

# GAIAM RESTORE™

## DUAL FINGER MASSAGER EXERCISE GUIDE

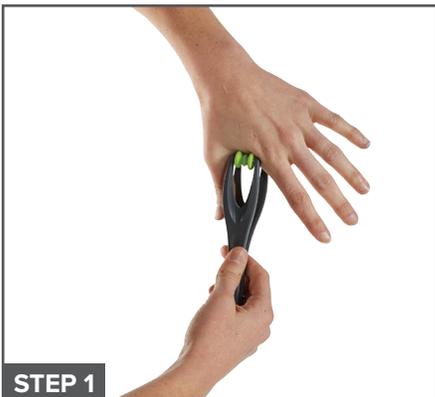
### INDIVIDUAL FINGERS



### PALM OF HAND



### PRESSURE POINT AREAS



## ROULEAU DE MASSAGE POUR LES DOIGTS GUIDE DE MASSAGE

### CHAQUE DOIGT



### PAUME DE LA MAIN



### ZONES DE POINTS DE PRESSION

