



## HOW TO USE THE PRO PERSONAL THERAPY SYSTEM TO MASSAGE THE REFLEX ZONES IN THE FEET.



- ✔ Pull out the large foot cushion so that the bottom part of the therapy system is resting on the angled part of the cushion.
- ✔ Press the OFF/TIME button and select the minimum time of 15 minutes. We suggest 5 mins is ideal for a foot therapy.
- ✔ Switch on the infra red heat zones by selecting H1 and H2 buttons. There are 3 choices of heat intensity which can be selected to suit
- ✔ Press the programme button twice to select Programme 2.
- ✔ The five zone lights [Z1-Z5] will now light.
- ✔ Go to Z1 and press the negative button [-] until the green Z1 light goes out.
- ✔ Repeat this for Zones 2, 3 and 4.
- ✔ Z5 should be adjusted [ideally to maximum intensity] by pressing the + button.
- ✔ You can now enjoy the many benefits of a 5-15 minute foot therapy combined with Infra red heat which will stimulate the reflex zones and the nerve endings that terminate in the feet.