



# GUIDANCE FOR USE BETWEEN TREATMENTS

*Supporting your recovery at home*

Fisiocrem Solugel is designed to help keep you moving between treatments by supporting soft tissue recovery and muscle pain relief. This guide will help you make the most of your treatment plan.

## How to use:

### Daily maintenance

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

### Post-treatment recovery

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

### Injury support

- Use on minor sprains, strains, and general muscle discomfort.
- Follow recommendations provided by your practitioner.

## Key benefits

- ✓ Non-greasy formula, no sticky residue.
- ✓ Naturally derived active ingredients: Arnica, Hypericum, Calendula, Melaleuca & Menthol.
- ✓ Clinically tested\* fisiocrem Solugel was shown to significantly reduce pain and improve mobility within minutes of application when used twice daily.
- ✓ Pleasant scent: fades within minutes.
- ✓ Suitable for those over the age of 3.

\*Ramon et al Ortho & Rheum Open Access J 20(1): OROAJ.MS.ID.556028 (2022) This study was funded by fisiocrem.

Always read the label and follow the directions for use.

