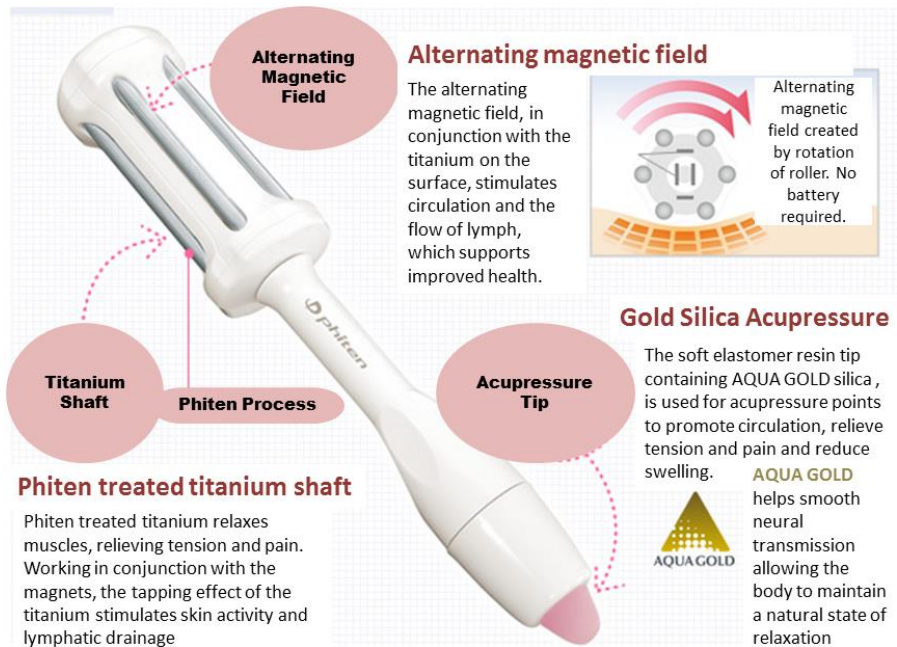


TITAN FACE AND BODY ROLLER



Material: Body [ABS resin, Stainless]. Magnet [Neodym magnet]. Surface of roller [Titanium]. Bottom protrusion [Elastomer resin combined with gold silica]

Feature: Easy to use face and body massage roller combined with acupressure bulb. When “rhythmically tapping”, as the the titan on the rollers surface rolls over the skin and input magnets repel each other, it can stimulate skin activity, circulation and the flow of lymph, and relieve tension and pain. The acupressure bulb can be used for massage by pressing acupoints.

Caution: Do not use in water or sauna. Avoid excessive force. If you have are receiving medical treatment or on regular medication consult with your health care professional before use. **Do not use:** if you have a pacemaker or other surgical implant. **Stop using** if you feel nausea or skin irritation. **Avoid using:** When pregnant, if a frequent user of steroids, have facial neuralgia, telangiectasis or serious illness. Avoid use for prolonged period at any one time.

Care: To clean use cloth provided, a near dry or dry soft towel to wipe surfaces clean. Do not use water and any kind of liquid for cleaning. Do not use any type of alcohol or solvents. Keep in a dry condition.

Imported and distributed by Phiten Performance, PO Box 39370, Wellington Mail

Centre, Lower Hutt. Web www.phitennz.com Email phiten@xtra.co.nz 

TITAN ROLLER

FOR YOUR HEALTH

FOR YOUR FACE & BODY

FOR EVERYONE



Features

- Phiten technology
- Alternating magnetic field
- Titanium shaft
- Acupressure tip



- Aids smooth lymphatic flow
- Helps firm skin to relieve lines
- Relaxes muscles to relieve tension and pain
- Promotes circulation and reduced swelling

Refresh yourself daily in just 3 minutes

Anytime! Anywhere!



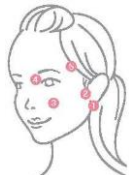
Treat yourself to a bright and clear face with lymphatic massage.

Worried about the firmness of your skin or lines on the neck? Just 3 minutes a day of lymphatic massage, using the Titan roller, can firm skin and ease lines.

Stimulating the skin improves circulation and lymphatic drainage, carrying the oxygen and nutrients skin needs to remain firm and elastic, and helps remove any excess fluid.

Use with Phiten AquaGold cream or gel, or your favourite skin care product, to enhance the effectiveness and permeation of the beauty care product.

To lift and slim up face



Pressure points to promote blood circulation



From cheek to temple



From chin to ear

To relax muscles and smooth flow of lymph



From neck to collarbone



Under collarbone from inside to outside



For slim and beautiful line

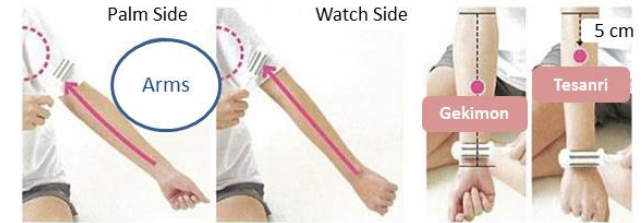
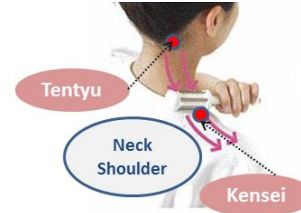
Try e-water lotion and roller for the ultimate body massage

Stimulate lymphatic drainage, relieve fatigue, tension and pain in muscles and moisturise skin, using e-water massage lotion (optional), with Aqua Gold and aging care ingredients, in conjunction with your Titan Roller.

All parts of the body can be addressed with massage and acupressure using the Titan Roller. Examples are shown of how to use on the neck, shoulders, arms, feet and legs.

Neck, Shoulder and Arms

Suffering from stiff shoulders? Fatigue in arms? Skin pouch under arms? Try regular massage and acupressure on the channel (carrying blood vessels, lymph and nerves) connecting the jaw to the body, and on the arms from wrist to armpit / shoulder.



Always roll from neck to shoulder. Stimulate the two acupressure points: **Tentyu**, depressed area between the two thick muscles at the hairline on back of head, and; **Kensei**, the centre of the arched muscle on shoulder.

1. Roll upwards from wrist towards lymph node under armpit **2.** Stimulate the two trigger points: **Gekimon**, midway along the line that connects two centre's of wrist and elbow. **Tesanri**, positioned about 5cm under the wrinkle made by the bend of the elbow **3.** Repeat step one to smooth the stimulated trigger points

Feet and Legs

Legs are our "second heart" and the half-way points for blood and lymph and need to be treated carefully as such important parts of the body. Conditions such as tired, cramped or swollen legs or feet can be improved by regular use of the massage roller.



FEET

1. Roll from outside of insole and instep to the inside (towards the heart)
2. Stimulate trigger points with the protruding tip of the roller (Kaikai – the centre of the ankle)
3. Repeat the rolling of step one to smooth the stimulated trigger points



Asisanri. Depressed area about 6 cm under the depressed area at side of kneecap.

Sho-zan. The centre of the boundary line between calf muscle and Achilles tendon.

LEGS

1. Roll a roller from ankle toward the lymph node at the back of a knee.
2. Stimulate trigger points with the projection tip of a roller.
3. Finally, roll a roller from ankle toward the back of a knee just like the process 1 to smooth the trigger points that have been stimulated.