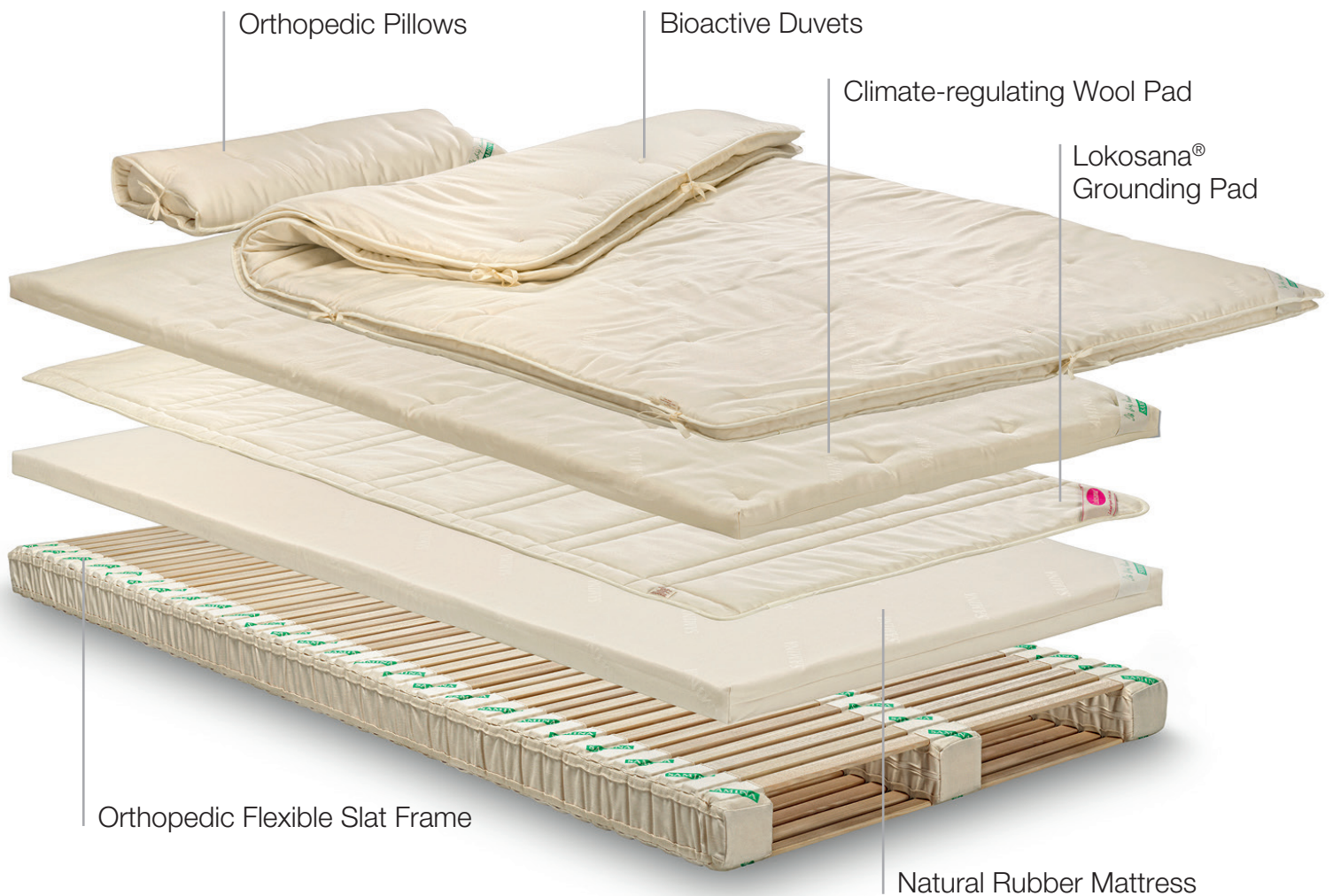


Quality Care Instructions

Some important facts about your new SAMINA products

All SAMINA natural rubber mattresses, virgin sheep's wool pads, duvets, and pillows are made by hand making each piece unique. As a result, slight variations in dimensions and appearance of materials may occur. This is also due to the natural materials used. Be confident that all SAMINA products are inspected carefully to make sure you receive



www.SaminaSleep.com

SAMINA
The Science of Sleep

SAMINA | All Natural Materials

You can be assured that every SAMINA product is made from only the best quality raw materials and great care has been taken to preserve the integrity and conserve the subtle energies of these natural materials. The following items and materials have been used to create the SAMINA sleeping system:

- *Freely-suspended Slat Frame:* Natural, untreated ash wood slats and natural rubber for the flexible beams.
- *Natural Rubber Mattress:* 100% natural rubber with organic cotton fabric covering.
- *Wool pads and duvets:* Virgin sheep's wool filling and organic cotton fabric covering.
- *Pillows:* Depending on the style, materials may include virgin sheep's wool; 100% natural rubber core; organic cotton fabric; Bio-Ceramic Organic cotton fabric; spelt grain or millet husks from certified organic growers, natural kapok fibers or pine shavings.
- *Lokosana® Grounding Pad:* Virgin sheep's wool filling, organic cotton woven with pure silver, bio-mag-nets (optional).

SAMINA | Crafted by hand

The materials used to create SAMINA systems are predominantly processed by hand. The virgin sheep's wool pads, duvets and pillows are made by human hands without the use of automated machinery. Each product is produced individually using needles and thread, scissors and sewing machines. The virgin sheep's wool is fixed into place using individual cross-stitch points instead of stitched seams to prevent thermal gaps, making it luxuriously cozy in winter and pleasantly cool in summer. SAMINA has been crafted with great care to provide you with a deep, restful sleep.

Caring for SAMINA Products

To ensure that you achieve long lasting pleasure and satisfaction from your SAMINA products, we suggest the following care be taken:

- Cover the wool topper, duvets and pillows with washable sheets and covers made from cotton.
- Airing your SAMINA bedding often will maximize its lifespan. For ideal care of wool toppers and duvets we recommend gently shaking them and then placing them outdoors to air out in the mild morning sun.

■ **DO NOT DRY CLEAN** bedding as the chemicals can damage the natural features of the filling and the fabric covers.

■ Cotton covers can be spot-cleaned with warm water and a gentle bio-detergent.

■ **Do not wash** wool pads, duvets and pillows in the washing machine. Doing so may destroy the natural properties of the materials.

■ The natural rubber mattress should be aired and turned on a regular basis. Do not expose your rubber mattress to direct sunlight as this will damage it. Although the natural rubber latex will soften over time, this is a natural characteristic of the material.

■ Pillows should be aired out on a regular basis. For ideal care of pillows we recommend gently shaking them and allowing them to air outdoors in the mild morning sun. The natural rubber core of the pillow should never be exposed to direct sunlight as this will damage the natural rubber.

■ We recommend that the freely suspended slat frame should be turned and rotated three to four times a year. This will prolong the life of the natural ash slats and the natural rubber beams in the slat frames. A good way to remember this is to turn the slat frame at the start of each new season: spring, summer, winter, and fall.

■ Over time and through prolonged use, the slats in the areas supporting the hips, lower back and shoulders can lose some flexibility. If this occurs, these slats can be very simply exchanged with slats from areas that are less subjected to strain (for example, at the top of the head and bottom of the foot areas).

■ Remember that regular airing of your bedroom will also promote healthy sleep. Your sleep environment should be free of dust- and clutter-free.

■ To achieve a pleasant and healthy temperature for your healthy sleep, SAMINA recommends a bedroom temperature of 15° – 20°C (65° and 75°F) and a relative humidity between 40% and 60%. We also suggest sleeping in the nude or wearing pajamas made of natural, breathable cotton.

If you ever have questions about your SAMINA sleep system and products, please contact us. We want you to enjoy deep, restful sleep with SAMINA to give you good health and vitality for many years to come!