Master Drive Duo LE



Hello.

Congratulations on purchasing your new Master Drive Duo LE.

At Ogawa we understand that every body is different and have carefully designed your massage chair with that in mind. But enough about us, this is about you. Learning how to use your new chair is simple (we designed it that way).

So let's get started.

Scan QR Code to Visit Website

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Scan QR Code for Operation Video



Scan QR Code for Service Support



For replacement parts and tech support, please call our service and warranty phone number, or visit www.ogawaworldusa.com

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SAFETY PRECAUTIONS

We're looking out for you.

IMPORTANT SAFFTY INSTRUCTIONS

When using the massage chair, basic precautions should always be followed, including the following: Read all instructions before using this massage chair.

DANGER - To reduce the risk of electric shock:

- Always unplug this massage chair from the electrical outlet immediately after using and before cleaning.
- · Never use pins or other metallic fasteners with this appliance.
- Carefully examine the covering before each use. Call for service if the covering shows any sign of deterioration, such as blistering, peeling or cracking.
- · Keep dry do not operate in a wet or moist condition.

WARNING - To reduce the risks of burns, fire, electric shock or injury to persons:

- · Read all instructions before using.
- A massage chair should never be left unattended when plugged in. Unplug from the outlet when it is not in
 use and before putting on or taking off parts.
- Close supervision is necessary when this massage chair is used by or near children or disabled persons.
 Keep children away from reclining backrest and extended leg rest.
- . Use this massage chair only for its intended use as described in this manual.
- Never operate this massage chair if it has a damaged cord or plug, if is not working properly, if it has been
 dropped or damaged, or dropped into water. Contact customer service department.
- · Keep the cord away from heated surfaces.
- Never operate the massage chair with the air openings blocked. Keep the air openings free of lint, hair and the like.
- · Never drop or insert any object into any opening.
- · Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- . To disconnect, turn all controls to the off position, then remove the plug from the outlet.
- . Do not stand on or in the massage chair. Use only while seated.
- The product is not intended for use by children or persons with reduced physical, sensory or mental
 capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction
 concerning use of the product by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the product.
- Temperatures sufficiently high to cause burns may occur regardless of the control setting. Do not use on an
 infant or invalid or on a sleeping or unconscious person. Check the skin in contact with the heated area of the
 appliance frequently to reduce the risk of blistering.
- . Burns may result from improper use.
- . Do not crush in order to avoid sharp folds.
- · Keep children away from extended foot support (or other similar parts).
- · DO NOT WET.
- DO NOT USE PINS.
- NEVER REMOVE COVER.
- · Connect this appliance to a properly grounded outlet only. See Grounding Instructions.

SAVE THESE INSTRUCTIONS

This massage chair is intended for household use only.

1. Usage Environment

- Do not use the massage chair in an excessively humid or dusty environment as this may result in malfunction or electric shock.
- Do not use the massage chair in a room with a temperature of 104°F or higher.
- · Do not expose the massage chair to heaters, stoves or direct sunlight.
- · Place and use the massage chair on an even, non-slip floor.
- The massage chair is designed for home use and not for commercial purposes.



- · This massage chair is to be used indoors only.
- If you use the massage chair in a cold room, do not increase the room temperature abruptly. It is recommended that you increase the temperature gradually to a normal level.
- If the massage chair is stored in a cold place and is being brought into a warm environment, it is advisable to wait for one hour before use. This is because its performance may not be at an optimal level, as there may be water droplets on the mechanical parts due to condensation. Using the massage chair under such conditions may result in malfunction.

2. Safety Precautions

- To ensure safe and correct use of the massage chair, do not operate it without reading this
 operation manual carefully.
- Do not use the massage chair when the upholstery or seat is removed. This may cause injury or malfunction.
- Do not use the massage chair in combination with other therapeutic equipment or electric blanket etc., as this may result in ineffectiveness or injury.
- Do not use the massage chair an hour before or after eating as this may have adverse
 effects on the user.
- Do not allow children or pets to play around the massage chair, e.g. behind the backrest, under the seat base or legrest of the massage chair. This may result in injury.
- . Do not use the massage chair when your body is wet.
- · Do not operate the massage chair with wet hands.
- · It is not recommended to use the massage chair for more than 30 minutes.
- Do not perform continuous massage on the same spot of your body for more than 5
 minutes at a time as this may result in excessive stimulation and may have adverse effects.
- Do not insert your hand or foot along the paths of the massage rollers during use as this
 may cause injury.
- · Stop operation immediately if you feel any discomfort.
- This product is not intended for self-treatment of conditions that should be managed by a qualified health care provider.
- · People on medication or with medical conditions, please consult your doctor before use.
- Please do not use the product if you are not feeling well.

3. People with Medical Conditions

Consult your doctor before use if you:

- · Are under medical rest as ordered by a doctor.
- · Have spinal disorders, an abnormal spinal condition or have suffered a spinal injury.
- · Have back problems.
- · Have diabetes, osteoporosis or sensory impairment.
- · Have joint dysfunction such as rheumatism, hammertoe or gout.
- · Have a pacemaker or other electronic medical devices.
- · May be pregnant.
- · Have phlebitis or thrombosis.
- · Have an increased risk for blood clots.
- · Had recent surgery.
- · Have surgical pins, screws, or anything mechanical in the legs, ankles or feet.



- . Avoid using the massage chair under the influence of alcohol.
- Do not apply massage rollers directly on the head, elbow or knee joints, torso or abdomen.
- If your legs or feet slip off the leg rest during massage, do not force them back in as this may result in injury.
- Remove the power plug from the electrical outlet immediately should liquid be accidentally spilled onto the massage chair. Do not use wet hands to connect or disconnect the power plug from the electrical outlet
- Do not tamper with the power cord or use the massage chair with a damaged cord as this may result in malfunction and electric shock.

4. Instances When the Massage Chair Should Not Be Used

In the following events, please switch off the main power switch immediately and disconnect the power cord from the electrical outlet:

- If liquid is accidentally spilled onto the massage chair. This may result in electric shock or malfunction.
- If the fabric of the backrest is torn and the internal components are exposed.
- If pain or discomfort is felt during massage, stop operation immediately and consult your doctor.
- · If you detect any malfunction or any other abnormal condition during operation.
- · If there is power failure. Injury may occur when power is restored unexpectedly.
- · If there is lightning.

5. Assembly and Repair of the Massage Chair

- Do not disassemble the backrest cover of the massage chair. Touching the internal components may result in malfunction or electrical shock.
- This massage chair must only be professionally serviced or repaired. Only disassemble or repair the massage chair if directed by a Ogawa service rep.

