

How to Fluff Your Chiropractic Pillow



*Your pillow arrives compressed for shipping.
Follow these simple steps to help it reach its full shape and support.*



1. Add to Dryer

Place the pillow in the dryer with a few damp towels or clothing items.



2. Dry for 40 Minutes

Run on a normal cycle or approximately 40 minutes on high heat.



3. Remove & Fluff

After drying, remove the pillow and fluff by hand using a gentle massaging motion.



4. Repeat if Needed

If the pillow has not fully expanded, add dryer time in small increments.



5. Ready to Use

Once fully expanded, reshape by hand, as needed, and enjoy proper comfort and neck support.



For best results, fluff before first use and allow pillow to fully expand.