

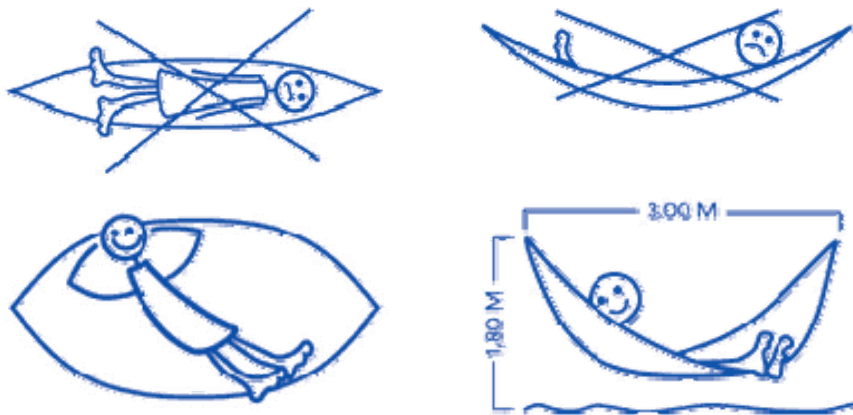


How to enjoy your hammock like a Brazilian!

The most important thing is to arrange the hammock's suspension loops at head height, and only some 3m distant from each other, thereby allowing the hammock to hang down in a deep arc.

This then allows a diagonal lying position, like a real Brazilian (from corner to corner) and not straight.

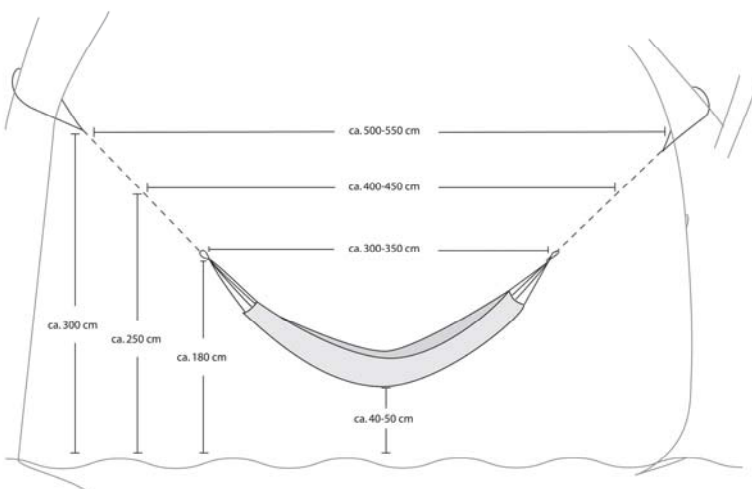
This keeps the back straight and is the secret of being able to lie comfortably and relaxed for hours on end in a hammock.



In Brazil, hammocks are still used as beds, as they always have been.

This is the reason that they are as wide and comfortable as a bed!

Even if you are only going to use your hammock for relaxation, you should still try to adopt the Brazilian way of lying: Contrary to European ideas, hammocks are not hung taut.



View our full range of hammocks and accessories at www.monarchgardens.co.uk