

# HYDROMASSAGE

## BENEFITS

- Provides temporary relief of minor aches and pains
- Helps relieve muscle soreness, stiffness, and tension
- Temporarily increases circulation where massaged
- May reduce feelings commonly associated with stress
- Promote relaxation, which can enhance feelings of well-being



## HOW TO USE

- Remain fully clothed
- Hit Start, follow the quick safety tips
- Personalize your experience via the touchscreen display - target specific body areas, adjust pressure and speed of the massage
- Sit back, relax, and enjoy your HydroMassage

**Session Length: 15 minute max per day**

## PRE- AND POST SESSION CARE

- Before and after your session, please wipe down the seat

Scan &  
learn how  
to get  
started



### **Pro Tip:**

*If you're a first timer,  
press "1" for  
self-led tutorial*

## NOT RECOMMENDED FOR USE

Anyone with one or more of the following conditions, or with a condition upon which heat or massage would have an adverse effect, should consult a medical provider prior to use.

- Heart or circulatory problems
- Inflammatory conditions such as phlebitis
- Varicose veins or thrombosis
- Swollen joints
- Acute inflammations
- Severe bruising
- Skin infections,
- Contagious diseases
- A high temperature
- Pain radiating to the arms or legs when the back is massaged