

人形（ひとがた）の形に切り抜いてご使用ください。

Please cut out *hitogata* along the outline, write your name, street address (not PO Box) and age on the front of the *hitogata*.

- Wipe on the body part one wishes to improve or renew with the *hitogata/katashiro*.
- Breathe upon the *hitogata*.

