



Flowtherma Spot

FLOWLIFE

Brochure

# Flowtherma Spot



Heated Vibration  
and Infrared Pad

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# 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.

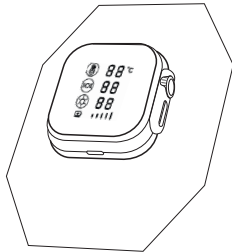
## Why Flowtherma Spot?

- **Targeted Relief for Every Joint** - The Flowtherma Spot provides personalized heat therapy with adjustable temperatures from 38°C to 48°C. It improves blood flow, reduces stiffness, and relieves discomfort, adapting effortlessly for recovery, relaxation, or performance preparation.
- **Advanced Dual-Chip LED Technology** - Flowtherma Spot's dual-chip LEDs combine Red Light (660nm) and Near-Infrared (850nm) therapy to enhance cellular energy, muscle repair, and inflammation reduction. The wavelengths penetrate deeply, revitalizing muscles and joints for optimal recovery or peak performance.
- **Precision Vibration Therapy** - With three modes, Flowtherma Spot's vibration technology tailors recovery: gentle activation, deep stimulation, or rhythmic pulses for relaxation. Perfect for warm-up, performance, or post-activity recovery.
- **Ergonomic and User-Friendly Design** - The portable Flowtherma Spot fits securely around joints, providing effective therapy anywhere. Lightweight and easy to use, it's ideal for home, office, or gym use.
- **Your Partner in Active Recovery** - Combining heat, vibration, and red light therapy, the Flowtherma Spot is a compact tool for managing discomfort, improving recovery, and enhancing performance in one device.

Discover quick, effective recovery with Flowtherma Spot.  
Because your best performance is Made Possible by Flowlife.

# Accessories

Complete your Flowtherma Spot experience with essential accessories that enhance convenience and functionality. These accessories are crafted to integrate seamlessly with your device, ensuring optimal performance in every session.



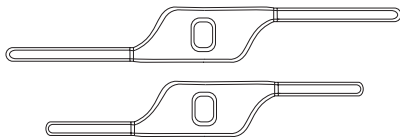
## Flowtherma Spot

The central unit is designed to provide comprehensive, effective infrared, vibration and heat therapy.



## Extended Support Strap

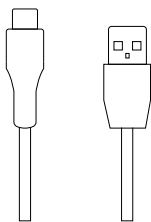
The Extended Support Strap offers a practical solution for areas requiring additional length or flexibility.



## Velcro Straps

The Flowtherma Spot includes two velcro strap designed for different applications:

- **Standard Velcro Strap**  
Perfect for targeting smaller areas, offering a snug and precise fit for effective therapy.
- **Extended Velcro Strap**  
It is ideal for larger areas, providing the reach and coverage needed to support various areas around joints and muscles.



## Type-C Charging Cable

The USB Type-C cable efficiently and reliably charges your Flowtherma Spot. Its sturdy construction ensures durability, keeping your device powered and ready for use whenever you need it.

A person is shown from the waist down, sitting on a white surface. They are wearing black shorts. A black, rectangular device with a digital display is being held against their right knee. The device has a small screen showing '5.23' and '°C'. The person's left leg is extended forward. The background is a plain, light-colored wall.

# Flowtherma Spot: A Comprehensive Guide

The Flowtherma Spot offers a seamless combination of heat, Red/NIR light, and vibration therapy. This guide will walk you through its setup, operation, and functionality to ensure the best results for your recovery journey.

## Getting Started with Your Flowtherma Spot

Secure the Flowtherma Spot with the velcro strap for your target area. For best results, use on bare skin to maximize Red/NIR light penetration, though it works over thin clothing. Its ergonomic design ensures comfort for areas like knees and elbows.

# Starting Your Session

## Power On

Press and hold the ON/OFF button until the LED indicator lights up. This signals the device is active and ready for customization. If no adjustments are made within 60 seconds, the device will enter standby mode and automatically shut off to conserve energy.

