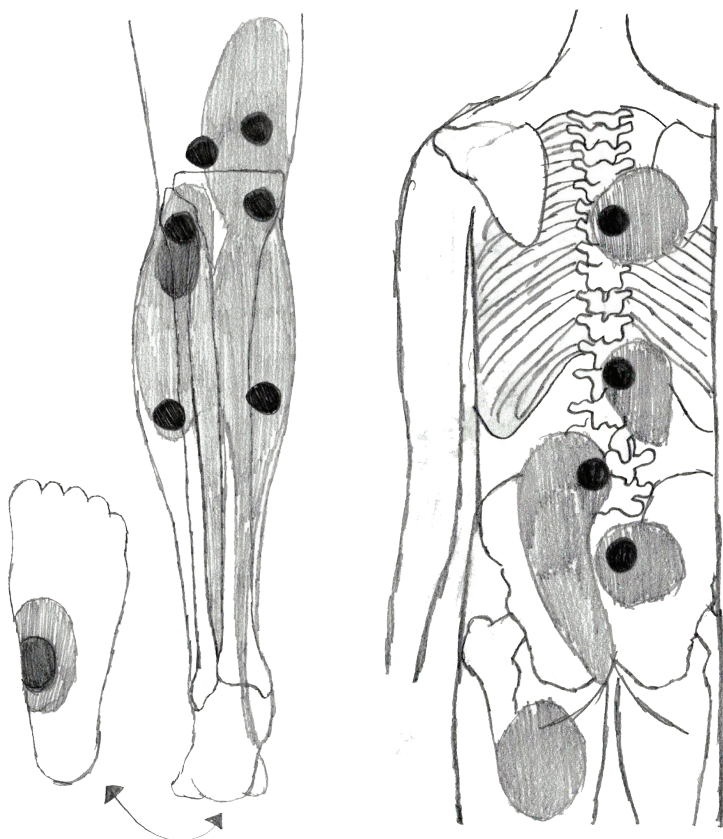


# DALISAY LIVING MASSAGE GUIDE



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Hello and congratulations on your Body Ball System! This guide will give you valuable information to assist you in creating a relaxing and soothing environment for your body. Use the guide on the back of the package to know which ball to use where. Here you will find information on knots, be able to create a routine for your body, and track your progress.

When massaging, make sure the muscle you are working on is relaxed. This is easiest by placing it on a level surface that is soft but firm. A bed may be too soft, and a bare floor too hard. Experiment with a yoga mat, a thick blanket or towel over a floor, table or bench.

Having trouble putting enough pressure? Get creative! In areas such as the calves, it can be difficult to place enough pressure on the back of the muscle to get the result you are after. You can place the body ball under your leg, using gravity to assist you, or even sit and hug your leg to your chest, curling into a ball, with the ball in-between your thigh and calf until you have a comfortable pressure on your target area. Be sure to properly pad your knees, and have a support by you such as a chair or wall if you need it for balance.

Even when working on trigger points, the amount of pressure should still be an enjoyable experience. If you are feeling an uncomfortable pain, use less pressure. If the area isn't releasing, try taking a few deep breaths or going to another area and coming back several times to give it a chance to adjust. If you ever feel an electric shock or your discomfort goes past a mild irritation, stop immediately.

Do not use if you have any medical concerns. Consult your doctor before beginning any new program.

## Common Questions:

What is a trigger point?

A trigger point is what most people call a knot in their muscle. It is an area that feels different from the rest of the muscle because it is raised, hard, colder, and/or causes pain when pressure is applied.

What do trigger points do?

They can cause a lack of range of motion due to pain or inability to fully release the muscle tissue. Mostly, they cause the person discomfort. Over time they can cause hardships on the body by creating a lack of sleep, lack of movement, and even postural problems as the body adjusts to compensate for the issue.

What causes a trigger point?

They have many causes, some of the most common being poor nutrition, muscle damage, and poor hydration. The body has a hard time clearing the area and healing the tissue, so it essentially gets "stuck" until it is worked out somehow.

Where do trigger points form?

Trigger points form in the muscles, tendons, and ligaments of the body. They do not form in bones, veins or arteries, nerves, or fascia. These may form adhesions or lumps of their own, but are not considered trigger points.

Are they always painful?

This is a tricky question. The body uses pain as a signal. If we have a trigger point and we ignore it, the pain will eventually go away even if the trigger point still exists. Typically a trigger point is painful, and a latent one can be "woken up" by pressing on it to release it. There are



also areas where sensations such as pain, numbness, tingling, etc. occur that isn't where the trigger point is, but it is felt when the trigger point is pressed. This is called referral pain. It is usually along the same nervous pathway as the trigger point, but not always. Referral pain is normal, and common.

How do I know when I've found a trigger point?

A trigger point is in muscle tissue, never on a bone. It is typically sensitive to the touch, feeling like a dull ache, even if it's an intense dull ache. Latent trigger points may feel numb at first, then gain sensitivity as the area is worked. Some trigger points only create discomfort in the referral pain areas, so if you feel pain, pressure, tingling, etc. in an area other than where you are pushing, that is normal. Be aware of anything that feels like a sharp, electric shock. This could be a nerve and will not feel better as you push and could damage your nerve. Release immediately and do not work that area further.

## How to Use This Guide!

The body has been sectioned off into different areas, marking the most common areas of trigger points and referral pain. The black circles are the general area where a trigger point can be expected. The dark grey is the most common area where these trigger points will refer. The light grey area is the considered boundary of where these trigger points will refer. If you feel referral pain or find a trigger point outside the appointed area, don't despair! Every body is different; these are just the most common results known.

You can use this information in a few different ways:

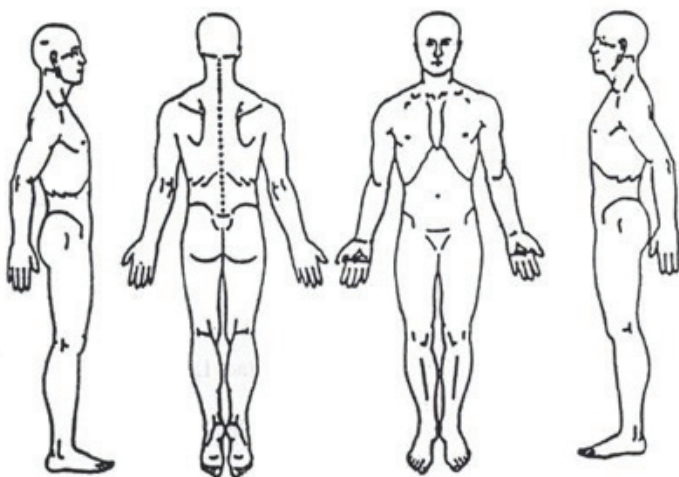
Choose an area you would like to work and seek out trigger points in the most common areas of that part of the body. As you feel one, see if you have referral pain as is laid out on the charts.

