

## Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

- › [FasciaBlaster](#) /
- › [Ashley Black's FasciaBlaster Instruction Manual](#)

## FasciaBlaster Fasciablaster

# Ashley Black's FasciaBlaster Instruction Manual

Model: Fasciablaster

Brand: FasciaBlaster

## 1. PRODUCT OVERVIEW

The FasciaBlaster by Ashley Black is a leading self-massage myofascial tool designed for massaging tissue. It is engineered to effectively massage fascia and muscles across various body areas. This versatile tool is highly popular, featuring larger claws that allow for deeper penetration into muscle tissue. Regular use can temporarily increase blood flow and lessen the appearance of cellulite.

The tool measures 21.5 inches in length and is made from BPA-free plastic.



Figure 1: The FasciaBlaster tool, its packaging, and a smartphone displaying the companion app.

## 2. SETUP AND PREPARATION

Before using the FasciaBlaster, ensure your skin is clean and warm. Warming the tissue can be achieved through a warm shower, bath, sauna, or light cardio exercise. This helps to prepare the fascia for massage.

Apply a generous amount of massage oil or body wash to the area you intend to treat. The lubricant should allow the tool to glide smoothly over the skin without being absorbed too quickly. Lotion is not recommended as it absorbs too fast.

## 3. OPERATING INSTRUCTIONS

The FasciaBlaster is designed for self-application or with assistance. Use massaging motions on target areas such as legs, buttocks, abdomen, and back. The tool's design allows it to target skin, fascia tissue, cellulite, muscles, fat pockets, tightness, and discomforts.



Figure 2: Proper grip and application of the FasciaBlaster for deep tissue massage on the thigh.

The large claws are designed to provide deep tissue massage. Apply pressure as tolerated, moving the tool up and down or side to side over the skin. Consistency is key for optimal results, especially when addressing cellulite.

Video 1: Official product video demonstrating the FasciaBlaster's use and benefits for various body areas, including before and after comparisons.

Video 2: A 'How-to' and 'Hype' video from the seller, showcasing different techniques and potential results of using the FasciaBlaster.

## 4. SAFETY INFORMATION

Always use the FasciaBlaster with care, applying gentle pressure. Avoid using on broken skin or areas with inflammation. If you experience excessive pain, bruising, or discomfort, discontinue use immediately.

Consult a healthcare professional before use if you have any medical conditions, concerns, or are pregnant. Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

## 5. MAINTENANCE

To ensure the longevity and hygiene of your FasciaBlaster, clean it thoroughly after each use. Use warm water and soap to remove any residual oils or body wash. Pay attention to the areas around the claws to prevent buildup. Rinse well and allow to air dry completely before storing.

## 6. TROUBLESHOOTING

If you encounter any issues with the FasciaBlaster, such as a broken claw or unusual performance, please refer to the warranty information or contact customer support. For general discomfort or bruising, ensure you are using sufficient lubricant and applying appropriate pressure. If symptoms persist, consult a healthcare professional.

## 7. SPECIFICATIONS

Feature	Detail
Product Dimensions	23.94 x 4.25 x 4.17 inches
Item Weight	1.11 Pounds
Material	Plastic (BPA Free)
Color	White
Manufacturer	Ashley Black Guru
First Available Date	September 14, 2017

## 8. WARRANTY AND SUPPORT

FasciaBlaster offers a generous guarantee that allows you to receive replacements or return your products for up to 1000 days. For eligibility and further details, please visit the official website: <https://www.ashleyblackguru.com/pages/returns>.

For additional support or inquiries, please refer to the contact information provided on the official FasciaBlaster website.