

### Modes 1 - 6 are single pulse modes.

- 1) **(EMS)** Pushing; Standard massage mode which comes up first on the screen and is the push and release massage setting. Most popular for gentle massage and relieving tension, general aches and pains.
- 2) **(EMS)** Acupuncture; This mode is used for the points on the Chinese meridian pressure point chart to assist with headaches, a variety of ailments as well as muscle and joint pain. Particularly good for fast relief of acute pain.
- 3) **(TENS)** Tapping; A deep tissue massage mode giving a solid tap sensation. It is generally used at lower strengths not to over stimulate the muscle. Good for pain relief, loosening adhesions and improving micro circulation.
- 4) **(TENS)** Cupping; A muscular mode modeled on Chinese cupping massage, it is a drawing up pulse which will pull up the muscle and release. Drawing blood and toxins to the surface and useful for relaxing muscles and cramps. Particularly effective on the thoracic area (upper back).
- 5) **(EMS)** Scraping; A muscular mode giving a short pulse, particularly effective on the lumbar area (lower back). Used for releasing muscle tension and assisting in fatigue and relaxation.
- 6) **(TENS)** Kneading - Particularly helpful in activating and improving blood circulation, therefore promoting overall body strength and wellbeing.

### Modes 7 - 12 are combination modes.

- 7) **(EMS)** Combination Relaxation; This is a massage mode with an alternating pulse from light to heavy. Used to stimulate muscles, release tension and promote overall wellbeing through simulating an all-embracing massage.
- 8) **(TENS)** Unwind; A soothing massage mode, starting with a short deep pulse and building to a longer easing pulse. Great for easing joints and a range of other aches and pains, as well as promoting blood circulation.
- 9) **(EMS)** Tapping & Kneading; Provides an alternating pulse combining two popular massage modes for effective pain relief and massage.
- 10) **(TENS)** Foot Massage; This is the mode used in conjunction with the massage shoes, gloves and socks. Reflex areas on the feet/hands are stimulated and, through nerve conduction, then stimulate and relax various parts of the body, promoting overall health and wellbeing while providing a relaxing foot or hand massage.
- 11) **(MICROCURRENT)** Ear Massage; This mode is used with the ear clips. Similarly to the reflexology effect of Mode 10, stimulating the ear effectively stimulates various parts of the body, improving body function and promoting healing. This mode also helps to relieve migraines and headaches.
- 12) **(EMS)** Passive Exercise; This mode is used to stimulate muscles, inducing fat burning movements that can be used over a period without the fatigue of exercise. Increased exercise and movement helps the body stay healthy and able to cope with the stresses of life as well as having a toning effect.



# 12 Modes of Therapy & Uses