6. Things to Be Noted About the Power Plug and Cord

- Check that the Alternating Current (AC) voltage corresponds with the specifications indicated for the massage chair.
- Do not connect or disconnect the power plug from the electrical outlet with wet hands. This may result in malfunction or electric shock.
- · When disconnecting the power plug, pull it by holding the plug, not the cord.
- Although operation will be stopped automatically by the Auto-Timer function, always remember to switch off the main power after use.
- . Do not place the power cord under the massage chair or under any other heavy objects.
- Do not wind the power cord around the massage chair as this may damage the cord and result in a
 fire or electric shork
- · Do not operate the massage chair with a damaged cord or extension cord.
- · Do not use the massage chair if the electrical outlet is loose.
- . If the power cord is damaged, it should be replaced by a qualified technician.

FCC Statement

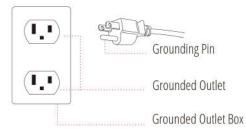
This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for the electric current to reduce the risk of electric shock. This product is equipped with a cord that has an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

Danger - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service technician if it will not fit the outlet. Have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120V circuit and has a grounding plug that looks like that plug illustrated below. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.



TROUBLESHOOTING

This massage chair is controlled by a microcomputer and is thus susceptible to power surges of +10 to -15%. The following situations may arise in the event of a power surge:

| Situation | Solution | |
|---|---|--|
| The massage chair is connected to the power supply but is not functioning | Check to see that the plug is properly connected and working Ensure the massage chair switch is in the 'I' position | |
| The remote control works but the massage chair is not functioning | Possible overheating due to prolonged use. Turn off the power for at least 30 to 50 minutes | |
| Both the remote control and the massage chair are not functioning | Ensure the chair is plugged into a working outlet Turn the power OFF and ON again | |

If you continue to have problems, please read the warranty card and contact the Ogawa service department.

PRODUCT CARE AND STORAGE

1. Storing the Massage Chair

- . Wipe off dust and dirt from the massage chair with a dry, soft, clean cloth after use.
- . Keep the massage chair clean and away from places of high humidity.
- If the massage chair is not to be used for a long period of time, cover the massage chair with a dust cover and unplug its power plug from the electrical outlet.



Caution

- Do not store the massage chair in direct sunlight or in places of high temperature. This may cause the color of the upholstery to fade.
- Do not allow the massage chair to remain in contact with vinyl or wallpaper for extended periods of time as this could lead to discoloration.

2. Cleaning the Massage Chair

- Before cleaning, ensure that the main power switch is off and the power plug is disconnected from the electrical outlet.
- Wipe off dust and dirt from the massage chair with a dry, soft, clean cloth after each use.
- . This product can be cleaned thoroughly with a slightly damp cloth.
- . Do not iron the upholstery.
- Do not wash the upholstery using a home washing machine as this may result in deterioration of the upholstery's quality.



Caution

Do not use abrasive cleaning agents like benzene or thinner to clean the massage chair. This
may cause the upholstery to fade.

3. Cleaning the Controller

· Use only a clean, dry cloth to clean the controller.



Caution

. Do not use a wet cloth to clean the controller. This may result in malfunction.

OGAWA CONSUMER WARRANTY

OGAWA CONSUMER WARRANTY

This Ogawa product has the following warranty:

The Ogawa Master Drive Duo LE has a three-year in-home service and parts warranty. Ogawa customer service will not issue Return Material Authorizations (RMAs) for products. Ogawa products will be either repaired by the consumer or by an in-home technician. Ogawa will not issue Return Material Authorizations (RMAs) for buyer's remorse.

Service And Technical Support

Consumers may contact Ogawa's customer service department at 844-438-6429 between 9:00 am and 5:00 pm PST, Monday through Friday, or email us at support@ogawaworldusa.com, or visit our web at ogawaworldusa.com for warranty or service issues.

Consumers are required to provide the unit serial number and dated proof of purchase (sales receipt) when they contact the Ogawa service department regarding a repair.

A Ogawa customer service representative will attend to most consumer inquiries, but in some cases a technical service specialist will provide advanced support.

Non-warranty repair is provided on a "per incident" basis. Ogawa customer service will verify that the unit has failed and provide instructions for repairing the unit. All applicable repairs, parts, shipping, handling, local tax and a "per incident" fee will be charged for non-warranty repairs and support calls.

Proof of purchase (original receipt) is required for all warranty repairs or service.

Extended Warranties:

Ogawa offers extended warranty programs to enhance the ownership of your massage chair. Please call Ogawa customer service at 877-977-0656 for details and pricing.

Product Repairs

- Floor Models and Demonstration Units have a prorated warranty period that begins the day the model is
 placed on the floor and connected to an electrical outlet by the retail partner. Proof of purchase is required
 in order to obtain warranty service and parts. Non-warranty parts and service are available at a "per
 incident" charge.
- Warranty Coverage Period Warranty coverage starts at the time that the consumer PURCHASES their chair.
 Proof of purchase is required for all warranty repairs. The warranty time period is measured by continuous calendar days based on a seven-day week.
- Field Service Ogawa customer service department will diagnose and schedule an authorized service
 provider to repair the chair in the consumer's residence.

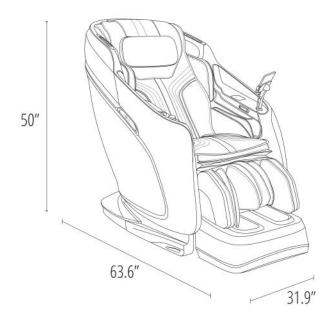
 Parts - All parts deemed necessary for repairs will be shipped to the consumer at no charge by the Ogawa service department. Some Ogawa product repairs may be performed by the consumer in their own home with parts and instructions supplied by Ogawa, such as remote controller replacements that don't require a technician.

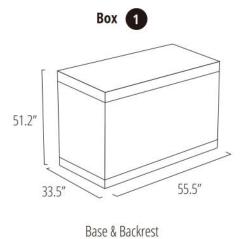
CONSUMER WARRANTY LIMITATIONS AND EXCLUSIONS

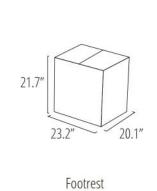
- Warranties are only valid in the 48 contiguous United States and Canada and are contingent upon the consumer operating the chair according to the corresponding instruction manual.
- The warranty only applies to Ogawa products and does not include any accessories or enhancements.
- Field service requires pre-approval and must be performed by Ogawa's authorized field service personnel.
- Field service is only available in the United States and in major metropolitan areas in Canada.
- Softening of foams and filling composites in pillows, pads, and memory foam occurs naturally and does not
 constitute a defect under this warranty.
- Fading, wear and piling of fabrics occurs naturally and does not constitute a defect under this warranty.
- Warranties do not cover any loss or damage resulting from improper installation, unauthorized repairs or
 modifications, improper use of electrical/power supply, loss of power, dropped product, a malfunction or
 damage of an operating part from failure to provide manufacturer's recommended maintenance,
 transportation damage, theft, abuse, misuse, neglect, vandalism or environmental conditions (fire, floods,
 rust, corrosion, sand, dirt, windstorm, hail, earthquake or exposure to weather conditions).
- Warranties do not cover any loss during the time spent waiting for parts or repairs.
- Damage due to shipping and handling does not constitute a defect under this warranty.
- Under no circumstance shall Ogawa or its representatives be liable for indirect, consequential, or incidental damages (including damages for lost profits, business interruption, bodily injury, medical and the like).
- · Warranties are non-transferable.
- Ogawa's sole liability and the purchaser's exclusive remedy shall be for the repair, or at Ogawa's option, for the replacement of the defective part.
- Notwithstanding the above, if replacement parts for defective materials are not available, Ogawa reserves the right to make substitutions in lieu of repair or replacement.
- All warranties begin on the DATE OF PURCHASE; no allowance or extension is offered for delivery and/or installation.
- Warranties do not apply to rental, business, commercial, institutional or other non-residential users.

