

# Steps of using iTeraCare™

Warm up the body. Blow step 1 to 10, each part for about 2-3mins



**Drink 2 glasses  
of warm water**



**1. Palms**



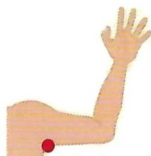
**2. Soles**



**3. Behind  
the Knees**



**4. Groin**



**5. Armpit**



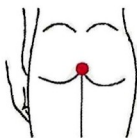
**6. Lymph**



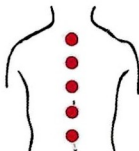
**7. Upper Back**



**8. Head**



**9. Butt**



**10. Blow Downwards**



**Drink 2 more glasses  
of warm water**

iTeraCare device can also be blown on Head, Face,  
Body, Limbs and Pain areas.

\*High Blood Pressure user don't blow no. 8