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**FULL BODY  
STRETCHING MAT**  
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# FULL BODY STRETCHING MAT



## ▶ User Guide

Model	Voltage	Power Consumption
BEL-SMM	DC 12V, 1.5A	18 W

### Congratulations on your purchase of a Full Body Stretch Mat with Air Inflation

Your Belmint Full Body Stretching Mat with Air Inflation enables you to receive a soothing massage that closely mimics a chiropractic treatment making this the perfect choice for in-home use.

Feeling tense after a long day? Specially designed to relieve tension in tired, sore, and tight muscles, the Belmint full body mat has four modes and three intensity levels of air inflation to stretch and flex your back, waist, neck, and shoulders.

Developed by Belmint engineers using high quality, durable materials, your new massage mat is easy to use and made to last. Experience customizable spa-quality massages at home with your choice of massage type and intensity level at the touch of a button.

Choose from four massage modes including energize, stretch, twist, and flow for kneading, body rotation, lifting, stretching and twisting for pain relief.

The Belmint stretching mat uses unique air bag inflation to keep your body aligned properly during each movement and provides acupressure points for greater pain relief.

Routine massage is proven to boost your overall health. Your stretching mat is the perfect complement to your routine chiropractic and professional massage visits and fits easily into your daily schedule.

To celebrating your comfort,  
The Belmint Team

## ▶ Sometimes peace is hard to find

But good service shouldn't be

At Belmint, we strive to provide our customers with ultimate relaxation.

If you encounter any issues with the performance of your device, our authorized service personnel are here to help. Check back cover for information.