DIMENSIONS

First, let's get your chair inside.







Box 2

CONTENTS

Everything you need for a relaxing experience.



User Manual



Installation Manual



Warranty Postcard



Power Cord



Wired Touch-Pad



Master Drive Duo LE Massage Chair

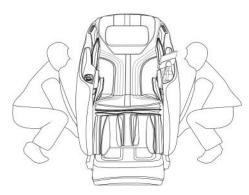
MOVE & CLEARANCE

A few simple steps to find the best place for your new chair.

HOW TO MOVE

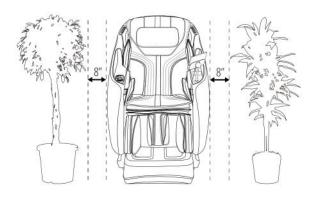


Move with a slight pull or push Caution: If you roll the chair on wood floor, marks may be left

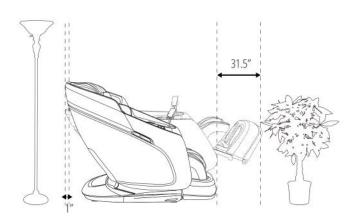


Two people are needed to lift the chair

CLEARANCE



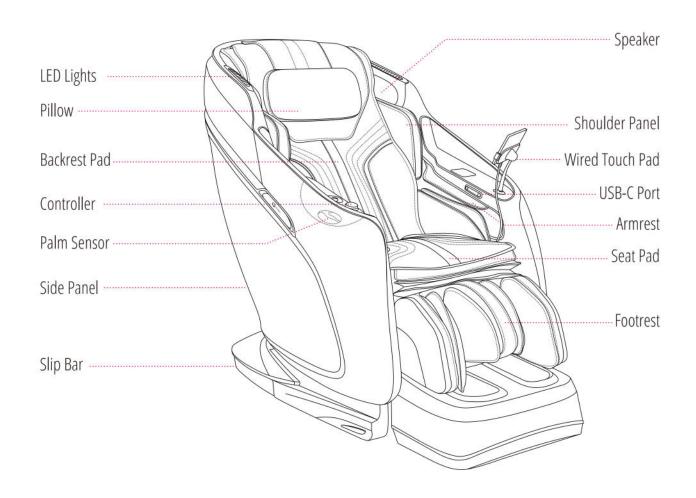
Reserve space on the left and right



Reserve space on the front and back

CHAIR COMPONENTS

Some of your chair's most important features.

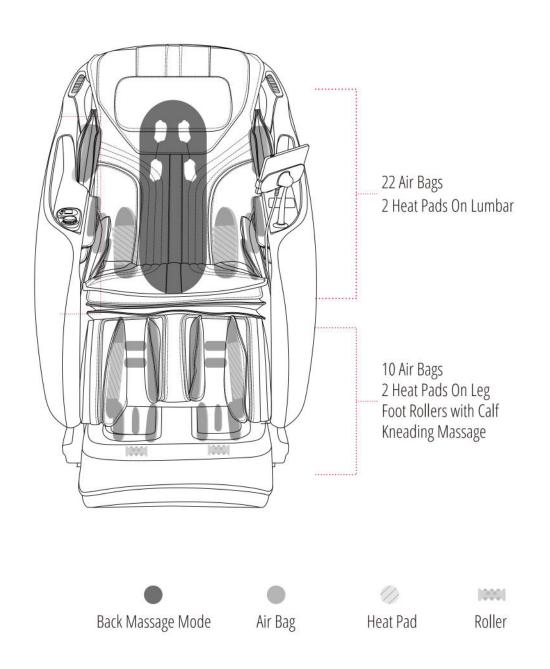


Note: The speaker will only operate when the massage chair is in operation



To play music using your massage chair's speakers, please connect your smartphone, tablet, or other electronic device to your chair using bluetooth. Note that the code to connect the bluetooth is "Master Drive Duo LE".

MASSAGE POINTS



CHAIR SPECIFICATIONS

A few important facts about your massage chair.



Model No.
OG8901
Master Drive Duo LE



Massage Time 5 to 30 minutes



Dimensions (L x W x H)
Chair dimensions: 63.6" x 31.9" x 50"
Reclined dimensions: 73.7" x 31.9" x 41.5"



Shipping Weight Gross weight: 315.5 lbs Net weight: 273.6 lbs



Usage ConditionEnvironment temperature: 32'F – 104'F
Contrasting humidity: 30-85RH



Storage Condition
Storage temperature: 23'F – 95'F
Storage humidity level: 30-85RH



Rated Current 2.4A



Rated Voltage



Rated Frequency 60Hz



Power of Monster Speakers 7W x 2



Length of WiringPower supply wiring: 70.9"



Safety Feature
Equipped with child safety lock,
leg rest and backrest safety sensor,
and overheating and power surge detectors

WIRED TOUCH-PAD INTERFACE

We have designed your massage chair's tablet controller with a user-friendly interface to make using your chair even easier.

Home Screen



Massage Controls



TRY ME

In order to allow you to quickly understand your massage chair, we have created a Try Me program.

