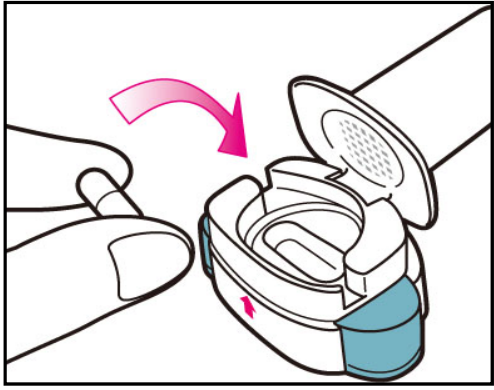
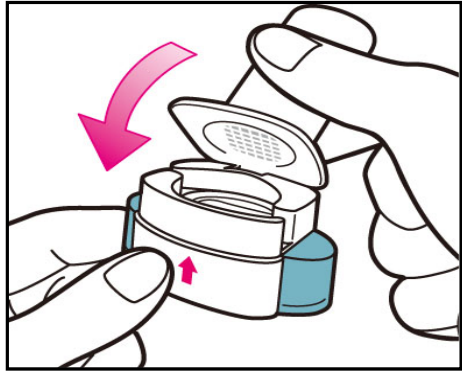


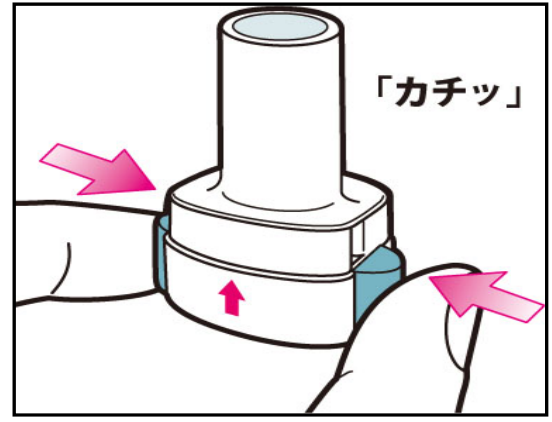
ブリーズヘラの使い方



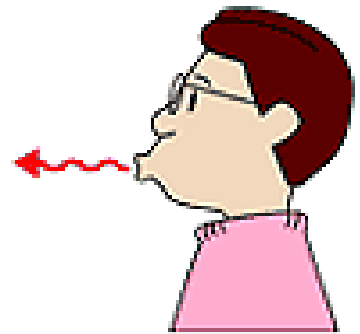
カプセルを入れる



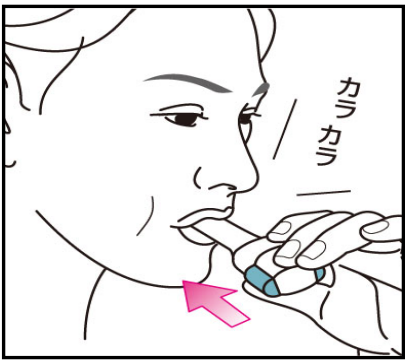
ふたを閉める



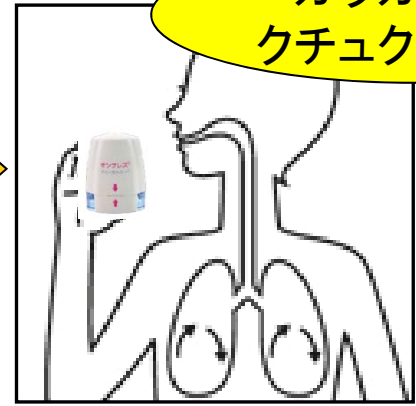
両側のボタンを同時に押す



息を吐き出す



速く、出来る限り深く、カラカラと音が聞こえる程度で吸い込む



かるく息をこらえる

うがい

