



## USER & BENEFITS GUIDE

# HYDROMASSAGE LOUNGE

### BENEFITS OF HYDROMASSAGE

- Helps relieve soreness and stiffness
- Increases blood circulation in local areas
- Encourages muscle recovery
- Temporarily relieves minor aches and pains
- Reduces stress, tension, anxiety and promotes relaxation

### HOW IT WORKS

HydroMassage uses warm water that flows and contours to your body for a comfortable and rejuvenating massage. The massage experience can be personalized with speed, intensity, location and temperature controls for a deep, relaxing feeling of well-being in only 10 minutes.

### HOW TO USE HYDROMASSAGE

1. Turn on the touch screen and select your desired program details.
2. A white noise will activate as the water begins flowing through the unit for the massage.
3. Use the controls on the monitor to adjust the pressure, speed and areas of concentration for the water flow.
  - a. The hand icon shows a real time display of where the water jets are firing on your massage. The jets will continuously move around your body, but you can also tap the hand icon to keep the jets firing at a fixed point.
  - b. You can adjust the water pressure on a scale from 1-10
  - c. Speed can be adjusted on a scale from 1-4
  - d. There are two adjustable grey sliders near the top and bottom of the grey body on the screen. These signal the starting and end points of the jets on the massage. They default to the neck and ankles for a full-body massage, but can be manually adjusted to move the massage end points for a more targeted massage.
  - e. A timer displays how much time is remaining on your session
  - f. Massage pre-sets are also available for pre-saved massages
4. Sit back and relax for the duration of your massage.

