



GUIDE TO PATCHES

How do LifeWave Patches Work?

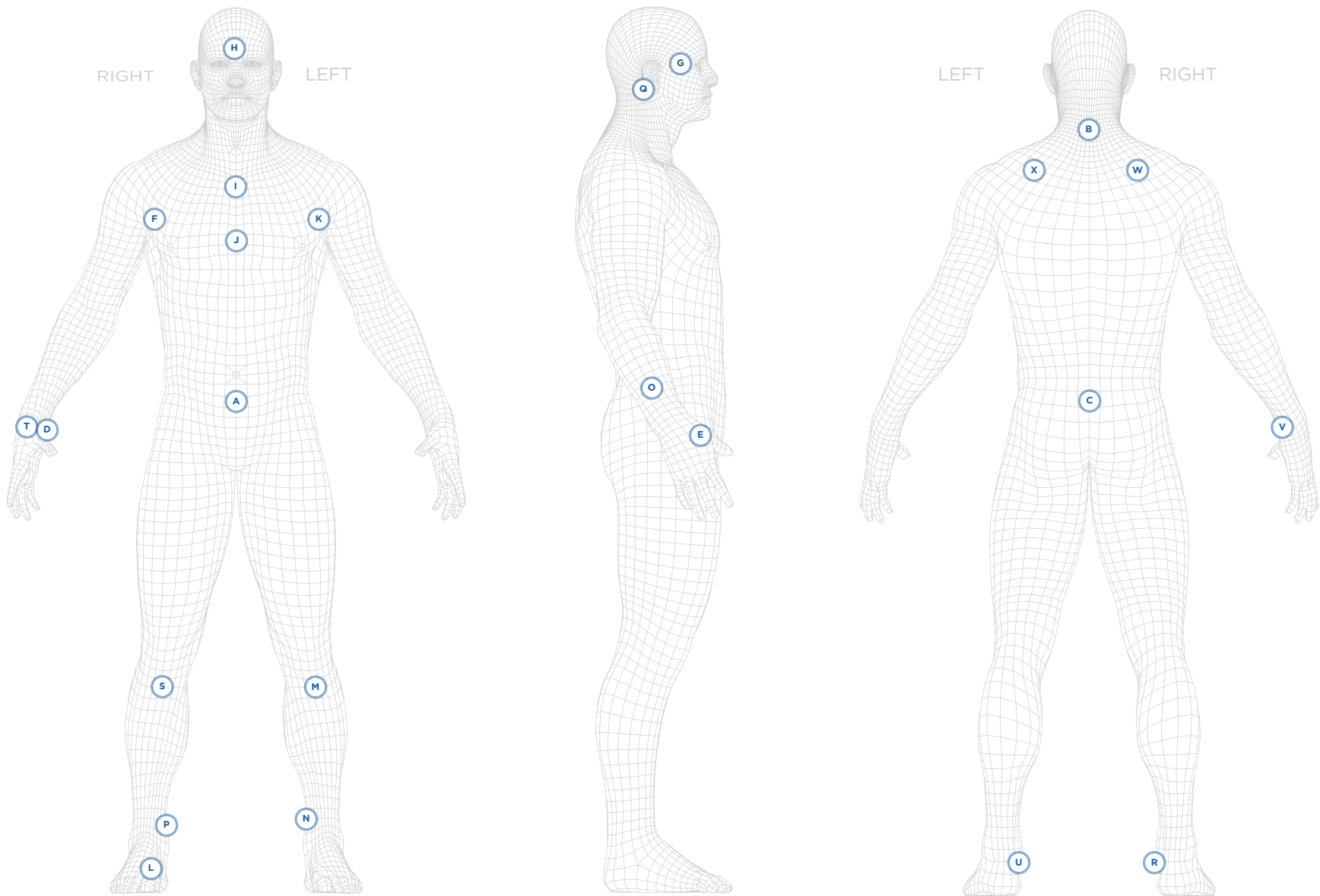
For the stimulation of acupuncture points.

Tips & tricks

Drink lots of water. Always apply patches to clean, dry skin in the morning (or at night for certain patches).

Wear for up to 12 hours.

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LifeWave X39, LifeWave X49 and Alavida: **A, B**

Y-Age Aeon: Rotation entre **A, B, R, T, L**. 5-7 days per week**

Y-Age Advance: Rotation entre **B, C, D, J, T**. 1-3 days per week**

Y-Age Renew: Rotation entre **A, E, I, L, P**. 5-7 days per week**

**When using Y-Age products, use any 2 patches on any 2 of the listed points.

ENR Spark: Two patch system. White patch on the right side of the body, tan patch on the left side of the body. **F, K, O, R, S, V**

Silent Nights: **S, Q, L, G, H**

SP6 Complete: **U, M, N**

Icewave: **X, W**. Can be used on any area of the body.

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