

deactivate.

## **AUTO PROGRAMS**

**RELIEVE** - Features a wave of compression that moves down your body starting in the shoulders, traveling to your feet, and back up.

**VIGOR** - The most intense of the massage programs, with deep, penetrating massage techniques.

**RENEW -** Uses moderate 3D pressure to decrease recovery time after physical extertion, relieve the body of stress and improve circulation.

**ZEN -** Total body relaxation with shiatsu and rolling massage techniques, and air cell massage.

**CALM -** Sequences of air cell massage and gentle rolling techniques sooth and relax the body.

BEDTIME - A series of massage and chair movements to help you relax

for a good night's sleep.

RISE & SHINE - A sequence of massage techniques gradually increases

in intensity as your body gets ready for the day.

AIR ONLY - A relaxing massage using only air cell compression.

7FROG - Whilst in zero gravity position this program cycles through all

**ZERO G** - Whilst in zero gravity position, this program cycles through all of the massage features.

**EXTEND** - Traditional massage techniques combined with a series of grab, hold and stretch progressions gently extends the body.

**YOGA -** 3D motion extends the back, whilst massage and stretching motions are mixed to acheive combined benefits.

**STRETCH -** Series of twisting and stretching motions using air cell grabs, holds and chair movement.

**ATHLETE -** Designed to encourage recovery from exercise featuring total body shiatsu. Relaxes muscles, improves circulation and aids in

**STRESS FREE** - Designed to help minimize stress carried in the neck, shoulders, lower back, and feet.

**MID BODY -** Assists in relieving lower and upper back pain through a series of massage techniques.

**TOTAL BODY -** Massage from neck to toes utilizing many different massage techniques. Use for complete body massage benefit.

**UPPER BODY -** Targets the back, arms, shoulders and neck.

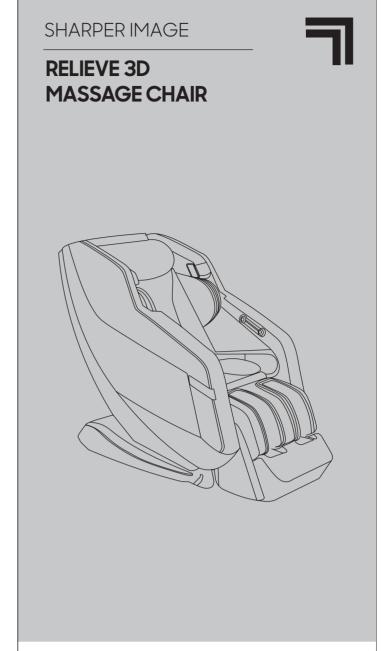
**LOWER BODY -** Targets the lower back, buttocks and feet.

**NECK & SHOULDER -** A sequence of neck, shoulder, and upper back massage techniques with increasing recline.

**QUICK -** A six minute demonstration of all massage techniques.

## SHARPER IMAGE®

www.sharperimagemassagechairs.com Toll Free #: 888-894-9150 72 Stard Rd, Seabrook, NH 03874



QUICK START GUIDE

