

The Mayan Hammock

Because these hammocks are hand made, they come in various colors and designs. For the most comfortable position, hang the hammock so that the handles (the loop ends) are about 6 feet above the ground and the bottom is at knee level. Some common places to hang a hammock include posts, fences, trees, walls, ceiling beams and rafters. As a safety precaution, don't hang the hammock any higher than you would care to fall. To prevent chafing on the handles it is a good practice to attach a short rope as a buffer in-between the handle and the hook supporting the hammock. Gently swinging in the hammock will add to your pleasure in use. However, it should never be spun, twisted or rotated. To do so will weaken the hammock and may lead to failure.

Get into the hammock by sitting down with your back toward the center of the hammock. (Never climb into the hammock feet first, as this is an unstable and dangerous position.) As you sit down, reach back to spread the hammock open by pulling the far side up over your head. Then lie right back into the hammock. The most comfortable position is to lie across the hammock (at right angles to the handles) with your feet and head touching the opposite sides. This position lets you lie almost flat and provides the best support for your body, head and neck.

Beware of pocket buttons, rivets, or any sharp object that can snag and break a string. If this happens, quickly tie the two broken ends together so the hammock doesn't grow a hole.

To clean your hammock, hand wash (never machine wash) in a mild detergent. Keep the handles together to avoid tangling the handle strings. To dry, spread the hammock open in a sunny or well ventilated place. A quick drying will keep the cotton in good shape. Make sure it is completely dry before storage. Always bring the hammock indoors after it is used. It was never intended to be left outside.