



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 "I" for
self-led tutorial*