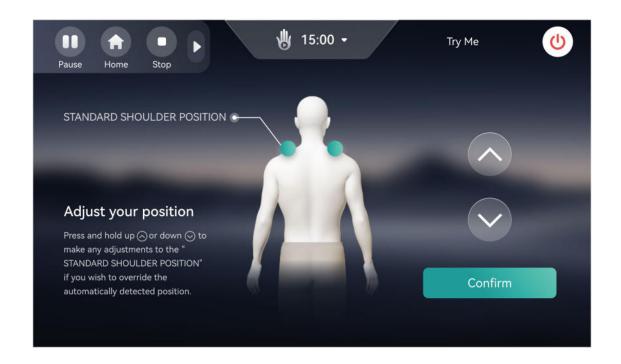


Choose the "Try Me" icon to start the Try Me program

Try Me Massage Interface



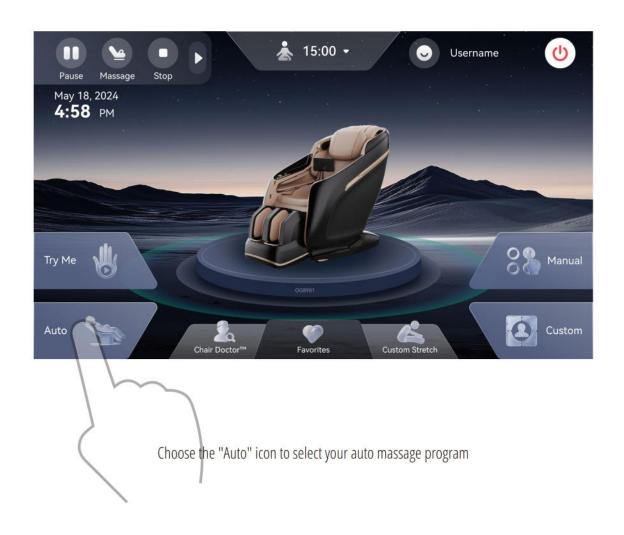
Shoulder Detection Interface



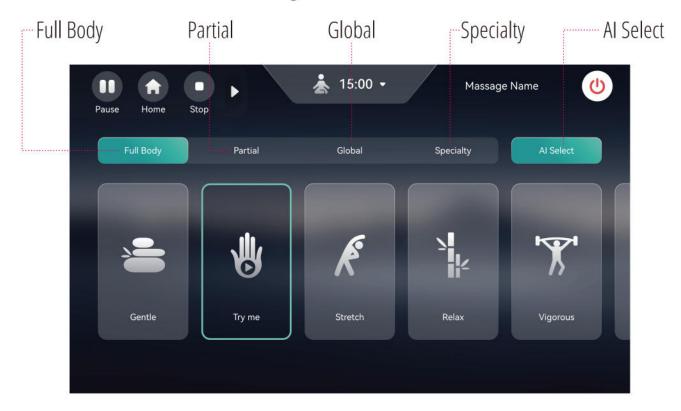
Using the arrows, you can adjust the standard shoulder position

AUTO PROGRAMS

We have designed your chair with multiple massage options for your changing needs. Follow these simple instructions to begin a new auto massage program.



Auto Program Selection Interface

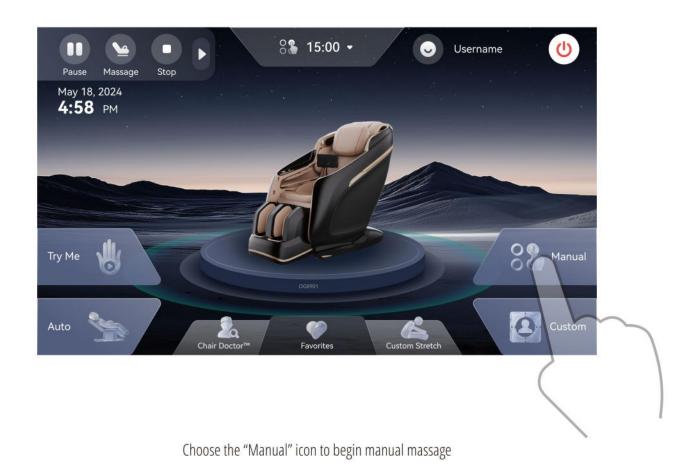


Choose 1 of our 25 auto massages

(Gentle, Try me, Stretch, Relax, Vigorous, Deep Tissue, Yoga Stretch, Joint Care, Neck&Shoulder, Lower Back, Upper Back, Lower Body, Hip&Waist, Swedish, Thai, Japanese, Chinese, Balinese, Spine Care, Recharge, Morning, Night, Al Design, Rolling, Post Workout)

MANUAL MASSAGE

Here you can choose a manual massage or an air compression massage program.



Mechanical Massage Interface



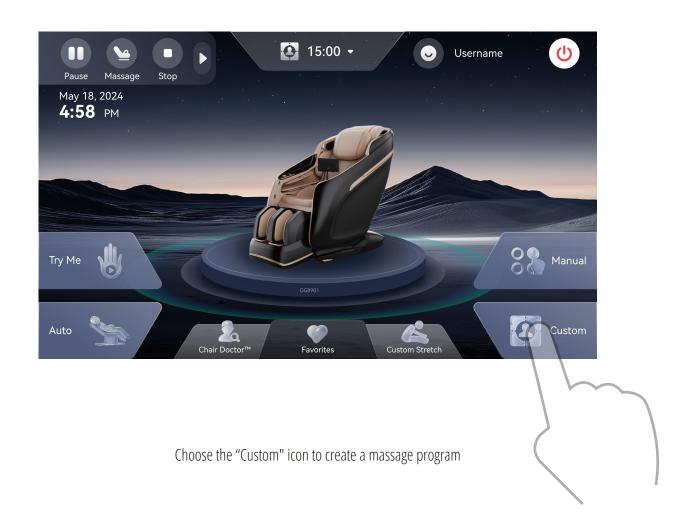
The kneading massage can be combined with tapping, clapping or shiatsu massage

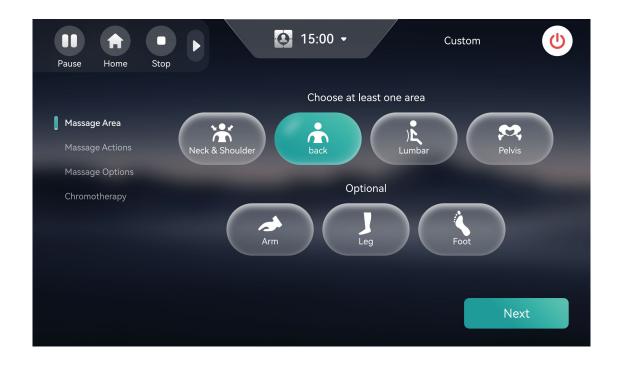
Air Massage Interface



CUSTOM MASSAGE

Every body is different. That's why we've given you the option to customize your massage to meet your specific needs. Follow these simple instructions to create a new custom massage.

