



LIFEWAVE®

icewave®

**使用說明 | Instructions**

## 使用說明

於包裝中各取出一片白色和棕色貼片，分別貼在身上，黏貼位置可參考第3頁所示的其中一圖。貼片應貼在乾淨、乾燥、或無傷口的皮膚表面上。

貼片使用最多12小時就應丟棄。在使用貼片的同時，請補充足夠水分。建議取出貼片時，先撕掉一半背膜，貼在想要黏貼的位置後，再撕開另一半背膜貼牢即可。

使用貼片10秒後若未感到舒緩，可貼在其他示意圖建議的位置上。貼片也可貼在身體的任何部位上。

### 時鐘/交叉法

時鐘/交叉法提供快速的貼位方法，以幫助您放鬆及提升舒適感。

每次更換貼片時，可輪流貼在圖示1.0至1.6的建議位置上，直到身體及活動力感受到舒展和自在。



圖 1.0



圖 1.1



圖 1.2



圖 1.3



圖 1.4



圖 1.5



圖 1.6

**警告：**若發現不適或皮膚刺激反應，請立即移除貼片。從皮膚表面移除下來的貼片請勿重複使用。貼片僅供外部使用，不可食用。請勿將貼片貼在開放性和未癒合的傷口處。若您對自身健康狀況有任何疑問、或有其他顧慮，請諮詢專業醫療人士後再使用。孕婦、哺乳婦女、或18歲以下者禁止使用貼片；請依照產品建議方式使用貼片。請將貼片儲放於室溫陰涼處。

## INSTRUCTIONS FOR USE

Place one white and one tan patch on the body, using one of the locations shown on page 5. 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 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.

**Warnings:** Remove immediately if you feel discomfort or skin irritation occurs. Do not reuse patches 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 the patches if you are pregnant, breastfeeding, or under 18 years of age. Do not apply/use patches other than as directed. Product to be stored at room temperature.



Fig. 1.0



Fig. 1.1



Fig. 1.2



Fig. 1.3



Fig. 1.4



Fig. 1.5



Fig. 1.6





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