



# MASSAGE **BALL**



**GERARDO'S  
TOYS**

make your DREAMS come true



These spiky massage balls are really good for self-massage and are used in physio and occupational therapy for hand rehabilitation, senior training, and baby massage. Spiky massage balls are available in different sizes - 6, 8, 9, and 10cm.

[www.gerardostoy.com](http://www.gerardostoy.com)





# MASSAGE BALL

## How to use a massage ball

1. Shoulders



2. Neck



3. Thighs and buttocks



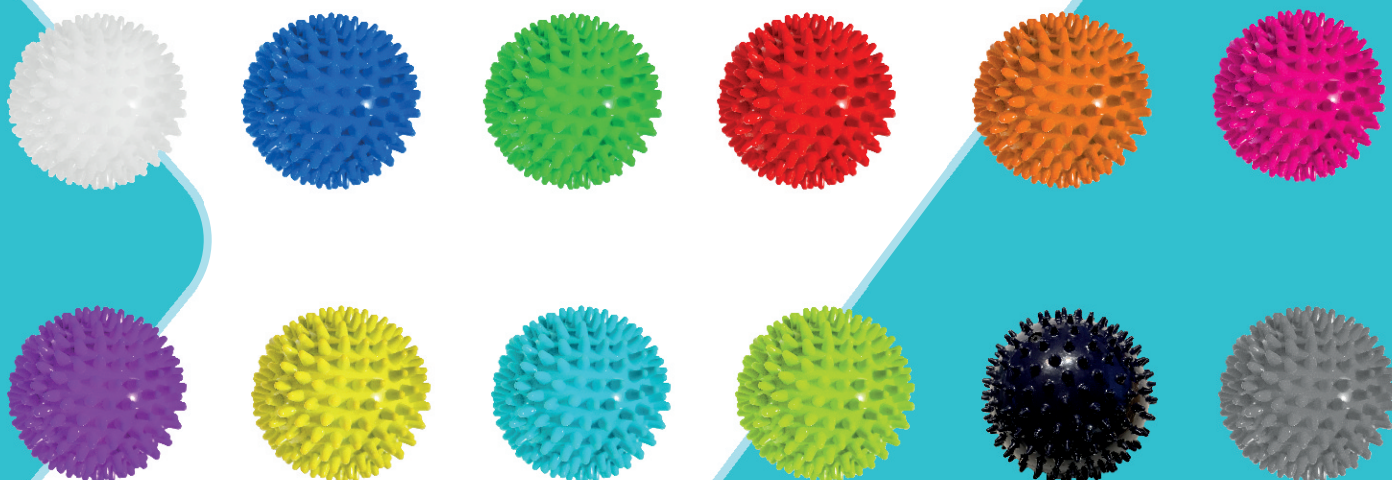
4. Feet



## Lots of different colors

Spiky massage balls are available in different sizes: 6, 8, 9, and 10cm.

Made of sturdy  
PVC material



- ✓ RELIEVE TENSION
- ✓ FEEL COMFORTABLE
- ✓ CLEAN AND HYGIENIC
- ✓ EASILY PORTABLE

More information

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