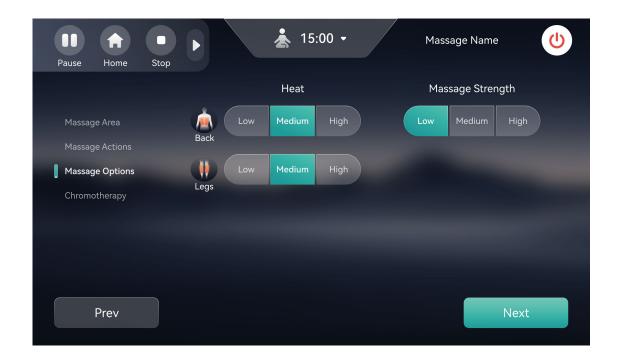




Select the massage area(s) that you prefer



Select which massage actions you would like the upper or lower mechanisms to perform - the kneading massage can be combined with tapping, clapping or shiatsu massage



Select the heat areas, temperature and massage strength that you prefer



Select the chromotherapy light pattern that your prefer

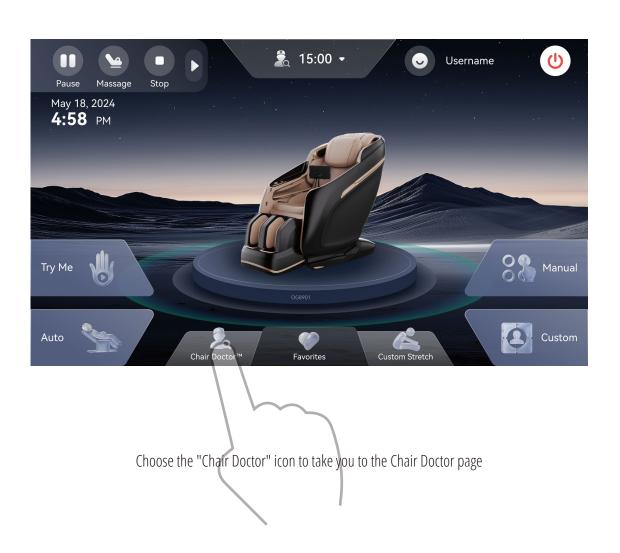
Custom Massage Interface



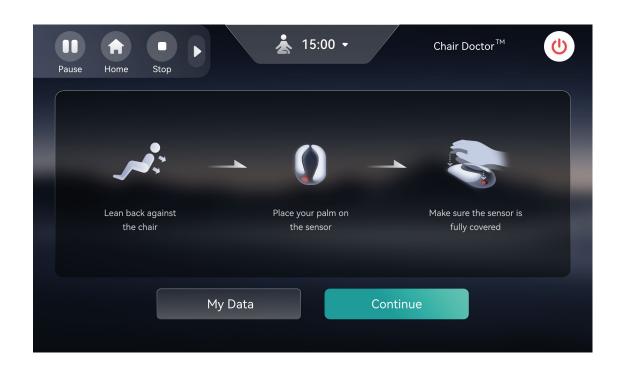
After creating your custom program, you can click on the "Favorites" icon to name your custom program and save it to your favorites

CHAIR DOCTOR

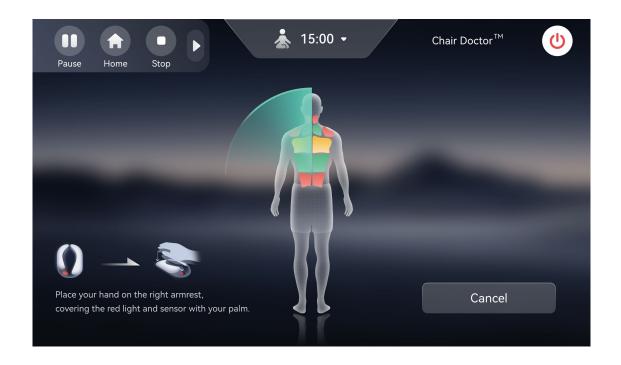
An innovative tool that diagnoses your body tension, SpO2 (oxygen saturation), heart rate, and other metrics, to customize a treatment for your unique body.



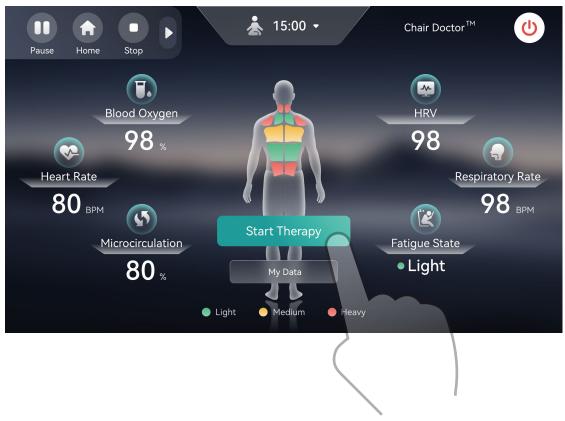
Chair Doctor Interface 1



Chair Doctor Interface 2



Historical Health Data



Choose the "Start Therapy" icon to start your personalized treatment program

Choose the "My Data" icon to take you to the data collected from your Chair Doctor scans

Health Data Interface



When you connect your chair to wifi, you are able to log in to your account to save your health data

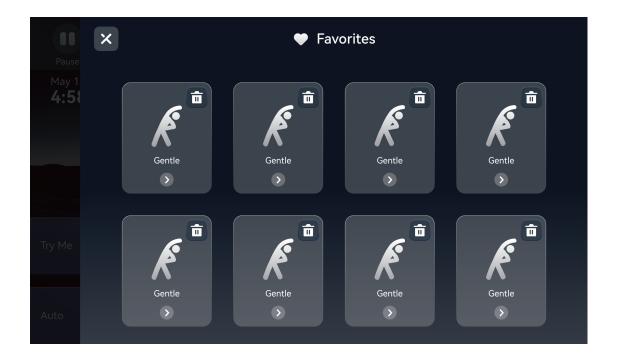
FAVORITES



Choose the "Favorites" button to take you to a page with all of the programs you have "favorited"

Connect to wifi and log in to your account to save your favorites

Favorites Programs Interface

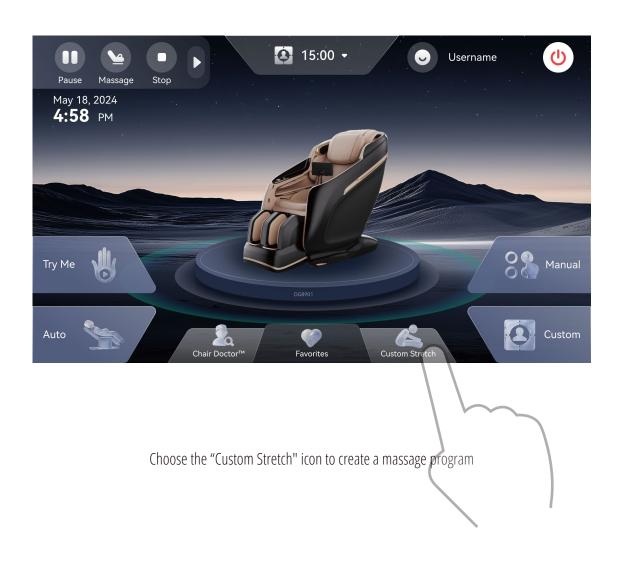


Here are your saved favorite auto programs and custom programs

To delete any saved program, press and hold the icon of the program you want to delete and the trash symbol will appear

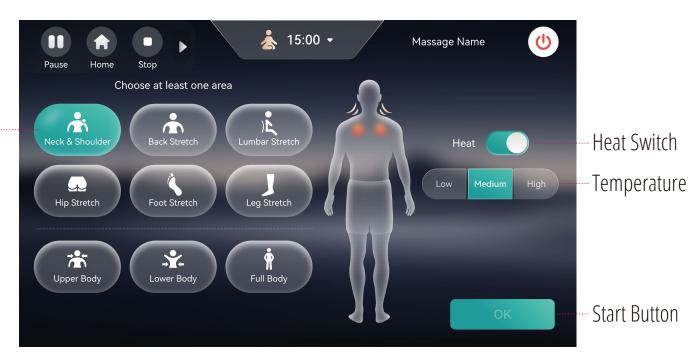
CUSTOM STRETCH

Every body is different. That's why we've given you the option to customize your stretch massage to meet your specific needs. Please select the area that you want to stretch.



