

The Complete Guide to: Nukkles[®] Massage

1. Place Nukkles in the palms of your hands. Do not put fingers in the domes.



2. Start at base of back and work upwards to shoulders.

3. Apply pressure with palms and move in direction of arrows.



4. When using Nukkles for acupressure or reflexology, place fingers in the domes. Use constant pressure or small rotations on strategic pressure points (see charts) to help relieve tension and headaches, soothe sore muscles and stimulate circulation.



Reflexology



Acupressure Points



Soothe sore muscles.



Improve circulation.



Couples massage



Ease headache tension.



Relieve low back pain.

Try placing a Nukkles under your low back or neck while reclining for a penetrating, deep massage. (Note: Not recommended for more than 5 minutes.)

To order, call 866-826-3984 or visit us
online at www.nukkles.com

Proudly made in the USA! 