

Results & Compilation – Pilot study, July/August 2009

1. Number of participants – 304 persons:

24 men/ 280 women

2: Your age

25-35	36-45	46-55	56-64	65+
7,2 %	14,8%	29,6%	25,3%	23,1%

3. For how long have you used the Yantramat?

2 weeks	2-4 weeks	4-8 weeks	more than 8 weeks
7,6%	27,9%	50,9%	13,6%

4. How often do you use the Yantramat?

1 time /week	2-4 times/week	1 time/day	More than once a day
8,0%	55,0%	33,7%	3,3%

92,0% uses the Yantramat more than twice a week.

5. Why did you choose a Yantramat?

Recommendation	Saw an ad	Recommendation from doctor or masseur
31,2%	61,8%	5,3%

Other reasons, 1,7%.

Example: To compare with another acupuncture mat. I purchased a massage chair from the same company. I noticed that the Yantramat was Best in Test and I wanted to try it. My wife bought it for me. I was curious to see if it worked as an aid to relax.

6. Why try an acupuncture mat?

(Because many has replied more than one answer, the total is more 100%)

To improve my sleep	Pain relief
41,1%	52,6%
Stress relief	To improve my general
45,4%	34,5%

Other reasons, 6,5 %.

Example: Stiffness in shoulders and lower back. To help me concentrate while meditating. To get energized. To get more personal time. And more.

7. Have you experienced a positive effect from using the Yantramat?

96,7% answered YES

8. Did the Yantramat meet your expectations?

85,0 % experienced that the mat meet their expectations.

9. On a scale from 1 to 7, how would you grade the of the Yantramat?

87,3% grades the usefulness on the top half of the scale – 4,5,6 or 7.

10. Have your recommended anyone else to try the Yantramat?

90,4% answered YES

11. Will you continue to use the Yantramat?

99,7% answered YES

Comments:

1. "The entire mat is a great pleasure. First a small chock, after that the heavenly trip starts."
2. "The acupressure mat is simply the best help against my muscle pain. I also get a much better sleep after using it."
3. "It has helped a lot against my pain in the neck, back and shoulders, that I have accumulated after working for 40 years as an electrician."
4. "My experience is that the blood circulation has improved and I have less cellulite."
5. "My husband has tried the mat and his back pain has gotten better. It is incredibly relaxing and I often fall asleep on the mat. THANKS! "
6. "I have recommended it to a lot of people!"
7. "I am very satisfied with my Yantramat. I think it is wonderful to use!"
8. "It eases my sour legs and feet."
9. "I am so completely happy with my acupressure mat that I even brought it with me on my vacation."
10. "The first time I tried the mat I thought: Typical of my to be so stupid and fall for the advert and a "fashion thing". I could only lay on it for 3 minutes and it felt terribly. Two days later I just had to try again and it is only improving with every time I use it. Now it is simply a need. My wellbeing is off the chart

For further comments left by the participants in the pilot study, please read more on www.yantramat.be