

Simple Self-Foot Massage At Home

家庭个人简单脚底按摩

- 1** To ease headache and migraine 舒缓头痛及偏头痛

Head / Brain 前额/大脑

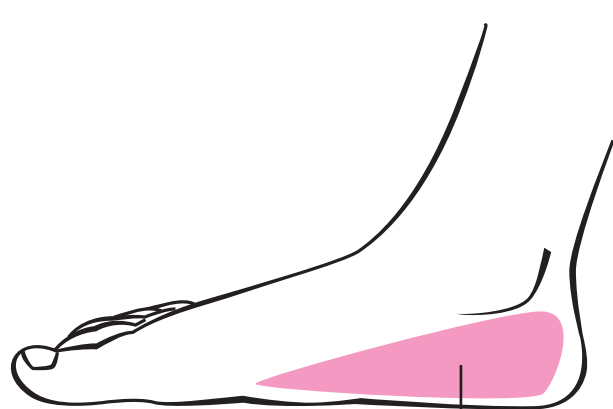


Right foot 右足 Lelf foot 左足
Bottom 下部

Lelf foot 左足 Right foot 右足
Front 上部

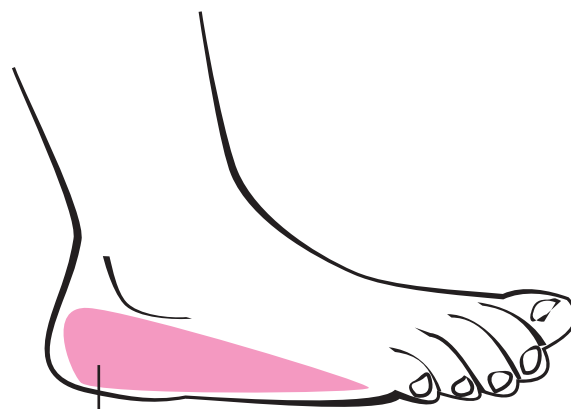
- If migraine happens on the left side of your head, massage the right feet and vice versa.
如偏头痛于左侧时，请按摩右足。
如偏头痛于右侧时，请按摩左足。

