

Reflexology Insole

Easy Cut-To-Fit
Pre-marked guidelines to fit all sizes!

MEN'S SHOE SIZE CHART				
Cut Line	U.S. SIZE	E.U. SIZE	U.K. SIZE	CM
A	5	38	4	22.9
B	6	39	5	23.5
C	7	40	6	24.4
D	8	41	7	25.4
E	9	42	8	26
F	10	43	9	27
G (no cut)	11+	44	10	27.9

WOMEN'S SHOE SIZE CHART				
Cut Line	U.S. SIZE	E.U. SIZE	U.K. SIZE	CM
A	7	37	5	23.5
B	8	38	6	24.4
C	9	39	7	25.4
D	10	40	8	26
E	11	41	9	27
F	12	42	10	27.9
G (no cut)	13+	43	11	28.6

Using Your Insoles:

1. To trim your insole, use sharp shears to cut around the suggested guidelines to fit your shoe. You can line your insoles up with your shoe's original insole as a guide to get a perfect fit.
2. Correctly align insole into your shoe, making sure that the magnet at the back is aligned with the middle of your heel.