

THANK YOU for YOUR RECENT ORDER of our:

LURE® MEGA Fascia Release & Cellulite Buster Massage Roller Stick



Not all Muscle Roller Sticks are created equal!

LURE® MEGA Fascia Release & Cellulite Buster Massage Roller Stick works deep to:

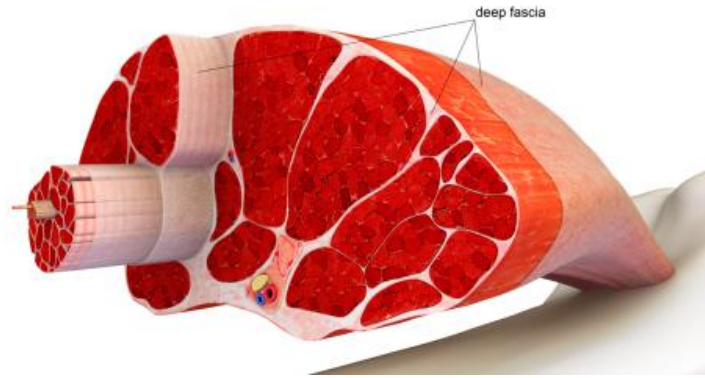
- ✓ *Improve Mobility, Flexibility & Athletic Performance*
- ✓ *Visibly Reduce Cellulite*
- ✓ *Reduce Muscle & Joint Stress and Pain*
- ✓ *Break Up Fascial Adhesions and Knots*
- ✓ *Increase Blood Flow and Lymph Drainage (detox)*
- ✓ *Softens Scar Tissue*
- ✓ *Reduce Inflammation*
- ✓ *Reduce Stress and Release Tension*

Ground breaking design – Durable & So Effective!

- Perfect for neck, shoulders, back (upper & lower), hips, thighs, legs, feet, arms, buttocks and for body sculpting and contour work.
- Use as a trigger point massager, for stretching and loosening fascia, Carpal Tunnel, IT Band, Sciatica, Arthritis, Fibromyalgia and so much more!
- Just the right size- fits into any gym bag, carry-on luggage or to keep in your desk to relieve STRESS, stiffness and soreness any time!

...BECAUSE YOU DESERVE BETTER!

So What is Fascia?



Fascia is the fibrous connective tissue that runs from head to toe, from one arm to the other. It borders one muscle block and the other and connects them through the body. Fascia surrounds every structure of the human body.

Picture it as the equivalent to an internal skin of an orange. One of the most interesting facts about fascia is that it's not a system of separate parts. It's a continuous structure that exists without interruption.

To put it simply, every part of our body is connected to every other part by the fascia, like yarns in a sweater. The role of fascia is to support our body,



since it attaches to all structures. Healthy fascia is wavy and relaxed in configuration, it can stretch and move without restriction. When we experience inflammation, scarring or trauma, fascia becomes tight and loses pliability, thus being a source of tension to the body.

Different traumas, like a fall, habitual poor posture or stress have cumulative effects on our body. Trauma causes changes in fascial system, reducing comfort and function of the entire body. Fascial restriction causes all kinds of pain, headaches and movement restriction. It also affects our stability and flexibility and is the main factor in our ability to perform daily activities.

Why Healthy Fascia is Vital?

When fascia is bound it becomes tight and restricts blood flow. Fascia gets thicker where there is a tension and where nerves passing through fascia are chronically irritated. Since fascia forms a continuous network, it dictates our freedom of movement and shape. Besides, all blood vessels and nerves run through the fascia and if it's tight, associated tissues won't have a proper nutrient exchange. It makes any pain worse due to build-up of toxic waste products that aggravate pain receptors. It creates a vicious cycle by making more muscle tension, leading to a further hardening of fascia, which limits your movements even more.

Tiny arteries and veins flow through the fascia to deliver oxygen and nutrients to body cells. Fascia is so tacky that it can completely block blood flow to a certain area. This will hinder the pumping of blood to certain areas and cause swelling in others.

