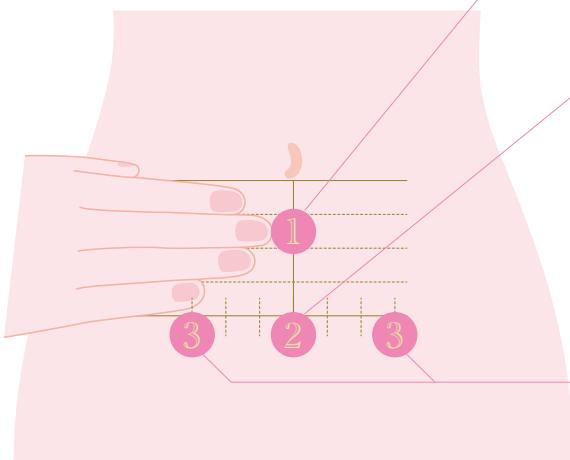


Re-So Beam® Hime Patch

(Instructions)

Please apply the patch
on the four Hime acupoints.
Duration of the patch application: 4~7 days
You can take a bath with the patch on.



Hime Acupoint

1 One and a half fingers below the belly button
Located at the midpoint of the Yin Intersection Acupoint and the Sea of Qi Acupoint

Yin Intersection Acupoint a thumb below the belly button
uterine fibroids, irregular periods, vaginal discharge, low back pain, cold feet and legs, hysteria etc.

Sea of Qi Acupoint two fingers below the belly button
irregular periods, uterine fibroids, PMS*, menopause (first menstruation), hysteria, anemia, feeling weak, low back pain, cold feet and legs etc.

Hime Acupoint

2 Four and a half fingers below the belly button
Located in the midpoint of the Origin Pass Acupoint, Middle Extremity Acupoint, and the Kidney Qi Cave Acupoint

Origin Pass Acupoint four fingers below the belly button
uterine diseases, period pains, irregular periods, PMS*, infertility, indigestion etc.
Middle Extremity Acupoint five fingers below the belly button
endometriosis, vaginal discharge, irregular periods, period pains, menopause (first menstruation), cystitis, chills in the lower abdomen, infertility etc.
Kidney Qi Cave Acupoint four fingers below the belly button, then half a thumb to the both left and right
uterine fibroids, irregular periods, lower abdominal pain etc.

Hime Acupoint

3 Three fingers to the left and right of Hime Acupoint 2

Located at the midpoint of Waterway Acupoint and Restoring Position Acupoint
Waterway Acupoint four fingers below the belly button, three fingers to the both left and right:
endometriosis, displacement of uterus, lower abdominal pain etc.
Restoring Position Acupoint five fingers below the belly button, then three fingers to the both left and right:
ovarian inflammation, endometriosis, uterine fibroids, irregular periods, vaginal inflammation, cystitis etc.

* PMS (Premenstrual Syndrome)

By Physical Constitution Recommended Acupoints

④ Middle of the Chest Acupoint

The midpoint of two nipples:
heart disease, neurasthenia, hysteria, insomnia, hypogalactia, autonomic dysfunction, bloating etc.

⑥ Middle Epigastrium Acupoint

The midpoint of the solar plexus and the belly button:
neurasthenia, insomnia, morning sickness, malposition of the uterus and internal organs, gastrointestinal disease, indigestion etc.

⑧ Girdling Vessel Acupoint

One finger towards the belly button from the side (at the height of the belly button):
vaginal discharge, endometriosis, irregular periods, period pains, PMS*, low back pain, chills in the abdomen, lower abdominal pain etc.

⑩ Leg Three Miles Acupoint

Four fingers below the outer groove of the knee cap (meniscus):
period pains, cold sensitivity, bloating etc.

⑭ Life Gate Acupoint

The back bone right behind the belly button:
lack of (Qi) and (blood) circulation, period pains, bleeding in the uterus, subvility, low back pain, cold sensitivity, frequent urination, diarrhea, constipation, infertility etc.

⑮ Kidney Transporter Acupoint

Two fingers to the both left and right of the life gate acupoint:
endometriosis, irregular periods, PMS*, vaginal discharge, uterine fibroids, menopause (first menstruation), swelling, cystitis, infertility, low back pain etc.

⑯ Low Back Yang Passage Acupoint

Four fingers below the life gate acupoint:
period pains, irregular periods, chills in the feet, leg, and abdomen, urologic diseases (enuresis, frequent urination, cystitis), lower back pain, constipation etc.

⑤ Bird Tail Acupoint

Below the xiphoid process:
cardiac neurosis (palpitations, shortness of breath, dizziness, chest pain), insomnia, neurasthenia, stress etc.

⑦ Heavenly Pivot Acupoint

Three fingers to the both left and right of the belly button:
irregular periods, endometriosis, bleeding in the uterus, cold sensitivity, diarrhea, constipation, cystitis etc.

⑨ Sea of Blood Acupoint

Three fingers above the bottom inner edge of the kneecap:
irregular periods, endometriosis, bleeding in the uterus, uterine fibroids, PMS*, period pains, vaginal discharge, bad blood circulation etc.

