

HOMEDICS®
ZEN

STRETCHXS

THE COMPACT BACK STRETCHING MAT INSPIRED BY YOGA



3 YEAR GUARANTEE

TYM-500-GB

PRODUCT FEATURES:



GETTING STARTED

Unfold STRETCH XS, place on the floor* and plug into a nearby socket

Ensure that the cable is not going to cause a trip hazard and keep the area free from other objects so that you have enough room to lie down comfortably.

* STRETCH XS can also be used on other firm surfaces but is not suitable for use on a soft surface such as a mattress

Wear soft comfortable clothing that will keep you warm Remove shoes, scarves, ties, belts and jewellery.

STRETCH XS is suitable for all shapes, heights and sizes and for a more customised experience it is designed to be used in two different orientations.



To stretch **Upper Torso and Shoulders**
Lay on the mat with your shoulders against the bolster end of the mat.



To stretch **Lower Torso and Hips**
Lay on the mat with your bottom against the bolster end of the mat.

Place the provided pillow under your head and neck for support.

The way you position your arms and legs can significantly affect the intensity of the massage so please choose the most suitable position carefully, according to the table.

			LEG POSITION	ARM POSITION	SUGGESTED INTENSITY	
FLEXIBILITY	INFLEXIBLE	tight back tight hamstrings back pain		Knees bent up, feet flat on floor	Arms by sides or hands resting on belly	LOW
	SOME	flexibility is not bad but still a way to go		Straight legs, but with a cushion or bolster under knees	Arms by sides or hands resting on belly	LOW
	GOOD	can easily touch toes with straight legs, no back issues		Straight Legs	Arms by sides or hands resting on belly	MED
	VERY	seeking a much deeper and more intense stretch		Straight Legs	Arms extended above head or arms folded above head	HIGH

TREATMENT PROGRAMS

1. **Lay on the mat** in accordance with the advice given in the 'Getting Started' section of this manual
2. **Press the power button** on the remote control to switch on.
3. **Choose your preferred intensity level** by pressing the up ▲ and down ▼ buttons on the remote control. We recommend starting on the LOW setting as you can always increase the intensity during the program if you want a deeper treatment.

LOW	— █ █ █ █ +
MEDIUM	— █ █ █ █ +
HIGH	— █ █ █ █ +

4. Select a program and relax into the mat as it begins to inflate beneath you. The treatment will start a few seconds after you press the program button and will last between XX and YY mins (depending on the intensity level chosen). The more you can relax into the mat, the more benefit you will get from the treatment, so we recommend closing your eyes, slowing down your breath and listening to a meditation track or soothing music.
5. **Press the play/pause button ►|| to pause and/or resume the program** during treatment as required.

Program	Description & Benefits
Twist 	A varied program incorporating a number of twists to help alleviate tension throughout the whole length of the spine.
Flow 	Waves of motion progressively working up and down the length of the spine to help increase mobility
Energize 	An uplifting program to help boost energy
Stretch 	An 'all-round' treatment providing a great antidote after long periods of sitting

TIPS TO GET THE BEST FROM STRETCH XS

1. **Relax and let the mat do the work**
Try to mindfully scan each part of your body during the treatment, and wherever you sense tension, consciously release that tension by allowing your body to become heavier and softer. The motion created by **STRETCH** will move your body without you needing to exert any effort. In fact, the more you relax, the greater the benefits will be.
2. **Enhancing the twist action**
For programs that include a twisting movement, the benefits can be further enhanced by adding a gentle turn of the head as described below:

During a shoulder twist, try turning your head slowly in the direction of the twist. Allow the head to be heavy and the ear to sink down towards the mat. Move the head gently back to centre as the shoulder comes back down, before repeating on the other side.



During a hip twist, keep the upper body relaxed and both shoulders heavy. Allow the hip to be lifted without resistance. As the right hip lifts, try turning the head to the left side and vice versa. Always move gently and return to a neutral position in between movements. If there is any discomfort in the neck, make the movements smaller or try using a pillow either side to rest the head on as you turn.



3. Using your breath

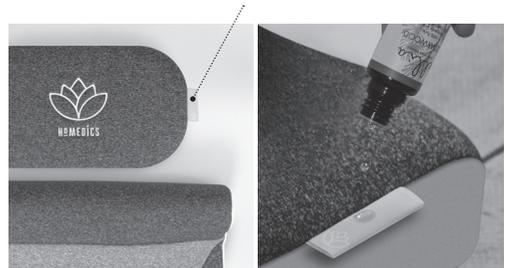
If you feel tension or slight discomfort during the treatment program, try to visualise directing your breath to the area of tension. Breathe slowly and deeply, in and out through the nose. If it feels okay, you can also try extending the outbreath making it up to 50% longer than the in-breath. To get into this rhythm try counting to 4 on the in-breath and 6 on the out-breath. Sink deeper into the mat as you exhale.

4. Get in the habit of regular treatments

Treatments can be repeated as often as feels good for you, but as with anything new, always start gently and build up your regime as your body becomes accustomed. We recommend starting with a gentle 'stretch' treatment on level 1 and waiting at least 48 hours before the next treatment. Then slowly build up to daily or twice daily treatments, as desired.

USING ESSENTIAL OILS WITH THE AROMA TAB

Gently pour a few drops of oil onto the aroma tab, releasing the scent in the air. The more drops, the stronger the scent.





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