



LIFEWAVE®

icewave

Instructions

INSTRUCTIONS FOR USE

Place one white and one tan patch on the body, using one of the locations shown on page 3. Apply the patches to clean, dry, undamaged skin.

Patches may be worn for up to 12 hours before discarding. Keep well hydrated while using this product. Only remove half of the patch backing until an effective placement site had been located.

If relief is not felt in 10 seconds, move to the next location. The patches can be used on any acupuncture point of the body.

THE CLOCK / CROSS METHOD

The Clock/Cross Method was developed to provide fast and effective results for non-specific, localized discomfort.

Move through the locations shown in Fig. 1.0 to 1.6 until relief has been substantially felt and/or mobility has increased.



Fig. 1.0



Fig. 1.1



Fig. 1.2



Fig. 1.3



Fig. 1.4



Fig. 1.5



Fig. 1.6

Warnings: Remove immediately if you feel discomfort or skin irritation occurs. Do not reuse patch once removed from the skin. For external use only. Do not ingest. Do not use on wounds or damaged skin. Ask a health professional before using if you have a health condition, any questions or concerns about your health. Do not use if pregnant or nursing. Not intended for use on children. Do not apply/use patches other than as directed. Product to be stored at room temperature.



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