



NECK & SHOULDER Relief Guide



Simple tools. Effective relief. A better you.



1. RESISTANCE BAND EXERCISES

Relieve tension • Improve posture • Move better

1 SHOULDER OPENER

Hold the band with both hands at shoulder height. Pull your hands apart until your chest opens. Return with control.



✓ Helps release tight shoulders from long sitting and improves upper body mobility.



2 UPPER BACK STRETCH

Hold the band above your head with both hands. Gently pull it apart while lifting your arms slightly upward. Keep shoulders relaxed.



✓ Helps relieve tension in the neck and upper back area.



2. HOW TO USE THE MASSAGE BALLS

Release knots • Reduce tightness • Feel the difference



Place the ball between your body and a wall (or floor if comfortable).

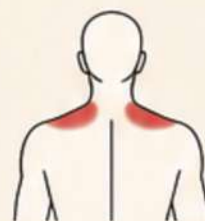


Slowly lean into it and roll over tight or sore areas.

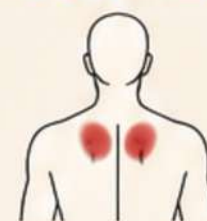


Hold pressure on tight spots for a few seconds before moving.

FOCUS AREAS



Upper shoulders



Between shoulder blades



Base of neck (very gently)

💡 **TIP:** Use slow, gentle pressure – do not press directly on the spine. | 1–2 minutes per area



3. HOW TO USE MAGNESIUM BATH FLAKES

Relax muscles • Ease stress • Support recovery



1. ADD

Add a handful of magnesium flakes to warm bath water.



2. SOAK

Soak for 15–20 minutes and relax.



3. BREATHE

Take slow, deep breaths and let your body unwind.



4. RECOVER

Step out feeling relaxed, refreshed and recharged.



You deserve to feel good.

Use these tools when you need relief, when you feel tight, or just to take care of you.



A GIFT FOR YOUR WELL-BEING

Small steps. Real results. Take care of your body. It carries you every day.