



Public Information - MAP Product

UK Product Name Garshan Silk Gloves **Code Name** XB

Description Stimulates circulation, exfoliates the skin and supports weight loss.

Ingredients

Contraindications/Precautions Do not use on face, chest or sensitive skin

Over dose and its Management NA

Side Effects and Interactions None known

Usage

Age Group All

Dosage Form NA

Method of Use Perform garshan massage before bathing for up to five minutes. Massage with the whole hand using fairly vigorous strokes. Use circular strokes on the joints (shoulders, elbows, knees, wrists, hips, ankles), and back and forth strokes on the arms and legs. Do not massage the face, chest and heart. Do garshan daily or alternate it with a warm oil massage every other day.

How Long to Continue Use? As desired

Specific Dietary/Lifestyle Advice

Presentation

Presentation Two gloves in a plastic bag

Net Weight grams

Storage Store in a dry place

Shelf Life (months)

Regulatory Status General