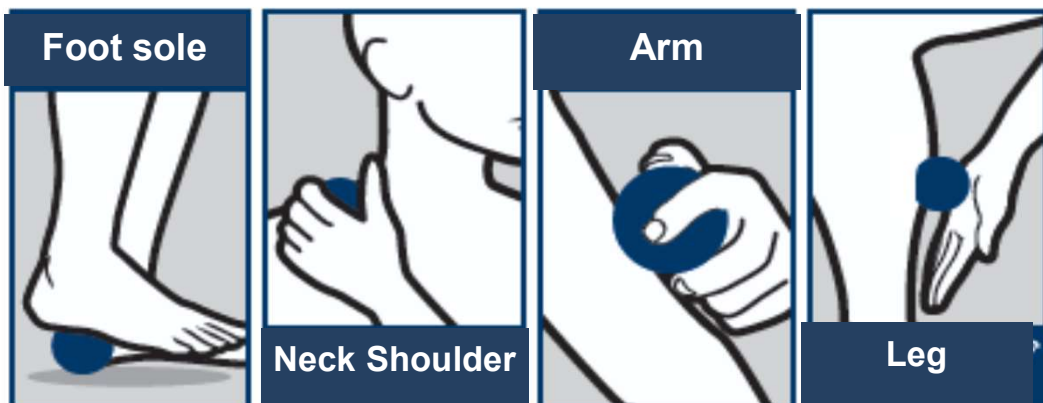


PHITEN METAX MASSAGE BALL (2 PCS) FOR THERAPEUTIC MASSAGE



PHITEN METAX MASSAGE BALL (2 PCS)

Each package contained two massage balls.

Silicone material gives the perfect firmness for comfortable stimulation. Recommended to use with Phiten Metax Lotion or Phiten Metax cream. Polyhedron shape makes it easy to fit snug into the body's enclaves, allowing it to be used for anywhere on the body. Small and lightweight size makes it easy to take to business trip and/or vacation trips. Massage your body with Metax Massage Ball anytime, anywhere!

Features:

1: 82 Tetrahedral design: Easy to fit into the body's small gaps, with the balls polyhedral design.

Soft material for good stimulation: Made with silicone material, which has the perfect firmness. Softer than a golf ball, yet harder than a tennis ball, the Metax Massage Ball gives good stimulation to the body.

Compact and light: Fits perfectly in the palm of the hands, making it easy to take to business trips or on vacation trips. Do self massages anytime, anywhere.

Adjustable to your desire: Easy to adjust the strength of the stimulants, whether hard or soft! Adjust the strength, based on your body's needs.

Size (Diameter): 4.3 cm)

Color: Blue

Material: Silicone

Technology: METAX Technology

Made in Japan

USING PHITEN METAX MASSAGE BALLS

Therapy for care for the arch and sole of foot and to improve metatarsal and help relieve Plantar Fasciitis

Grab the ball at the joint of the toes and stimulate the metatarsal bones. Then, step on the ball with the whole foot, while applying gentle pressure.



USING PHITEN METAX MASSAGE BALLS

Therapy to improve your walking and running

Using two Metax Massage Balls, place each ball in the cavity beneath the knee cap and keep them there using clasped hands to massage the knee. Repeat on the cavity above the knee cap. To prevent swelling of the calves, place the ball behind the knee and bend your knee until the point where no pain is felt.



USING PHITEN METAX MASSAGE BALLS

Therapy to help relieve neck and shoulder tension

For stiffness of shoulders, roll the Metax Massage Ball in large circles in the area you feel the most discomfort. For stiffness of neck, find the cavity behind the neck located behind the jaw (slightly to the side) and roll the massage ball circulating around the cavity.



USING PHITEN METAX MASSAGE BALLS

Therapy to relieve help relieve and prevent overuse in forearms, tennis elbow and improve stiff joints.

Roll the Metax Massage Ball in spirals on the outer arm from the hand to the upper arm. Do same for underarm.

