



Dear Customer,

Thank you for purchasing the TheraFlow Dual Foot Massager. As a token of appreciation, we have included a printable PDF foot reflexology chart & infographic as a free gift for you.

* Please also refer to the following instructions & FAQ before using the foot massager.

Warmest Regards,

The TheraFlow Team

*** 2 Modes of Use**

Acupressure Mode: Position your feet on the rollers such that the roller nubs are resting on parts of the feet where stimulation is desired. Press your feet down and feel the pressure of the roller nubs on your feet for 2-3 seconds. Release the pressure and relax for a few seconds. Repeat or move your feet to a new position as desired. This mode is great for targeted stimulation or when you do not wish to move your legs too much.

Kneading Mode: Roll your feet gently on the massager in opposite directions. Refer to the tips below for details.

*** Important Note for 1st Time Users**

If this is your first acupressure/ foot reflexology experience, you may experience slight ticklishness or discomfort during initial use. Our advice is for you to adopt an incremental approach to using the massager: exert only light pressure, roll slowly and limit usage time to 5 to 10 minutes initially. Once you are accustomed to it, you can increase the intensity of use based on your personal preference. Some users might find it more comfortable using the product with socks on.

Tips On Using The Foot Massager Properly

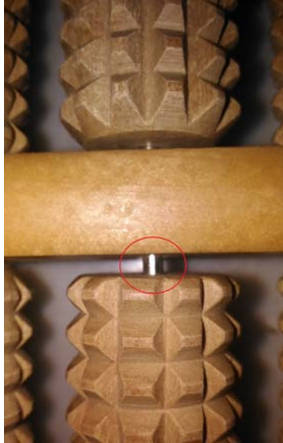
1. *Posture:* Seat comfortably with your thighs parallel to the ground. Your lower legs (calves) should be at an angle that is perpendicular (90 degrees) or less than perpendicular to the thighs.
2. *Positioning your feet:* Rest both feet firmly on the massager, with the last row of the massager with the larger knobs closest to your heels and farthest away from the toes.
3. *Using the foot massager:* Gently roll your feet along the rollers, allowing 1 to 2 seconds for the rollers to cover the entire length of each foot. Your left and right foot should be moving in opposite directions.
4. *Pressure:* Apply more pressure when rolling if you desire a deeper knead, and less pressure if you simply want to relax your feet.
5. *The rear roller:* The last row of the massager with the larger knobs are meant to provide your feet with a deeper stimulation. They are especially useful for reaching the arches of the feet. If you do not wish to engage the larger knobs, simply turn the massager the other way around - with the larger knobs positioned closest to your toes instead of your heels.
6. *Conditioning:* If your feet feel tickly or experience slight discomfort initially, you may want to wear socks over your feet when massaging them, exert less pressure, or avoid the last row of rollers with the larger knobs by turning the massager around (as described in point 5 above)
7. *Timing:* When starting out, do not exceed 10 minutes of continuous foot massage each time. As you become more comfortable over the next couple of sessions, you can gradually increase the time of each session. It is recommended not to exceed 30 minutes of intense continuous foot massage each time and to leave at least 4 hours in between each session. For light intermittent massaging, there are no time restrictions.
8. *What to expect:* After massaging your feet, they should feel more relaxed and any prior symptoms of soreness or tiredness should ease. In the rare event that you encounter any pain during or after your foot massage, decrease the intensity and frequency of massages or discontinue massaging entirely if the symptoms persist.

Frequently asked questions (FAQ)

Q: The rollers are a little squeaky when being used. How do I make the sound go away?

A: We apply grease to the metal spokes to minimize friction but it could dry up during storage or due to environmental conditions. Any squeakiness can usually be eliminated easily by following the steps below:

1. Identify which roller(s) are causing the squeaking. E.g. first find out if the squeaking is coming from the left or right rollers, then test each roller on the side where the sound is coming from to isolate the roller that is causing the problem.
2. Shift the roller to one side to expose the metal spokes (see image below)



3. Apply lubricant oil to the metal spoke on each side of the roller.
4. Tilt the device to the left & right respectively to allow the oil to reach the entire metal spoke.
5. Test the device by using it as per normal to see if the squeaking has been eliminated.

A multipurpose lubricant like WD40 would work, an example is the following on Amazon:
<https://www.amazon.com/dp/B0083V8H0I/>

A bicycle lubricant would work well too, again here is an example on Amazon:
<https://www.amazon.com/dp/B000GE1F9K/>

Q: Why is there a smell coming from the product when I unpackage it? Will it go away?

A: The smell is probably coming from the fresh coat of wood varnish that we apply to protect the new product before packaging it. It should fade away by itself after the product is left to air for a couple of days and will eventually be gone. If you are concerned about the smell, you can also wipe the product with a moist cloth before drying it, which will help fade the smell quicker.

