



# Caring for your **PRO** mat

## To break in

The surface texture of Manduka PRO mats improves with use.

The best way to break in your mat is practice, practice, practice, but if you want to speed things up a little, try a simple salt scrub. Generously sprinkle coarse sea salt on the mat and let it sit or scrub in a circular motion. After 24 hours, wipe the salt off with a damp cloth. Repeat 2-3 times with fresh salt as needed.

Slipping while breaking the mat in? Use a towel on the surface of the mat.

## To clean

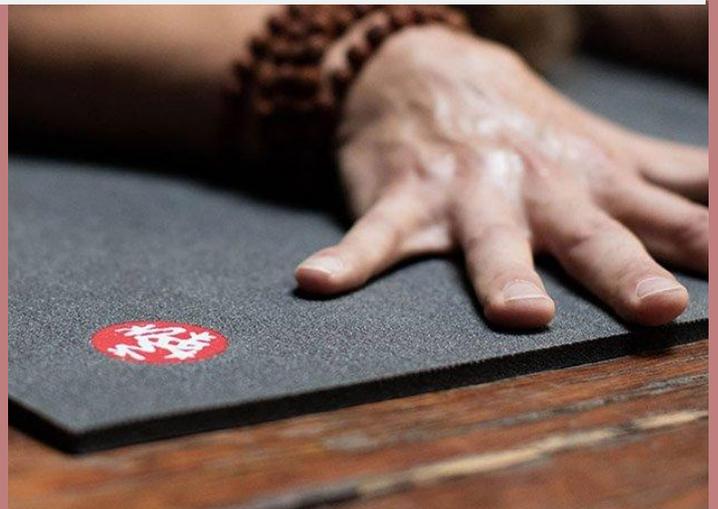
PRO, PROlite, PRO Travel – These mats are made using a closed cell material, meaning nothing can be absorbed into the mat, and the mat can be cleaned thoroughly on the surface every time. To clean PRO Series Mats, we recommend using Manduka's All-Purpose Mat Wash. Spray the top surface with mat cleaner, wipe clean with a damp cloth and hang to dry. Other cleaning solutions are not tested or recommended. Do not soak or submerge PRO Series Mats as this will encourage the material to break down and void the PRO Mat lifetime guarantee.

## To deep clean

1. Lay your mat out on a flat surface.
2. Mix approx 4 cups of WARM water (hot water may damage the mat) and a few drops of a mild detergent (do not over soap!)
3. Dip a rag into the soapy water, then thoroughly wash the mat from top to bottom.
4. Make sure to wipe the mat down with plenty of clean warm water to remove any soap residue.
5. Wipe the mat with a clean, dry towel. Repeat on bottom side.
6. Allow to air dry until the mat is entirely dry. Do not roll or store mat away while still wet.

## To store

Roll Manduka PRO mats with the top side (logo up) facing outwards. This keeps the corners of the mat flat when practicing.





# Caring for your **grp** mat

## To clean

GRP and GRP Lite – These mats are made from an open cell PU and rubber construction. Their goal is to absorb moisture and provide maximum grip as they get wet, so thoroughly cleaning these mats requires the most attention and care because this material is very absorbent.

For regular maintenance, use the Everyday Yoga Mat Cleanser for GRP mats. After each practice, pump the GRP cleanser onto a clean sponge or damp cloth, apply pressure and wipe down entire surface of your mat. Rinse sponge or cloth thoroughly and wipe down mat with fresh water. With a dry cloth, soak up any excess water and hang to dry before rolling and storing the mat.

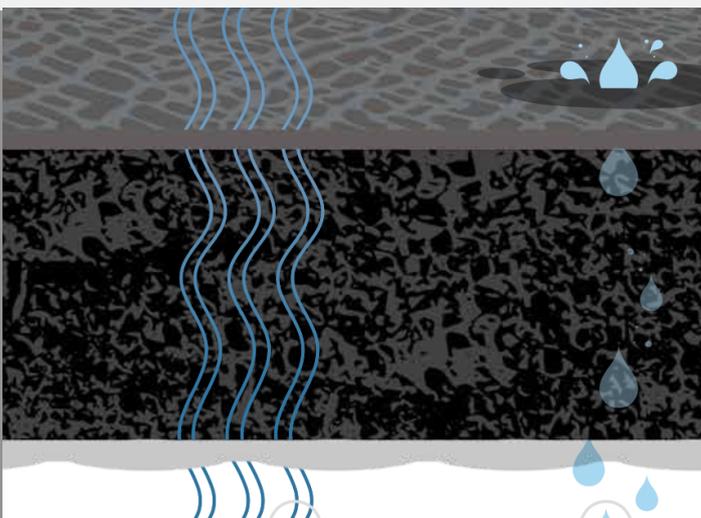
## To deep clean

Open cell mats are a lot like skin. The open pores that absorb moisture get eventually clogged and need a deep clean to remove the natural oils and salts. A periodic deep cleansing is recommended to remove all buildup and extend the life of the mat. Depending upon frequency of use, do a deep cleanse 2 to 4 times per month.

1. Submerge mat in bathtub filled with a shallow layer of warm water - NOT HOT
2. Add approximately 1 TBSP of gentle detergent (again, do not over soap!)
3. Allow the mat to soak for 5 minutes, then lightly scrub with a soft cloth.
4. Repeat on bottom side. Make sure to thoroughly rinse the mat with clean warm water to remove all soap residue. This is very important as these mats are super absorbent and may hold onto the soap.
5. Wipe the mat clean on both sides with a dry towel.
6. Allow to air dry 24-48 hours (or until completely dry) before re-rolling mat.
7. Do not roll or store mat away while still wet.

## To store

Roll Manduka GRP mats with the top side (logo up) facing outwards. This keeps the corners of the mat flat when practicing.





# Caring for your eKO® mat

## To clean

eKO, eKO Lite, eKO Superlite – These mats are made of a natural rubber, a closed cell material. They can also be easily cleaned and disinfected, but need to be dried properly.

All eKO® series mats can be cleaned by wiping down the mat with Manduka's Natural Rubber Mat Wash. Our cleanser helps restore the rubber adding moisture and grip back to the natural rubber, while prolonging the mats lifespan. It is recommended that you do not put your eKO® mat in the washing machine, as it will encourage the material to break down.

Do not soak or submerge in water and do not use any type of soap for cleaning, as it will compromise the performance and integrity of the mat.

## To deep clean

1. Lay your mat out on a flat surface.
2. Mix approx 4 cups of WARM water (hot water may damage the mat) and a few drops of a mild detergent (do not over soap!)
3. Dip a rag into the soapy water, then thoroughly wash the mat from top to bottom.
4. Make sure to wipe the mat down with plenty of clean warm water to remove any soap residue.
5. Wipe the mat with a clean, dry towel.
6. Repeat on bottom side.
7. Allow to air dry until the mat is entirely dry. Do not roll or store mat away while still wet.

## To store

Natural tree rubber mats are best stored rolled in a shady, well-ventilated place. Do not leave the mat exposed to direct sunlight. If wet, allow the mat to dry before rolling up.

## Notes

The salt method is NOT intended for eKO® mats. Usage of this product in a hot environment requires regular care to maintain the performance of the rubber.