- 2** To improve man or woman reproductive system 改善男性或女性生育功能



Inner side foot 内侧

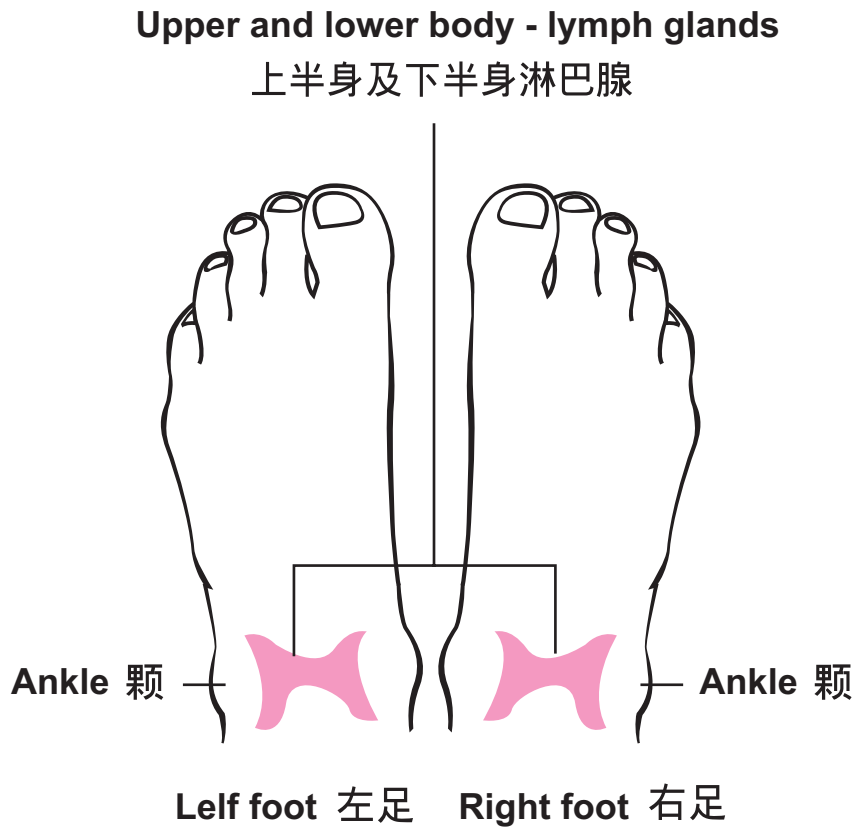
Penis / Vagina
阴茎/阴道/尿道



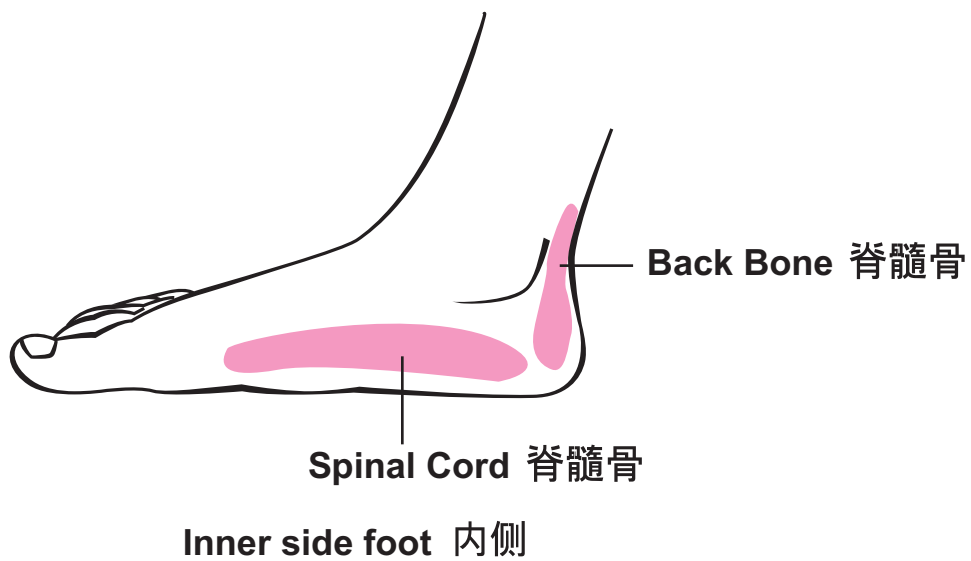
Exterior side foot 外侧

Uterus / Prostate
前列腺/子宫

3 To strengthen immune system 增强免疫系统



4 To ease backache 舒缓背痛



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To ease neck and shoulder pain 舒缓颈项及肩膀疼痛



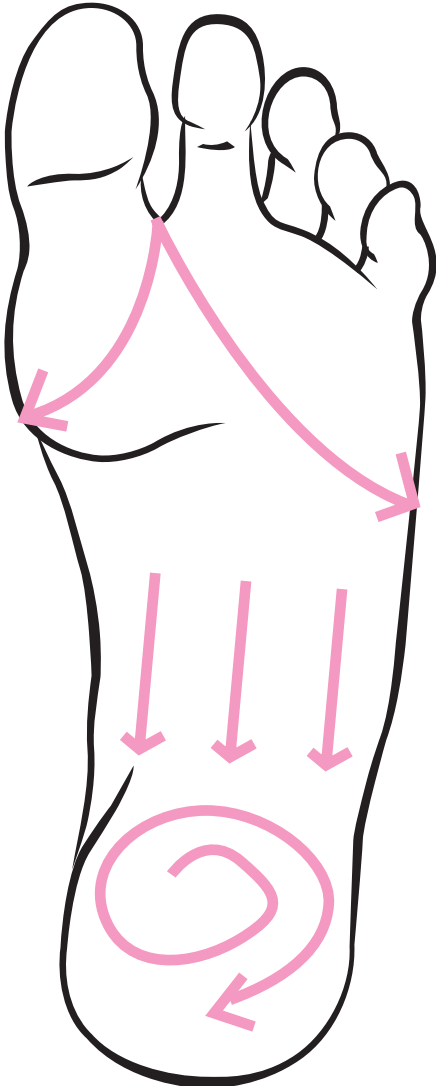
Important notes for effective self-foot massage at home:

1. Soak your feet with **TYT Herbal Footbath** or **TYT Confinement Herbal Bath** for minimum 10-15 minutes before massaging.
2. After massage, keep your feet warm by wearing socks or wrap your feet with towel for minimum of 5 minutes.
3. Drink a cup of warm water or ginger tea after massage.

个人脚底按摩效果应注意事项

1. 请浸TYT泡脚药材或TYT坐月沐浴药材十及十五分钟后, 才按摩。
2. 按摩之后, 穿上袜子或将毛巾包脚维持5分钟以让足部保温。
3. 按摩之后喝一杯温水或姜茶。

Massage flow (for sole) 按摩次序 (脚底)



Massage flow (for leg) 按摩次序 (脚)

