

USER'S GUIDE

1. At the beginning of gestation only the bottom part (the large, flat element) should be put on the bed (or the floor).

You can place the crescent parts into the middle hole one by one, beginning with the widest element.

The shape of the nest depends on your own body shape. (The size or the shape of your tummy may require the medium element first, then the narrow one.)



2. You can use the breast-support elements as shown in the picture.



3. The larger part of Tummynest is to be used in a way similar to the bottom part (see 1.)

First put the 10-centimetre wide disk into the hole. Then form the nest by placing the crescent elements in order beginning with the widest one.



4. If it seems to be more comfortable to use both of the two basic parts, especially if you are a tall woman, first place the wide cylinder into the hole of the flatter part, then slide the higher part onto it. The cylinder perfectly joins the two basic parts of Tummynest. In this case it is not necessary to use the 10-centimetre wide disk.

Start forming the nest with the crescent elements in a way that best serves the comfort of your changing body shape. The 12 elements of Tummynest offer a diversity of use.



5. Kneeling in front of Tummynest in a straddling position may be also relaxing. You can put 2 little disks under your knees so that leisure could be more pleasant. If you put Tummynest onto the sofa or the bed, this kneeling and leaning position may be even more relieving for your back. Rising is also the easiest this way with one leg down on the floor, the other leg kneeling on the sofa.



6. You can also make a good use of Tummynest after giving birth to your baby. It is the best to place it by the wall. Just remove the elements which may contact the sensitive area of episiotomy and sit down on the armchair. The elements that previously served as breast-supports now hold your back. Just put them between the wall and your back. In case you wish to form a shorter seat, it is not necessary to use these support elements.



The cylinder element above used as a support for your breast or your back may also serve as a support for your elbow when you are breastfeeding your baby. It may also help you hold the baby and rest your legs.

You can use Tummynest for the following purposes:

- ✚ home relaxation
- ✚ cosmetic treatment (waxing)
- ✚ massage
- ✚ labour and giving birth
- ✚ intimate intercourse



In addition to the prone position you can discover a variety of other positions to make use of all the elements of Tummynest.

As it is light, soft and easy to move, Tummynest may also become a practical piece of furniture in the children's bedroom. Joining up the parts improves your kids' logical sense.