



# SIMPLE SPECTRA

## **FOOT MASSAGE**

### **THERAPY SET**



Following instructions for your Foot Massage Therapy Set will ensure the best experience and results. To help reduce over stimulation & prevent injury, start off slow & soft, gradually increasing pressure & time of use. Most techniques can be done lying down on a flat surface, sitting upright in a chair or standing while placing pressure on the roller or balls.

The Foot Massage Therapy Set provides for a versatile, multipurpose use. Ranging from foot & calf massage, using the foam roller, to trigger point therapy for all muscles, using the spikey massage balls, the set delivers a whole body experience.

A few important points will help your overall experience; this includes taking deep breaths, easing into pressure to find tension points and remembering to drink plenty of water before and after. If any of the techniques listed below lead to intense pain, discontinue use & ice the area to ease inflammation. Seek professional help if pain persists after use of the Foot Massage Therapy Set.

Dual pressure, from both body weight & gravity, provide for a uniquely personalized massage experience. Use the rolling technique to help release tension for aching muscles. Begin applying light pressure & increase pressure as you roll back and forth on the foam roller or ball. Once you feel loosening of the muscles, gradually apply more pressure. For spot trigger point release, identify the trigger point & place consistent non-rolling pressure on the area. The Foot Massage Therapy Set is for muscle use only; do not apply pressure to bones or joints. The massage balls can be used on all muscles, depending on the intensity desired. Below is a guide and recommended use for the set, but individual results may vary. Use 15-30 second intervals, taking breaks in between intervals.



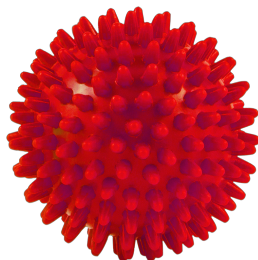
#### **Foam Roller**

This foam roller, constructed from durable EVA foam rubber & PVC piping, is specifically designed to withstand heavy weight. Ideal for all-level foot massages, to target sore & tight feet. The reflexology dots on the foam roller create a soothing massage experience.



#### **Blue Soft Spiky Ball**

The blue soft spiky ball is an entry-level ball, ideal for more tender & sensitive muscles. The spikes are specifically designed to provide a surface-level soft massage feeling. This is best used for more aching and tender muscles; providing more gentle pressure.



#### **Red Firm Spiky Ball**

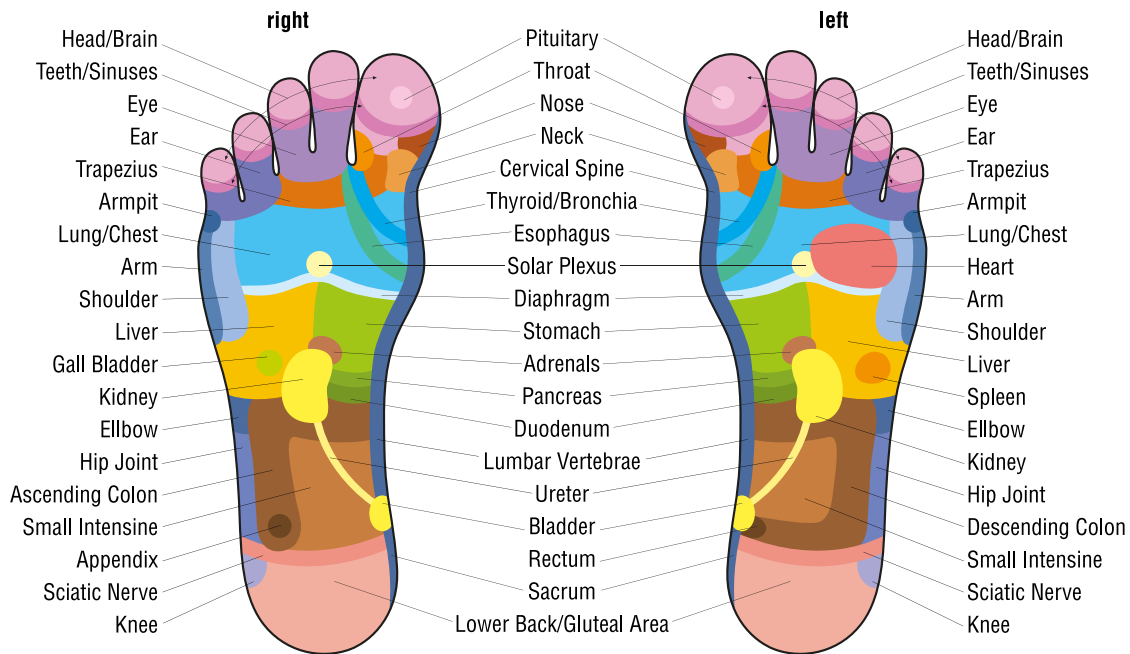
The red firm spiky ball is a mid-level, firm ball great for tough muscles. It is best utilized to help with tension, loosening muscles and providing a deeper, harder massage. As with all mid-level balls, it is highly recommended to ease into use with this ball.