Select an area where you currently feel discomfort. Look to see what muscles create referral pain in that area, and work those trigger points. If the discomfort you are feeling is in fact created by those trigger points, you could feel relief and greater movement in the affected area directly after working the trigger point.

Create a massage routine for yourself as upkeep, or preventative measures as you engage in a new routine or a more aggressive workout or sport. As you become aware of what muscles you will use in your activity, it will be easier to know what you can do to remain in good condition, and how to quickly resolve areas of tightness or discomfort you may have as a result.

## Getting Started!

To help you get started, here is a simple chart you can use to mark what you are feeling where, and compare it to the charts of the most common trigger points and referral areas so you have a more clear picture of what is going on in your body. This will give you an idea of what you can do in a short amount of time to make the most difference. You can print out several copies of this and mark your changes weekly.



Mark areas with pain using "P"

Mark areas with numbness using "N"

Mark areas with tingling using "T"

Mark areas with tightness using "X"

Notate how far you reach when bending over to touch your toes.

Notate how far you can rotate your head side to side.

Notate any other joint movement that is of interest to you.

## Care for Your Body Ball System:

The Body Ball System is made of stainless steel, so the upkeep is very easy. Wash the surface with water and a mild soap when needed. If the finish has dulled, wipe down with white vinegar using a soft cloth, then rinse with water.

If you manage to squash or crush your body ball, we recommend you discard it as any sort of crease or point could result in injury to the skin. Do not attempt to open your body ball as it will ruin the seal and create an unsafe and potentially harmful edge. Do not place in water that is too hot to place your hand in and then attempt to use it on the body. Do not stick in freezing temperatures and use directly on the skin. These actions may result in harm to your body. We recommend warm or cool water only to adjust the temperature experience you have with your body ball system.

The body ball has a wall thickness of 1mm, which has the tensile strength of several thousand pounds, but always use caution when placing your body ball under pressure. Never attempt to stand on the body ball with all your weight. Should you choose to place it under your foot in an attempt to reach trigger points under the foot, do so in a seated position, or holding firmly onto a stable surface which will be able to support your body should your center of gravity shift suddenly. Use only one ball on one foot at a time.

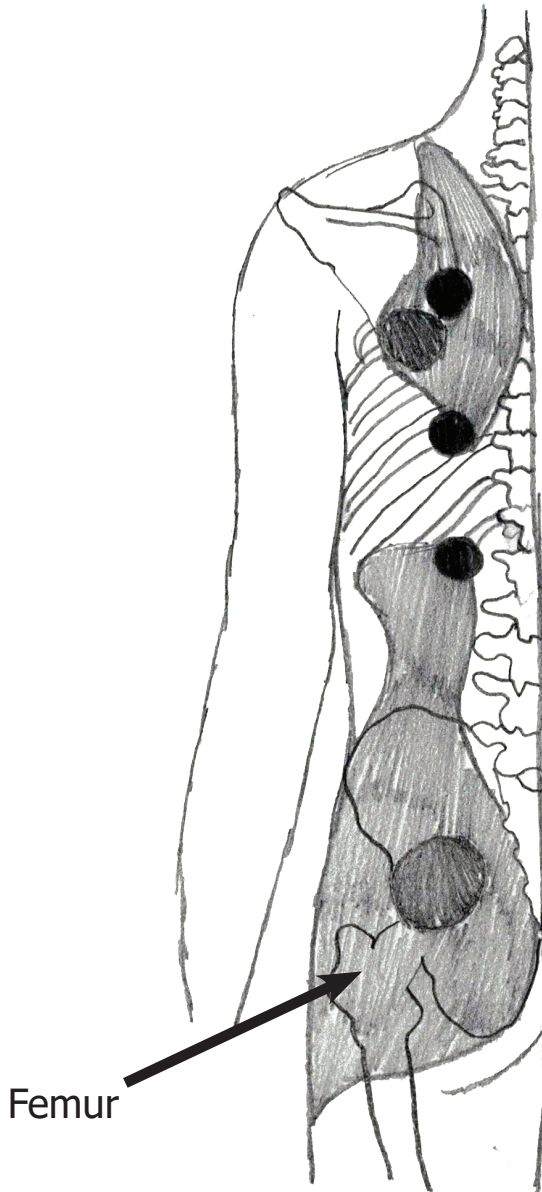
Do not use the Body Ball System in areas of the body that are not shown in this booklet. There are many areas of the body which even light to moderate pressure can sustain injury if proper knowledge and care are not applied. If you are uncertain of an area, do not attempt

to utilize the body ball system on it.

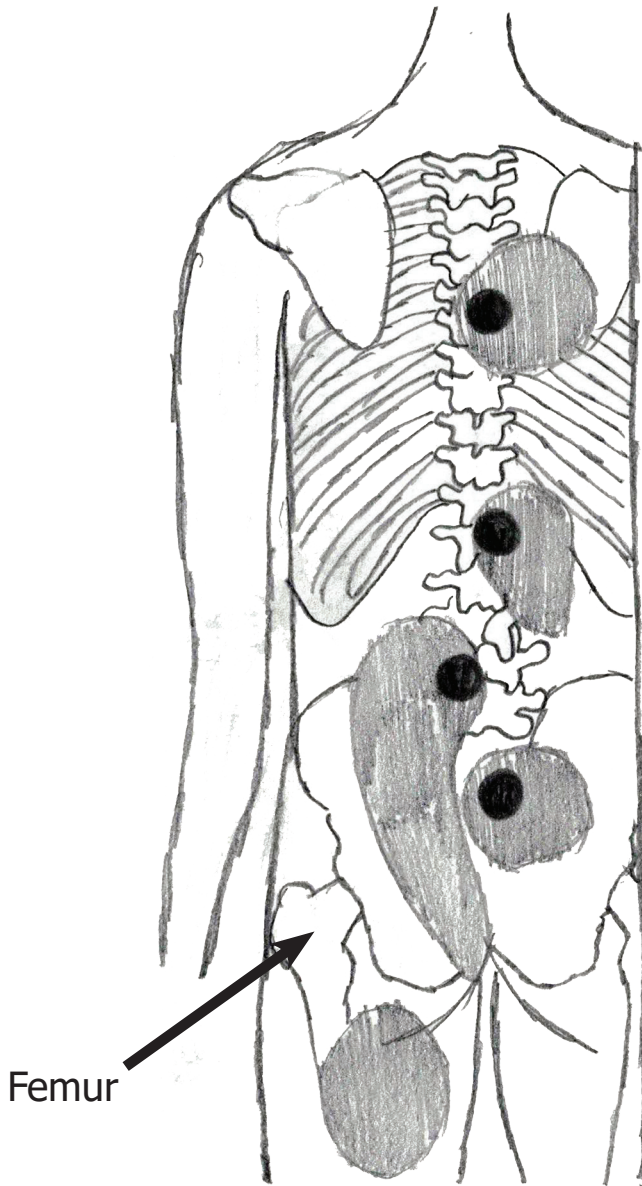
Feel free to contact Dalisay Naturals, LLC. with questions, comments, and feedback. We appreciate your business and we look forward to serving you again! Here's to your health!

