





## Treatment - simple, fast and safe

- 1. Make sure the Relaxatio is fully charged before use (green light LED indicator).
- 2. After you turn on the device, it will start heating up slowly (no need to wait). Place the glass probe on your skin and the red light will automatically activate.
- 3. Apply light pressure while slowly moving the Relaxatio in small circular motions.
- 4. Treat the painful areas: lower back, neck, shoulder, etc.
- 5. It is recommended to use the Relaxatio with a small amount of pain relief cream or gel (Red Algae Infused X Pain Relief Gel) on the treated areas during each session and to massage it gently in circular motions. Any cream you use with the treatment will make it more effective.
- 6. Clean the Relaxatio after every use with a cloth, cotton ball or paper towel.