



Flowtens Neck

FLOWLIFE

Brochure

Flowtens Neck



Premium TENS Neck Massager

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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 Flowtens Neck?

Flowtens Neck relieves neck pain with advanced tech and ergonomic design. Perfect for tension relief, recovery, and relaxation.

- **Advanced TENS and EMS Technology** - Flowtens Neck uses TENS and EMS to block pain, improve circulation, and reduce neck tension for natural recovery.
- **Customizable Heat Therapy** - Adjustable heat settings (38°C–45°C) provide soothing warmth, relax muscles, and boost circulation for lasting comfort.
- **Ergonomic Design** - Adjustable pads and a scroll wheel ensure a perfect fit. Lightweight and portable for effective neck care anywhere.
- **Personalized Massage Modes** - Five massage modes and 12 intensity levels offer tailored relief, from gentle tapping to deep kneading.
- **User-Friendly & Portable** - Easy controls, voice guidance, and a 15-minute timer make it perfect for daily use at home, work, or on the go.
- **Your Path to Wellness** - Flowtens Neck delivers comfort, innovation, and convenience for a tension-free neck anytime, anywhere.

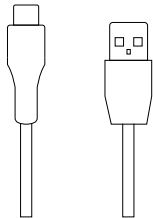
Accessories

Complete your Flowtens Neck experience with essential accessories designed for convenience and optimal performance.



Flowtens Neck

The central unit is designed to provide comprehensive, effective TENS therapy.



Charger

With this fast and efficient charger, keep your Flowtens Neck powered and ready for your next recovery session.



Flowtens Neck: A Comprehensive Guide

Welcome to your Flowtens Neck, the innovative neck pain relief and relaxation solution. By combining advanced TENS and EMS technology with customizable heat therapy, this device is your daily companion for better recovery and wellness. Let's walk you through every detail to ensure you enjoy the full benefits of your Flowtens Neck.

Getting Started

Moistening Your Neck

Lightly dampen your neck with a cloth to ensure proper contact between the electrode pads and your skin. The device will beep if contact is insufficient.

Adjusting the Electrode Pads

Use the scroll wheel at the back to adjust the width of the two electrode pads before or during use. This ensures precise alignment for comfort and effectiveness.

Placing the Device

Position the device snugly around your neck, ensuring the pads touch your moistened skin.

Powering On

Hold the on/off button (left side) for 2 seconds to activate. A voice prompt confirms startup with default settings:

- Mode 1
- Intensity Level 1
- Low Heat
- 15-minute Timer

Customizing Your Treatment

The Flowtens Neck allows complete customization to suit your needs. Here's how to take control:

Switching Modes

- Use the M button (on the right side) to cycle through the five massage modes.
- Each mode simulates a specific massage technique, and a voice prompt will confirm your selection.

Adjusting Intensity

- Press the + button to increase intensity, one level at a time, up to Level 12.
- Press the - button to decrease intensity.
- Always start at a lower intensity and increase gradually to ensure comfort.

Controlling Heat Settings:

- Press the °C button (on the left side) to toggle between the following heat settings:
 - Heat Off
 - Low Heat (38–39°C)
 - Medium Heat (39–45°C)
 - High Heat (42–48°C)

Turning Voice Feedback On/Off:

- By default, the device provides voice prompts for every adjustment.
- Double-press the on/off button to mute voice feedback while the device is powered up.

Understanding the Five Modes

Each mode offers a unique massage technique designed to target specific needs:

Mode 1: Comprehensive Massage

Combines push-pull, kneading, and finger-pressure techniques for blood circulation and general tension relief.

Mode 2: Acupressure Mode

Focuses on pressure points with alternating high and low waves to relieve tension and activate muscles.

Mode 3: Rhythmic Tapping

Simulates tapping motions to ease soreness, stiffness, and tension while improving circulation.

Mode 4: Deep Kneading

Mimics kneading for deep muscle relaxation, making it perfect for stress relief.

Mode 5: Dynamic Mode

Offers balanced adjustments for mild to moderate discomfort blending techniques for overall relaxation.

Smart Features for Convenience

Automatic Skin Sensors

The device is equipped with sensors that detect whether the electrode pads are in contact with your skin.

- If contact is lost, the device will beep as a warning.
- If no adjustment is made, it will automatically power down after one minute to conserve battery.

Responsive Feedback

- The device confirms audio for every setting adjustment, ensuring you know the current mode, intensity, and heat level.
- Double-press the on/off button to disable audio feedback when powered up.