Disclaimer: Dalisay Naturals, LLC. does not prescribe, diagnose, or medicate in any fashion. Consult your doctor before beginning any new health routine. Misuse of this body ball could result in injury.

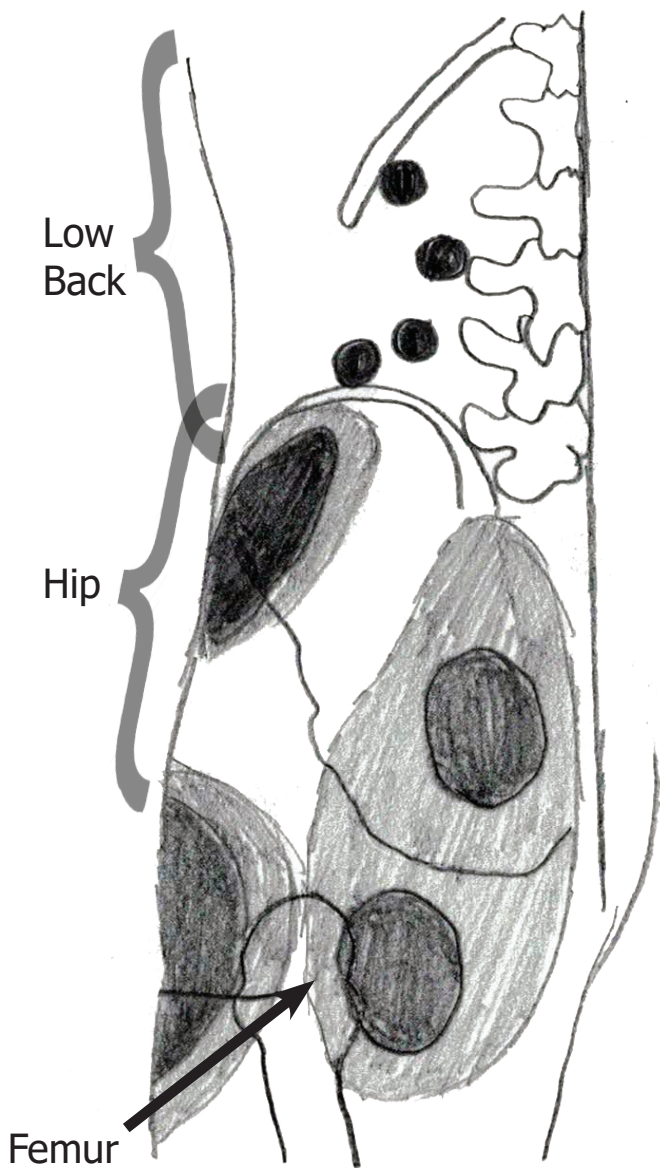
# Back



# Back

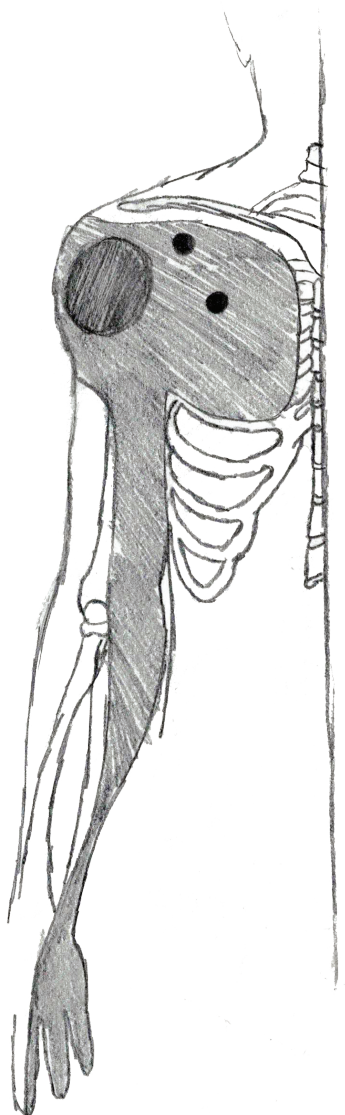


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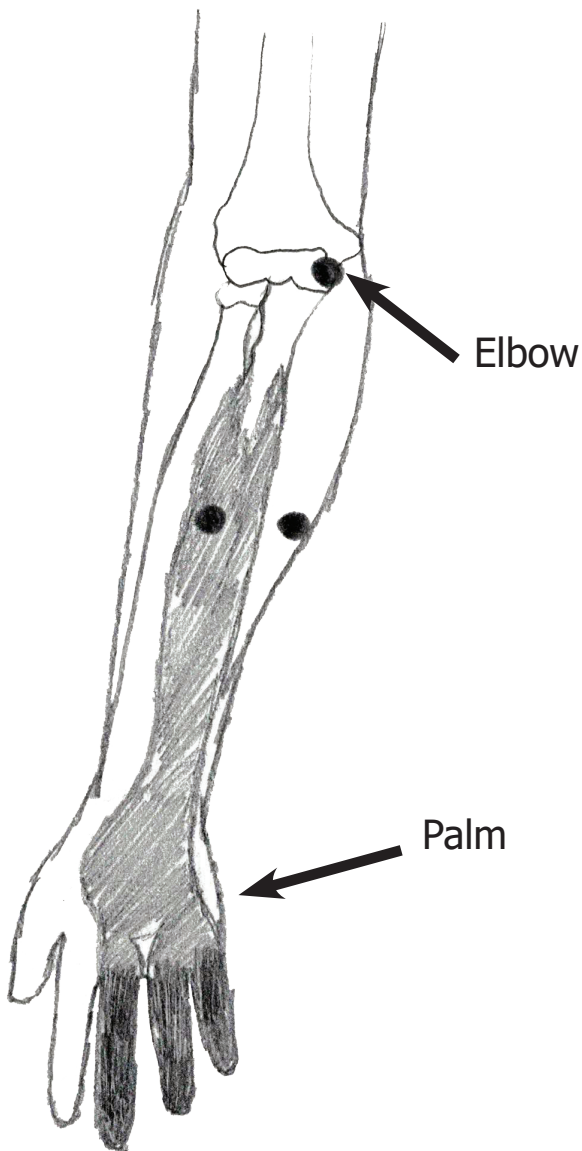




