

# Do It Yourself Acupressure Kit

Acupressure & Acupuncture therapy have been recommended for discomfort and speedy recovery of health problems for thousands of years.

We have created a special product called QuantaGram™. This product is a special disposable non-invasive holographic sticker.

This kit contains 36 disposable holograms along with common placements for Acupressure points. You can use, learn and experience acupressure by following these points shown inside this kit.

This QuantaGram™ Acupressure Kit has been designed to be a non-invasive, safe, and effective way to learn our method of "do-it-yourself" Acupressure at home. This can help facilitate energetic communication via the body's meridians supporting harmony and a balanced body. Acupressure also supports the body's ability to cleanse, balance and build.

**USAGE:** For external use only. Apply hologram sticker on acupressure points as indicated in diagrams inside this brochure for "do-it-yourself" acupressure.

These safe non-trans-dermal holograms do not have to touch the skin and can also be placed on bandages or clothing at the selected points.

**100% PRODUCT GUARANTEE:** We stand by the quality of each of our products with a 100% satisfaction guarantee.

[QuantumLifestyle.com](http://QuantumLifestyle.com)

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**IMPORTANT:** This product is not intended to treat disease, replace medication, support or sustain human life, or prevent impairment of human health. Keep out of reach of children.

**PROPER CARE:** To keep your Holograms safe and fresh, do not store near electrical appliances and store them in the included static bag.

**WARNING:** Do not use if pregnant. If using the Sleep Hologram, do not drive or operate heavy machinery. Do not place on open sores or bleeding areas. If you suffer from [ any / health / conditions, / consult / a / medical professional prior to use of this product or any type of acupressure.

**FOR EXTERNAL USE ONLY:** Choking Hazard, keep out of reach of children. Do not eat or place in mouth.

Lot# 1 Expires: 1/2026

 Quantum Lifestyle  
**QuantaGram™**



 Quantum Lifestyle  
**QuantaGram™**



**SLEEP**  
RESTFUL &  
WAKEUP ENERGIZED

## Learn Do-It-Yourself Acupressure

- Quick & Simple to use
- Safe - Non Trans-dermal Holographic Placement Stickers
- Acupressure utilizes energy pathways to trigger release of muscular tension and blood flow
- Supports The Body's Natural Ability To Feel Better
- An Experience To Enhance Your Life

This Kit Contains 36 Disposable QuantaGram™ Holograms and Instructions



## QUANTAGRAM SLEEP™ PLACEMENTS

### PLACEMENT 1

EX-2

Located at the depression of the temples, one-half inch to the outside of the eyebrows (both sides).

Technical: 1 cun posterior from the orbit and 1 cun anterior from the TMJ joint. EX-2 is 1 cun superior from this intersection.



### PLACEMENT 2

GV-16

Located in the center of the back of the head, in the large hollow under the base of the skull.

Technical: On the posterior head, 0.5 cun directly below the external occipital protuberance.



### PLACEMENT 3

GV-24.5

Located directly between the eyebrows, in the indentation where the bridge of the nose meets the center of the forehead.

1 cun up from the top of the bridge of the nose, between the eyebrow line.



NOTE: Maximum effect can be achieved by using multiple placements at once. Experiment to find out what works best for you.