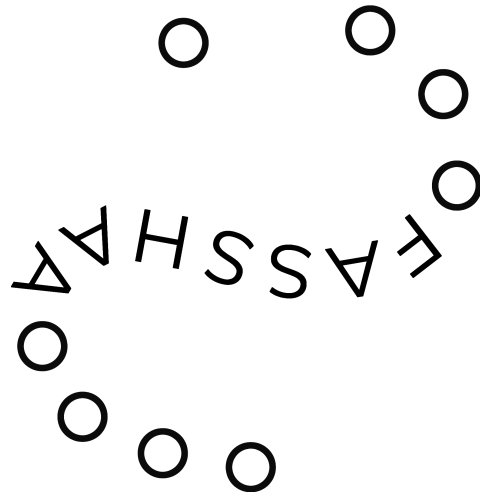


Living well begins here



○ IMPORTANT SAFETY INFORMATION

- Adult use only.
- Contains small parts. Choking hazard.
- Keep out of reach of children.
- Do not place pegs in the mouth, nose, or ears.
- Do not use on broken, damaged, or infected skin.
- Do not use if it causes pain.
- Use only as directed.

○ CARE INSTRUCTIONS

Wash with warm water and mild soap.

Dry thoroughly before storing.

Store in a cool, dry place away from direct sunlight.

○ DISCLAIMER

Fasshaa® is intended for general wellness and self care purposes only. It is not intended to diagnose, treat, cure, or prevent any disease or medical condition. If you have concerns about your health, consult an appropriately qualified healthcare professional before use.

○ CONTACT US

hello@fasshaa.com

○ FIND US

fasshaa.com

@fasshaa.freedom



Designed in Adelaide, Australia.
Manufactured in China.

What is Fasshaa®?

Fasshaa is designed to help release tension throughout the body by applying pressure to the webbing between the fingers and toes.

By targeting these key fascia end points, Fasshaa may help support freer movement, flexibility, and overall comfort.

Use for 3 to 5 minutes daily.

WHAT IS FASCIA?

Fascia is a continuous web of connective tissue that supports and connects the entire body, and keeping it supple and mobile may help support easier movement, flexibility, and overall comfort.

What Should I Feel?

You may feel:

- Pressure
- Stretching
- Mild tenderness
- Warmth
- A feeling of release

Everyone responds differently.

Firm pressure works best, but it shouldn't be painful.



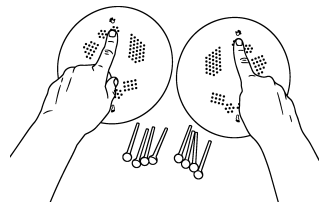
SCAN TO WATCH
THE HOW-TO VIDEOS

youtube.com/@Fasshaa.Freedom

STEP BY STEP HANDS

USING FASSHAA® FOR YOUR HANDS

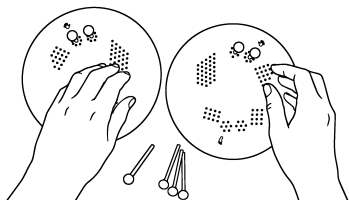
01



Position the Boards

- Place the left board on the left and the right board on the right, with the hand symbols facing up.
- Remove any rings before use.

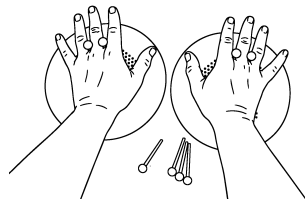
02



Insert the First Two Pegs

- Place two pegs into the centre holes of the circular clusters.
- These are your starting positions.

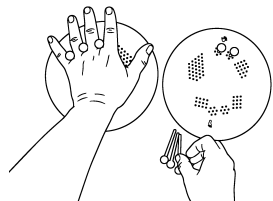
03



Position Your Middle Finger

- Place your middle finger between the two pegs.
- If needed, adjust the peg positions to comfortably fit your finger.
- Apply comfortably firm pressure by gently moving your hand forward into the pegs until you feel even pressure into the webbing.

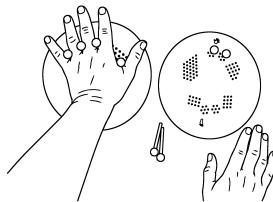
04



Add the Peg Between Your Fourth and Fifth Fingers

- Place the next peg between your fourth and fifth fingers.
- Position it close to the webbing and adjust as needed.

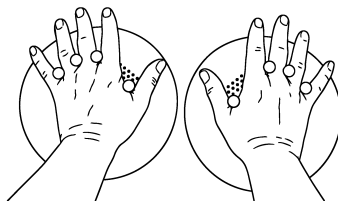
05



Add the Peg Between Your Thumb and Index Finger

- Place the final peg between your thumb and index finger.
- Position it close to the webbing and check that pressure feels even across all fingers.

06



Repeat on the Other Hand

- Set up your other hand in the same way.

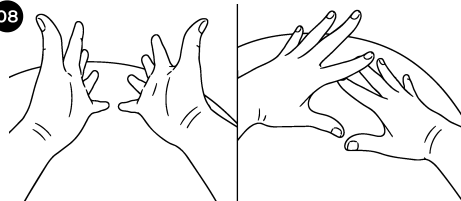
07



Hold for Three Minutes

- Set your timer for three minutes (or allow extra time to get into position).
- Sit upright with relaxed shoulders and soft arms.
- Apply firm forward pressure into the pegs.
- You should feel firm pressure and stretching through the webbing, but not pain.
- If you experience pain, cramping, or discomfort, stop and remove your hands from the boards.

08



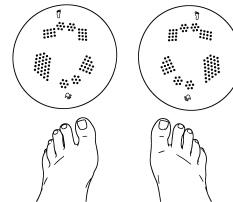
Finish

- When the timer finishes, gently remove your hands.
- Stretch and move your fingers.

STEP BY STEP FEET

USING FASSHAA® FOR YOUR FEET

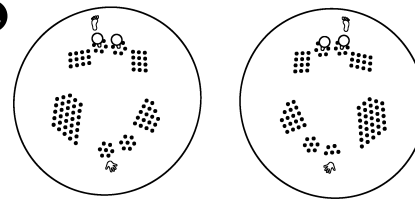
01



Position the Boards

- Place the boards on the floor in front of you.
- Sit comfortably on a chair or sofa.
- Place the left board on the left and the right board on the right.
- Tip: It's often easiest to set up both feet at the same time.

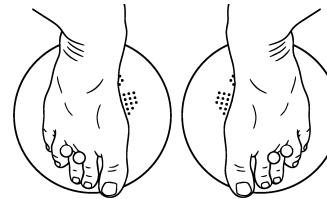
02



Insert the First Two Pegs

- Place two pegs into the centre holes of the circular clusters.
- These are your starting positions.
- Adjust the spacing if needed to suit the size and spacing of your toes.

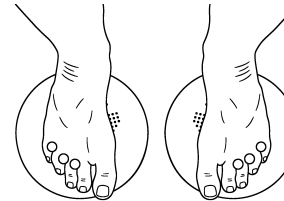
03



Position Your Middle Toe

- Place your middle toe between the two pegs.
- Adjust your foot until you feel firm, even pressure into the webbing.

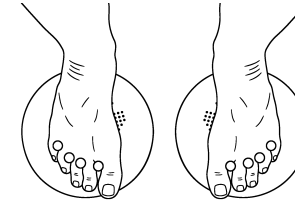
04



Add the Peg Between Your Fourth and Fifth Toes

- Place the next peg between your fourth and fifth toes.
- Position it close to the webbing and adjust as needed.

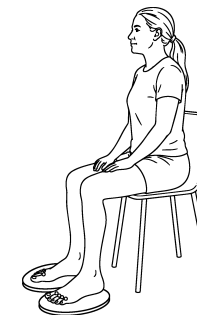
05



Add the Peg Between Your Big Toe and Second Toe

- Place the final peg between your big toe and second toe.
- Adjust the peg position as needed.
- Repeat for the other foot.

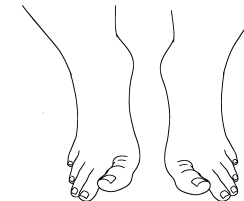
06



Hold for Three Minutes

- Set your timer for three minutes (or allow extra time to get into position).
- Apply firm pressure into the pegs.
- Keep the pegs upright and avoid pushing so hard that they angle forward.
- You should feel firm pressure and stretching through the webbing, but not pain.
- If you experience pain, cramping, or discomfort, stop and remove your feet from the boards.

07



Finish

- When the timer finishes, gently remove your feet.
- Stretch and move your toes.

HOW OFTEN TO USE

You can use Fasshaa daily. Consistent use will provide the greatest benefit.