

The pack can also be used at these times

The pack is large so please put it on at bedtime. The photo shows vital points related to face and brain for beautifying the skin . If a supporter is used, the pack can be used 24 hours. In daytime, use the handy pack which has the same contents and efficacy. You can also place the pack color side up in a room; its telomere wave lengths will cover it and extend effect. When dining with your family just place it in the room and everyone will receive the benefit of these wave lengths. Other ways to use it are:

When hip aches, put it directly on the hip. We have a belt (cotton) just for hip use, which can be applied to the back as well, or you can make one yourself, in which case be sure to use pure cotton.

1. If chest is painful, put the pack on the pain.
2. If knee front or back is painful, put it on the pain. Use a supporter to hold it on the pain while sleeping.
3. Wherever it hurts, apply it (the pack with muscle activation).
4. Wherever there is a bad spot on the body, by applying this pack you will obtain a good effect.
5. When the bag of the pack gets soiled please wash it. Someone asked if the bag would also last 5 years. The pack will, but the bag or belt degradation would depend on the frequency of use. You may purchase another if necessary.
6. When you feel a cold coming on, place the pack on the back below the neck, where you may feel a chilling shiver at such times.
7. Those with frequent urination should sleep with the pack on hip or a little above (where the kidney is).
8. You may wrap the handy portable pack in gauze and tape it on the spot of pain or discomfort. If directly applied, it may oxidize with sweat, causing the aluminum part to peel off. To protect it, gauze is necessary.
9. If you feel discomfort or throbbing of the heart, put the pack on it and it will subside.

※A hip belt can be obtained at this clinic on request.