Tight fascia can cause:

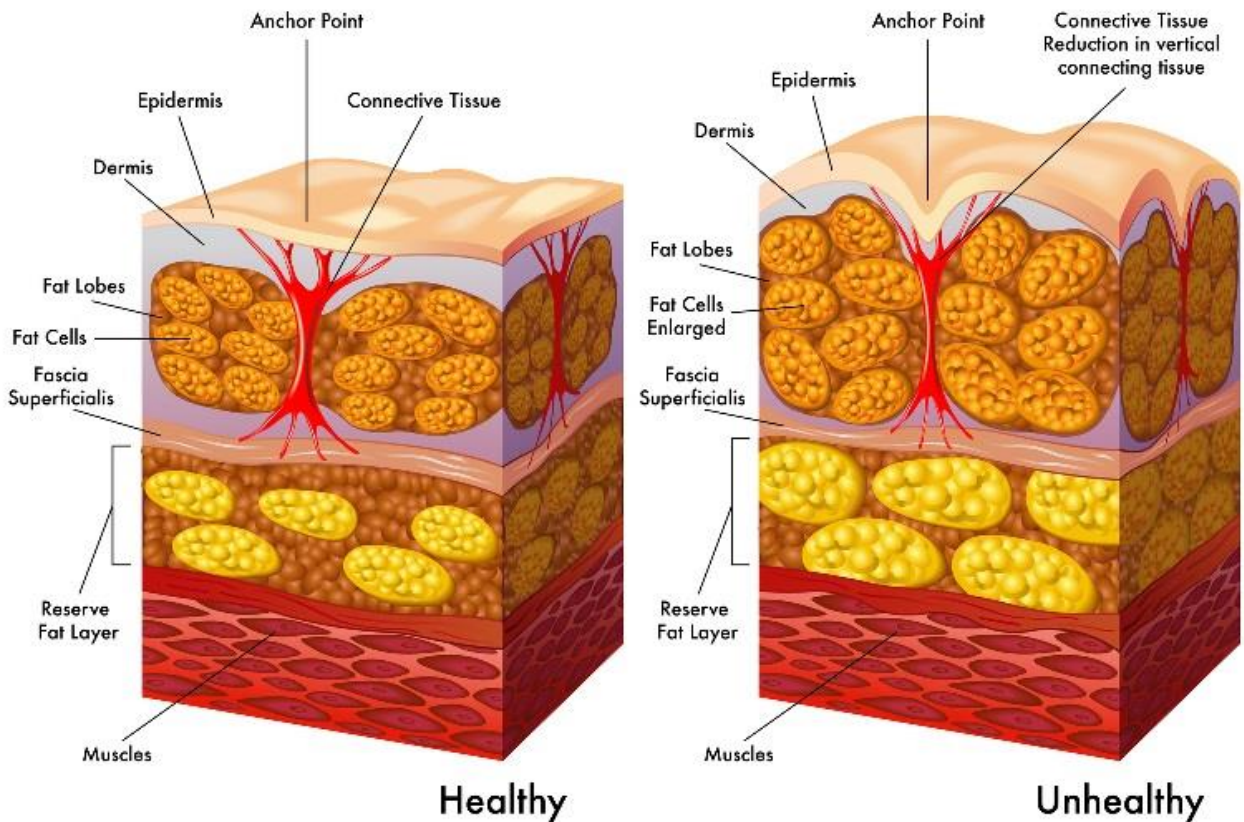
- ✓ joint pain
- ✓ lack of movement
- ✓ pinched nerves
- ✓ tingling sensations
- ✓ numbness

Joint and organ health depend upon a healthy fascia. With that being said, we all need to take a good care of every part of our body, without neglecting any of it. Healthy fascia translates into pain-free living and total internal health.

Many of us move in the same patterns, which make fascia to secure itself into these patterns. For instance, sitting at a desk many hours every day has shoulder blades glided lateral on the rib cage. So, when fascia is trained into one position, the shoulder blades lockdown, affecting movement of your neck and arms.

Use LURE Massager Stick to open nerve activity, increase the flow of vital Qi -energy and unblock restrictions so the body can start functioning properly again.

The Formation of Cellulite



Is it possible to get rid of cellulite once you have it?

Flaunt a leaner, more defined and toned body! Bye-Bye Cellulite!

LURE Fascia Massage Roller Stick is designed to go deeper as a fat and cellulite blaster. It works faster than any other muscle roller stick to break up fat cells and provides a smoother, dimple free look. Unlike other product on the market, LURE Trigger Point Fascia Release Massage Roller Stick & Cellulite Blaster is designed to give you fast and optimal results. The clever nub design works hard for you to release facial adhesions, re-establish proper blood flow, improve skin elasticity, muscle tone, boost collagen production and finally achieve a smoother, firmer, dimple-free skin.

The Difference:

Each ball of LURE Fascia Massage Roller Stick rotates for optimal results. You can roll the stick up and down or you can explore deeper areas of your muscles and tissues by swiping the stick side by side. Both techniques are result driven.

LURE Fascia Massage Roller Stick dramatically increases vascular function. As a result, your body recovers and heals itself much faster.

This Fascia Release Message Roller Stick also improves muscular range of motion without decreasing muscle activation. It breaks up adhesions in the fascia, so muscles move more freely, reducing cramps and soreness.

Observe nearly instant results after using LURE Fascia Massage Roller Stick for 5-7 minutes 3-4 times a week. You can incorporate rolling massages in your daily routine not just for pain relief or body shaping, but for myofascial, trigger point and stress relief too!

Recommended by:

- Athletes, Runners, Soccer, Baseball, Basketball, Football & Volleyball players
- Chiropractors and Physical Massage Therapists
- CrossFit Athletes and Bodybuilders
- Dancers and Gymnasts
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Disclaimer: All the material contained in this guide is provided for educational and informational purposes only. While every attempt has been made to provide information that is both accurate and effective, the author does not assume any responsibility for the accuracy or use/misuse of this information.

*This is not a medical device. Use with caution and consult your physician prior to use.

Frequently Asked Questions

What is a Trigger Point, Fascia Release Muscle Roller Stick & Cellulite Blaster?

Muscle Roller Stick is a small, easy-to-use, lightweight, portable and practical self-massage tool that helps relieve muscle and joint pain, soreness and spasms, release trigger points, improve mobility and flexibility, open up nerve activity, improve blood circulation, promote lymphatic drainage aiding in detox, help break up fascial adhesions and muscle restrictions, increase elasticity, boost collagen, visibly reduce cellulite, and simply a fantastic hand saving tool for any body work massage practitioners and Chiropractors.

How Does the Fascia Release Muscle Roller Stick Work?

The Fascia Massage Roller Stick simultaneously stretches and compresses muscles. By using the stick constantly, it will release chronic patterns of tension on the contracted area. The Fascia Massage Roller Stick also accelerates muscle recovery, dramatically improving their flexibility, strength and endurance.

How Do I Use the Fascia Roller Stick?

Gently press the Fascia Roller Stick against the treatment area, and begin rolling the stick along the muscle. Fascia Roller Stick is comprised of rolling balls to stretch muscles and ligaments. You can also move the stick side to side for a more intense massage to boost circulation and heat up the treatment area even more.

Does Fascia Roller Stick & Cellulite Blaster Really Work?

Some may think that simply stretching or using a foam roller helps relax muscles, but stretching or foam rolling alone can't explore the deepest areas of your tissue and muscles or help break up fascial adhesions (restrictions). Fascia Roller Stick releases adhesions in the fascia and provides smoother muscle movement as well as facilitates the relaxation of knots in muscles.

Where Can I use the Muscle Roller Stick?

Use for shoulders, back (upper & lower), hips, thighs, legs, feet, arms, buttocks, for body shaping. Use as a trigger point massager, for stretching and loosening fascia, Carpal Tunnel, IT Band, Sciatica, Arthritis, Fibromyalgia and so much more!

What is the Difference between a Muscle Roller Stick and a Foam Roller?

Foam Rollers are designed stretch out muscles by applying your own weight. Unlike the Muscle Roller Stick, Foam Rollers are not designed to breakup fascial adhesions, separate muscles, improve cellulite or for trigger point relief.

