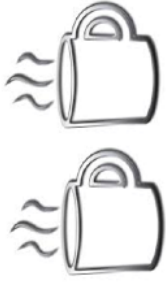


How to blow ?

Just blow the body or spot until feeling hot, can move the blower in →left ←right, ↑up-↓down, ○ circle motion or pull blower further away to avoid pain or hurting! Pain or sick area can blow longer!



1. Drink 2 glass of warm water.
2. ① ② Blow whole front and back of both hand, more on the red spot.
3. ③ ④ Blow whole front and back of both leg, more on the red spot.
4. ⑤ Blow top of head, circle downward the whole head, more on the red spot.
5. ⑥ Blow centre of back, blow downward and move left right or circle motion to cover the whole back.
6. ⑦ Blow centre of front body, blow downward and move left right or circle motion to cover the whole body.



7. Drink another 2 glass of warm water.