As a reminder, each experience can be personalized based on your needs and desires. Utilizing all 3 products within the set will help provide a holistic muscle relaxation/tension relief experience. It is important to base your use on what feels good to you.

There are two main techniques with the muscle targeting instructions below; the rolling motion technique & spot trigger point technique. Utilize the method that provides you the best pain relief. The recommendation is 15-30 second intervals, taking breaks in between to ease the pressure placed on the muscle. Remember to stretch your muscles after each session.

# Foam Roller Massage Therapy Instructions

## Foot Reflexology Chart

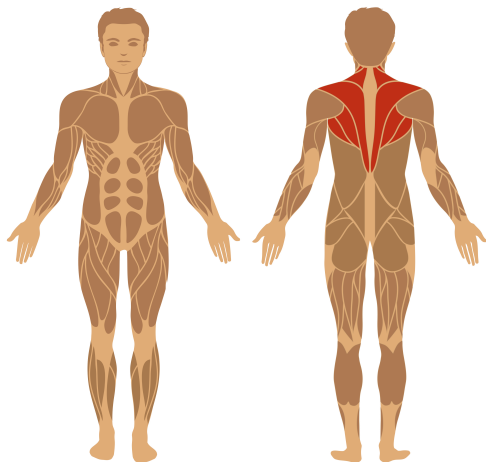


**Foot Reflexology** - Recommended position is standing straight up on flat surface or sitting upright in a chair. Place the ball or roller underneath your foot and apply slight pressure, with a rolling motion. Ease or increase the pressure based on your comfort level.

### Planter Facticus

To help alleviate plantar fasciitis pain, use the roller or ball where the heel meets the arch. Roll back and forth, to ease the tension and strain of muscle pain. Avoid standing directly on the ball or roller with all your body weight, as this may cause unnecessary strain.

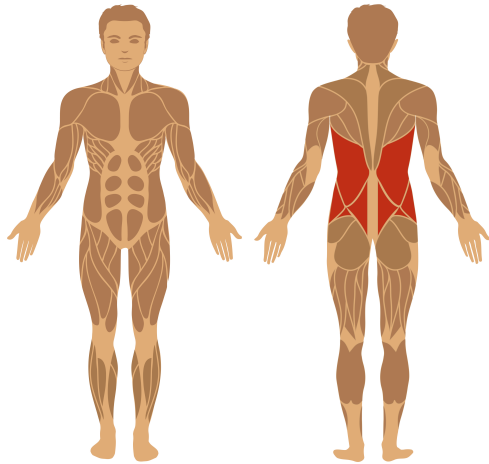
## Spiky Ball Massage Therapy Instructions



**Upper Back & Neck** – The recommended position is lying down on a flat surface or up against a wall.

Position the ball on the surface, just below your neck (right or left side of the spine). Proceed to glide your body up and down, between your shoulder blade and towards the base of your skull.

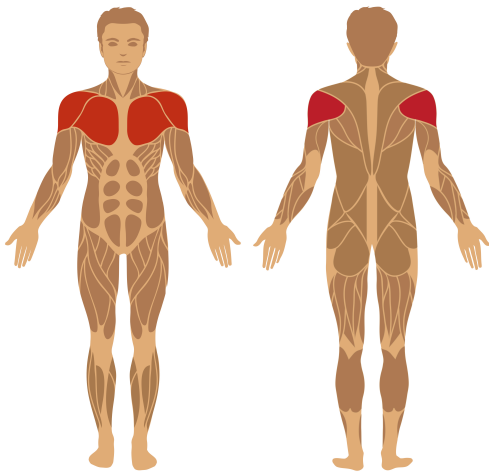
Repeat the steps for the opposing side of the neck, avoiding pressure on your spine directly. It is important that you avoid using the balls directly on your spine, which may lead to further pain & damage.



**Lower Back/Lumbar** - The recommended position is lying down on a flat surface or up against a wall.

Position the massage ball on the right or left side of the spine and proceed to glide your body up and down, between mid-to-lower back.

Repeat the steps for the opposing side of the lower back, avoiding pressure on your spine directly. It is important that you avoid using the balls directly on your spine, which may lead to further pain & damage.

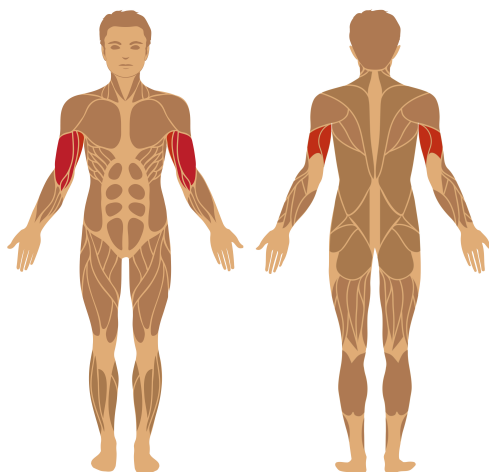


**Shoulder & Chest Pectorals** - The recommended position is opposing hand pressure or up against a wall.

For shoulder muscles, position the ball at the top of the shoulder and gradually roll ball up & down to your mid-arm. For lighter pressure, use the opposing hand method. For deeper pressure, use your body weight up against the wall.

