



Directions for

The Injury Recovery Kit



Day 1 - Apply The Recovery Wrap



Wear for 12 to 24 hours. Discard used herbal cream. See enclosed directions for details on how to apply.

Day 2 - Take Harmonizing Bath



Take a full body bath using the included Harmonizing Bath.

Day 3 - Apply 2nd Recovery Wrap



Wear for 12 to 24 hours. Discard used herbal cream.

Day 4 - Apply Recovery Spray



Use the Recovery Spray on the injured area. Apply 10-15 sprays, twice or more during the day. Use until both bottles are finished.

You can extend the treatment cycle over a longer period if necessary.

Resume athletic activity as pain and stiffness decreases and strength improves.

Questions? Call toll free 888-818-5163