



MASSAGE ROLLER BALL

Massage Guide



You can perform gentle massage across large muscle groups or focus on painful knots or trigger points.

1 Neck



Massaging the neck and upper back area can also help reduce headache pain.

2 Shoulders



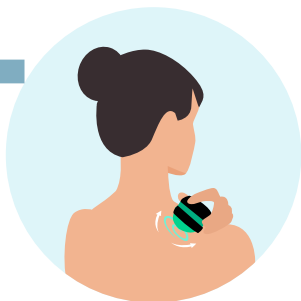
3 Arms



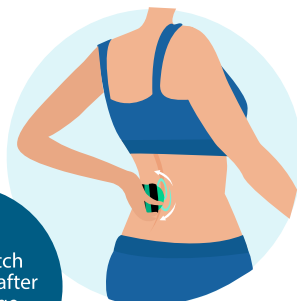
Massage the area at least twice per day.

You only need to massage for a few moments.

4 Upper Back



5 Lower Back



Gently stretch out the area after self-massage treatment.

6 Glutes



7 Thighs



8 Calves



9 Feet



Place against the wall or floor for added intensity.

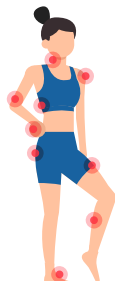


MASSAGE ROLLER BALL

Quick Start Guide



Benefits



The Massage Roller lets you self-massage large muscle groups or focus on painful knots in the neck, shoulders, arms, legs and feet. You can target those hard-to-get spots, such as the bottom of your feet (plantar fascia), your chest, glutes and hamstrings.



Useful for pre- and post-workout recovery. Helps to decrease muscle tension and pain soreness while increasing blood flow (circulation), mobility and overall flexibility after a long day at work or at the gym.

High Quality & Ergonomic Design



The therapeutic Massage Roller Ball is specially designed to provide multi-directional 360° pain relief with a smooth, gliding action that is friction-free and doesn't pull on your skin for maximum comfort. The ergonomic grip fits perfectly in the palm of your hand for an easy massage. The roller is small enough to be carried anywhere offering versatility and accessibility.

Care Instructions



- 1 After every use with oils or lotions, wash the massage roller ball with soap and warm water.



- 2 Roll the ball across a dry towel to promote drying.
*Do not try to remove the ball from the holder.



Warranty



We offer a 100% satisfaction guarantee for 1 year on all products. If you have any issues with a defective product, we will replace it free of charge!