## Customize Your Settings

1. Press the round scroll button once to activate the heat setting. The heat icon will blink, and you can rotate the scroll button to adjust the temperature between 38°C and 48°C, tailoring the warmth to your needs.
2. Press the scroll button again to adjust the Red/NIR light intensity. The light icon will blink, and you can rotate the scroll button to select one of the three levels, ensuring the right amount of light therapy for your session.
3. Press the scroll button a third time to select the vibration mode. The vibration icon will blink, and you can rotate the scroll button to choose your preferred mode, adjusting to the specific demands of your recovery or warm-up routine.
4. **Pause Button** - The pause button lets you temporarily halt all functions. This is particularly useful if you need to reposition the device or take a break during your session. Press the pause button again to resume using the same settings.
5. **Session Duration** - Each session runs for 15 minutes and shuts off automatically. Restart the device to continue therapy if needed.

# Maximizing Therapy

Tailored Relief for Every Stage

## Heat Therapy

Heat therapy is essential for stimulating blood flow, easing stiffness, and relaxing muscles. With the Flowtherma Spot, you can adjust the exact temperature to your preference within the range of 38°C to 48°C, allowing for highly personalized treatment. Begin with a lower temperature for a light warm-up and gradually increase to target more profound muscle tension or discomfort.

## Vibration Therapy

Vibration therapy enhances circulation and reduces muscle fatigue. The Flowtherma Spot provides three distinct vibration modes designed to meet various recovery needs:

- **Mode 1** - Provides less intense, constant vibration for gently stimulating circulation and relaxing muscles.
- **Mode 2** - Delivers high-intensity, continuous vibration for consistent muscle engagement and deeper stimulation.
- **Mode 3** - Works in rhythmic pulses, alternating between vibration and brief pauses, perfect for relaxing muscles and releasing tension after activity.

## Red & Near-Infrared Light Therapy: Advanced Recovery

The dual-chip LEDs deliver Red (660nm) and Near-Infrared (850nm) light therapy for cellular repair and enhanced recovery. Adjust the intensity level (0-3) to suit your needs>

- **Level 1** - Gentle intensity for sensitive areas or light recovery.
- **Level 2** - Moderate light for improved circulation and tissue repair.
- **Level 3** - High intensity for deep tissue stimulation and advanced recovery.

Ensure the device is in direct contact with your skin for best results.

