

# Scarf Releases

## Users Guide

(Use cotton or wool scarf)

### SELF-CARE Scarf Unwinding for Shoulders/Neck

1. Stand comfortably.
2. Using a cotton or wool scarf, rest the scarf on one shoulder.
3. Hold both ends of scarf and traction toward the floor.
4. Lean the head the OPPOSITE direction and allow for unwinding.
5. Repeat on other side.



### SELF-CARE Scarf Unwinding for Neck

1. Stand comfortably.
2. Using a cotton or wool scarf, place the scarf under occiput.
3. Hold both ends of scarf and traction toward the ceiling.
4. Allow for unwinding.
5. Repeat on other side.