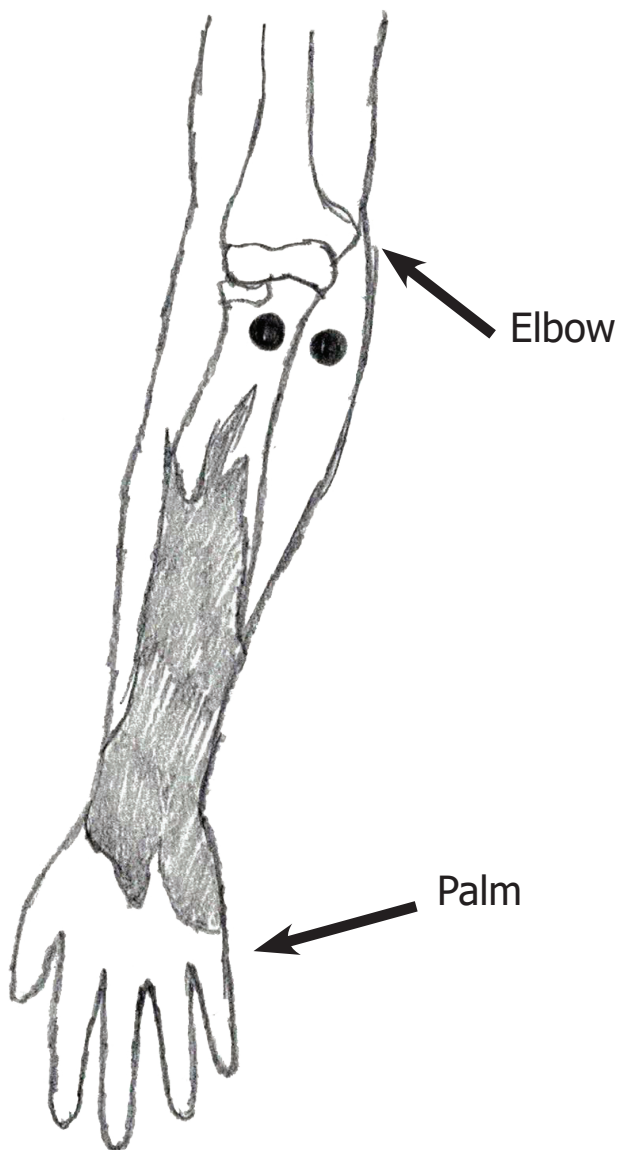
# Front (Chest)



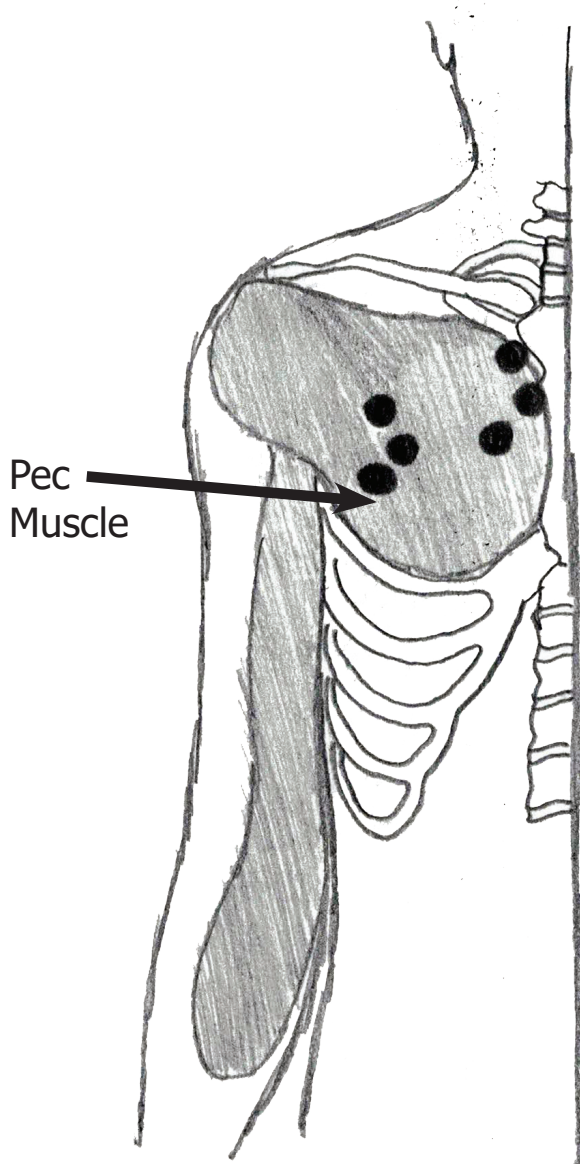
# Arm (Inside)



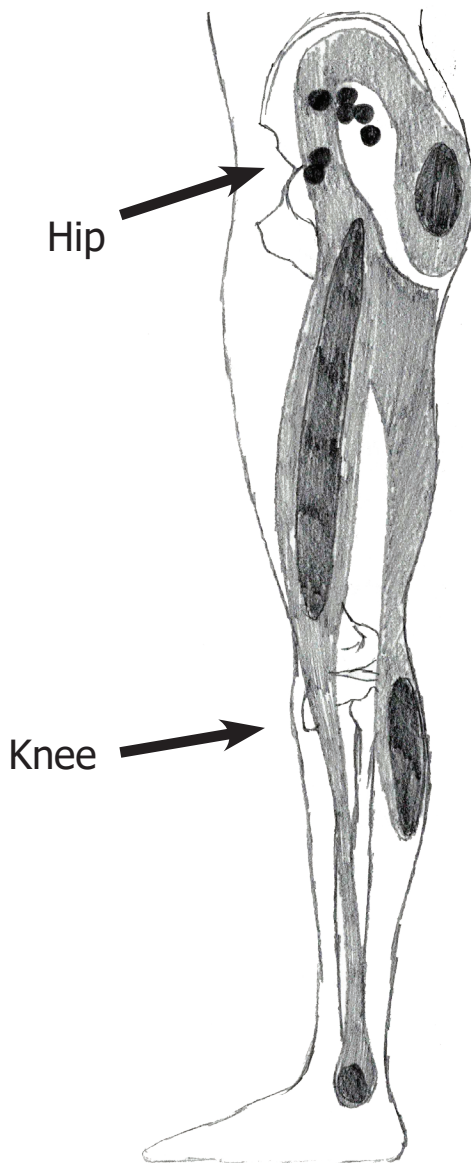
# Arm (Inside)



