



USER & BENEFITS GUIDE

BODY ROLLER

BENEFITS OF BODY ROLLING

- Improves firmness and elasticity of skin
- Improves blood flow & circulation
- Promotes lymphatic drainage
- Helps eliminate toxins
- Relaxes muscle tightness
- Reduces the appearance of cellulite
- Speeds up muscle recovery
- Added heat and light therapy for healing

HOW IT WORKS

High-quality wooden rollers are uniquely sculpted, mimicking the fingers of a masseuse, to manipulate the lymphatic system and relax areas of muscle tension. The roller has an LCD touch screen with instructions that guide the user through a series of gentle leaning movements against the roller.

BEFORE YOU BEGIN

For a Body Roll session, you must be in proper rolling attire. You'll need: full length yoga pants, long sleeves & socks (all free of metal, buttons, and zippers). Jewelry must be removed and all long hair must be tied back. If you have any of the following conditions, rolling is not recommended.

- Pregnancy
- Acute inflammatory disease (flu, fever)
- Infectious disease (jaundice, tuberculosis, etc.)
- Skin disease / wounds
- Acute nerve damage (after trauma or surgery)
- Tumors / Suspected tumor
- Varicose veins
- Thyroid disease
- Affective mental states (anger, stress, neurasthenia)
- Acute trauma (fracture, concussion, rupture)
- Large bruises in the area to be massaged
- Acute heart failure
- High, unstable blood pressure

If you are still unsure if rolling is for you, please consult with a doctor prior to trying the device.





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HOW TO USE THE ROLLER

1. Turn on the touch screen and select your desired program details. You have the option to use colortherapy lights, infrared lights, adjust the direction of the roller and adjust the duration of the session. Press START to begin.
2. Follow the guide on the screen to align parts of your legs, feet, arms, back and trunk along the roller, keeping the direction of the roller flowing upwards towards your heart. Use the padding on the sides of the machine, as well as the provided stool, to help you stabilize in a comfortable position.
3. Remain in this position, adjusting pressure to your liking, for the duration of the time on the screen. The machine will beep when it is time to adjust to the next position.
4. To move to the next position ahead of the time counter, or to move back to a previous position, use the + or - buttons on the screen.
5. Repeat steps 1-4 for the duration of your session. Wait for the machine to come to a full stop before dismounting. Wipe the equipment down thoroughly.

POST TREATMENT TIPS

During rolling, it is common to experience an itching sensation from the blood vessels expanding due to lymphatic drainage. Additionally, light bruising, soreness or redness is common after rolling, especially after your first few sessions. To reduce intensity, put less body pressure onto machine while rolling.

It is important to hydrate after your body roll to help your body eliminate residues more easily, regulate body temperature.

For best results, regular sessions are recommend 2-3 times per week.

