain.. The Halo is also an extremely effective cervical rehabilitation tool for individuals recovering from sudden impact trauma.

Many Physical, Occupational & Massage Therapists as well as Chiropractors have discovered the simple yet powerful effects the Halo Rejuvenator is having on their patients.

In this pamphlet, we have included some of the most frequently asked questions from both patients and health care professionals. We welcome any additional questions you may have.

For additional information, please visit  
[www.HaloRejuvenator.com](http://www.HaloRejuvenator.com)

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Made in the USA

## Frequently Asked Questions

- Q** What is the Halo Rejuvenator and how does it work?
- A** The Halo Rejuvenator is a one pound proportionally balanced exercise tool which both engages the neurological system and gently releases cervical musculature while increasing mobility. This proportional weight provides balanced peripheral compression which engages all of the cervical muscles when simple exercises are performed.
- Q** How long should I wear the Halo?
- A** For most individuals, five to fifteen minutes is adequate. When worn for the first time, some individuals may feel a slight sense of dizziness or feeling off balance. This sensation is normal and is the result of proprioception. Proprioceptors are sensors located in our eyes, ears, and spine and they control the body's righting reflexes. The body is simply adjusting to the added weight placed on the head and should pass quickly.
- Q** Could wearing the Halo have any negative effects?
- A** As a general rule, if you put the Halo on and feel any immediate or noticeable pain in the neck region, it is advisable to discontinue use and seek professional advice. There may be a pre-existing condition you may be unaware of.

The Halo Rejuvenator is made from a proprietary material known as Geoprene rubber. Unlike Neoprene, Geoprene is a non petroleum based product created from limestone whose organic structure is 99.7 percent calcium carbonate. Geoprene is considered a green product (ecologically safe for humans and the environment). The weighted material inside the Rejuvenator is carbon steel microspheres. Made in USA.



- Q** Could the Halo be beneficial for neck injuries or trauma like Whiplash?
- A** Yes. Many health care professionals use the Halo as a tool for strengthening the soft tissue surrounding the vertebrae which may have been weakened as a result of whiplash or other sudden impact injuries.
- Q** Are there any restrictions on age as to who can use the Halo?
- A** No. The Halo has been used by individuals of all ages. We do manufacture a Halo Rejuvenator for small children which consists of less weight (1/2 lb).

- Q** Does the Halo come in different sizes?
- A** The Halo is designed with a "one size fits all" velcro fastener which is located on the back of the headband.
- Q** How do I use the Halo to improve mobility and reduce muscle tension pain?
- A** There are simple exercise instructions on the back of this brochure.
- Q** If I don't like the Halo, can I return it?
- A** Yes. We offer a 60 day, full money back guarantee excluding shipping. The purchaser is responsible for paying the shipping to return the product which is approximately \$7.00-\$9.00 depending on where you live in the US.