



WARNINGS:

- Do not use on irritated skin.
- Do not use boiling water.
- Do not place in microwave.
- If you have any health concerns, please consult a physician before use.

Instruction Manual

STAINLESS STEEL
THERAPY MASSAGE BALL

HOT & COLD POWER BALL™



Read through this entire instruction manual BEFORE using the **Hot & Cold Power Ball**. We're dedicated to bringing you well-designed products that make living fun and easy. We stand behind all our products and warrant this to be free from defects in workmanship and materials.

For service claims or questions please consult our website **ProtocolDesign.com**.

PARTS:

1. Power Ball
2. Removable Grip



HOW TO USE:

1. Remove grip before placing the ball in the freezer or hot water.
2. Cold Massage – place the ball in the freezer for at least 2 hours prior to massage
Hot Massage* – place the ball in hot (not boiling) water for 5-10 minutes.
3. Touch the ball carefully to test temperature before use.
4. After the ball is hot or cold, place it back into the grip and roll it over sore muscles. To massage the bottom of your feet, keep the ball out of the grip and roll your feet over the ball.