



Hand Massager

FLOWLIFE

Brochure

Hand Massager



Innovative Hand Massager by Flowlife

Table of Content

4 —	Manifest
6 —	Why Hand Massager
7 —	Accessories
9 —	Hand Massager - A comprehensive guide
10 —	Starting your journey
16 —	For muscle recovery
20 —	For general recovery
22 —	Navigating speeds
26 —	Before you workout
28 —	After you workout

Manifest

In a world where limits are meant to be shattered, we fuel the fire of relentless pioneers. Our brand champions those who break the mold and embrace the extraordinary, symbolizing a life lived without compromise.

Committed to relentless innovation, we design for those who demand excellence and performance, understanding that the journey into the unknown often leads to unforgettable achievements.

We want to power dreams, aspirations, and triumphs of the audacious, sparking the passions of the unstoppable.

For those who redefine boundaries and explore new horizons, we are Flowlife.
Made Possible.

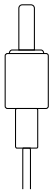
Why Hand Massager by Flowlife?

Revolutionize hand wellness with a glove that massages and warms both sides.

- **Innovative Massage Technology** - It simulates human touch, relieving fatigue instantly.
- **Therapeutic Warmth** - It heats both sides of the hand to achieve deep muscle relaxation.
- **Customizable Massage Modes** - It offers tailored modes for comprehensive hand care.
- **Ergonomic and Universal Design** - It fits all, is easy to use, and luxuriously designed.

Accessories

Elevate your Hand Massager experience with essential accessories for functionality and hygiene.



Charging Cable Type-C

Ensures your Hand Massager is always ready for a soothing session.



Glove

Hygienic Gloves maintain cleanliness and extend the life of your Hand Massager. They are perfect when sharing your Hand Massager with others.

These accessories complement and enhance the use of the Hand Massager, ensuring convenience and hygiene are always within reach.



Hand Massager by Flowlife: A Comprehensive Guide

Maximize the benefits of your Hand Massager by Flowlife. This guide is designed to maintain hand health and enhance device functionality. The Hand Massager features an advanced air pump system operating at 3.7V with 200mHg pressure and a triple gas valve, ensuring a perfect fit for both hands. Each 15-minute program offers a tailored massage experience for hand recovery and vitality. Our commitment to meticulous design and adaptability ensures balanced and effective hand wellness solutions for every user.

Starting Your Journey

Prepare Yourself

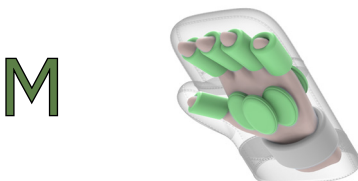
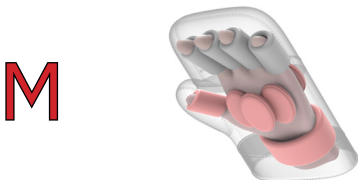
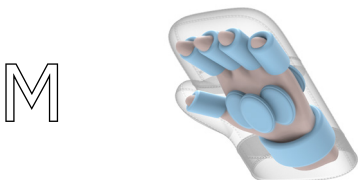
Ensure that your hands are clean and thoroughly dry before starting a session with the Hand Massager by Flowlife. This essential step guarantees a hygienic massage experience and prolongs the product's lifetime. You can also use the included glove for extra protection.

Starting Your Session

Easily activate the device by pressing and holding the power button for 3 seconds, setting the stage for a therapeutic hand massage.

Selecting Your Massage Mode

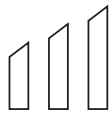
Choose from tailored settings to address your specific needs:



- **Full-Hand Embrace**
This mode provides a comprehensive treatment for the entire hand, enhancing overall relaxation.
- **Palm & Wrist Revitalization**
The device targets these areas to provide focused rejuvenation.
- **Finger & Palm Relief**
Concentrates on the fingers and palm for precise tension relief.

Adjusting Massage Intensity

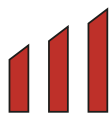
Adjusting the compression duration with your Hand Massager is key to a tailored massage experience. This device enables you to control how long pressure is held, making each session fit your unique needs and preferences. Here's what each color indicator signifies for customizing your massage duration:



- **White Light (Gentle intensity)**
Symbolizes the gentlest massage setting, offering the most delicate massage option. It utilizes short compression cycles to provide a soft, rhythmic touch. This setting is perfect for beginners or those seeking a subtle introduction to massage.



- **Green Light (Medium Intensity)**
Features a medium-length compression cycle, offering a balanced approach for regular relaxation and mild discomfort alleviation. This setting is ideal for those who need a more moderate massage experience.



- **Red Light (Highest Intensity)**
Represents the program's most intense massage setting, utilizing the most extended compression cycles to deliver deep and sustained pressure. It is explicitly designed for significant tension relief and effectively targets stiff or sore areas.



Maximizing Benefits with Targeted Warmth

Engage the heating function to add a layer of therapeutic warmth up to $42^{\circ}\text{C} \pm 5^{\circ}\text{C}$ directly to your hand. This added warmth works with the massage to deepen muscle relaxation and improve circulation, enhancing overall recovery.

