

reflosocks®

for the relief of back and neck pain

How to wear your reflosocks® for back and neck pains:

In order for your **reflosocks**® to be most effective they must be worn on the correct foot. If you have them on correctly the patented double ridge should be in a line from your big toe to your heel along the inner edge of your soles (under your foot).










There will be a white **reflosocks**® marker roughly over the big toe area. Because of the differing sizes of people's feet this may not be directly over the big toe. This marker is a guide only to ensure that you have them on the correct foot.



REFLEXOLOGY IN A SOCK

Information

-  **reflosocks**® can be worn in shoes or boots, or just around the house like slipper socks.
-  **reflosocks**® work by stimulating established reflexology zones as you walk or stand.
-  **reflosocks**® are cotton/stretch nylon mix and are machine washable at 40° degrees.
-  Wear for at least 3 hours for maximum benefit; **reflosocks**® can be worn all day.
-  Wear as often as you feel is necessary.
-  Your **reflosocks**® might move around slightly as you walk, but the patented double ridge should ensure that the correct reflexology zones are being massaged even if this happens.
-  **reflosocks**® make an excellent gift idea!

You might find that your feet feel a little tender on certain points at first; this could be because the relevant reflexology points are indicating an imbalance. As your body responds to the massage these points should become less tender. As a precautionary measure, if you are pregnant, on long term medication, or having treatment for cancer you should consult your doctor before wearing **reflosocks**®.

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For further information visit:

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