

Product Care

Wash each tool after use with mild soap and water, and dry thoroughly.

Absolute Satisfaction Return Policy

If you are not completely satisfied with your Earthlite accessory, you may return it within thirty (30) days for a full refund (excluding shipping & handling charges on the original order). Proof of purchase is required to obtain RMA (Return Material Authorization) and all returns must be in like-new condition and in the original packaging. Customers will be responsible for all shipping charges.

Warranty Information

Accessories and options - warranted for one (1) year from the original date of purchase.

This warranty does not cover damage caused by normal wear and tear, misuse, accidents, or neglect.

Contact Us

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 info@earthlite.com

Hours of operation:

Monday - Friday
 8:00 a.m. to 5 p.m. PST

Saturday - Sunday
 Closed



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Massage Tool Kit

Congratulations on your purchase of the Earthlite® Massage Tool Kit. This set of durable and versatile tools is perfect for people who want to use quality personal massage products in the privacy of their home to enjoy the following potential benefits:

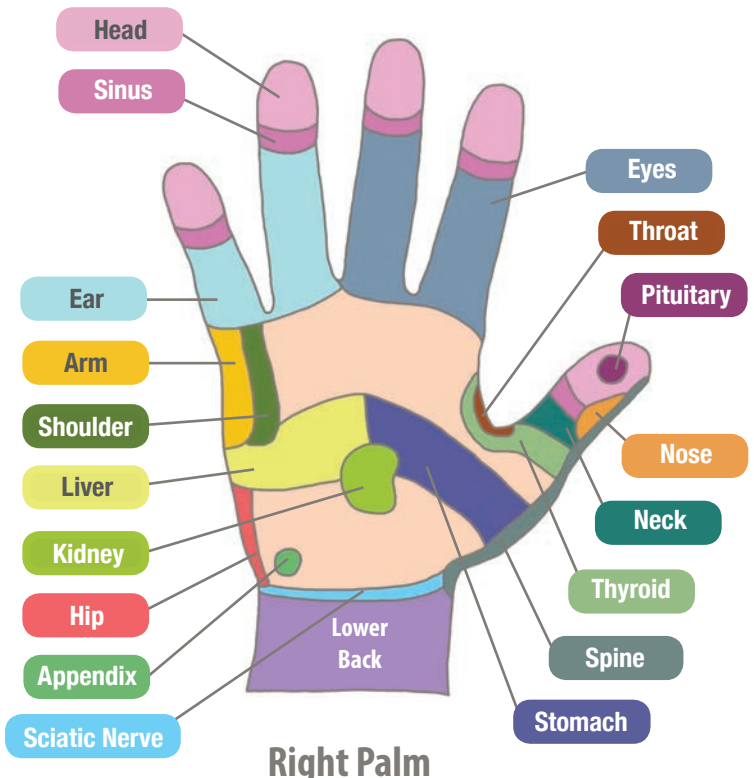
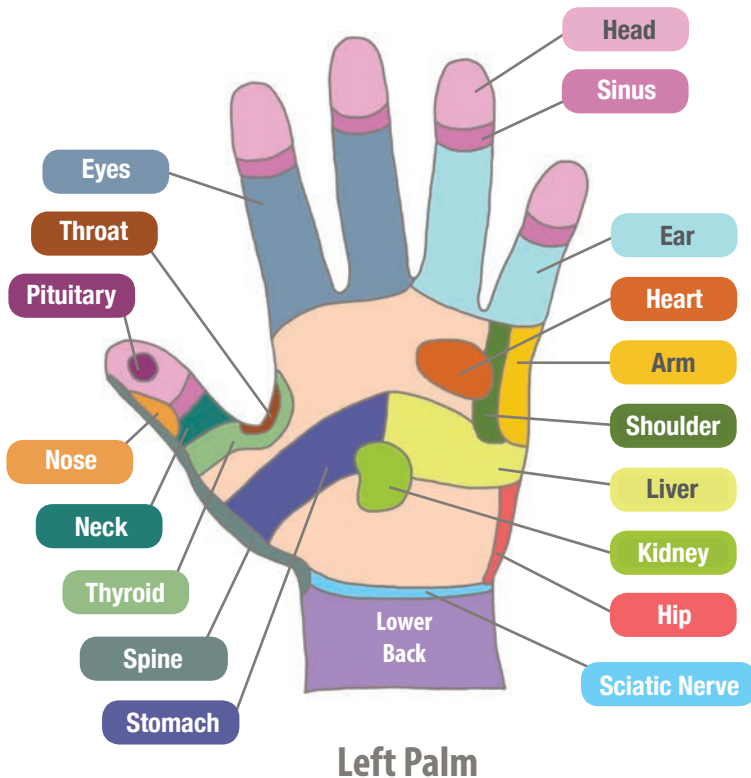
- Energize circulation
- Trigger point pressure release and reflexology
- Enhance the recovery process after an intense training/workout
- Release deep tissue tension areas without straining your fingers
- Aid in relief from fatigued and tense muscles

Instructions

Choose your massage tool based on the descriptions below and utilize the included reflexology chart for hands and feet to target the desired area(s).

