

ZÖK

Directions:

Method 1 (Most Common)

Step 1: Deflate Zök by squeezing the rubber bulb between fingers.

Step 2: While deflated, gently insert Zök into the outer ear to create an air-tight seal between the Zök earbud and the ear. This seal should occur just past the entrance to the ear canal—similar to the positioning of an audio earbud. Do not insert the Zök earbud any further than the entrance to the ear canal. If Zök causes any discomfort or pain, discontinue use immediately. Maintain the bulb in a deflated state.

Step 3: Maintain Zök in a deflated state for 20-30 seconds. User will experience a mild sensation of increased pressure.

Step 4: Pinch the Zök bulb and gently remove from the ear.

Step 5: Perform steps 1-4 for second ear.

Step 6: Repeat 3-5 times, or until pressure or tension in head has eased.

Method 2

Step 1: Without squeezing the Zök bulb, insert Zök into the outer ear to create an air-tight seal between the Zök earbud and the ear. The seal should occur just past the entrance to the ear canal—similar to the positioning of an audio earbud. Do not insert the Zök earbud any further than the entrance to the ear canal. If Zök causes any discomfort or pain, discontinue use immediately.

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Step 2: Partially deflate Zök by gently squeezing the rubber bulb. Do not fully deflate. Squeeze (partially) and release 5-10 times in each ear. User will experience a mild sensation of increased pressure.

Step 3: Gently remove Zök from the ear.

Step 4: Perform steps 1-3 for second ear.

Step 5: Repeat 3-5 times, or until the pressure and tension in head has eased.