

PUREWAVE

BY PADO



STICKS

The CM7 comes with six massage attachments for targeting specific parts of the body.



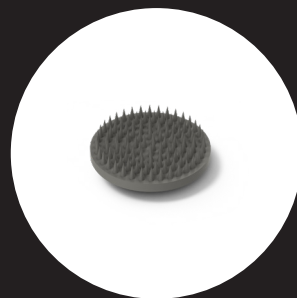
SIX HEAD STICK
Improves circulation and relieves stiffness in major muscle groups.



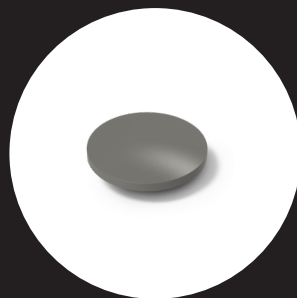
POINT STICK
Breaks up muscle knots and adhesions, for lasting pain relief at specific trigger points.



AIR-CUSHION STICK
The patented air-cushion stick provides a softer contact surface for sensitive joints and tendons.



SCALP STICK
Great for relieving the headaches and tensions of everyday life.



OIL STICK
Ideal for massaging essential oils and pain creams into hard-to-reach spots like the middle and lower back.



FACIAL STICK
The perfect accessory for revitalizing and tightening facial skin.

GETTING STARTED

Turn on the Pure Wave and make contact with the desired body part. For the best results, slowly glide across the muscle group, gradually apply pressure and adjust to your desired intensity.

HOW LONG SHOULD IT TAKE?

We suggest treating each muscle group for 30-60 seconds. Massaging your full body can be completed in 15 minutes.

<p>CALVES</p> <p>1. Move in an upward position</p> <p>2. Move in a downward position</p> <p>3. Repeat</p>	<p>SCALP</p> <p>1. Move slowly along the scalp, flowing with the grain of hair</p> <p>2. Repeat</p>	<p>ADDUCTOR</p> <p>1. Move in an upward position</p> <p>2. Move in a downward position</p> <p>3. Repeat</p>	<p>BICEP</p> <p>1. Move in a downward position towards the elbow</p> <p>2. Move in an upward position towards the shoulder</p> <p>3. Repeat</p>	<p>FACE</p> <p>1. Lightly apply pressure and move from center of the face outward</p> <p>2. Repeat</p>
<p>FEET</p> <p>1. Lightly apply pressure and move in a circular motion or move in a downward position</p> <p>2. Move in an upward position towards the heel</p> <p>3. Repeat</p>	<p>FOREARM</p> <p>1. Move in a downward position towards the wrist</p> <p>2. Move in an upward position towards the elbow</p> <p>3. Repeat</p>	<p>GLUTES</p> <p>1. Move in a circular motion or move in a downward position</p> <p>2. Move in an upward position</p> <p>3. Repeat</p>	<p>HAMSTRINGS</p> <p>1. Move in an upward position</p> <p>2. Move in a downward position</p> <p>3. Repeat</p>	<p>IT BAND</p> <p>1. Move in an upward position</p> <p>2. Move in a downward position</p> <p>3. Repeat</p>
<p>LOWER BACK</p> <p>1. Move in a downward position</p> <p>2. Move in an upward position</p> <p>3. Repeat</p>	<p>NECK</p> <p>1. Lightly apply pressure and move in a downward position</p> <p>2. Lightly apply pressure and move in an upward position</p> <p>3. Repeat</p>	<p>PECK</p> <p>1. Lightly apply pressure and move in an outward direction</p> <p>2. Lightly apply pressure and move in an inward direction</p> <p>3. Repeat</p>	<p>QUADS</p> <p>1. Lightly apply pressure and move in a downward position</p> <p>2. Lightly apply pressure and move in an upward position</p> <p>3. Repeat</p>	<p>ROTATOR CUFF</p> <p>1. Lightly apply pressure and move in a circular motion</p> <p>2. Repeat</p>
<p>SHIN</p> <p>1. Lightly apply pressure and move in a downward position</p> <p>2. Lightly apply pressure and move in an upward position</p> <p>3. Repeat</p>	<p>SHOULDER</p> <p>1. Move in a downward position towards the bicep</p> <p>2. Move in an upward position back towards the shoulder</p> <p>3. Repeat</p>	<p>TEMPLES</p> <p>1. Lightly apply pressure and move in a circular motion</p> <p>2. Repeat</p>	<p>TENNIS ELBOW</p> <p>1. Lightly apply pressure and move in a circular motion</p> <p>2. Repeat</p>	<p>TRAPS</p> <p>1. Move outward towards your shoulder</p> <p>2. Move inward back towards your trap</p> <p>3. Repeat</p>
<p>TRICEP</p> <p>1. Move in a downward position towards the elbow</p> <p>2. Move in an upward position towards the shoulder</p> <p>3. Repeat</p>	<p>HIP FLEXOR</p> <p>1. Move in a downward position</p> <p>2. Move in an upward position</p> <p>3. Repeat</p>			

WARNING

If you have had or currently have any medical conditions or medical history, please speak with your physician prior to using this product.