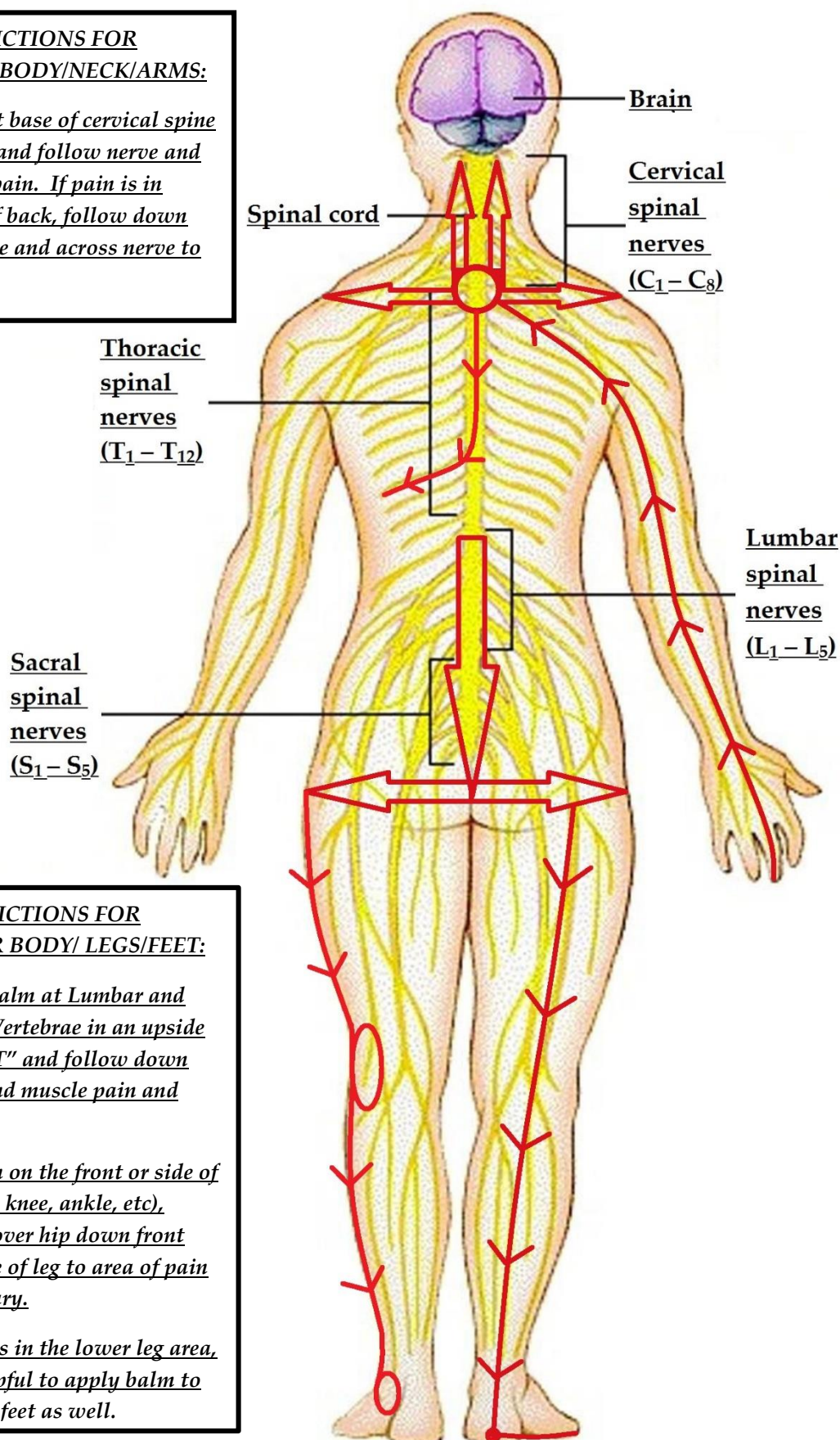


# Instructions for Most Efficient Application of Deep Tissue Pain Relief Formula

## INSTRUCTIONS FOR UPPER BODY/NECK/ARMS:

Apply at base of cervical spine (C7/T1) and follow nerve and muscle pain. If pain is in center of back, follow down vertebrae and across nerve to pain.



## INSTRUCTIONS FOR LOWER BODY/ LEGS/FEET:

Apply balm at Lumbar and Sacral Vertebrae in an upside down "T" and follow down nerve and muscle pain and cramps.

For pain on the front or side of leg (hip, knee, ankle, etc), follow over hip down front and side of leg to area of pain and injury.

If pain is in the lower leg area, it is helpful to apply balm to soles of feet as well.