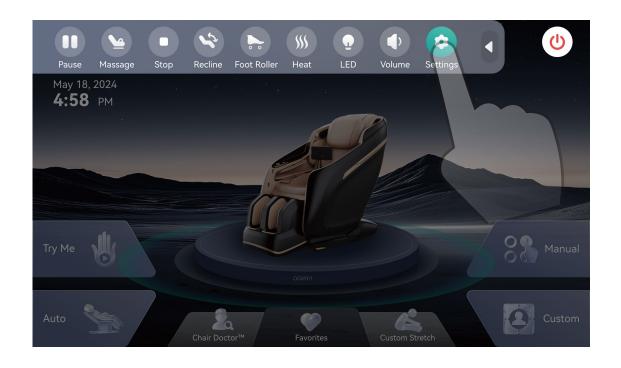
Custom Stretch Interface

Stretch Area



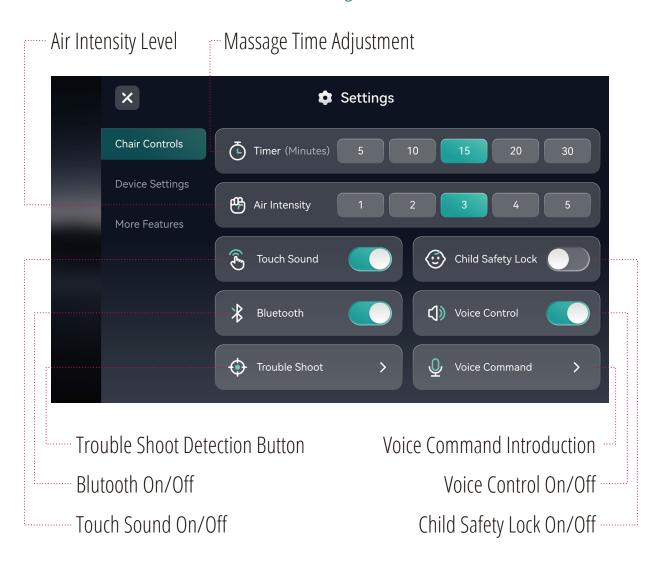
Select the stretch areas and temperature that you prefer

SETTINGS

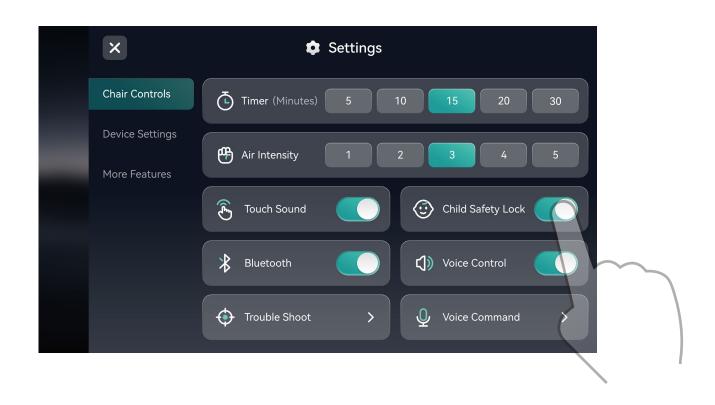


Choose the "Settings" icon to take you to the settings page

Function Settings Interface

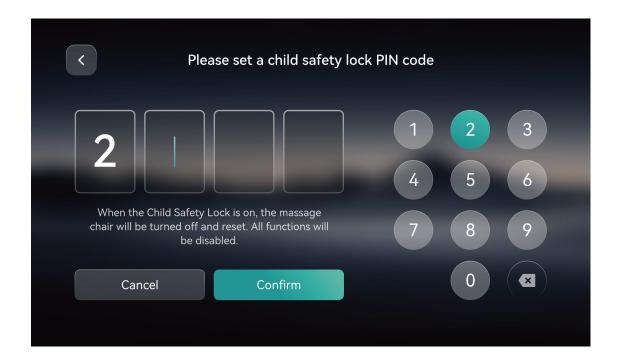


Child Safety Lock



To disable this chair for child safety, turn on the child lock switch

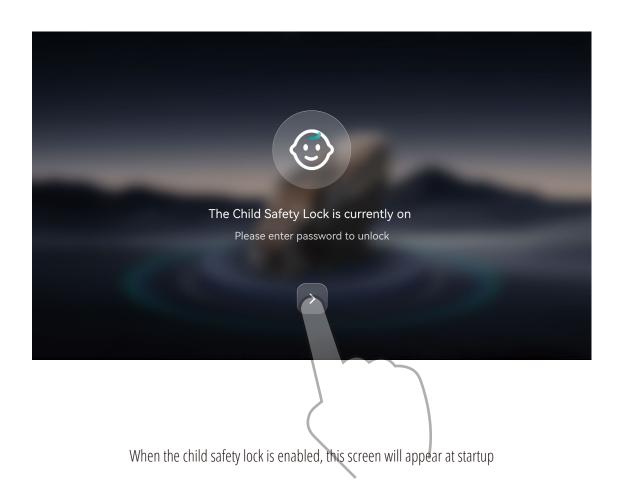
Child Safety Lock Settings Interface



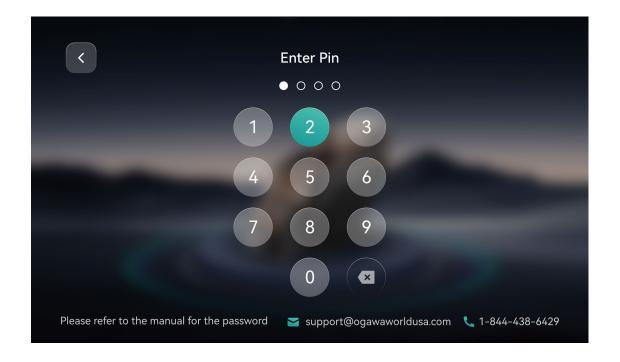
Set a password and click the confirm button

When the child safety lock is on, the massage chair will be turned off and reset - all functions will be disabled

