

ABDL CHANGING TABLE DIY BUILD INSTRUCTIONS



Recommendation: Although this build worked out for me, I would not repeat this build and would not recommend it unless you already had one of these massage tables and wanted to convert it into a changing table. There are several options on amazon that are the same product, and the cost of the table is the same it all the labor materials and time it would take to build this table.

Parts List

- Massage Table



[Amazon.com: BestMassage Massage Table Portable Massage Bed Lash Bed 2 Fold SPA Table 24 inch Wide Adjustable Salon Bed with Non-Woven Bag for Spa Footmassage Facial CareSpa Tattoo : Beauty & Personal Care](#)

- 2 x 8' 4x4 Pine lumber
- 1x1 inch popular square dowel
- 2 x 1/4-inch-thick sheets of MDF
- 4 x Cube storage containers



[Amazon.com - DECOMOMO Storage Baskets, 13x15x13 Storage Cube Bins with Labels for Organizing Shelves Kallax \(Kallax / 4pcs, Black\)](#)

- 4 x 2" x 8' Pine boards
- Pack of one inch carpentry screws

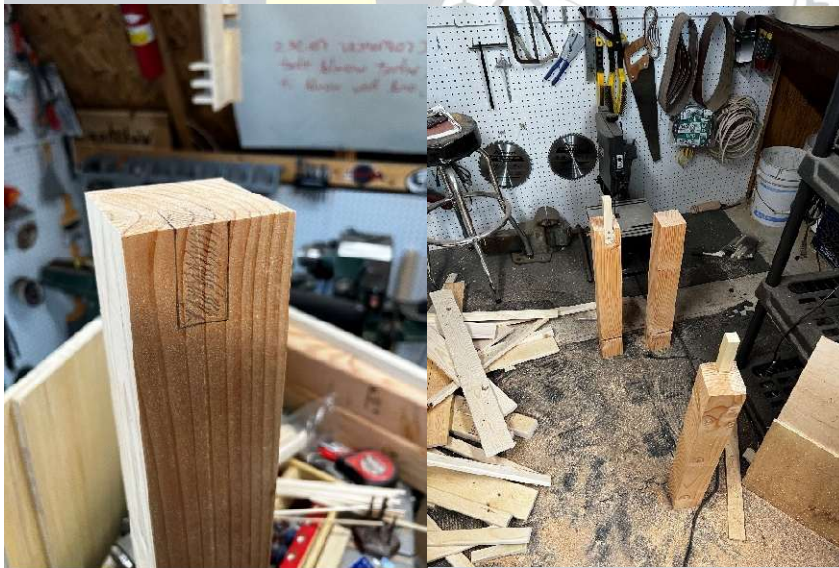
Tools Required

- Router with a 1/4 inch cutting bit.
- Drill
- Basic hand tools (To disassemble the Table)
- Saw

Starting off, this build can be completed without any DIY or modifications depending on what massage table you select to be your starting project. I produced this build concept after attending CapCon for the first time and saw that all the changing rooms had a foldable massage table to be used as a changing table. It was such a brilliant idea for me that I decided to buy one as we were driving home. That being said... if I were to do it all over again, I would not have gotten the table that I purchased. I am incredibly happy with it now after the modifications I made, but I had purchased the cheapest table available on Amazon. It had skinny wooden adjustable legs and never felt very solid unlike the ones at CapCon.

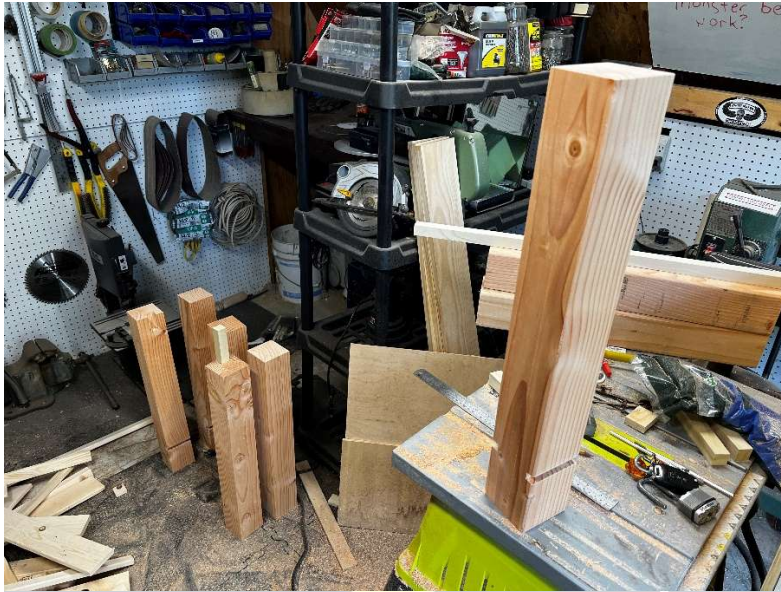


Improving the table was easy enough. I removed the original legs by unscrewing the single screw that secured each leg and then I cut six 4x4 pine posts to my desired leg height. I then marked where the 1x1 inch legs had been on each of the posts and then using a router I removed a two inch long by 1 inch channel in each post so that it would match up with the leg slots. I then glued in the one-inch dowel rod.



To add an under shelf and to add more stability to the legs I cut a 1/4-inch groove using the router in each of the posts on the left and right and two on the two middle posts so

that I could slide two MDF sheets between them to act as shelves.



Lastly, I added a strip of the 2-inch boards, one at the point of the shelf and the second at the top just below the tabletop.



My recommendation to someone looking to have a changing table of their own is to purchase a better quality and designed massage table. You could potentially find a rock-solid table and just put shelves underneath it or even simply slide a shelving unit under the table rather than having to build it.



[Amazon.com: PayLessHere Massage Table Lash Bed 2 Fold Spa Bed 74"Lx28"W PU Leather Massage Bed Height Adjustable Massage Bed Heavy Duty Stationary Spa Table Salon Facial Cradle Bed : Beauty & Personal Care](#)

