

QUICK TIPS

Before you apply Menastil®, make sure that the area you are treating is clean and free of skin care products, perfumes, bath oils and other topical medications. Though not necessary, you might also clean the area with either isopropyl alcohol or a pre-moistened towlette.

When you are ready to apply Menastil®, remove the cap, turn the bottle upside down, and gently roll applicator onto the area of discomfort in a continuous, back-and-forth motion to cover approximately one-half of the area of your pain. If using either the sample swab or the towelette, apply in a similar way. Your skin will remain moist for a few minutes.

To increase effectiveness, apply after a warm bath or shower, or temporarily heat the treated area with additional clothing or a hand towel moistened with warm water. Also, apply while in a restful, relaxed position, ideally on your back with knees bent.

To eliminate the peppermint scent, you can wash the treated area with soap and water 15 minutes after the application. *This will not affect the efficacy of the product.*

Feel free to reapply Menastil® 4-to-6 hours later and up to 3 additional times per day.

As always, individual results may vary.

For additional information, please visit www.bestpainrelief.com.