

Ear seeds pressing / stimulation guide



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Duration: Ear seeds offer ongoing treatment effects for 2–3 days.

Daily Press: Gently press the seeds for 20 - 30 seconds, 2 - 3 times a day to stimulate the points and enhance effectiveness.

Gentle Touch: Press gently and no kneading or circular motion to avoid skin irritation or infection.

Stay Dry: Try to keep the adhesive plaster dry to maintain its stickiness.

Allergic Reactions: Some may experience redness, itching, or swelling. Remove the ear seeds immediately if this occurs.

Seek Assistance: In the event of a severe allergic reaction, seek immediate medical attention and contact us for further information and support.