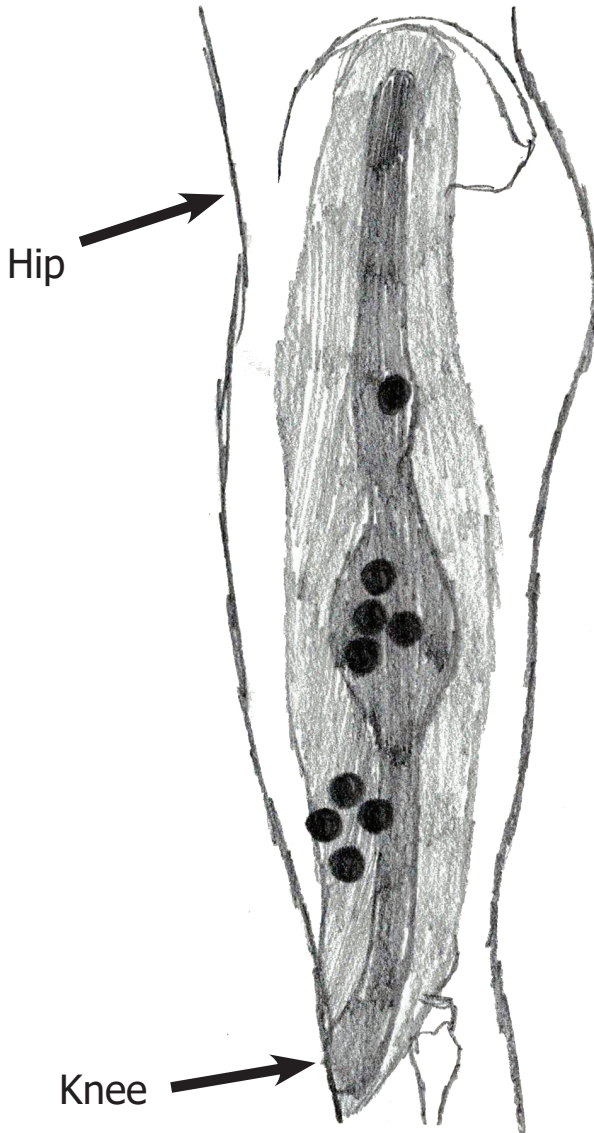
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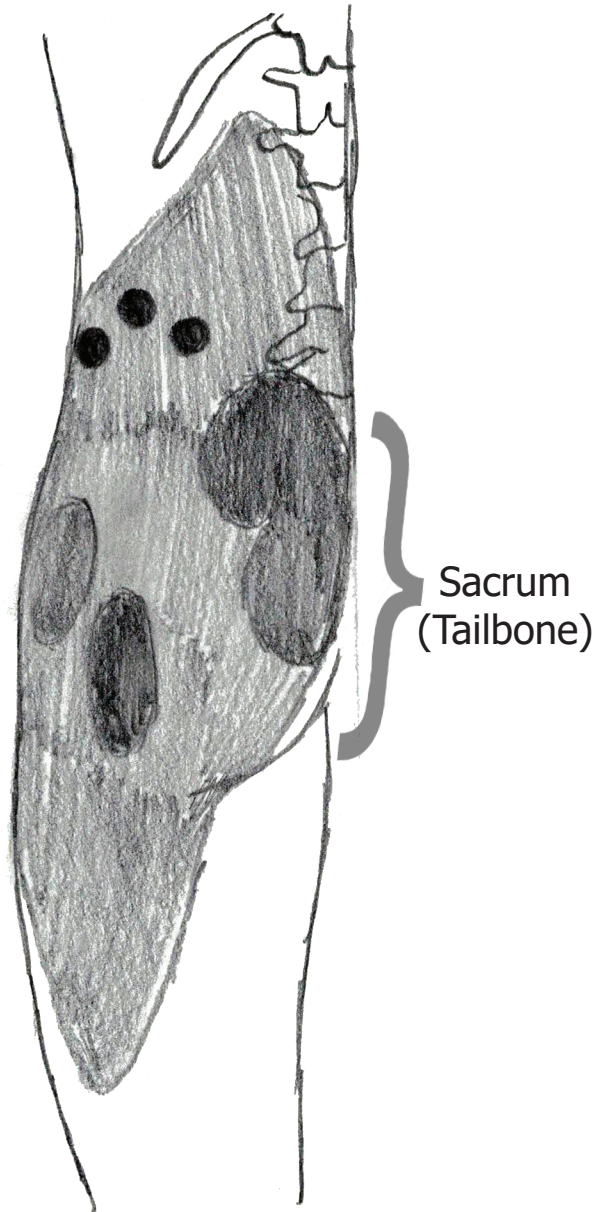
# Leg (Outside)



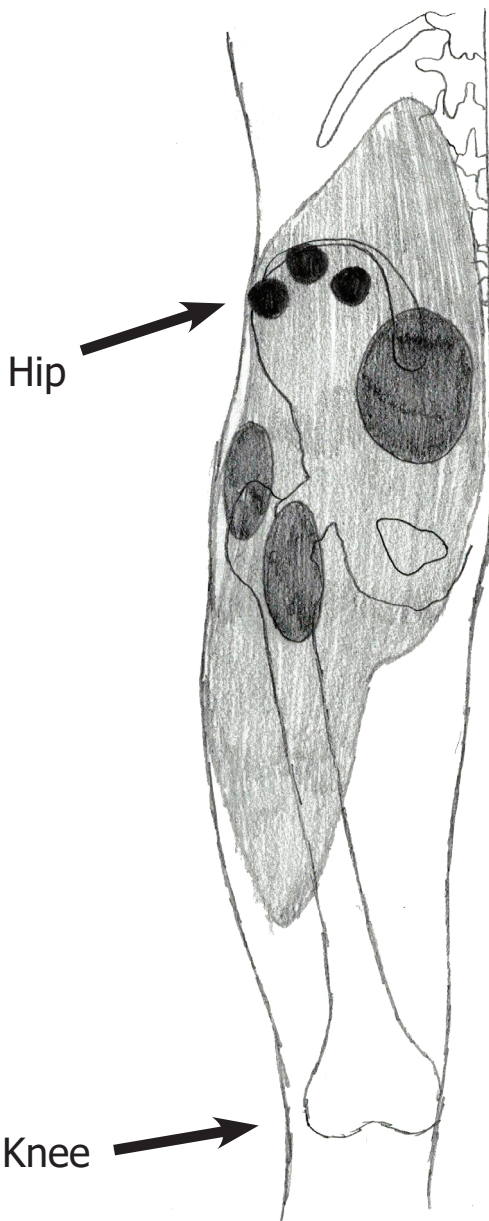
# Leg (Outside)



