

HOW TO CLEAN YOUR MASSAGE MITT

1. Firstly find a small instrument that will fit between the gaps in the cup that holds the ball.
2. Put the instrument into the gap, push down and then up, making the instrument act as a lever, the ball should then pop out.
3. Wash the balls or wipe them over with a cloth to remove any grease or dirt, making sure the balls are fully dry before being put back into the mitt.
4. Using an old tooth brush, brush the inside of the cups until clean.
5. Then push each ball back into each of the cups.



#FEELGOODTHERAPY

