

**HOMEDICS®**  
ZEN

# STRETCH+

THE BACK STRETCHING MAT INSPIRED BY YOGA



**3 YEAR GUARANTEE**

TYM-1250-GB

## PRODUCT FEATURES:

Fig. 1



Fig. 3



Fig. 4



Fig. 5



Fig. 6

## INSTRUCTIONS FOR USE:

### Preparation

**1. Unfold STRETCH and place on the floor.**

Alternatively STRETCH can be placed on a firm flat mattress, providing any soft bedding is removed first.

2. Lay the mat over STRETCH with the pillow part at the opposite end to the bolster.

**3. Plug into a nearby 220-240V socket.**

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

**4. Remove shoes, scarves, ties, belts & jewellery.**

Wear soft, comfortable clothing that will keep you warm.

### Treatment

**1. Lie down on STRETCH on your back with your bottom nearest the 'bolster' end and the pillow underneath your head.**

**2. Position your legs and arms according to the advice given in table opposite.**

Please choose appropriately as your leg and arm positions can affect the intensity of the treatment quite considerably.

	Your Flexibility	Leg Position	Arm position	Intensity
Fig. 3	Inflexible, eg. tight back /tight hamstrings	Knees bent up, feet flat on floor beyond the mat	By sides, or with hands resting on belly	Mild
Fig. 4	Some flexibility, but still a way to go	Straight legs, cushion under knees	By sides, or with hands resting on belly	Moderate
Fig. 5	Good flexibility - can easily touch toes	Straight Legs (no cushion)	By sides, or with hands resting on belly	Enhanced
Fig. 6	Very flexible & looking for a deeper treatment	Straight Legs (no cushion)	Arms extended or folded over head	Full Intensity

3. Press the  button on the remote control.

4. Choose your intensity level







LOW = 1 LED lit

MED = 2 LEDs lit

HIGH = 3 LEDs lit

We recommend starting on LOW as you can always increase the intensity during the program if you want a deeper treatment.

5. Select a program.

Program	Description & Benefits
Twist 	A dynamic program incorporating twists to decrease tension in shoulders and hips. Also great for releasing tension in the lower back.
Flow 	A progressive flow of stretches to gently mobilise the whole length of the spine leaving you feeling refreshed and more supple
Energize 	An uplifting program to help boost energy
Stretch 	An 'all-round' treatment providing a great antidote after long periods of sitting
Unwind 	A combination of twists and stretches to help you destress and release tension
Recover 	A varied tempo program focused on replenishing energy

\*Note: Program time is approx 15 mins on high intensity, less on med or low intensity. For a longer treatment, programs can be run one after another. (See Tip 5 below)

6. Relax

As the treatment program starts, close your eyes, relax all your muscles and focus on your breath. Allow the weight of the body to sink deeply into the mat and enjoy.

Tips to get the best from STRETCH

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



Shoulder twist



Hip twist

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. Try varying your position on the mat

STRETCH has been cleverly designed to work for people of all different shapes and sizes. You can subtly change the feel of your treatments by moving slightly closer to either the top or bottom of the mat as you lie down. The effect will be different for everyone, dependant on your height and proportions, so give it a try and find your favourite position.

5. 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.

MAINTENANCE:

Cleaning

Unplug from the mains and use a soft damp cloth to clean the fabric if required. Never saturate the mat or use harsh chemical cleaners. No other maintenance is required.

Storage

Place the appliance in its box or in a safe, dry, cool place. Avoid contact with sharp edges or pointed objects which might cut or puncture the fabric surface. To avoid breakage, DO NOT wrap the power cord around the appliance. DO NOT hang the unit by the cord.

Removable mat cleaning & care

The removable mat can be wiped clean with a soft damp cloth and if required it may also be hand washed. To hand wash, first remove the foam from the pillow section of the mat. Hand wash and dry flat. When completely dry, replace the foam in the pillow section. Do not machine wash or tumble dry.



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