



Instructions

1. Use the Multi-Point Massager preferably on your bed, or on the floor for a more intense massage. Place a towel under the massager when lying on a slippery surface like carpet.
2. While lying down and holding the top of the Massager with both hands, reach back over your head and place the Multi-Point Massager under your neck and upper back.
3. Make sure that the top nodules of the massager are situated below the base of the skull - where the sub-occipital group is located.
4. Lay on the Multi-Point Massager and relax. The massage nodules will help soften the areas of tension.
5. Adjust the position of the Massager as needed to focus on areas of muscle tenderness and tightness. Tightness should decrease or be eliminated with regular use of the Massager.
6. For an increased, more elevated, cervical (sub-occipital) release, place the included Peanut Massage Roller on top of the Multi-Point Massager between the nodule pairs.

Note: It is normal to feel pressure where the nodules make contact with tight muscles, but you should not be experiencing pain. If lying on the massager feels too intense, pad the nodules with a folded towel.

The included Peanut Massage Roller is perfect for rolling out tired, sore and tight muscles. Use your body weight to roll out your hamstrings, feet, glutes. Arms, back and neck. By simply shifting your weight on top of the Rolling Massage Peanut, you can apply your desired pressure to relieve any muscle.