

# HEART GEL BALL



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## ABOUT THE PRODUCT

A gel stress buster in the shape of a heart is a stress-relief tool made from a soft, pliable gel. While it serves the same purpose as a traditional stress ball—relieving tension through squeezing—its heart shape makes it a popular choice for expressing affection, offering comfort, or as a thoughtful gift. Squeezing the gel heart can help to reduce stress, improve blood circulation in the hands, and strengthen hand muscles, all while its unique shape provides a gentle, tactile experience.

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## BENEFITS

- Use with concentric and eccentric exercises.
- A cross functional device - with applications ranging from rehab to stretching and strength training.
- Intuitive design with built-in recovery, available in 3 progressive densities (soft/yellow, red/medium, blue/hard) for a broad range of finger, hand, wrist and forearm exercises.

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## HOW TO USE

- Place the gel ball under your foot and gently roll or press to relieve pressure and improve comfort.
- Use daily for massage, relaxation, or stress relief.

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**Instructions :** If the product gets dirty or sticky, clean with talcum powder, rinse with mild shampoo and water, shade dry, and avoid direct heat.

**Safety :** Keep away from heat and sharp objects.

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**THANK YOU FOR YOUR PURCHASE — YOUR COMFORT MATTERS TO US.**

**FEEL FREE TO CONTACT US FOR MORE INFORMATION**  
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