



finger massager

Recommended by



INSTRUCTIONS FOR USE

The Manos Sanas massager is designed for daily, ongoing use. The results can be noted after two weeks of use.

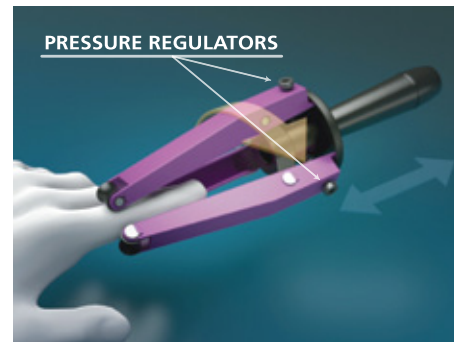
Depending on the condition that needs to be cured, we recommend a minimum of 2 to 3 sessions per day, massaging each finger from 1 to 2 minutes per session.

You can increase or decrease the pressure of the massager, adjusting the small black threads that support the 3 arms of Manos Sanas.

To massage each finger, move the device from the bottom to the top of the finger while rotating the massager so that the three rollers act on the entire surface of each of the fingers. (See image)

This result is an effective and invigorating massage in each of the fingers.

Durable product made in Spain with 2 years warranty against all manufacturing defects.



manos sanas®

Finger massager. Helps you to take care of your hands.



Improves the health and beauty of your hands in a simple and natural manner



The Manos Sanas finger massager is an easy, natural way to reactivate blood circulation from the fingers to the heart.

With daily use, it visibly improves the health and beauty of your hands both for people who suffer from joint pain and for people with osteoarthritis and arthritis.

Manos Sanas is also considered a useful tool for the prevention of occupational risks by relieving muscle tension that builds up in your hands, preventing symptoms such as cold or numb hands and common ailments such as tendonitis.

Recommended by specialists in vascular health



The Manos Sanas finger massager is recommended by specialists because by reactivating blood circulation it prevents the development of cardiovascular diseases:

- ▣ The soft massage reactivates blood circulation from the fingers to the heart, alleviating stiffness and numbness in the hands.
- ▣ Disappearance of inflammation and rheumatic pains in hands, arms and shoulders in people with osteoarthritis and arthritis.
- ▣ Reduction and correction of small lumps on the joints of the fingers, especially recommended for patients with multiple sclerosis.

"I am a physiotherapist in a nursing home and many of my patients use the Manos Sanas finger massager. In addition to reducing swelling in the fingers, for many of them the small lumps they had on their phalanges have been reduced, resulting in healthier hands."

Miguel Ángel Fernández.
Physiotherapist. Salamanca.



Suitable for all people who work with their hands

We spend many hours using our hands because they are a fundamental working tool in our daily lives. For this reason we recommend the use of Manos Sanas in the workplace, achieving the following results in a few days:

- ▣ Elimination of accumulated muscle tension in our hands, achieving greater agility in the fingers.
- ▣ Prevention and progressive decrease in wrist pain caused by tendonitis.
- ▣ Relief and improvement of conditions such as Raynaud's syndrome, especially in people who constantly expose their hands at low temperatures.

"I work with my hands an average of 10 hours a day and many days I had to take anti-inflammatory drugs to relieve pain caused by tendonitis. Since I have been using Manos Sanas, my tendonitis has been cured completely and I no longer take any medication.

Noelia Ortiz.
Fashion Designer. Madrid.