# Leg (Backside)

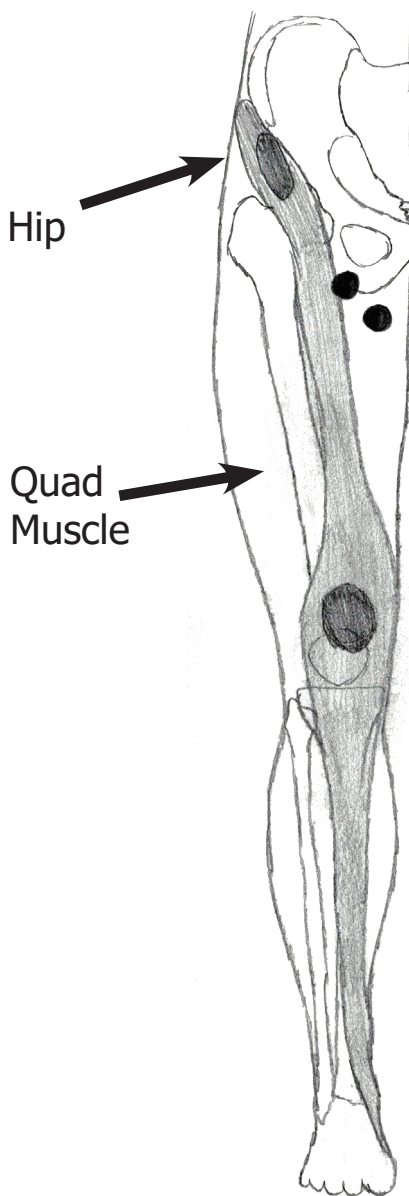


# Leg (Backside)

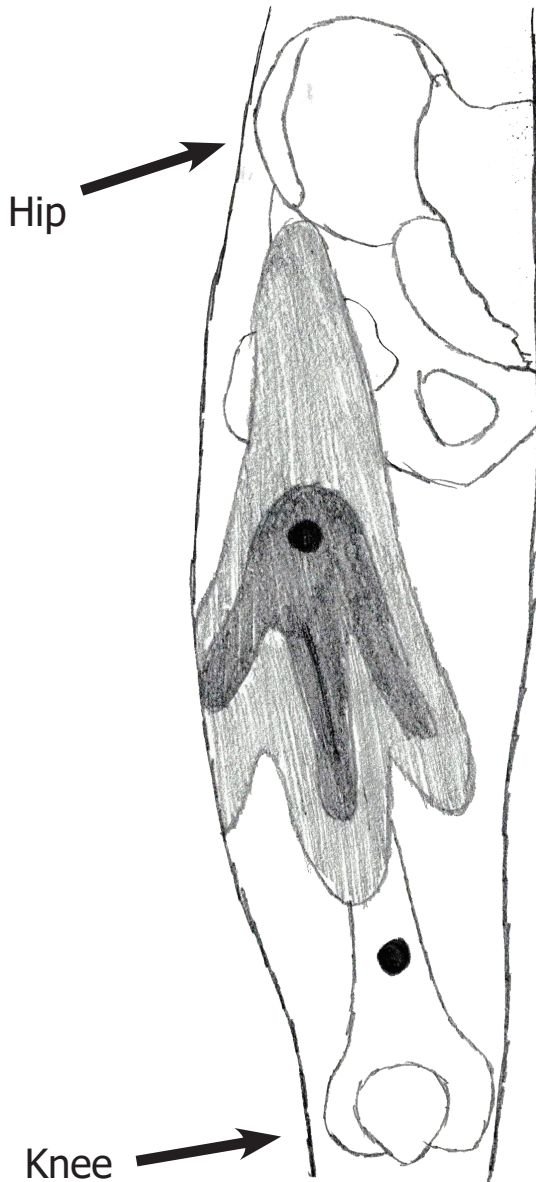




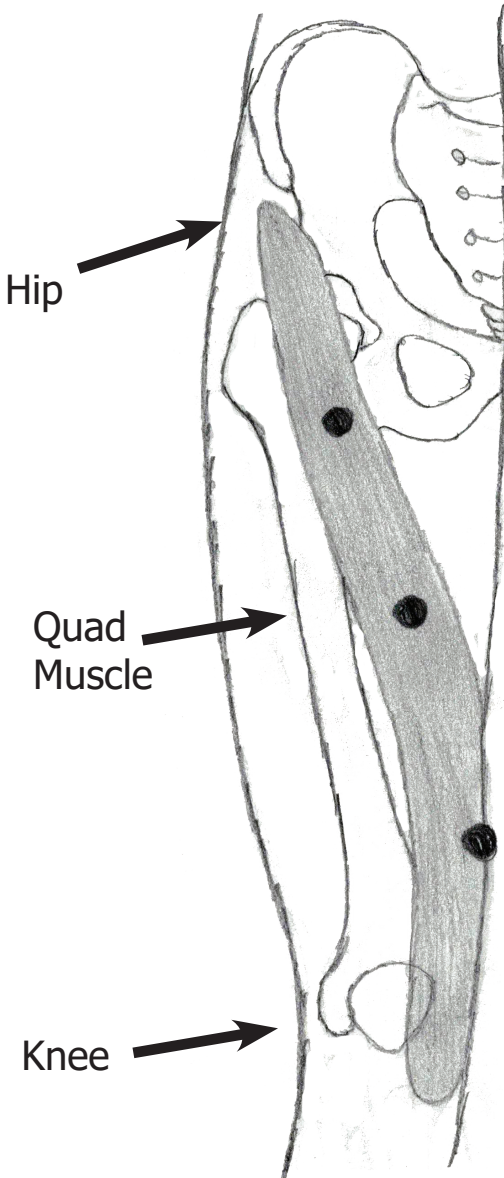
# Leg (Front)



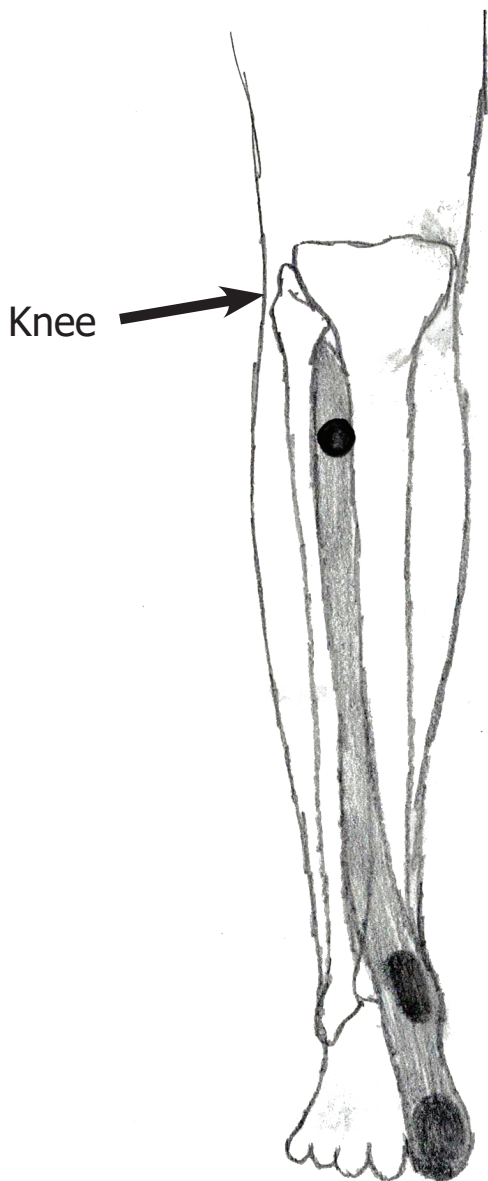
# Leg (Front)



