Do It Yourself Acupressure Kit

Acupressure & Acupuncture therapy have been recommended for discomfort and speedy recovery of health problems for thousands of years.

We have created a special product called QuantaGram.". This product is a special disposable non-invasive holographic sticker.

This kit contains 36 disposable holograms along with common placements for Acupressure points. You can use, learn and experience acupressure by following these points shown inside this kit.

This QuantaGram™ Acupressure Kit has been designed to be a non-invasive, safe, and effective way to learn our method of "do-it-yourself" Acupressure at home. This can help facilitate energetic communication via the body's meridians supporting harmony and a balanced body. Acupressure also supports the body's ability to cleanse, balance and build.

USAGE: For external use only. Apply hologram sticker on acupressure points as indicated in diagrams inside this brochure for "do-it-yourself" acupressure.

These safe non-trans-dermal holograms do not have to touch the skin and can also be placed on bandages or clothing at the selected points.

100% PRODUCT GUARANTEE: We stand by the quality of each of our products with a 100% satisfaction guarantee.

QuantumLifestyle.com

©2021 Quantum Lifestyle, LLC • 1063-C Greenbag Road Morgantown, WV 26508, USA • all rights reserved IMPORTANT: This product is not intended to treat disease, replace medication, support or sustain human life, or prevent impairment of human health. Keep out of reach of children.

PROPER CARE: To keep your Holograms safe and fresh, do not store near electrical appliances and store them in the included static bag.

WARNING: Do not use if pregnant. If using the Sleep Hologram, do not drive or operate heavy machinery. Do not place on open sores or bleeding areas. If you suffer from $\ | \$ any $\ | \$ health $\ | \$ conditions, $\ | \$ consult $\ | \$ a $\ | \$ medical professional prior to use of this product or any type of acupressure.

FOR EXTERNAL USE ONLY: Choking Hazard, keep out of reach of children. Do not eat or place in mouth.

Lot# 1 Expires: 1/2026







Learn Do-It-Yourself Acupressure

- Quick & Simple to use
- Safe Non Trans-dermal Holographic Placement Stickers
- Acupressure utilizes energy pathways to trigger release of muscular tension and blood flow
- Supports The Body's Natural Ability To Feel Better
- An Experience To Enhance Your Life







Indentation Between Eyebrows.
Supports Concentration, Memory, Uplifting Spirit.

Two Thirds Up Between Upper Lip And Nose Supports Memory, Concentration, Relieving Cramps Fainting Dizziness.

Center Of Breast Bone Three Thumb Widths Up From The Base Of The Bone Supports The Following: Concentration, Relieving Anxiety, Depression, Chest Congestion, Emotional Imbalances That Inhibit Clear Thinking.

4 Finger Widths Below The Knee Outside Of The Shinbone. Supports Mental Clarity.

Valley Between Big Toe. Supports Better Memory. Acupressure is an amazing therapy developed over 5,000 years ago and still practiced today in eastern medicine and world wide. With the use of our quantum infused holograms, you are offered the experience in learning to assist your body and soul in healing and comfort

Keep in mind that this is self exploration and experimentation for you to learn the secrets of energy, meridians and the power of a self healing practice. Some points may be best to just gently apply pressure manually without the hologram or in the absence of a hologram.

Apply the Quantum Lifestyle Holograms on the points shown in the illustrations above. Place on clean, dry and oil-free skin (clean with hydrogen peroxide, when possible). The hologram's adhesive is a food grade adhesive so it may not stay in place due to the many different skin types or climates.



On The Crown Of The Head Between Cranial Bones To Find, Start From Behind The Ears Up To The Top Of The Head And Feel For The Hollow Toward The Back Of The Head. Supports Mental Concentration, Memory And Relieving Headaches.

In The Temples 1/2 Inch From Outside Of The Eyebrows Supports Memory, Mental Stress, Headaches.

Below The Base Of The Skull In The Hollows On Both Sides.

Supports Headaches, Memory, Relieving Arthritic Pain That Inhibits Concentration.

One Half Inch Below The Base Of The Skull On The Ropey Muscles 1/2 Inch Out From The Spine. Supports Relieving Stress, Burnout, Over Exertion, Heaviness In The Head, Unclear Thinking. Also Supports Relaxing The Neck And Greater Circulation To The Brain.



If necessary, cover with a small bandage or tape. They do not have to touch the skin to be effective.

They can be placed on top of bandages or clothing. They can be placed in shoes or socks. For best results, keep your body well hydrated.

IMPORTANT: Quantum Lifestyle Holograms are for self-education and research purposes only. Keep away from strong electromagnetic fields, such as microwaye ovens.