

reflosocks®

for the relief of knee, hip and shoulder pain

How to wear your reflosocks® for knee, hip and shoulder 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 little toe to your heel along the outer 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**[®].

reflosocks[®]

For further information visit:

www.reflotherapies.co.uk

Email: info@reflotherapies.co.uk

Telephone: 023 8067 5814



REFLEXOLOGY IN A SOCK