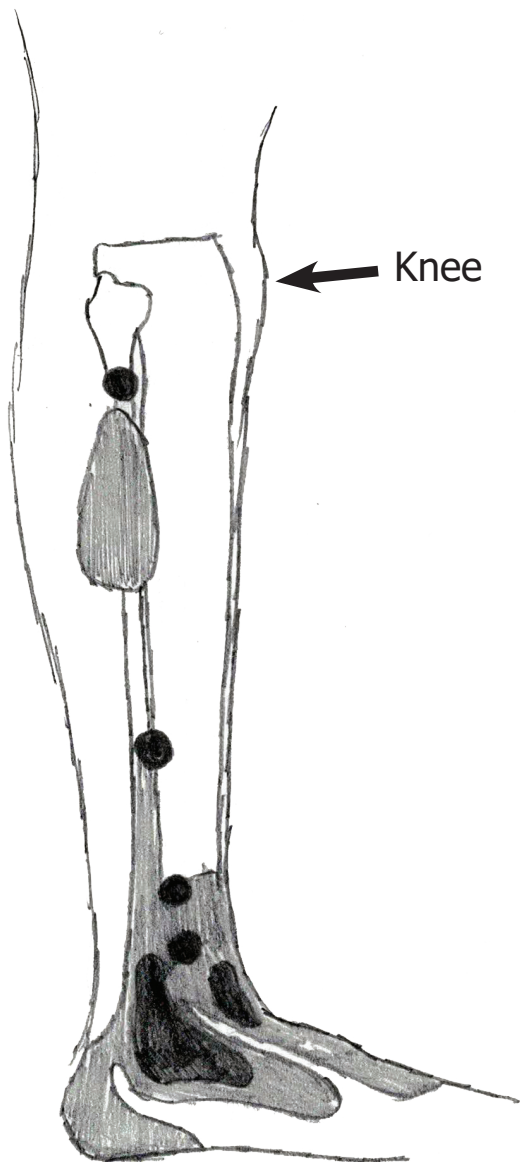
# Leg (Front)



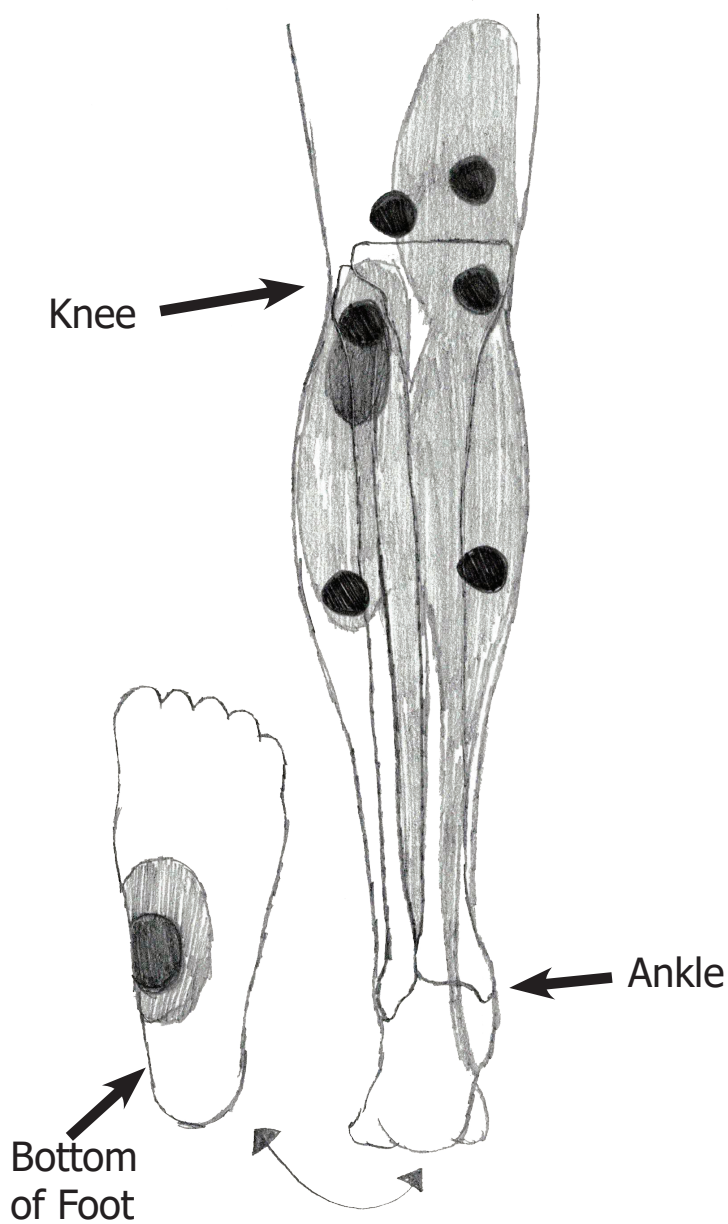
# Calf (Front)



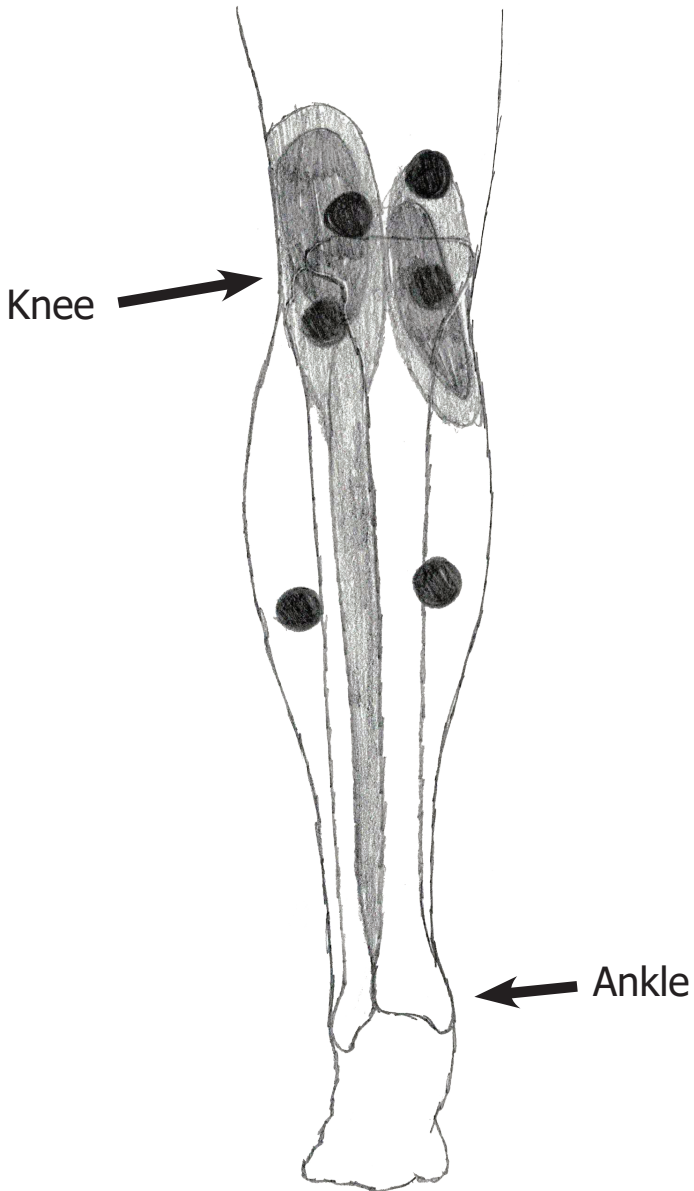
# Calf (Outside)



