

ROAD RELIEF WELLNESS MASSAGE BALLS DUO TRAVEL SET: ULTIMATE USER GUIDE & PAIN RELIEF TECHNIQUES

Empower Your Journey with Easy-to-Follow Steps & Expert Tips to Conquer Discomfort Anytime, Anywhere

UPPER BODY, HEAD, NECK & CHEST



1

HANDS

10 Squeeze

30 Rolling

10 Squeeze



2

FOREARMS

30 Rolling

20 Trigger Point Press

30 Rolling



3

NECK

30 Rolling Neck

30 Rolling at Ear

30 Rolling Neck



4

JAW & TEMPLES

30 Rolling

20 Trigger Point Press

30 Rolling



5

CHEST & SHOULDERS

30 Rolling

20 Trigger Point Press

30 Rolling at Clavicle

LOWER BODY, HIPS, LEGS & FEET



6

GLUTE & HIPS

30 Rolling

30 Sit At Trigger Point Press

30 Rolling



7

THIGHS

30 Rolling Top of Thigh

30 Rolling Side (IT Band)

30 Rolling Inner Thigh



8

SHINS & KNEES

30 Rolling Around Knee

30 Rolling Shin & Calf

30 Rolling Top of Foot & Ankle



9

BALL OF THE FOOT

30 Anchor Heel & Roll Foot

30 Trigger Point Press

30 Anchor Heel & Roll Foot



10

ARCH & HEEL

30 Roll Heel Side to Side

30 Trigger Point Press

30 Roll Heel Side to Side