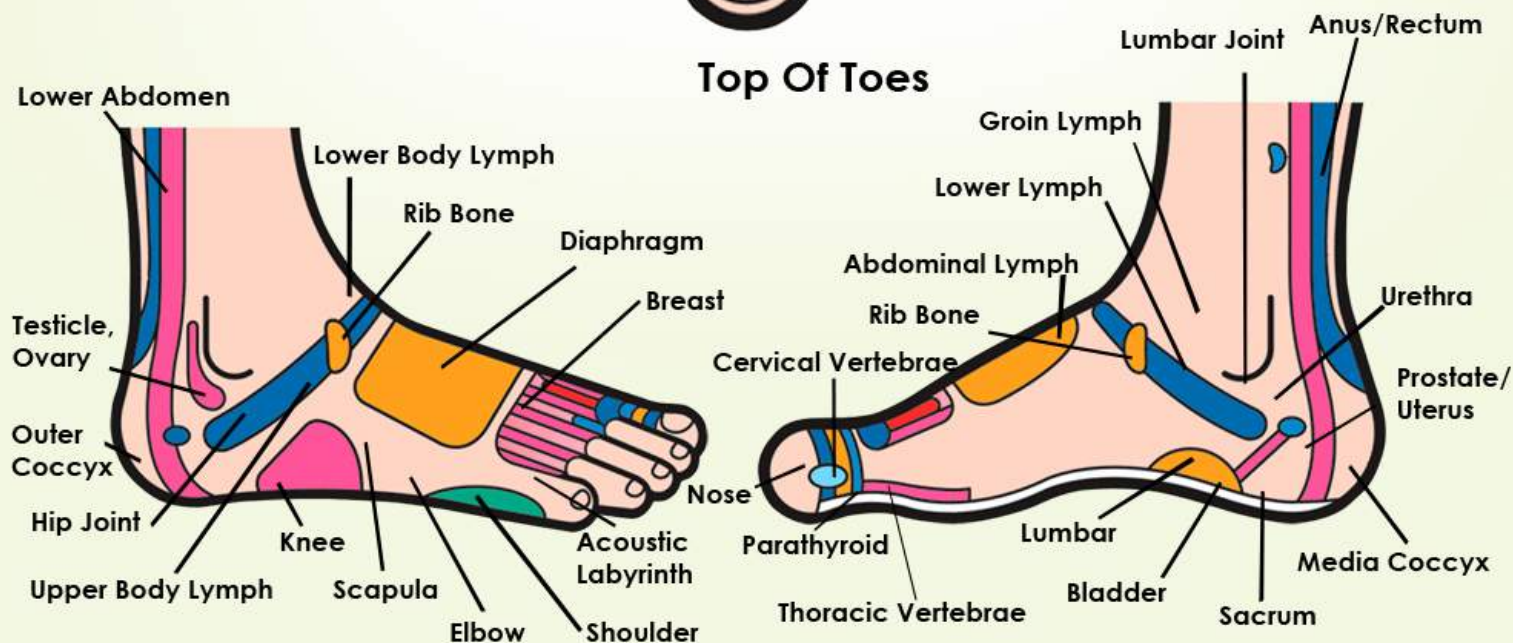
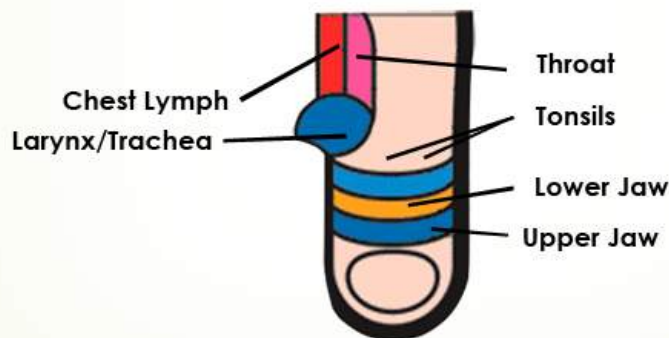
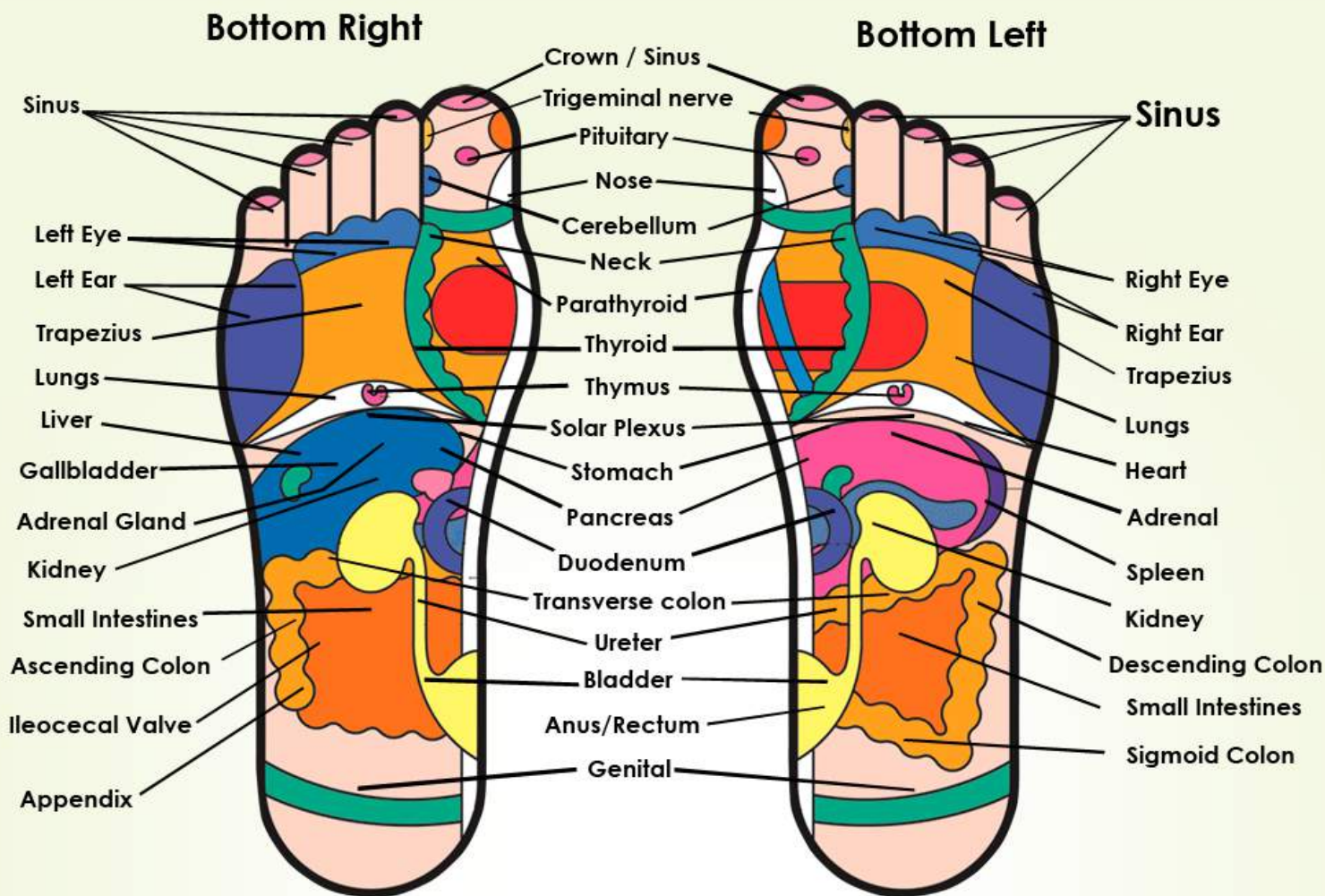
Q: Can I use it standing?

