



LIFEWAVE®

silent nights®

Instructions

Instructions for Use

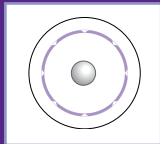
Place one Silent Nights patch on the body, using one of the locations shown.

Apply the patch to clean, dry skin in the evening.
Patches may be worn for up to 12 hours before discarding.
Keep well hydrated while using this product.



STEP 1

First, locate the acupressure point you wish to stimulate.



STEP 2

Next, remove a plastic bead from the bag. Remove the backing from the adhesive plastic patch included. Place the plastic bead in the center of the patch on the adhesive side of the patch.



STEP 3

Lastly, apply the bead and patch to the acupressure point, smoothing the patch on so that it is properly secured to the skin. There should be a mild pressure on the acupressure point.

Warnings: Remove immediately if you feel discomfort or skin irritation occurs. Do not reuse patch once removed from the skin. For external use only. Do not ingest. Do not use on wounds or damaged skin. Ask a health professional before using if you have a health condition, any questions or concerns about your health. Do not use if pregnant or nursing. This booklet is no way intended to be medical advice. Individual results will vary.



LIVER 3

Located on the top of the RIGHT foot, in the web of the big toe



TRIPLE BURNER 23

Located on the RIGHT temple



TRIPLE BURNER 17

Located on the RIGHT side of the neck, behind and below the earlobe



GOVERNING VESSEL 24.5

Located at the "third eye position," along the mid-line of the head, just above the eyebrows



KIDNEY 3

Located at the depression on the inside of the RIGHT ankle, just behind the ankle bone



Manufactured by: LifeWave, Inc. | 9444 Balboa Ave, Suite 150, San Diego, CA, USA
Tel / Fax: +1(858) 459-9876 | customerservice@lifewave.com | www.lifewave.com

Distributed by: EMBIJO Pty Ltd | 15 Coolac St., Cheltenham, VIC 3192 AUS