

How to Use:

Recovery Massage Chair

- Remove shoes, wear socks
- Settle back in the chair - bottom positioned right to the back of the seat
- Push head pillow away temporarily to allow higher accuracy of Body Scan
- Remove any large watches or bracelets, then place your arms into airbags on each side of the chair
- Select Program - using the "i" for information or description of each program
- Replace the head pillow for comfort following the neck massage or as desired
- Select Back intensity Low for first time users - can increase this as comfortable
- Maintain normal breathing and allow the eyes to close for deeper relaxation
- When session is complete allow chair to return to full upright position
- Wipe down high contact surfaces with alcohol free disinfectant wipes.

If you need to log an IT Request, please email info@wellnesssolutions.com.au or if urgent please call 0435969272.