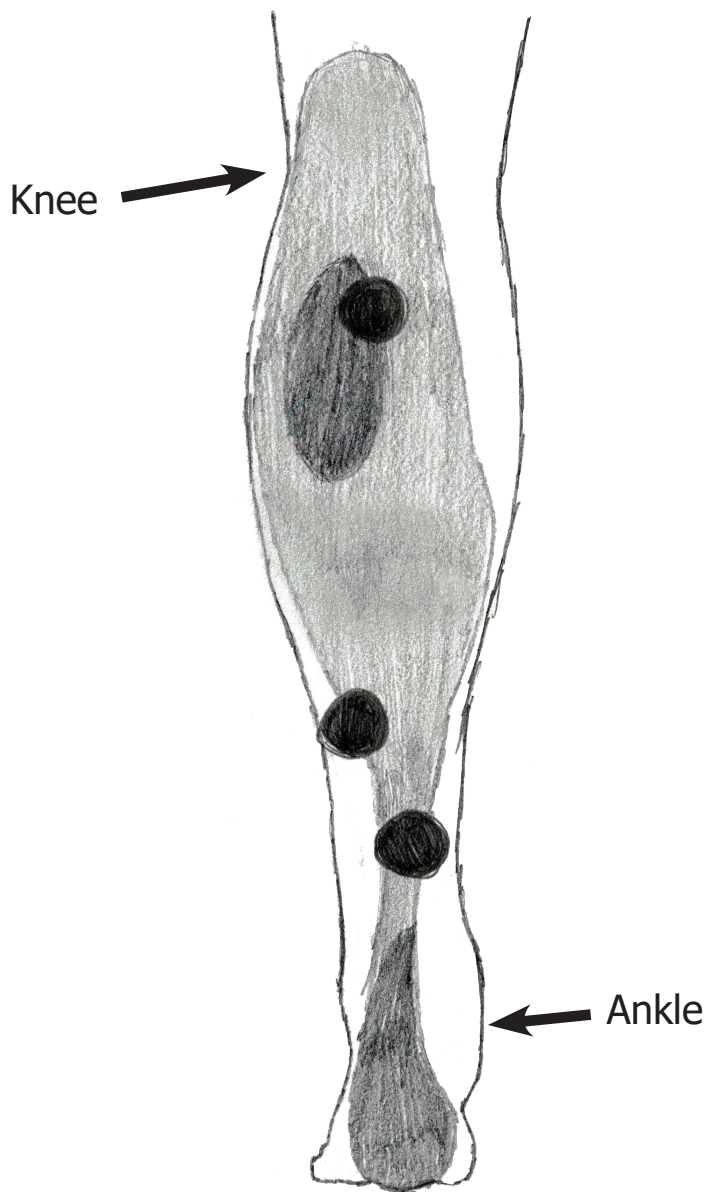
# Calf (Back)



# Calf (Back)



# Calf (Back)



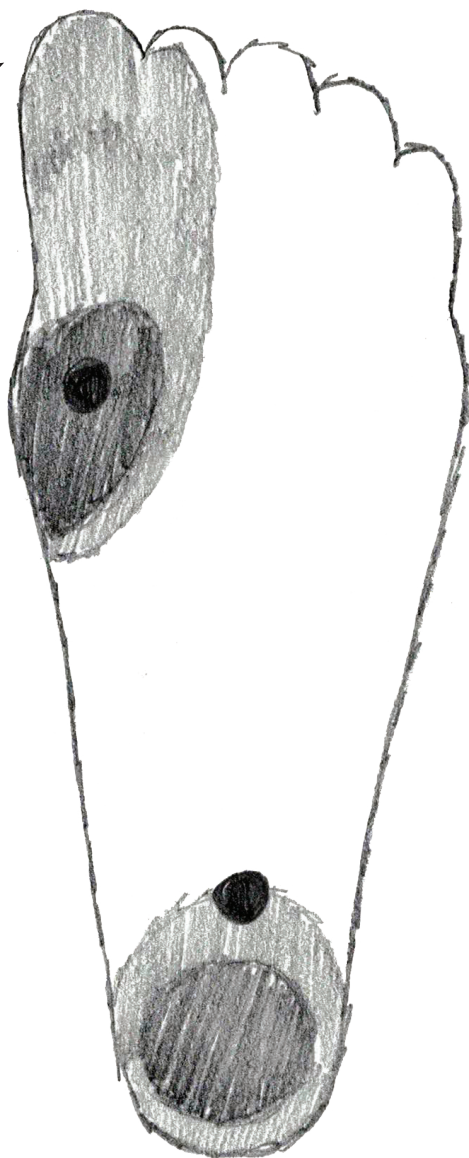


# Foot (Bottom)

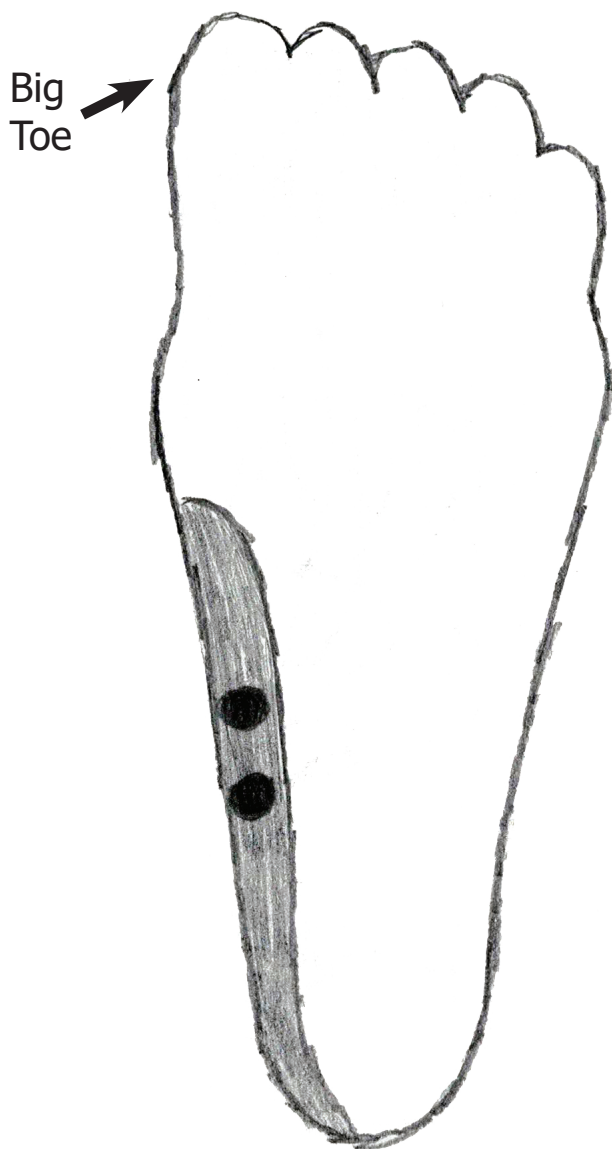


# Foot (Bottom)

Big  
Toe



# Foot (Bottom)



## Notes: