



GUIDANCE FOR USE BETWEEN TREATMENTS

Supporting your recovery at home

Fisiocrem Joint Ease is a topical gel designed for the temporary relief of symptoms of mild osteoarthritis, mild arthritis, and mild joint pain. This guide will help you integrate it into your routine to support joint mobility and comfort between treatments.

How to use:

Daily maintenance

- Apply a thin layer 2–3 times daily to the affected joints. There is no risk of overuse, so apply whenever needed.
- Gently massage in circular motions until fully absorbed.

Post-treatment support

- Apply after treatment sessions to prolong benefits.
- Pair with stretching and gentle movement for best results.

Relief for joint discomfort

- Use on areas experiencing mild osteoarthritis, mild arthritis, or general joint discomfort.
- Follow recommendations provided by your practitioner.

Key benefits

- ✓ Non-greasy formula, no sticky residue.
- ✓ Naturally derived active ingredients: Boswellia, Nigella, Arnica, Hypericum, Calendula, Melaleuca, & Menthol.
- ✓ Low-odour, non-heat formulation. Designed for discreet use.
- ✓ Helps support joint mobility & comfort.
- ✓ Suitable for those over the age of 3.

Always read the label and follow the directions for use.

