



**Rub n' Roll – Wellbeing for All**



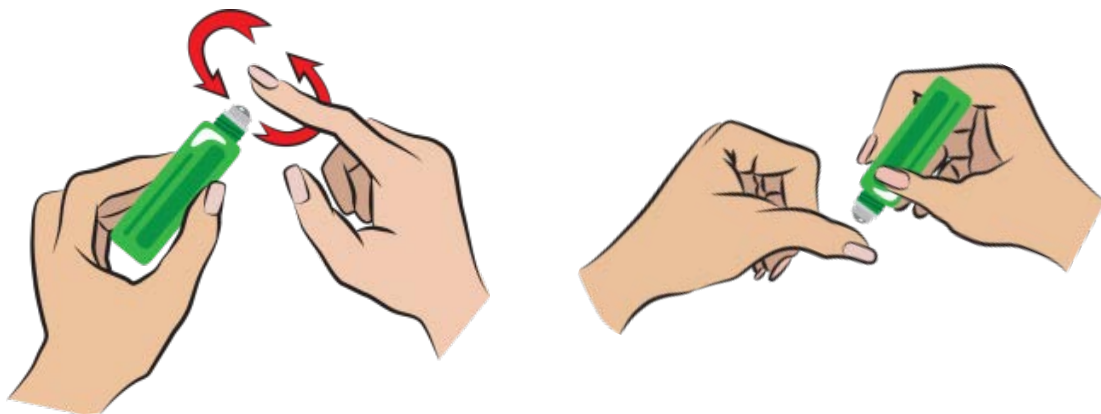
## **How to Use Rub n' Roll**

**2021**



## A. How to Use

1. Wash the **Rub n' Roll** with soap and water before the first use. Dry thoroughly with a soft cloth.
2. Fill the rollerball bottle with the oil mix (follow your wellness concern to make the desired oil mix or use premixed solutions).
3. Mount on the rollerball closure on the bottle. To check that the roller releases the oil easily move your finger over the ball in a circular motion and lubricate the ball.



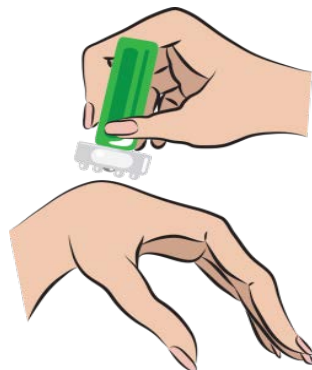
4. Mount the **Rub n' Roll** on the top of the roller bottle. Check that the Rub n Roll's bottom touches the bottle's shoulder.



5. With the rollerball bottle upside down, using your thumb release some oil to lubricate the Rub n' Roll surface.

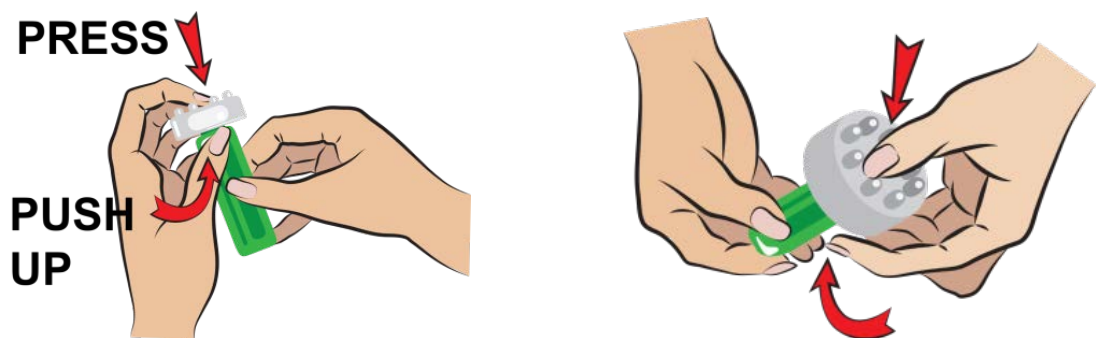


6. Rub over the wrist to test that the **Rub n' Roll** is well lubricated, the rollerball discharges the oil, and you like the feeling (Lubricate your skin as well for better sliding if desired).

