

HALO



HALO Lumbar Stretch Massage Cushion

Elevate Your Stretch, Enhance Your Journey

Welcome to the HALO family! Our HALO Lumbar Stretch Massage Cushion is crafted for those seeking relief and improvement in lumbar flexibility and posture.

Safety First, Wellness Always

Prioritize your safety by reading all instructions carefully before use. Inspect the cushion for any signs of wear or damage before each session. Those with medical conditions should consult a healthcare professional before use.

Caring for Your HALO

Maintain your cushion's longevity by wiping it down with a dry, soft cloth after use. Avoid water exposure and store in a cool, dry place away from direct sunlight. The removable cover can also be machine washed as needed.

Specifications for the Curious

- SKU/Model #: SKU 239805
- Dimensions & Weight: 18.11 x 8.27 x 6.50 inches (L x W x H) and 1.98lbs
- Materials: Poly Foam and Premium Removable Fabric Cover.

Embrace Your Journey: How to Use Your HALO Lumbar Stretch Massage Cushion

Getting Started

- **Setup:** Place the cushion on a flat, non-slip surface, ensuring it's properly aligned under your lumbar area.
- **Getting Positioned:** Sit in front of the cushion, then support yourself with your hands as you gently lie back, positioning your lumbar region over the cushion.



- **Lumbar Stretch:** Place the cushion so it aligns snugly with the curve of your lower back to fully support and

enhance the stretch of the lumbar region.



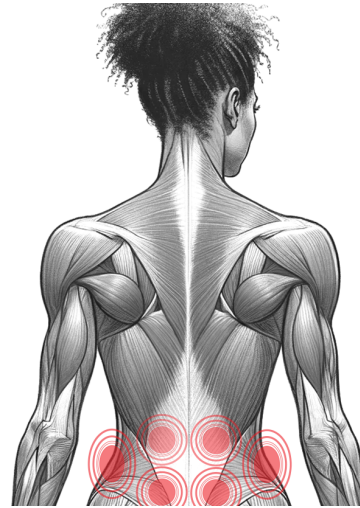
- **Pelvis and Waist Exercises:** To engage your core and strengthen the muscles around your waist, rock your pelvis from side to side. Place your hands flat on the floor for additional stability and control during the movement.



- **Targeted Gluteal Relief:** Place the cushion beneath you and gently rock side to side to ease and activate your gluteal muscles, which can tighten from prolonged sitting.

Safety and Comfort Tips

- Listen to your body and adjust the intensity of your stretches accordingly. Begin with shorter sessions and gradually increase the duration as your comfort with the cushion grows.



Acupressure Stimulation: The Lumbar Stretch Massage Cushion, features 8 strategically placed acupressure nodes, for targeted massage therapy of the lower back, waist, and hips.

Customer Care: If you love your HALO Lumbar Stretch Massage Cushion, we would appreciate a positive review.

For additional support or if you have any questions or concerns, don't hesitate to contact our Customer Care team at: customercare@halomassagers.com