A: Yes, but you can only use it one foot at a time while standing. Do not attempt to stand or put your full body weight on the massager as this might risk injury from a loss of balance.

Q: How do I clean the massager/ maintain hygiene?

A: You can simply wipe it using a moist cloth or clean it using a scrub brush. You can also use a cleaning agent - lemon juice would be a simple option. When sharing the massager among different people, it is advisable for each user to wear socks while using it.

Foot Reflexology Chart



FOOT REFLEXOLOGY REMEDIES FOR COMMON AILMENTS

The benefits of foot reflexology have long been known since the times of the ancient Egyptians and Chinese. Today, foot reflexology is a popular health therapy that is well-established in the field of holistic medicine.

Here are some simple ways foot reflexology can be used as a complementary home remedy for everyday ailments:



Headache

Starting with the big toe, **massage the top portion of your first three toes.**

Grip the toe with your index finger and thumb and apply pressure using the thumb. Massage for a minute before moving to the next toe.



Sinus Problems

Grip the tip of your toe using your thumb and index finger. **Exert firm pressure and hold for around 20 to 30 seconds on each toe** before moving to the next one (except the big toes). Repeat this exercise two to three times a day.



Stress or Stomachaches

With your fists closed and exerting pressure using the knuckles of your index and middle finger, slowly **run your fists up and down the area between the heel and ball of foot, massaging in small, circular motions.**



Stiff Shoulders

Massage the area under your small toe, extending from beside the ball of foot to the side of



LEFT

RIGHT



Lower Back Pain

Using your closed left fist, **exert pressure & massage your right heel** in a circular fashion using the knuckles of your index and middle finger.