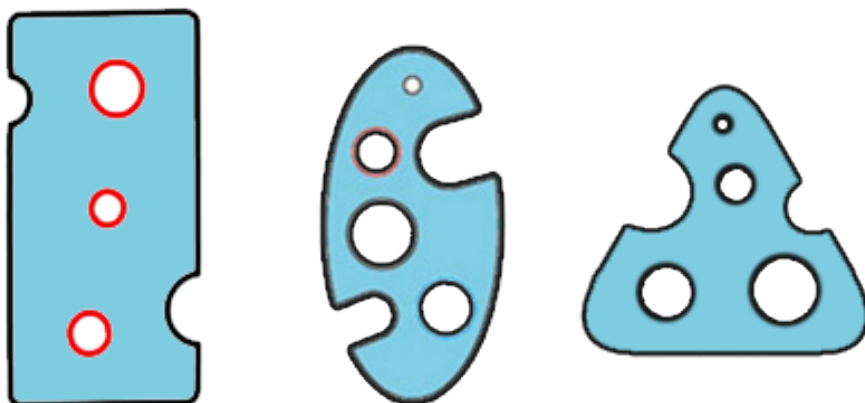


7. Check out the section “Massage Strokes” and the instructions for your wellness concern. Enjoy massaging!

8. To remove the Rub n’ Roll from the bottle, hold the bottle in one hand, press your index finger of the other hand on the roller ball to avoid its slipping off, and with your thumb push the bottom of the Rub n’ Roll up.



9. Use the special gauge tool – a rollerball bottle opener - to remove the ball closure from the bottle.





## **B. Maintenance**

1. Wash the Rub n' Roll regularly (ideally, after 2-3 uses). Always dry the Rub n' Roll before use, as water might penetrate the bottle and spoil the oil mix.
2. Replace oil if it:
  - smells rancid;
  - discoloured;
  - has any residue inside the bottle (like dust and dead skin cells collected inside due to the ball and skin contact).
3. Always use a roller bottle that is clean and dry.
4. Refill a clean and dry bottle with the oil.
5. Wash the used bottles with soap and hot water. Dry before the next use.
6. Discontinue using the Rub n' Roll if the tips are broken and/or of discoloration and smell (For disposal refer to the Section "Disposal").



### **C. Safety Precautions**

1. Do not massage if your skin has open wounds, pimples, or any other inflammations.
2. Check any reactions caused by the individual oils in your oil mix before mixing your oils.
3. Use the oils recommended for your wellness concern.
4. Consult a medical practitioner to check if the oil massage is recommended for your medical condition.



## **D. Massage Strokes**

### *1. Rubbing and Rolling (recommended #1h)*

As the name suggests you can rub and roll the massage head on your skin.

### *2. Acupressure (recommended #3s)*

For deep massage press the Rub n' Roll at the desired areas. Move and twist the Rub n' Roll without slipping over the skin.

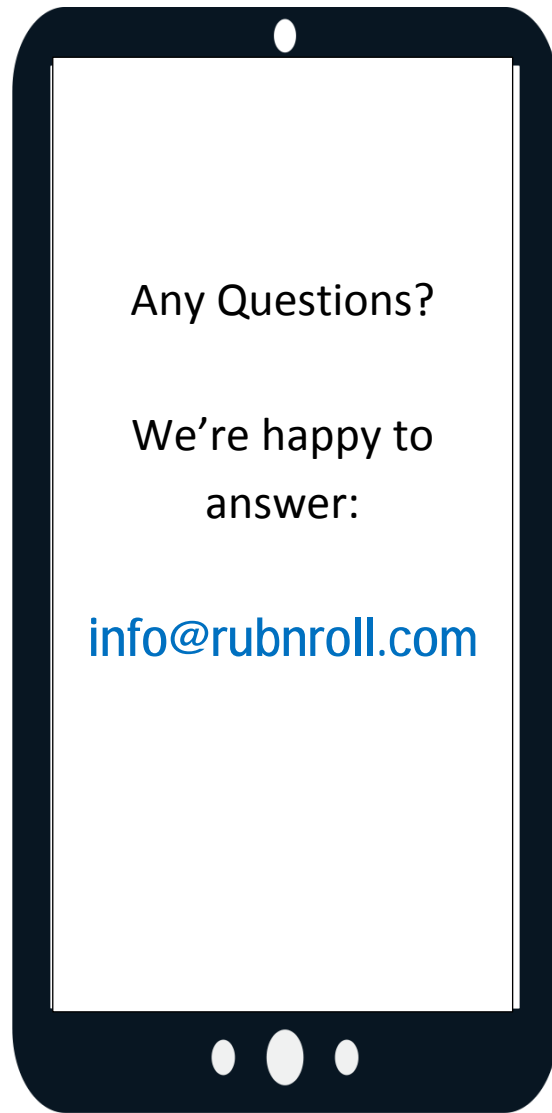




## **E. Disposal**

1. The Rub n' Roll is made of a food-grade and high-quality silicone. When properly maintained the Rub n' Roll will serve you indefinitely.
2. The Rub n' Roll might be recycled as food-grade silicone (Check the recycling requirements in your area).
3. The glass bottles are recycled as glass (Check the recycling requirements in your area).





Any Questions?

We're happy to  
answer:

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