# Maintenance and Battery

## Maintenance

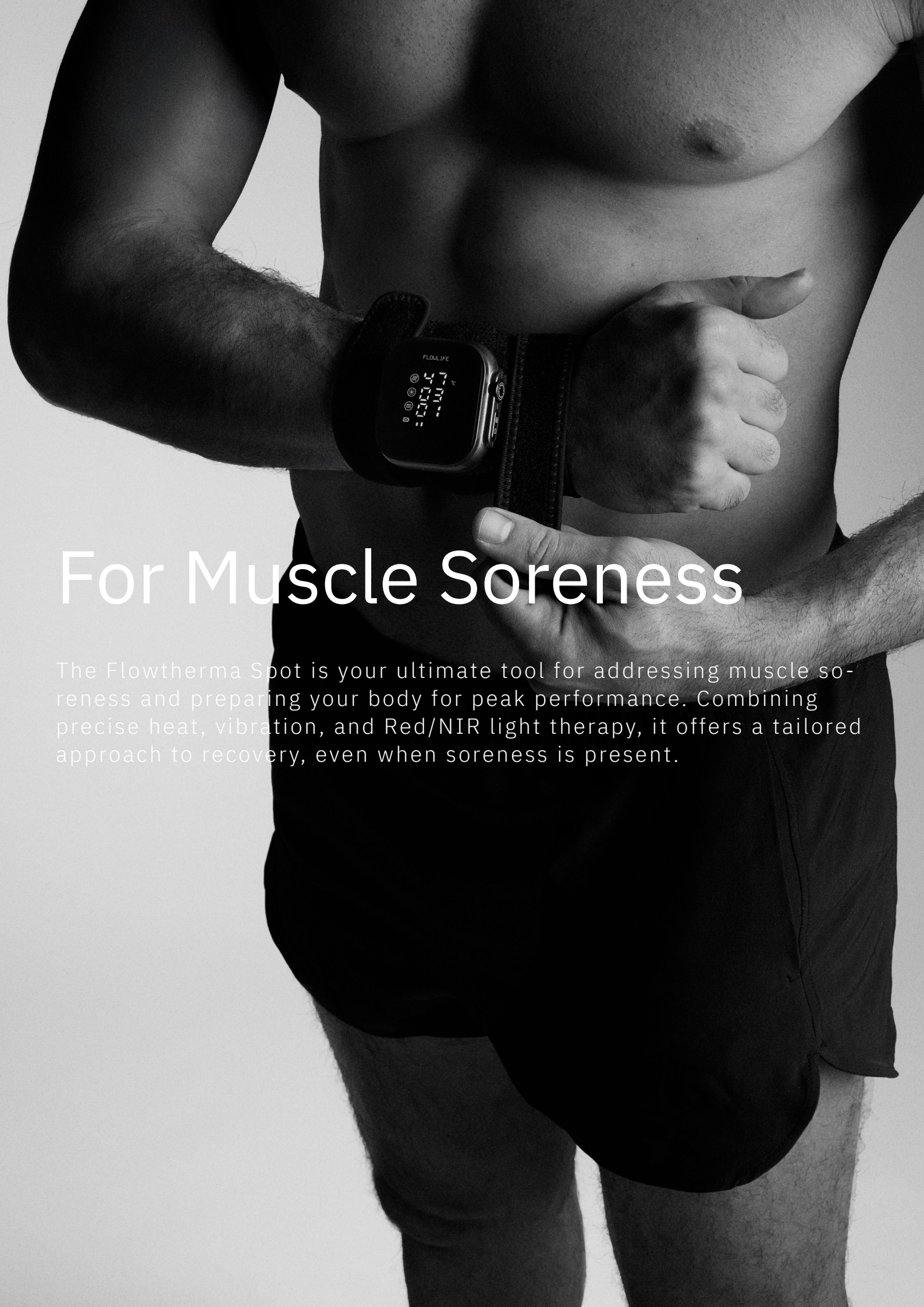
- After each use, clean the device and belts with a soft, dry cloth. Avoid water or harsh chemicals.
- Store the device in a cool, dry place away from direct sunlight and moisture.
- Keep it out of reach of children and pets for safety.

## Battery

The Flowtherma Spot features a convenient battery indicator on the display, allowing you to monitor the charge level during use.

- **Charging** - To recharge the device, use the included USB Type-C cable. Connect the cable securely to the charging port and a power source. The indicator will blink during charging and remain steady when fully charged. A full charge takes approximately two hours.
- **Battery Life** - The device is designed to last multiple therapy sessions on a single charge. If the battery level is low, recharge promptly to ensure uninterrupted therapy.
- **Best Practices** - Always disconnect the device from the power source after it is fully charged.





# For Muscle Soreness

The Flowtherma Spot is your ultimate tool for addressing muscle soreness and preparing your body for peak performance. Combining precise heat, vibration, and Red/NIR light therapy, it offers a tailored approach to recovery, even when soreness is present.

# Understanding Muscle Soreness

Muscle soreness varies in intensity, so understanding its level helps you choose the best settings.

## **Mild Soreness**

Feels like light stiffness or discomfort from light activity, prolonged sitting, or minor strain. This soreness is usually surface-level and does not restrict movement.

## **Moderate to Severe Soreness**

This soreness results from intense workouts, overuse, or strain. It feels deeper, can restrict the range of motion, and may include swelling or tenderness.