Child Safety Lock Unlock Interface 1



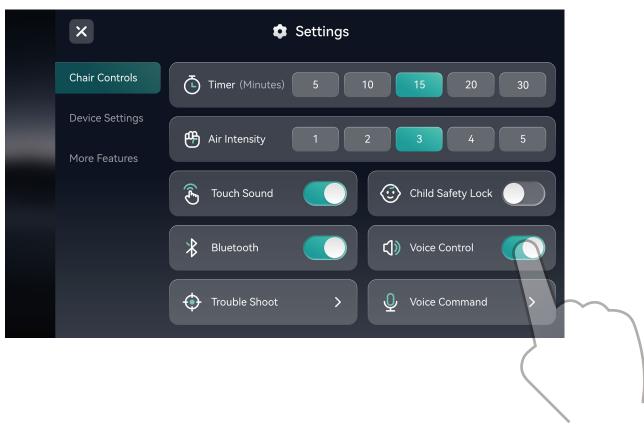
Child Safety Lock Unlock Interface 2



Please enter the password you set or "0304" to unlock your massage chair

If you don't need the child safety lock on anymore, go to the settings page to turn off this function

Voice Control Command



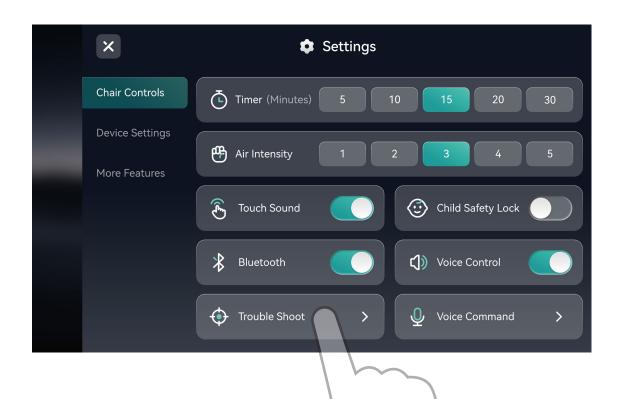
This chair supports a voice control function - to activate, turn on the voice control switch

The user will first need to speak the wake-up word, and then speak the voice command for the corresponding function of the chair

After receiving the voice command from the user, the chair will answer and perform the corresponding function

*Note: Offline voice control only supports English

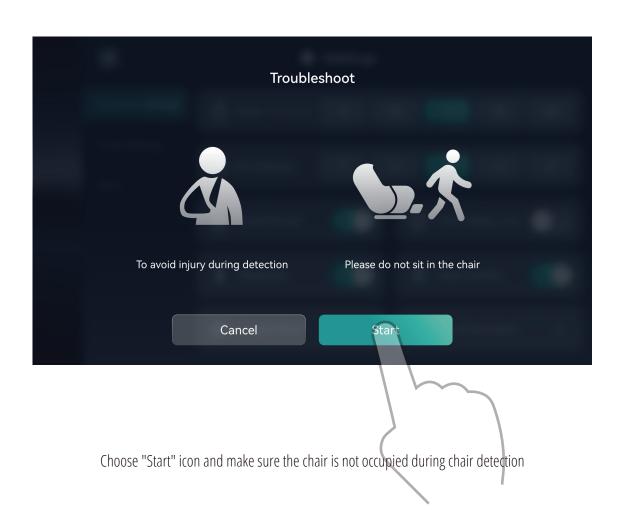
Trouble Shooting



If your chair has any trouble, press the "Trouble Shoot" icon for the chair to automatically detect problem areas

Use the error code provided when contacting our customer service team

Trouble Shooting Interface 1

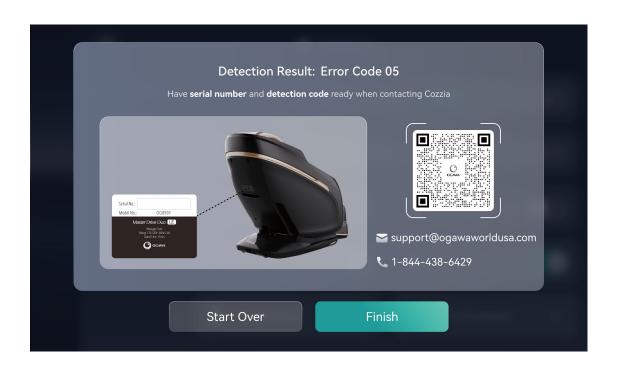


Trouble Shooting Interface 2



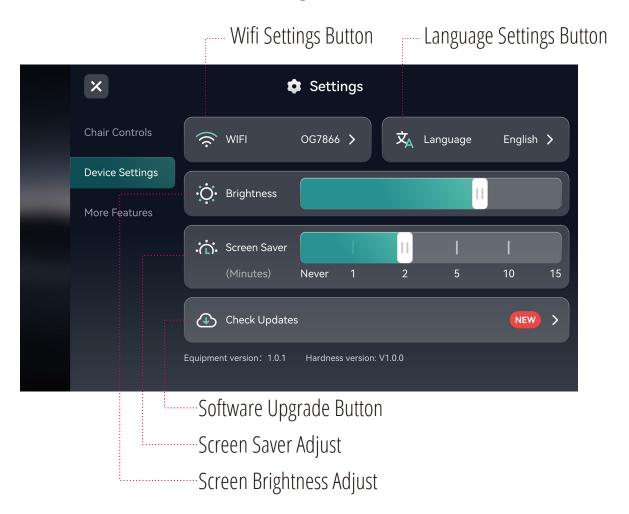
Your chair is detecting possible malfunctions, please wait for the detection result

Trouble Shooting Interface 3



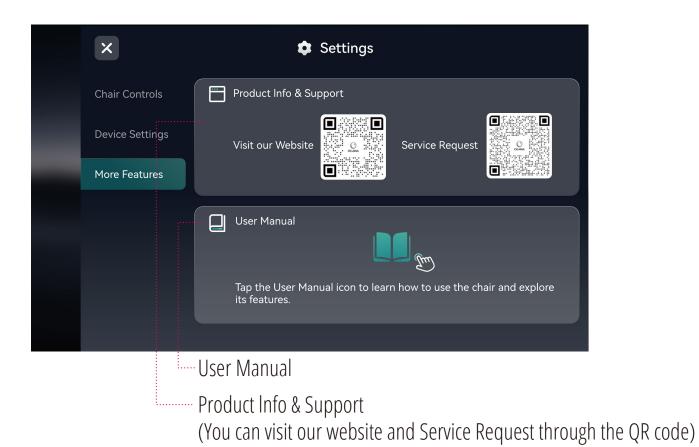
You can use your detection code when contacting the customer service team about your chair's problems

Local Settings Interface



A wifi connection is required to upgrade your software

More Settings Interface



USER ACCOUNT

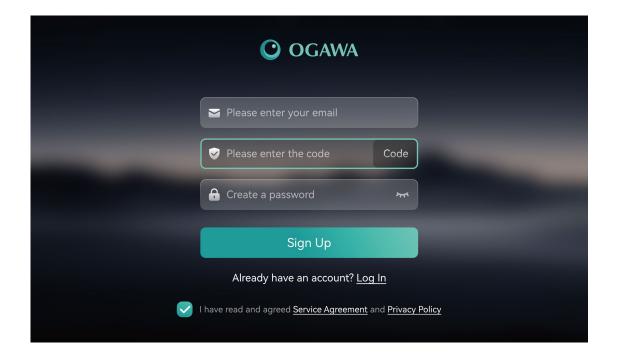


Choose the "User Account" icon to get to the account settings page

*A wifi connection is required before logging in to your account

After logging in to your account, you can save your own favorite programs and health data

