How to Apply PowerStrips

Placement and Application

1. Select a reasonably hair-free application site.
2. Peel off one side of the backing. Apply the sticky side of the patch to the skin.
3. Press the sticky side on the skin, and smooth down.
4. Remove the other piece of backing and continue to smooth down onto the skin.

For best results, apply a new PowerStrip every 1-2 days, thirty to sixty minutes after bathing and remove thirty to sixty minutes before bathing. While using PowerStrips™ you may experience a warming sensation, which is considered normal. As with any product, pay attention to how you feel and adjust as needed.

You may need assistance to place PowerStrips™ in hard-to-reach areas.

For external use only. Avoid skin folds, scar tissue, burned or irritated areas. Do not use on rashes; on wounds or damaged skin. Keep patch sealed in shipping bag. Only use one patch at a time. Avoid storing in direct sunlight and protect product from excessive moisture.

Store at 68-77 degrees F (20-25 C).
After you remove your PowerStrip your skin may feel warm and appear red. This is normal. The redness will disappear in a short time. In some rare cases some may experience discomfort. If so, promptly remove the PowerStrip. **If you are not sure that is product is right for you consult with your physician before using.**

Feel free to watch the video on our website www.nurtureness.com on "How to use and apply PowerStrips"

There are also downloadable documents for PS applications as well as how to use them in relation to the Meridians.