Concluding Your Massage

Turn off the device by pressing and holding the power button for 3 seconds, ending your session with hands feeling revitalized and cared for.

Maintaining Power

- Detailed Charging Instructions

Keep your Hand Massager always prepared for use with these streamlined charging guidelines. Utilize the included cable for charging, and monitor the LED indicators to understand your device's charging status and battery levels:

- **White Light on**
Indicates the Hand Massager is powered and operational.
- **Red light**
This signifies the battery level has dropped below 30%, signaling the need to plan for a recharge soon.
- **Red Blinking Light**
Alerts that the battery capacity is low, under 10%, and requires recharging.
- **White Breathing Light**
It shows the device is currently charging. This gentle pulsing will continue until the battery reaches full charge within 3-4 hours.
- **Green Constant Light**
It confirms the battery is fully charged.

* The Hand Massager will not operate while connected to the charger, a safety feature that ensures battery integrity and promotes longevity.

Effortless Shutdown: Completing Your Session

After a fulfilling 15-minute massage program, your Hand Massager by Flowlife will automatically power down, signaling a perfect moment to switch hands for balanced care. If you wish to end the session earlier, press and hold the power button for 3 seconds for an immediate shutdown.

By adhering to this guide, you'll enjoy the full spectrum of benefits the Hand Massager by Flowlife offers, from therapeutic relief to enhanced hand health, while maintaining the device for long-term use.



For Muscle Soreness

For addressing muscle soreness with the Hand Massager by Flowlife, integrating warmth and utilizing specific modes can significantly enhance the effectiveness of the treatment. Here's how to optimize these features:

Utilize Warmth

Activate the warm setting to help loosen stiff muscles and increase blood circulation. The soothing heat relaxes the hand and prepares the muscles for a deeper massage, enhancing the relief process for soreness.

Select the Appropriate Mode

- For overall hand soreness, choose a mode that provides a comprehensive massage covering the entire hand, from the fingers to the wrist. This helps distribute the therapeutic effects evenly.
- If the soreness is concentrated in specific areas like the palm or fingers, opt for a mode that targets these areas more intensively. The focused massage can help in addressing localized discomfort more effectively.

By thoughtfully combining warmth with the most suitable massage mode, users can create a customized approach to tackle muscle soreness, ensuring immediate relief and long-term hand health benefits.

For General Recovery

The Hand Massager by Flowlife is great for general recovery, offering a sanctuary for hands that have undergone the stress of daily tasks or strenuous activities. Here's why it's essential for maintaining hand wellness:

Enhanced Circulation

Hand Massager by Flowlife enhances circulation by combining gentle warmth with massage action. It boosts blood flow and facilitates the delivery of oxygen and nutrients essential for muscle repair and health.

Muscle Relaxation

Its targeted massage programs effectively ease muscle tension across the hand, from the fingers to the palm and wrist, promoting relaxation and reducing the risk of overuse injuries.

Flexibility Improvement

Regular use helps to maintain and improve hand flexibility, ensuring your hands and fingers remain agile and reducing stiffness that can arise from repetitive motions or prolonged periods of inactivity.

Embracing the Hand Massager by Flowlife for general recovery alleviates immediate discomfort. It contributes to your hands' long-term health and functionality, keeping them ready for the demands of everyday life.



After Your workout

Post-workout recovery is as crucial as the workout for maintaining hand health and ensuring longevity in your fitness journey. The Hand Massager by Flowlife is pivotal in this phase, offering targeted relief and promoting faster recovery.

Alleviates Muscle Fatigue

After an intense workout, your hands and forearms can feel tired and sore. The Hand Massager helps to ease this discomfort, relaxing the muscles and reducing the sensations of stiffness and soreness.

Promotes Circulation

The warmth and massage action work synergistically to enhance blood flow to the hands. This increased circulation helps to speed up the recovery process by flushing out toxins and bringing nutrients to the muscles.

Supports Flexibility

Regular post-workout massages help maintain and improve hand and wrist flexibility, which is crucial for everyday tasks and specific workout routines.

Incorporating the Hand Massager by Flowlife into your post-workout regimen ensures your hands recover properly, keeping them strong, flexible, and ready for the next challenge.

Technical Specifications

- Type-C cable
- Input: 3.7V/1A
- Rated voltage: 5V
- Rated power: 5W
- Li-ion Battery: 2200mAh
- Charging time: 3-4H
- Battery usage indication: 10% - blinking red light. 30% - red light. 90% - white light.
- Battery charging indication: Breathing white light- charging. Green light - fully charged.
- Running time: 60-120 minutes (depending on mode, heat and intensity settings)
- Heating function: 42°C±5°C

Three Modes

1. Full hand, fingers, palm and wrist
 2. Fingers and palm
 3. Palm and wrist
- Peak pressure: 200 mmHg
 - Product working temperature: 0°C~50°C
 - Product storage temperature: 10°C~60°C
 - Size: 245x190x88mm
 - Product weight: 550g
 - Air Pump 3.7V 200mHg - triple gas valve
 - Timer 15 minutes



© 2024 Flowlife
hello@flowlife.com
www.flowlife.com
Luntmakargatan 90
113 51 Stockholm



FLOWLIFE

Active Lifestyle. Made Possible.