How Do I Use the Roller Stick to break up fat and cellulite?

Start with a hot shower or if you have the luxury of time, a hot bath or a sauna. You may add your favourite body oil such Coconut, Argan, Avocado, etc. (note: mineral oil may discolour the natural wood). Use swift stroking movements by either rolling the stick or moving/rubbing side to side). Muscles should be contracted when working on cellulite reduction, toning, and contouring.

Can I use the Fascia Roller Stick for Face?

No, Fascia Roller Stick is designed to work on every part of your body except the face.

Can I use the Fascia Roller Stick for Back Pain?

Back Pain is caused by a number of underlying problems which may be due to injury, muscle or skeletal issues. Fascia Roller Stick features rolling balls at the center in order to give you a deep massage to effectively relieve back pain.

Can I use the Fascia Roller Stick for Knee Pain?

Fascia Roller Stick is a great way to relieve knee pain on your own. Using the stick to massage the Quad muscle and IT Band helps strengthen, stretch and lengthen muscles that connect to your knee. Massaging the area also increases blood flow and reduces inflammation.

Can I use the Fascia Roller Stick for IT Band?

The IT band or the *Iliotibial Band* refers to a group of muscle fibers that runs from the hip to the knee. It functions as a stabilizer during running and remains a painful problem for many runners and athletes. The Fascia Roller Stick is a substitute to a deep therapeutic massage that you can perform at home every day.

Can I use the Fascia Roller Stick for Plantar Fasciitis?

Plantar fasciitis is known as calcaneal spur syndrome that mimics the pain of a stone bruise in heels. A proper blood supply and flexibility are essential for dealing with Plantar Fasciitis. The rolling stick stretches muscle fibers and ligaments, which significantly reduces pain and discomfort.

Can the Muscle Roller Stick Help Athletes, Runners or Dancers?

The Fascia Release Stick helps warm up and stretch muscles before training to help prevent injuries, helps improve flexibility and mobility, and also successfully help muscles relax after training.

Can I use the Fascia Roller Stick for Sore Muscles?

Fascia Roller Stick is a tool that helps to massage your muscle pain away. When a muscle becomes sore, knots develop within muscle fibers, decreasing the elasticity of the tissue. By using Fascia Roller Stick, you can break up those knots and release tight fascia.

Can I use the Fascia Roller Stick to Tone My Arms?

Fascia Roller Stick helps banish chronic pain and tone arms.

Can I use the Fascia Roller Stick for Loose Skin?

Fascia Roller Stick helps tighten loose skin by promoting blood circulation and breaking up fat deposits that are the reasons for dimply skin.

Can I use the Fascia Roller Stick for Fibromyalgia?

Fibromyalgia means a condition when chronic muscular pain is spread throughout the whole body. Along with pain, many also experience joint stiffness and tiredness. The main problem is tight and knotted fascia, and Fascia Roller Stick can not only loosen muscle and tendons, but also release emotional stress that many people with chronic pain have become familiar with.

Can I use the Fascia Roller Stick for Scars?

Fascia Roller Stick is a rolling tool that reaches the inner surface of the skin to promote skin repair by stimulating collagen and elastin production without causing any additional damage.

Will I bruise? Any way to prevent or reduce bruising?

Bruising related to using the fascia release massage roller stick and the cellulite blaster is not the same as bruising from an injury. Some people bruise easier than others, but please keep in mind, that bruising that may result after a deep tissue trigger point massage is typically a sign of stagnation, fascial adhesions, inflammation pain or previous injury in that area. By applying and rolling the stick you are actually breaking up fascial adhesions allowing better blood circulation that promotes healing and repairs tissue. If you are using the stick as a cellulite blaster, the same applies. In the beginning – or first several sessions when your fascia is bound, bruising is typical. As the health of your connective tissues and muscles improve and fascial restrictions are lifted, bruising will greatly lessen or no longer appear. If you are a bruiser, wait a few days before the next massage session or until bruising disappears. You can go a little lighter to minimize chances of bruising. If you are using the stick to contour, shape, tone or improve appearance of cellulite, remember to drink plenty of water to aid in detoxification process. **Arnica** gel is a wonderful homeopathic remedy that can help minimize bruises. Cold packs or LURE PolaRoller compression, ice therapy and massage roller in 1 provide excellent relief too.

