



Place the machine lightly against your calf muscle, & massage for 3-4 minutes, varying the intensity as required.



Turn the machine over (as illustrated), placing a foot on the handle to steady the appliance, Gently rest the other on the vibrating heads, for a refreshing & invigorating foot massage.



Health Connection

Reading Room Lane
Curdrige
Hampshire
SO32 2HE

tel. 0800 999 9091 fax. 01489 782708
email. info@health-connection.co.uk
web. www.health-connection.co.uk

Full Body Massager User Guide

Massage Points Of The Body



Lightly position the machine onto the back of the neck, taking care not to trap hair. If limiting the massage to one area, only apply for 3-4 minutes. When moving the machine around, apply for 12 - 14 minutes with the intensity set as required.



Place massager on your shoulder muscle, taking care not to touch the shoulder blade. Start on a low setting, moving the machine around the area. After a few minutes you can increase the intensity if required.



For lower back pain, place the massager so that the oscillating heads do not touch the spine. Work your way up & down the affected area. You can also apply to either side of the spine area increasing intensity as required



Rotating the massager from the lower back, work your way down to the buttock area. This also helps relieve back pain.



Moving massager down & around all the muscled area around the legs helps to greatly relieve tired aching muscles & cellulite.
Note: If suffering from any medical condition, please consult your physician before using this product