

UK Product Name	Garshan Silk Gloves	Code Name	XB
Availability	Stock item in UK		
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
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