

Avila II Portable Massage Chair



Setup Guide

The following images and explanations will guide you through each step of your chair setup



Unzip the carry case and remove the chair and additional cushions.



Lay the Avila down so that the armrest and seat face upward.



Loosen the front locking lever. which will free the front legs and center post. Make sure the lever is positioned properly or it will not loosen.



Lift the chair slightly and bring the front legs forward until the support cables are taut.



Raise the center post to the desired location.



Tighten the front locking lever.



Toward the front of the chair, locate the small T-handle in the center of the armrest.



Pull the T-handle, which will unlock the armrest.



Lift the armrest to its utmost position. Releasing the T-handle will lock it in place.



Locate the hand lever on the facecradle platform and pull outward. This will free the platform.



Adjust the facecradle platform to the desired location and lock down the hand lever.



Locate the seat at the back of the chair.





Lift the seat all the way up and then let down. The seat support bar will lock the seat into place.



Place the headrest cushion, chest pad, & armrest cushion into the proper locations on the chair. A sternum pad is also included.



The following images and explanations will guide you through each step of your chair takedown



Remove the additional cushions from the chair. Push in the seat support bar.



Drop the seat to the lowest position.



Loosen the hand lever on the facecradle platform and drop the platform to its lowest position. Tighten the handle in place.



Pull the T-handle from the armrest and drop the armrest to its lowest position. Release the T-handle so it locks into place.



Loosen the front locking lever.



Drop the center bar to its lowest position.



Fold the front legs back underneath the chair.



Tighten the front locking lever. Make sure the lever is positioned properly or it will not tighten.



Place the chair upright into the carry case and zip up the carry case a little on each side, then return the additional cushions and close the carry case.





Aromatherapy Oil Well



Place an aromatherapy wick into the well. Add 1-2 drops of essential oil. Clean after each use.

Sternum Pad



An additional sternum pad is included for breast and pregnancy support

Accessories Pocket



The accessories pocket is ideal for mobile phones, keys, eyeglasses, etc.

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