



# Ear Seeds

## POINT LOCATION & GUIDE

Ear seeds can be used on one or both ears, during any/ every phase of your cycle.

You might need a friend or your partner to locate the spots for you.

It's okay if location is not perfect.

EVERYONE'S EARS ARE DIFFERENT, SO JUST DO YOUR BEST.

Once the ear seeds are in place, rub and squeeze them whenever you remember. They will stay on your ears for about a week, depending on how hot it is and how much you sweat. Replace when they fall off.

EAR SEEDS MAY BE USED ON BOTH PARTNERS

