



10-20 seconds

The skin feels uncomfortable and prickly, and the body wants to resist



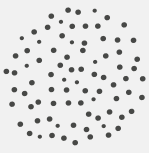
20-40 seconds

The body starts to move blood to the area



1-2 minutes

The skin gets warm and feels almost sunburnt



2-4 minutes

A tingly effect begins, similar to deep heat



4-6 minutes

Full-body restoration starts to take over



6-20 minutes

Muscles start to feel relaxed, and tension eases; leaving people feeling 'blissed out'



20 minutes +

... Some people have said they start to nod off to sleep