

Relieve tension and muscle pain with 10cm Spiky Massage Ball

The 10cm spiky massage ball (available in soft or hard) is a simple proven multidimensional tool ideal for pressure point type self-massage – perfect for home use and compact enough to carry with you.

Gently roll the therapeutic massage ball in a circular or rocking motion, applying your preferred amount of pressure, onto the affected area to increase blood flow, loosen tight knotted muscles and relieve tension.

Alternatively place the ball between your back or shoulders and a hard surface eg. floor or a wall again using circular motions.

Unlike smooth massage balls the nodules on the spiky balls penetrate deep into the muscle area providing strong stimulation and leaving the body feeling energised and refreshed after use.

Why Choose the Spiky Massage Balls?

The 10cm massage ball is a versatile easy to use massager. Easy to clean and store, the spiky massage ball can be used to treat muscular aches pains and discomfort and is widely recommended for use following general accidents and sporting injuries.

In addition to general body massage the spiky ball may also be used during both Pilates and reflexology as well as with massage oils to heighten the whole therapeutic self-massage experience.

The colour box features instructional graphics to show how to use the massage balls, with additional in-depth videos available online.

Features

- The Spiky Massage Ball (10cm) is designed to massage muscles, stimulate circulation and relieve tension.
- This robust 10cm massage ball provides strong stimulation to help relax hard firm muscles, releasing specific areas of discomfort and tightness.
- The 10cm spiky ball is particularly recommended for the back, legs and shoulders.
- The compact design makes the spiky massager easily portable, ideal for use at home or away.
- Easy to clean and store.

Specification

Colour: Various

Product Size: 10cm

Product Firmness: SOFT or HARD

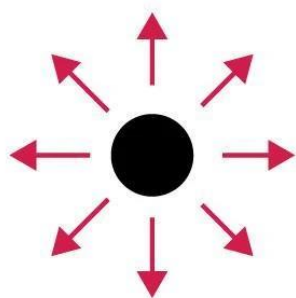
Box Dimensions: 10cm x 10cm x 10cm

Main Materials: PVC and DPHP

Presented In: Colour Box

Packed Weight: 250gms

Made in Taiwan



MOVEMENT

Roll over your muscles
in any direction



10cm



Provides a strong and
stimulating massage
to help relieve stubborn
aching muscles, reduce
deep muscle tension
and stimulate circulation



10cm

**Ideal to treat stubborn back aches, deep muscular
tension and other areas of cramped sore muscles**