⑪ Earth Cure Acupoint

Eight fingers below the bottom inner edge of the knee cap's groove, then one finger towards the inside:
poor blood circulation, period pains, irregular period, indigestion, swelling etc.

⑫ Abundant Bulge Acupoint

The midpoint of the outer ankle and the groove (meniscus) of the outer knee cap:
neurasthenia, hysteria, constipation, headaches, bloating etc.

⑬ Supreme Rush Acupoint

The groove where the bone of the big toe and the second toe connect:
PMS*, bleeding in the uterus, cold feet and legs, stress etc.

⑯ Three Yin Intersection Acupoint

Four fingers above the inside of the ankle at the bone-edge:
irregular periods, dysmenorrhea, PMS*, endometriosis, menopause (first menstruation), menopausal disorder, cold sensitivity, constipation, cystitis, nocturnal enuresis, loss in appetite, indigestion etc.

⑯ Shining Sea Acupoint

The groove right below the inside of the ankle:
irregular periods, endometriosis, cold feet and legs, swelling, headaches, tinnitus etc.

Qi

Energy in the body.
The source of vitality etc.

Blood

Sends nutrient to the entire body which affects both thoughts and emotions.

Water

Bodily fluids such as saliva, stomach fluid, urine, sweat, tears, cerebrospinal fluids, and lymph fluid.

Based on the existence of qi energy. As a practice of oriental medicine, we apply stimulus onto the acupuncture points, which are located in the main areas where qi, blood, and water (fluid) flow, to adjust the body and alleviate any symptoms caused by physical abnormalities.

Tips

Removing the patch:



When removing the patch, please pull it off slowly so that it won't damage the skin.

We hope that this patch will help many people to improve their physical condition so that they can be beautiful and healthy.

Supervisor
Licensed Masseuse and Acupuncturist
Kyoko Nagano



Please choose your current condition from the following nine types.

We will recommend you the best acupoint for you.

The cause of period pains can be different depending on the body constitution of each individual.

Applying pressure to a combination of right acupoints can alleviate some of these symptoms.

Body constitutions are formed by genetics (parents, ancestry), environment (society, lifestyle, geographical location, climate), and character (emotional tendencies).

Moreover, they can change depending on age, diet, injury, disease, medicine, and childbirth.

* Please flip to the other side for the acupoint diagram.

Lack of Energy

- Periods come early
- Large amount of pale red period blood
- Excessive amount of vaginal discharge
- No willingness and lack of energy
- Weak stomach and prone to tiredness
- Sweat and get sleepy easily



Hime Acupoints + Recommended Acupoints

4 5 6 8 9 13 14 15

Poor Circulation of Energy

- Period cycle and amount of period blood are inconsistent
- Get easily irritated and depressed
- Get tightness and painful in breasts, sides, and lower abdomen
- Burp and fart often



Hime Acupoints + Recommended Acupoints

4 5 11 12 13 14 16 17

Lack of Blood

- Periods come significantly late
- Small amount of pale red period blood
- Pale complexion with dark circles under the eyes
- Dizziness and lightheadedness
- Numbness in the limbs, leg cramps



Hime Acupoints + Recommended Acupoints

4 6 9 14 15 16 17 18

Poor Circulation of Blood

- Periods often come late
- Small amount of period blood with black clumps
- Chronic headaches and stiff shoulders
- Easily bruised, scars don't get disappeared
- Period pains come with a heavy blood flow and often get worse at night



Hime Acupoints + Recommended Acupoints

7 9 11 13 15 16 17 18

Lack of Moisture

- Periods are early or inconsistent
- Small amount of viscous period blood
- Hot flash in the limbs and neck
- Red eyes and thirst
- Feeling sick when the body gets warm



Hime Acupoints + Recommended Acupoints

5 7 9 12 14 15 16 18

Accumulation of Excess Fluid

- Periods come late
- Small amount of viscous period blood
- Large amounts of white vaginal discharge
- Easily get swollen
- Stickiness in the mouth, have phlegm
- Plump body type



Hime Acupoints + Recommended Acupoints

6 8 10 11 12 17 18 19

Low Ability to Produce Body Heat

- Periods come late or are inconsistent
- Large amounts of vaginal discharge with inconsistent amounts of period blood
- Gets cold easily, highly sensitive to cold weather
- Pale complexion
- Chronic diarrhea, urinates frequently



Hime Acupoints + Recommended Acupoints

5 7 8 10 14 16 17 18

Overheating of the Body

- Periods come early
- Large amounts of dark and viscous period blood
- Yellow vaginal discharge
- Often feels hot and sweaty
- Has a vigorous amount of energy and appetite
- Urine, snot, and phlegm are all dark in color



Hime Acupoints + Recommended Acupoints

4 6 8 9 12 13 15 16

Already Healthy

- Menstrual cycle is approximately every 28 days and lasts 5 to 7 days, blood is a bright red.
- Rosy complexion with resilient and glowing skin
- Fine in both hot and cold weather
- Sleeps well
- Symptoms of period pains consist of a slight of heaviness in the lower abdomen and an overall sluggishness.



If you are already healthy, you can apply the patch to the normal four Hime acupoints!