## ▶ What's in the Box?

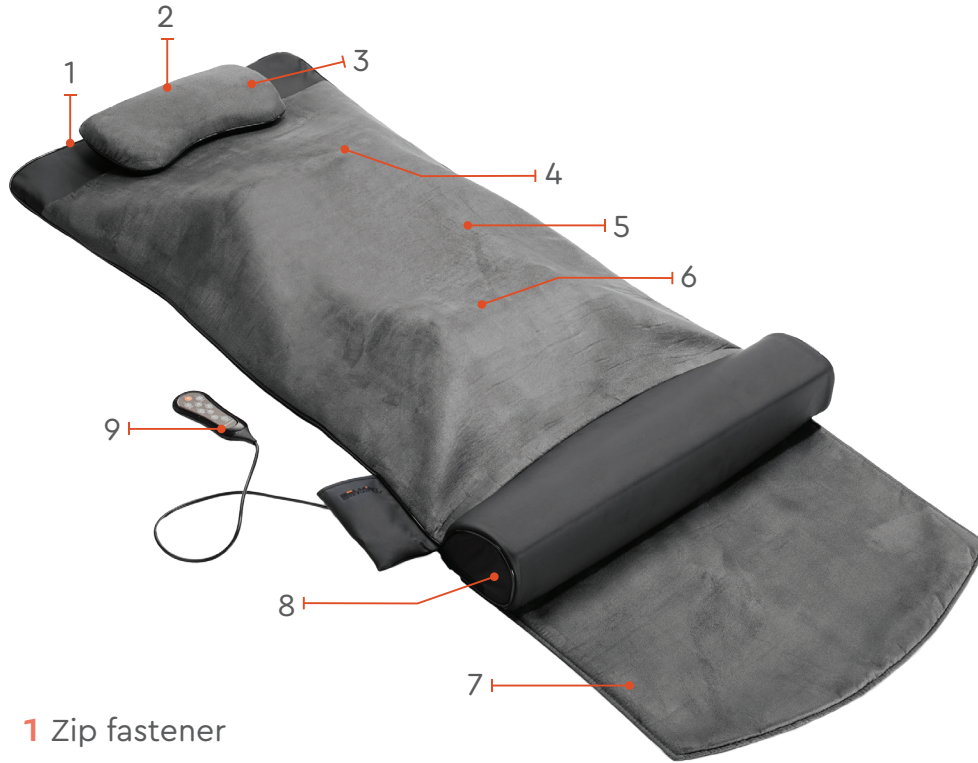
- 1 Massage Mat
- 1 Controller

## ▶ Product Details

Auto shut-off  
20 minutes



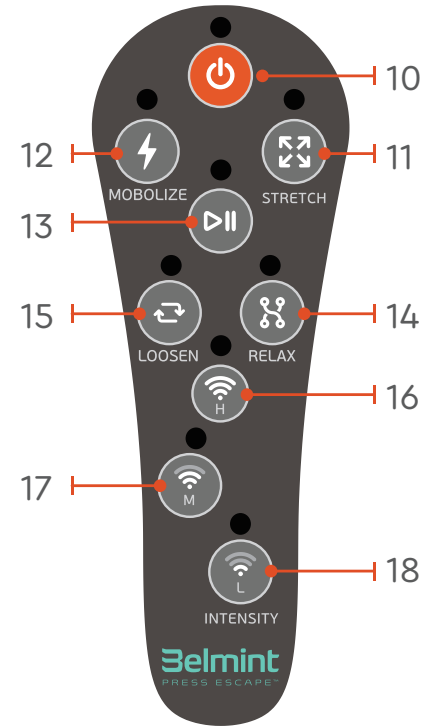
## ► Items supplied and device overview



- 1 Zip fastener
- 2 Carrying handle
- 3 Cushion pad (detachable)
- 4 Air cushion for shoulders
- 5 Air cushion for waist
- 6 Air cushion for buttocks
- 7 Footrest
- 8 Knee support cushion
- 9 Controller

## ► Controller

By pressing the buttons on the controller, the following functions can be selected:



- 10 On/Off button
- 11 Stretch Program
- 12 Mobilize Program
- 13 Start/Pause
- 14 Relax Program
- 15 Loosen Program
- 16 High Intensity
- 17 Medium Intensity
- 18 Low Intensity

## ► How to Use

### Please note!

The device must not be folded up or covered when it is switched on. Do not place the mains cable or the controller on or beneath the device during operation.

1. Place the massage mat on the floor.
2. Secure the cushion pad (1) to the massage mat using the hook and loop fastener.
3. Insert the unit into the wall socket.
4. Lie on the massage mat so that the air cushion pads (4,6,7) are located under the shoulders, the waist and the buttocks.
5. On the controller press the On/Off button (10). The lamp above the button lights up.
6. Set to desired program by pressing the buttons.
  - **Stretch** program (11): Gentle full body massage to stretch all areas of the body slowly and gently.
  - **Mobilizes** program (12): The whole body is massaged and loosened with strong, invigorating power strokes.
  - **Relax** program (14): Movements, based on simple yoga exercises, that help to gently loosen and relax the body.
  - **Loosen** program (15): Short program, ideally after stressful days, helps to ease slight tensions with short, moderate movements.

7. The intensity of the individual massage zones can be selected by pressing the buttons (15, 16 or 17). We recommend starting off with intensity level 1 and slowly increasing the intensity.

NOTE: When there is a change of program, the medium intensity level is always selected automatically.

Remain lying on the massage mat for the time you want. We recommend that you use each massage program for no more than 20 minutes.

8. Switch off the device using the On/Off button.
9. Pull the plug adapter out of the plug socket and disconnect the barrel connector from the device.

## ► Cleaning and Storage

### Please note!

Do not use any sharp or abrasive cleaning agents or cleaning pads to clean the device. These could damage the surfaces.

1. Make sure that the device is not connected to the main power.
2. Wipe down the mat with a slightly damp cloth. More intense soiling can be removed with a mild detergent.
3. The device can be rolled up to make it easier to store or transport in a confined space. It can easily be closed up using the zip fastener (1). Remove the cushion pad (3) from the massage mat prior to rolling it up.
4. Keep the device and the plug adapter out of the reach of children and animals in a dry, frost-free place that is protected from the sun.