


In order to optimize your health, you need **regular massage therapy!** I have come to this conclusion after performing more than 40,000 clinical hours of massage therapy. Massage Star™ very accurately emulates what I do with my hands as a massage therapist. You can improve circulation, reduce stress, relieve back pain, relax tension headaches and gain a higher level of wellness all in a weekly massage with Massage Star. Just follow the simple instructions and discover the amazing benefits for yourself.

To your health,  
  
 John G. Louis, CMT - Inventor



**There are 3 usable applications on the Massage Star.**

**1 The Wedge** for performing muscle gliding and kneading. When you are using the Wedge, be sure to use oil or cream. Apply gentle force as comfortable.

**2 The Wide Point** for performing pressure-point therapy. Apply gentle force to each pressure-point steadily for 10 seconds.

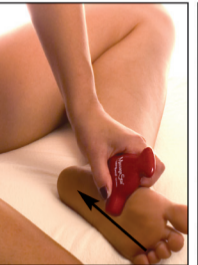
**3 The Narrow Point** for performing more specific pressure-point therapy. Follow the same directions as Wide Point.

**And Three Ways to Hold the tool.**



The PENCIL Grip    The PISTOL Grip    The CHOPSTICK Grip

**Massage Star is perfect for self-care.**



The Pencil Grip



The Pencil Grip



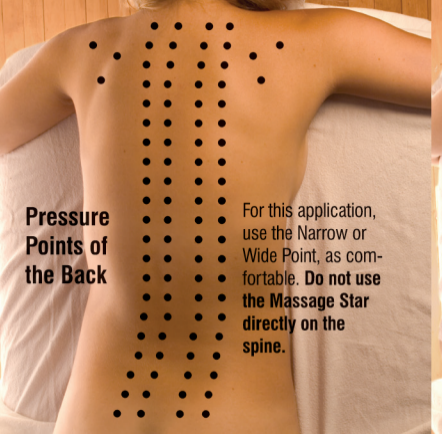
The Chopstick Grip



The Pistol Grip

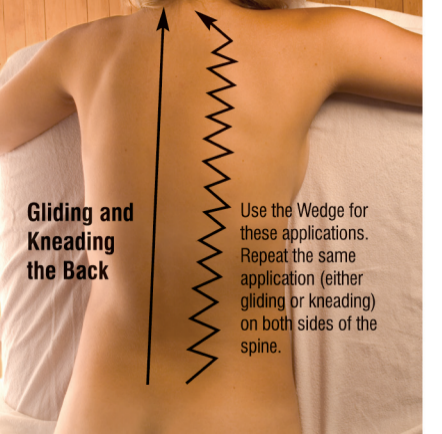
**About John Louis, Inventor**  
 John began working with professional athletes in 1980 as a certified massage therapist. He served as massage therapist for the 2005 World Series Champion Chicago White Sox baseball team. In 1989, he founded Massage Therapy Center of Winnetka, rated the best massage clinic on the North Shore of Chicago. John founded Acuforce International, Inc., maker of the Massage Star in 1999. The Massage Star is the 4th therapy product developed by John for the Acuforce line.





### Pressure Points of the Back

For this application, use the Narrow or Wide Point, as comfortable. **Do not use the Massage Star directly on the spine.**



### Gliding and Kneading the Back

Use the Wedge for these applications. Repeat the same application (either gliding or kneading) on both sides of the spine.

### Precautions.

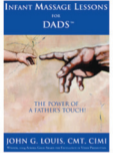
Always consult your physician before using the Massage Star on injuries or with any health care concerns that you may have. Massage Star is not a toy, use as directed. Discontinue use if you experience any pain or discomfort. Please call our toll-free customer service phone number with any questions or concerns. (800) 446-6468.

### Cleaning the Massage Star.

Soap and water is all that's needed to clean your Massage Star. Do not use abrasive cleaners, which can break down or destroy the protective coating.

### Creams and Oils.

Massage Star can be used over the clothing or right on the skin. We recommend using a massage cream or massage oil when using the Massage Star on the skin. These products can be purchased at drug and health food stores. Creams or oils should be used sparingly, do not over lubricate the treatment area.



Acuforce® International manufactures a complete line of therapy products, including the Acuforce 7.0, 3.0i, 2.5, backpack and the "Infant Massage Lessons for Dads" DVD. For more information or to order any of these products, please visit our website [www.acuforce.com](http://www.acuforce.com) or call 800-446-6468.

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### Lifetime Warranty.

Acuforce International, Inc. will replace the Massage Star for any manufacturing defect or for any reason that the product fails to perform without cost for life.



# Massage Star™