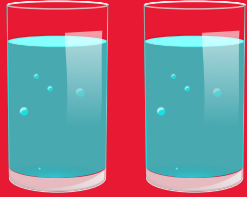


STEPS OF USING THE **iTeraCare™** DEVICE



Drink 2 glasses of warm water



1. Palms



2. Soles



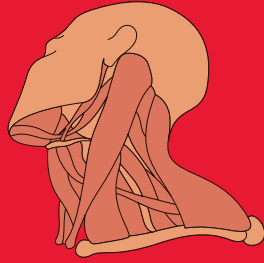
3. Behind the knees



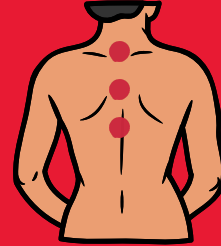
4. Groin



5. Armpits



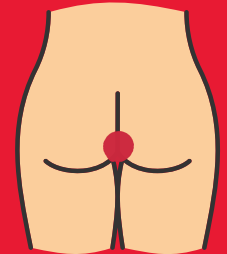
6. Lymphs



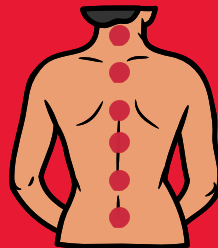
7. Upper back



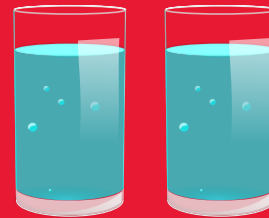
8. Head



9. Butt



10. Blow downwards



Drink 2 more glasses of warm water

NOTE THAT...

- iTeraCare device can also be blown on the head, limbs, face, body and painful areas
- **high blood pressure users should NOT blow on no. 8!**





- Off
- High speed low heat
- Low speed low heat
- High speed high heat