

FasciaBlaster™ FAQs

Why is healthy fascia important?

Fascia is one of the most profound systems in the entire body. Understanding how to achieve healthy fascia can be life-changing.

Are fascia and cellulite related?

Merriam Webster defines Cellulite as “deposits of subcutaneous fat within fibrous connective tissue (as in the thighs, hips, and buttocks) that give a puckered and dimpled appearance to the skin surface”. Well, guess what fascia is...connective tissue!

How do I use the FasciaBlaster™?

Use the FasciaBlaster® on bare skin with oil, rubbing briskly up and down and side to side. You can even go in diagonal motions, just never in circles.

Where can I use the FasciaBlaster™ on my body?

You can use all of the Blaster devices from head to toe, except for the face. The FaceBlaster™ was specially designed for and is the only Blaster device to be used on the face. But The FaceBlaster™ can be used everywhere on the body as well.

Do I have to be hot to use the FasciaBlaster™?

No, but the FasciaBlaster is most effective when the tissue is warm. You can heat up internally with some cardio or hot yoga, etc, and/or heat externally by getting in a sauna, hot bath or shower, hot pads, a space heater or a sauna suit.

How hard should I use the FasciaBlaster™?

Start off light and brisk! You have total control over how hard to use your Blaster, and you should start off FasciaBlasting with light pressure. Remember to always listen to your body. If it hurts, stop or use less pressure.

Why do I need to use oil?

Oil allows the device to glide over the skin instead of grabbing the skin. You don't want any drag on the skin at all. **DO NOT USE** over clothing as the product will **NOT** work. (Note: Many of us have found quick relief from pain by using over clothing if we're in a situation or place where we can't use on bare skin. But the actual repair work cannot happen through clothing.)

What type of oil do I need?

We recommend the BlasterOil. This product is formulated with Ashley's personal touch and can help take your results to the next level! That being said, any skin friendly oil will do that provides a good glide will do, such as Apricot, Grapeseed, Rice Bran, etc. Depending on interest, we may start carrying some oils to make it easy for you!

How do I clean my FasciaBlaster™?

Simply wash with warm water and antibacterial soap.

Does the FasciaBlaster™ cause bruising?

Yes, bruising can be expected. If the bruises seem unusual, stop using and see your trusted healthcare professional. If you have any unanticipated changes in your body or to your health, consult with your trusted healthcare professional. Please refer your provider to our website so they can understand more about our products. (Note: We haven't seen bruising with use of the FaceBlaster™ when used on the face as directed, i.e., light and brisk. There may be tenderness, though.)

Can I use the FasciaBlaster™ if I'm pregnant?

This is a personal choice that you need to make with your healthcare provider but NEVER use a FasciaBlaster product on a pregnant tummy.

My FasciaBlaster™ feels scratchy. What can I do about this?

Please email Support@FasciaBlaster.com and they will be able to assist you.

Can I use the FasciaBlaster™ if I am on blood thinners or have blood clots?

No, we do not recommend it. If you are on blood thinners or have a history of blood clots, consult your trusted healthcare professional about using the FasciaBlaster. We do not endorse use by anyone who is taking blood thinners or has a history of blood clots. Any use of the FasciaBlaster or any Blaster product is at your own risk.

Where can I see results that other people have had?

If you are female and would like to see experiences from other users, join the private Facebook support group for women: <https://www.facebook.com/groups/FasciaBlasters>.