

Care and Use of Your **THUMBBY™** Massage Cone

Warning: DO NOT use the **THUMBBY™** massage cone and DO see a doctor if there is sharp pain, swelling, or excessive tenderness. These can be signs of serious injury or illness. DO NOT use the massage cone on the front of the neck, back of the knees, or on the spine.

To clean a **THUMBBY™** massage cone: wash with soap and water; wipe with sanitizer; put it in boiling water.
Note: Some hand sanitizers can leave a tacky residue.

Only heat a **THUMBBY™** massage cone in hot water, a towel cabi, or the sun. **Do not** heat in a microwave, on a burner, or in an oven!

WARNING: Never microwave, directly heat, or burn a **THUMBBY™** massage cone!

It's made of silicone which **will emit toxic fumes** if heated above **350° F / 175° C.**

Limited 6-Month Warranty

The **THUMBBY™** massage cone is warranted to be free from defects in material and workmanship for 6 months after purchase. **Note:** Damage caused by picking or tearing at the rim is not covered under this warranty.



Using a THUMBBY™ Massage Cone

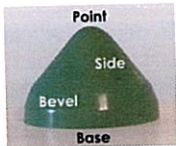
Wall Massage

Press or slap the base of the massage cone to a smooth surface until it sticks; lean against the point. Not on the right spot? Move the massage cone, not your body.



General Techniques

Use the point for muscle stripping, trigger points. **Note:** Always locate the spine when working close to it.



Use the base for diffused pressure and to transfer heat.

Knead with the bevel by pulling the massage cone towards you. Rotate your wrist for a rolling compression.



Use the side of the massage cone to tap or knead. Roll the side of a heated cone over tight muscles to transfer the heat.



Want to Know More?

View videos on our website: www.thumbby.com



Made in USA



Patent Pending

THUMBBY™ **SOFT MASSAGE** **CONE**

*Anyone Can Give a Great Massage With a
THUMBBY™ Soft Massage Cone!*

- ❖ The **THUMBBY™** Soft Massage Cone feels like a thumb because it's the same hardness as a thumb.
- ❖ The **THUMBBY™** Soft Massage Cone saves your hands because it amplifies force—apply 1 psi to the base and get 8 psi at the point. (psi=pounds per sq. in.)
- ❖ The **THUMBBY™** Soft Massage Cone sticks to doors so you can lean on it to massage your own back.
- ❖ The **THUMBBY™** Soft Massage Cone works when used hot, iced, or room temp; dry or with oil/lotion. When used dry, it easily grips muscles through clothing.

LOOK INSIDE for a guide to using the **THUMBBY™** Soft Massage Cone. For more information and videos, visit www.thumbby.com.

The Thumbby™ Company