Register an Account Interface

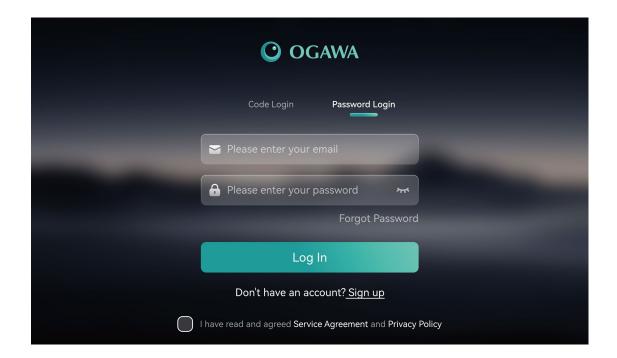


Enter your email address and click the "Code" button to get a verification code sent to your email

Enter the verification code from your email, then create your password

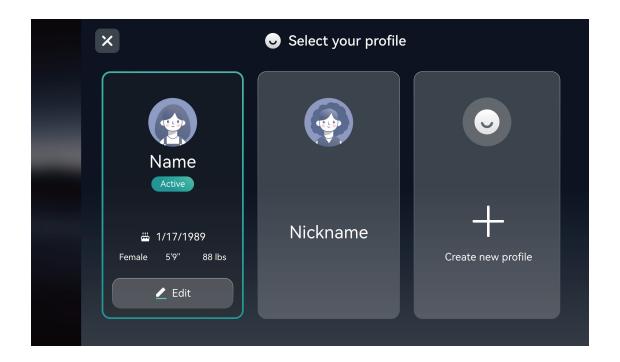
*Before registering an account, you need to agree to the service agreement and privacy policy

Account Login Interface



If you already have an account, you can log in with your password or email verification code

Account Settings Interface



Here you can switch between accounts or edit your account information

AUTO PROGRAM DESCRIPTIONS

Let's dig a little deeper and discover the details of our pre-programmed massages.

Try Me



A 5 minute whole body massage for those on the go.

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FOCUS TECHNIQUES







KNEADING ROLLING TAPPING

Gentle



A program designed to provide a quiet, gentle massage that is good for beginners or those that prefer a soft touch.

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KNEADING ROLLING

Stretch



This massage will stretch your legs and back with a combination of gentle tapping, rolling, and air compression.

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KNEADING TAPPING





This program provides a deep tissue massage that relaxes the spine.

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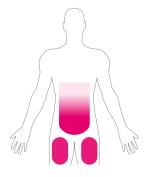
SHIATSU SWEDISH

Joint Care



This program will focus on your leg muscles.

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SWEDISH CLAPPING

Relax



A program designed to provide a mild massage that is great for deep relaxation, best used before going to sleep.

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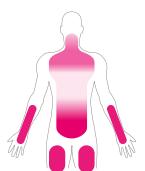
KNEADING SWEDISH

Vigorous



This massage will combine vigorous tapping on your lower back and an air massage focused on your thighs and legs.

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TAPPING KNEADING

Neck & Shoulder



This massage will focus on your shoulders and neck using a combination of kneading and shiatsu techniques.

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KNEADING TAPPING

Lower Back



This massage will focus on your lower back with a deep massage that includes air compression.

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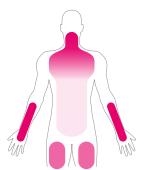
TAPPING KNEADING

Upper Back



This massage will focus on your neck, shoulders, and legs with a slow massage that incorporates soothing heat.

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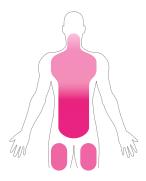
KNEADING TAPPING SWEDISH

Lower Body



This is a partial body program that focuses air compression and vibration on the lower body.

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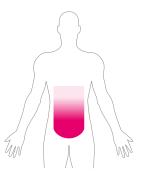
KNEADING ROLLING

Hip & Waist



A program that helps you relax your waist and hip muscles.

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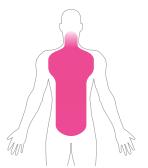
CLAPPING TAPPING





This program will massage from your neck down to your hips, using the ultra rolling technique.

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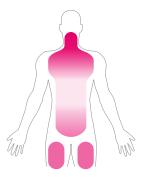
ROLLING

Swedish



This massage will start by traveling from your neck down to your glutes, and will finish with a soothing rocking motion.

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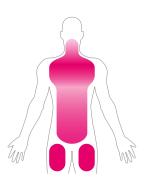
KNEADING TAPPING

Thai



This massage will focus on your mid back and upper shoulders with a deep tissue massage that will create an acupressure effect.

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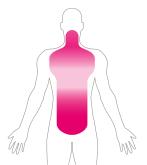
KNEADING TAPPING

Japanese



A program designed using Japanese-inspired techniques to improve your immune system, blood circulation, and aid in pain relief.

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SHIATSU KNEADING

Chinese



This massage will focus on your entire back while also massaging your legs and feet.

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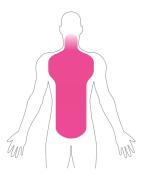
KNEADING TAPPING

Balinese



This massage will focus on your back and spine using fast, ultra kneading and tapping techniques.

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F







KNEADING TAPPING

Morning



This program is a relaxing massage that will help ease you into your day.

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KNEADING SWEDISH

Night



The program is a calming massage that will get your mind and body ready for bed.

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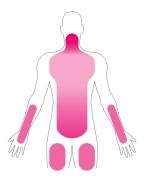
KNEADING TAPPING

Al Design



A full body massage that centers on kneading and tapping, with a stretching function. This program enables users to achieve the effect of relaxing the whole body and refreshing the mind.

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SWEDISH KNEADING

Post Workout



A program that is designed to help your muscles recover and to relieve body tension after you exercise.

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KNEADING SWEDISH

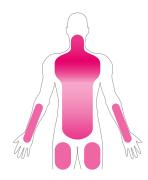
TAPPING

Recharge



Use this program when you are tired to reenergize your body.

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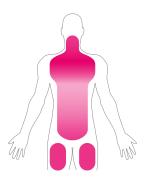
KNEADING ROLLING

Yoga Stretch



This program uses yoga exercises (asana) for warm up and stretching - this helps you wake up quickly and provides a gentle stretch for the muscles.

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KNEADING TAPPING

CLAPPING

Deep Tissue



A deep tissue massage to relieve your muscle tension.

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KNEADING TAPPING



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