For pectoral muscles, position the ball on the left/right side of your breastbone. Gradually roll the ball towards your shoulder. For deeper pressure, use your body weight up against the wall.

Massaging the pectoral muscles may prove to be a painful or difficult experience for our female users. Avoid placing pressure on bones.



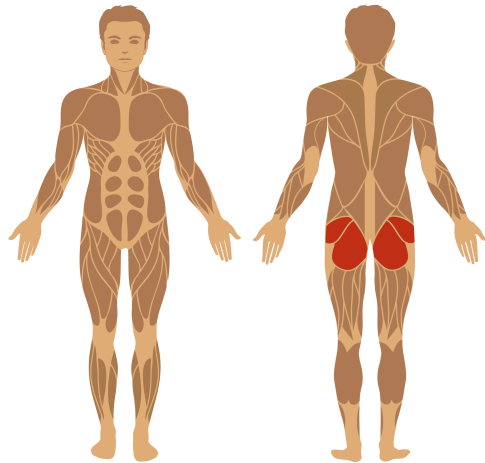
**Arms - Triceps & Biceps** - The recommended position is opposing hand pressure.

For biceps, position the ball near the inside of your elbow and gradually roll the ball towards your shoulder.

For triceps, position the ball near the outside of your elbow and gradually roll the ball towards your shoulder.

Avoid placing direct pressure on the elbow.

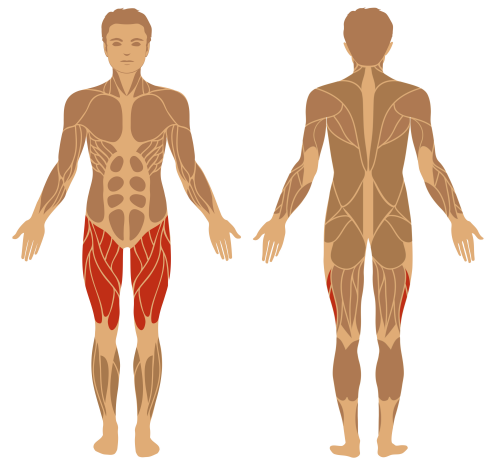




**Buttocks/Gluteus Maximus** - The recommended position is lying down on a flat surface with legs extended.

Position the ball on the gluteus and use a rolling motion for desired pressure. Repeat the process for the opposing side.

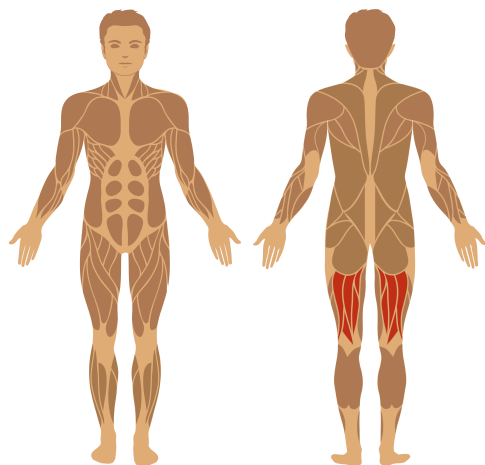
Avoid direct pressure on the tailbone.



**Thighs** - The recommended position is lying down on a flat surface with legs extended.

Position the ball on your thigh, gradually rolling between your knee and hip. Repeat the steps for the opposing side.

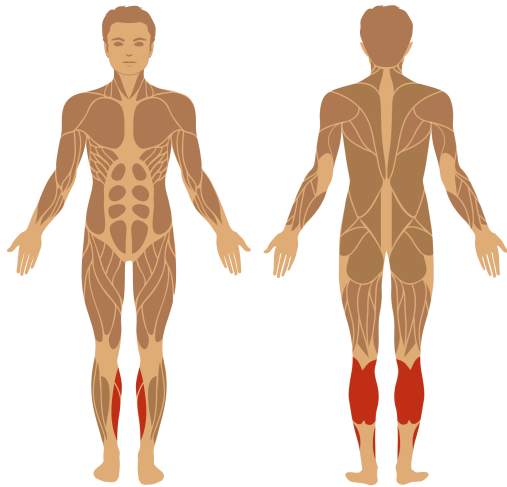
Avoid direct pressure on your knee or kneecap.



**Hamstring** - The recommended position is lying down on a flat surface with legs extended.

Position the ball underneath your hamstring, gradually rolling between the back of your knee and buttocks. Repeat the steps for the opposing side.

Avoid direct pressure on the back of your knee or tailbone.



**Calves** - The recommended position is lying down on a flat surface with legs extended.

Position the ball underneath your calf, gradually rolling between the back of your knee and ankle. Repeat the steps for the opposing side.

Avoid direct pressure on the back of your knee or achilles.

Thank you for purchasing our Foot Massage Therapy Roller Set, we hope the product met and exceeded your expectations.

Please visit us at [simplespectra.com](https://simplespectra.com) for any questions or concerns about your product. Or you can email us at [support@simplespectra.com](mailto:support@simplespectra.com)