Listen to your body - the massage can feel uncomfortable at the beginning, but shouldn't be painful.

A Better Choice for Professional or Home Care

Recent Customer Reviews:



How many of you would agree that it is not bones that move muscles, but muscles that move bones?

For that, you need to have fluidity of movement. I usually spend 8-10 hours a day at my desk working with minimal breaks. So when this friend walked over to me and recommended that I try a muscle roller stick which she described as being small and light, I decided to give it a try.

I did some research and found a few articles on what triggers muscle soreness and the best ways to get relief.

I was fascinated by this new discovery and the meaning of fascia (connective tissue under our skin in our bodies that looks like a web of fibres that connects and surrounds our muscles). Basically it's what holds us together.

Healthy fascia which is also comprised of collagen is very elastic and flexible. It allows free range of motion and can resist any force or damage. If our fascia is unhealthy, it restricts blood flow which we need to nourish our organs, muscles and joints.

If fascia is restricted, not only is our body prone to all sorts of inflammation that causes headaches, arthritis, fibromyalgia, muscle and joint pain, and other conditions, but we also often feel knots and tightness – an indication of restricted blood flow.

After learning all this, I decided to take control and purchase LURE's fascia stick that I now use daily to break up stiffness, for trigger point release. It feels really great on my shoulders where I carry all the discomfort, my IT band and legs say thank you to me every day and now I am starting to see truly remarkable improvement in my skin. It is looking more toned and contoured probably due to improvement of elasticity and collagen stimulation.

Who could have thought this little inexpensive gadget would change my life!



I bought this primarily for my sore legs. I'm a bartender and I work long hours on solid concrete floors which does a number on my legs and back. My legs after a long shift would throb and I wouldn't be able to sleep or get comfortable for hours. I've only used this a few times but it's absolutely wonderful. The first time I used it I could only stand a few minutes but that's because I was so tight! Now I use it all the time on my legs. I also was curious to see if it would help with some of the cellulite on my thighs. I haven't noticed much of a change in that department but I will update my post as soon as I use it more and have a better idea. Overall great buy, I would absolutely recommend it!



As a runner, I need to foam roll or something after a long distance run. Instead, I have found this massage stick. I have named him Mr. Pokey. He is both my best friend and my arch nemesis. It hurts so good, and has the added benefit of looking like a medieval torture device. Mr. Pokey is coming with me to China for our race on the Great Wall! He is light and sturdy and will hopefully make it overseas and back without being damaged. 5+ stars for a product that is the right balance of pain and relief.



I am very pleased with this product. I bought to see if it would work the same as the fascia blaster going for so much more money. I'm pleased to say it's working! Some bruising at first but already seeing improvement in dimples on thighs and hamstring areas. It's a little difficult to use on own upper back so recruit your partner to help.

Expect some pain with use for cellulite treatment but I'm already able to go longer and deeper with less pain. Arnica works well to diminish bruising. The bruising is minimal and from what I've read, all part of the toxin elimination process. Drink lots of water and try this item if you're ok with not paying close to \$90 for the same results 😊



I have enormous trigger point pain from Fibro and Allodynia. This has quickly become one of my new best friends for pain management and breaking up fibrous tissue knots. It is the perfect size, the perfect dimensions, and very sturdy. I no longer have to ask my hubby to kneed my back where I can't reach, no suffer through the night because I don't want to wake him. What a life saver! I can get those knots and points now and we both get more sleep this way. As a side note benefit, I massage the sides of my legs where there are some pockets of cellulite because I saw another tool with these nodules on it for breaking up cellulite under the skin and wondered if this would work similarly. It's working! I go over my legs every day and have begun to start seeing a smoothing out happening. It's very small right now, but enough that I noticed. I also quickly realized my legs hurt MUCH less after using the stick to massage them out. I'm telling EVERYBODY I can in my circle of friends and "spoonies" to get this! THANK YOU!