# Heat Therapy

Heat therapy enhances blood circulation, relaxes muscles, and prepares the body for performance or recovery. The Flowtherma Spot allows you to select the precise temperature within a range of 38°C to 48°C, providing complete control over your therapy.

## 38°C – 42°C

Gentle warmth is ideal for addressing mild soreness or as part of a warm-up routine. This range helps stimulate circulation without overwhelming sensitive muscles.

## 43°C – 48°C

Deeper, more intense heat is used to target moderate to severe soreness. This range helps penetrate tight muscles and relieve discomfort after high-intensity activities.

Start at a lower temperature for light soreness or warm-up, and increase to higher levels for recovery and deeper tension relief.

# Red & Near-Infrared Light Therapy

The Flowtherma Spot's dual-chip LEDs provide advanced Red (660nm) and Near-Infrared (850nm) light therapy, profoundly penetrating tissues to stimulate cellular repair and reduce inflammation.

## Level 1

Ideal for mild soreness or sensitive areas. This level supports cellular recovery and improves circulation gently.

## Level 2

Provides moderate light intensity to target muscle recovery and enhance tissue repair.

## Level 3

Delivers maximum intensity for deeper penetration, advanced tissue repair, and significant inflammation reduction.

During warm-up, use Level 1 or 2 to energize muscles. For post-activity recovery, switch to Level 3 to enhance tissue repair and reduce inflammation.

# Vibration Therapy

The Flowtherma Spot's vibration modes allow you to adapt therapy to your specific recovery needs.

## Mode 1

Provides less intense, constant vibration to stimulate circulation and activate muscles gently.

## Mode 2

Delivers high-intensity, continuous vibration without pauses, offering consistent stimulation for deep muscle engagement and relaxation.

## Mode 3

Works with rhythmic pulses, alternating between prolonged vibrations and short pauses to effectively promote muscle recovery and relieve tension.

For example, use Mode 1 to gently ease soreness during a warm-up and switch to Mode 3 after an intense workout for targeted relief.

## A Thoughtful Recovery Journey

With its adjustable settings, the Flowtherma Spot provides a comprehensive solution to your body's unique recovery needs. Whether preparing for activity or recovering afterward, the Flowtherma Spot helps you perform at your best and recover faster.



# For General Warm-up

The Flowtherma Spot is the perfect tool for preparing your body for physical activity. Combining precise heat, vibration, and Red/NIR light therapies, it activates muscles, enhances circulation, and minimizes the risk of stiffness or injury. Whether your warm-up is for daily activities or high-performance goals, the Flowtherma Spot ensures your body is ready.

# Heat Therapy

Heat therapy is essential for increasing blood flow and improving muscle elasticity, helping to reduce stiffness and enhance flexibility. The Flowtherma Spot allows you to set the temperature to match your warm-up needs precisely:

38°C – 42°C

Provides gentle warmth to wake up your muscles and gradually improve circulation. This is ideal for general warm-up routines, as it gently loosens muscles without overstimulation.

43°C – 48°C

Delivers deeper heat to target specific tight areas or mild stiffness. Perfect for preparing muscles for more demanding physical activity or when starting with minor discomfort.

This tailored approach helps you achieve the perfect muscle activation and readiness balance during your warm-up.

# Red & Near-Infrared Light Therapy

The Flowtherma Spot's advanced Red (660nm) and Near-Infrared (850nm) light therapy penetrate deeply to stimulate ATP production, providing muscles with the energy they need for peak performance.

|         |   |
|---------|---|
| Level 1 | Low intensity for gentle activation, suitable for sensitive areas or lighter warm-ups.                            |
| Level 2 | Moderate intensity to enhance circulation and support muscle readiness.   |
| Level 3 | Maximum intensity for more profound tissue activation, ideal for preparing muscles for high-intensity activities. |

## Vibration Therapy

|        |  |
|--------|--|
| Mode 1 | Provides a less intense, constant vibration to stimulate circulation and prepare muscles for movement gently.                          |
| Mode 2 | Delivers high-intensity, continuous vibration for consistent muscle activation and deeper engagement.                                  |
| Mode 3 | Works with rhythmic pulses to promote relaxation while stimulating circulation, making it suitable for easing tension before activity. |

Selecting the vibration mode that aligns with your warm-up needs ensures your muscles are energized and ready for action.