WOOD MASSAGE BAR	Wood bar with sloping, rounded handles. Used to relieve tension in large muscle areas. Hold massage bar firmly and roll over desired area with short back and forth strokes. Use standing or seated. For best results: muscles must be relaxed at time of massage. Avoid direct pressure against the spine and other bones.
WOOD MASSAGE BALL	Wood massage ball for plantar fasciitis and fascia release. Perfect for targeting hard-to-reach areas like back, neck, shoulders, and feet for myofascial release and trigger point therapy. Simply lean against the ball on the floor or against a wall, letting your body weight provide a deep tissue massage.
WOOD MASSAGE KNOBBLE	Wood massage knobble for trigger point therapy. Hold the wide base of the knobble in the palm of your hand, and use the smoothly rounded tip to apply pressure to trigger points in soft tissue. Avoid direct pressure against the spine and other bones.

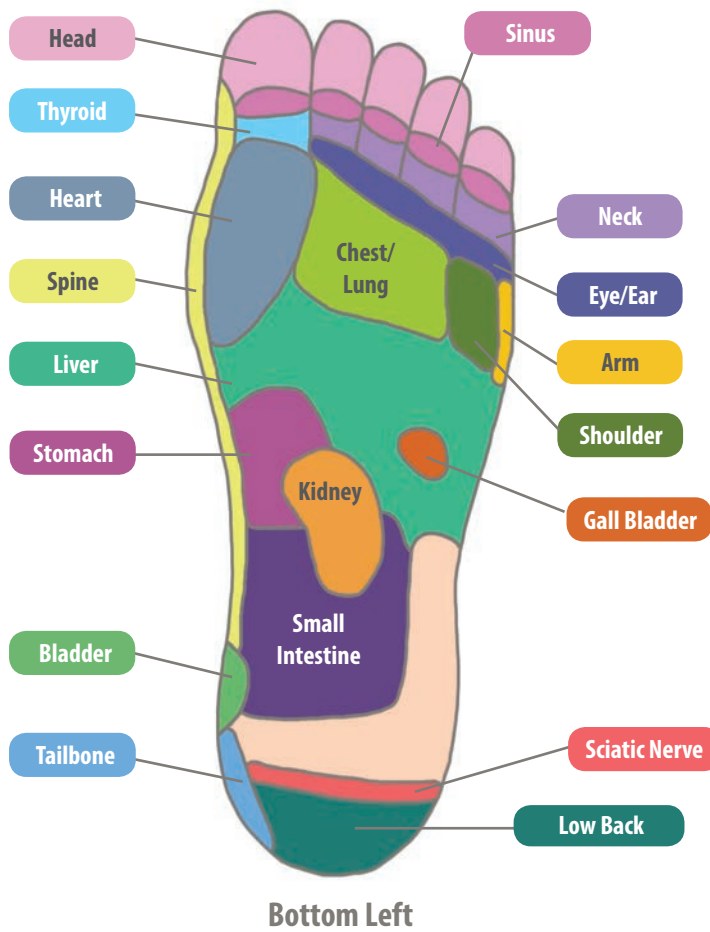
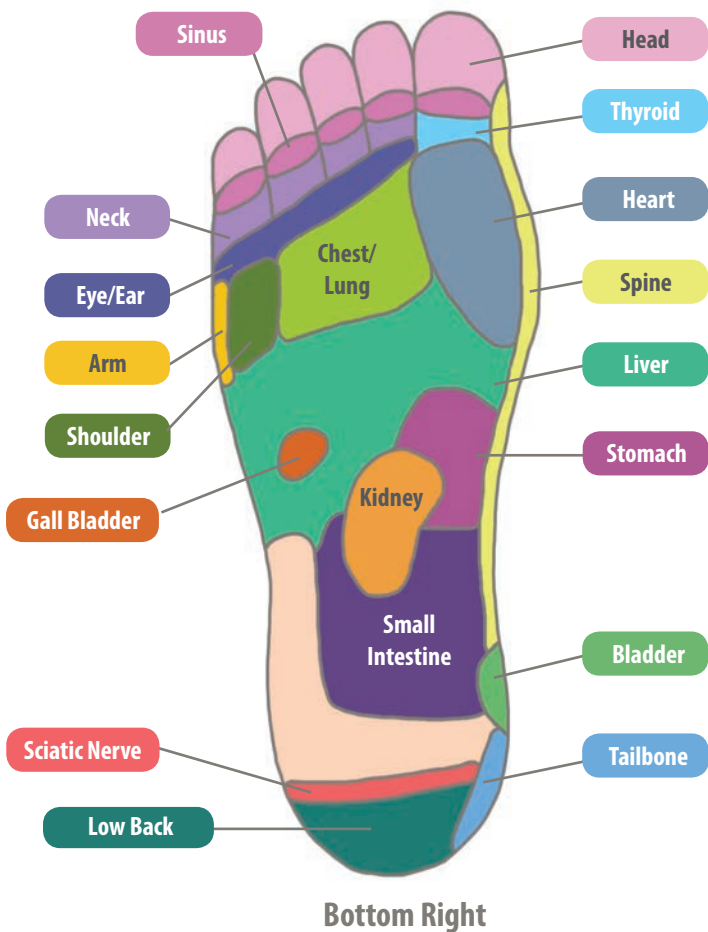
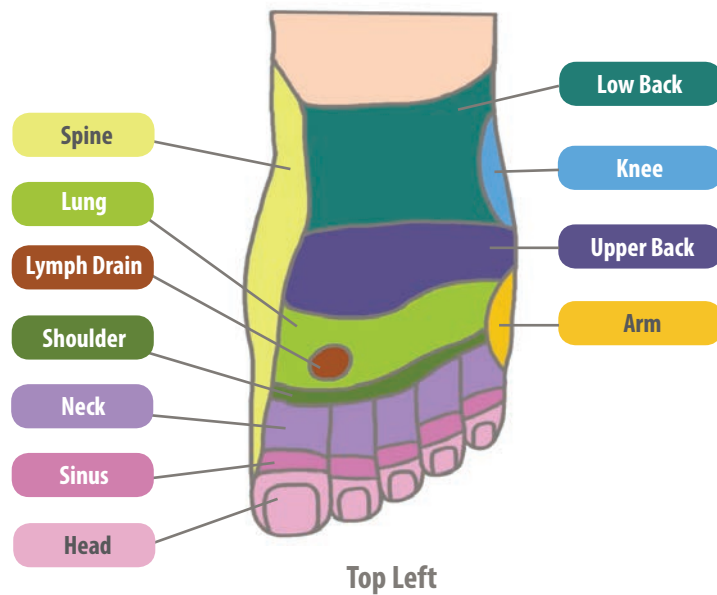
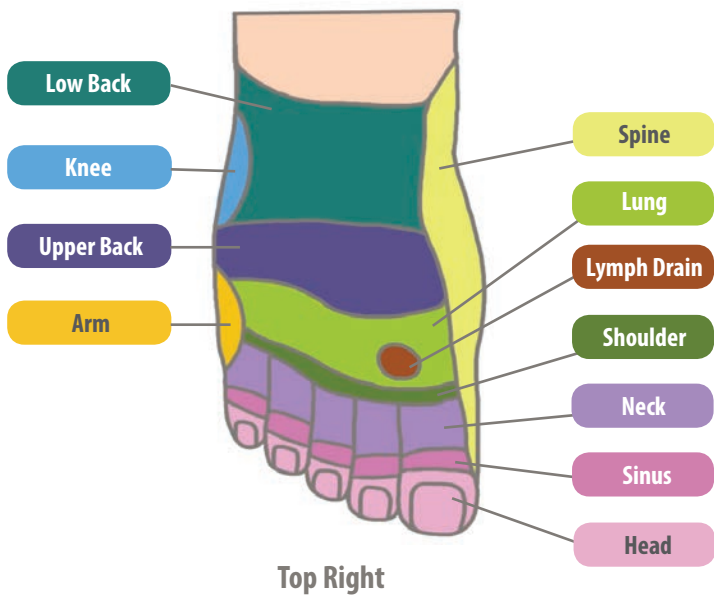
Rev - 101719



Hand Reflexology Chart

Foot Reflexology Chart

TOP OF THE FOOT



BOTTOM OF THE FOOT