# How to Warm Up Effectively

## Heat

Set the temperature to 38°C – 42°C for general activation or 43°C – 48°C for deeper muscle loosening.

## Red/NIR

Apply at Level 2 to enhance circulation or Level 3 for more demanding Warm-ups and peak performance.

## Vibration

Use Mode 1 for light muscle stimulation or Mode 2 for consistent activation and tension relief.

This combination ensures your muscles are primed and ready, reducing the risk of injury and improving overall performance.



# For General Recovery

The Flowtherma Spot is your trusted partner in recovery. It combines precise heat, vibration, and Red/NIR light therapies to reduce muscle tension, accelerate repair, and restore balance. Whether recovering after activity or managing daily muscle stress, the device is designed to help you unwind and rejuvenate.

# Heat Therapy

Heat therapy is essential for relaxing tight muscles, improving circulation, and soothing discomfort. With the Flowtherma Spot, you can precisely adjust the temperature to match your recovery needs:

38°C – 42°C

Provides gentle warmth, ideal for relieving general tension and promoting relaxation.

43°C – 48°C

Delivers deeper, penetrating heat to target stubborn soreness and relieve tired muscles.

Start with a lower temperature for light recovery and gradually increase for more profound relaxation and tension release.

## Red & Near-Infrared Light Therapy

The Flowtherma Spot's advanced dual-chip LEDs deliver Red (660nm) and Near-Infrared (850nm) light therapy to accelerate tissue repair and reduce inflammation.

Level 1

Gentle light is used for mild recovery and in sensitive areas.

Level 2

Moderate intensity to ease soreness and support tissue repair.

Level 3

Maximum intensity for deep recovery and advanced inflammation reduction.

Maximum intensity for deep recovery and advanced inflammation reduction.

# Vibration Therapy

Vibration therapy enhances recovery by reducing lactic acid build-up and improving blood flow. The Flowtherma Spot offers three intensity levels to tailor therapy to your needs:

## Mode 1

Delivers less intense, constant vibration to promote relaxation and gently stimulate circulation.

## Mode 2

Provides high-intensity, continuous vibration for consistent stimulation, ideal for moderate muscle fatigue and general recovery.

## Mode 3

Works with rhythmic pulses, alternating between longer vibrations and short pauses to target persistent tension and relieve muscle knots after intense activity.

Select the mode that best suits your recovery goals, whether you want soothing tension, steady stimulation, or deep relief.

# How to Recover Effectively

For an optimal recovery session, tailor your Flowtherma Spot settings to your specific needs.

## Heat Therapy

- Use 38°C – 42°C for relaxation and light recovery.
- Increase to 43°C – 48°C for deeper muscle relief and tension release.

## Red/NIR Light Therapy

- Apply at Level 2 for moderate recovery and soreness reduction.
- Use Level 3 for advanced tissue repair and inflammation relief.


## Vibration

- Use Mode 1 for gentle recovery and circulation. Switch to Mode 2 for consistent stimulation or Mode 2 for more profound tension release and persistent fatigue.

This combination ensures your muscles are primed and ready, reducing the risk of injury and improving overall performance.

FLOWLIFE

20.7  
°C



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A black and white photograph of a person's back and shoulder. A black strap, possibly a sports bra or a bag strap, is visible across the shoulder. The skin is smooth and the lighting creates soft shadows.

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Active Lifestyle. Made Possible.