Auto Shut-Off Timer

- Each session is preset to last 15 minutes. Once the timer ends, the device will shut off automatically.
- You can manually restart the session by pressing the on/off button again.

Maintenance

To keep your Flowtens Neck in excellent condition, clean the electrode pads after each session with a soft, damp cloth. Avoid using harsh chemicals or submerging the device in water, which may damage the materials. Store the device in a cool, dry place, away from direct sunlight and moisture. Cover the electrode pads to prevent dust and dirt from accumulating.

Battery

A rechargeable battery for convenient and portable use powers Flowtens Neck. When the device is connected to the charger, a red light will appear near the charging port to indicate charging is in progress. Once fully charged, the light will turn white, signaling that the device is ready to use. A full charge takes approximately 2–3 hours and provides 1–2 hours of continuous use, depending on the intensity and heat settings used.

Tips for Best Results

- Always moisten your neck before each session to enhance conductivity and maximize effectiveness.
- Begin with lower intensity levels and gradually increase as your body adjusts to the therapy.
- Use Flowtens Neck 1-2 times daily, allowing one rest day per week.
- Track your progress and experiment with different modes to find what works best.





For Muscle Soreness

When muscle soreness strikes in the neck, Flowtens Neck by Flowlife offers a practical, non-invasive solution using advanced TENS and EMS technology. This guide will show you how to maximize your Flowtens Neck to alleviate discomfort and support your recovery journey.

Recommended Settings for Muscle Soreness

1. Start with a Gentle Approach

- **Mode:** Comprehensive Mode (Mode 1)
- **Intensity:** Low Intensity (Levels 1–4)
- **Duration:** 15 minutes

Purpose

Ideal for mild soreness, this mode combines gentle techniques like push-pull and kneading to relax muscles and stimulate blood flow. Low intensity is perfect for easing into TENS therapy, ensuring comfort while delivering effective results.

2. Address Moderate Muscle Tension

- **Mode:** Rhythmic Tapping (Mode 3)
- **Intensity:** Medium Intensity (Levels 5–8)
- **Duration:** 20–30 minutes

Purpose

For moderate tension or stiffness, rhythmic tapping provides deeper stimulation to relax tight muscles and improve circulation. Medium intensity offers a balance between comfort and effectiveness.

3. Tackle Severe Soreness

- **Mode:** Deep Kneading (Mode 4)
- **Intensity:** High Intensity (Levels 9–12)
- **Duration:** 15 minutes

Purpose

Deep kneading delivers an intensive massage experience for significant soreness or chronic tension. Its high intensity helps block severe pain signals and promotes the release of endorphins, offering immediate relief and long-lasting recovery.

Enhance Recovery with Heat Therapy

Incorporating heat therapy boosts the effectiveness of your session.

- Use Low Heat (38–39°C) for mild relaxation and circulation.
- Choose Medium Heat (39–45°C) for moderate tightness.
- Select High Heat (42–48°C) for severe muscle stiffness and more profound comfort.

The soothing warmth complements TENS and EMS effects, further reducing muscle tension and enhancing overall recovery.

Flowtens Neck offers a precision-tackled all-in-one solution for muscle soreness. By selecting the appropriate mode, intensity, and heat level, you can enjoy effective relief, maintain flexibility, and promote long-term neck health—all in just 15 minutes per session.





For General Recovery

Flowtens Neck by Flowlife is the ultimate tool for general recovery. It offers a targeted and customizable approach to easing tension, restoring comfort, and maintaining long-term neck health. Whether addressing daily strain, poor posture, or physical activity, Flowtens Neck combines advanced TENS, EMS, and heat therapy to provide a complete recovery experience.

Enhanced Circulation

Using advanced TENS and EMS technology, Flowtens Neck stimulates blood flow to the neck muscles. Improved circulation ensures oxygen and nutrients reach the muscles efficiently, aiding recovery and reducing stiffness. This circulation boost also helps flush out lactic acid and other toxins that accumulate after physical strain, promoting quicker and healthier recovery.

Muscle Relaxation

Targeted electrical impulses relax tight muscles and ease tension, making it especially effective for those experiencing soreness or discomfort from desk work, repetitive movements, or physical activity. This relaxation helps reduce stress in the neck and shoulders, preventing the build-up of chronic pain.

Flexibility Improvement

Regular use of Flowtens Neck improves flexibility by reducing stiffness and maintaining a healthy range of motion. Enhanced flexibility helps you adapt to daily demands and minimizes the risk of strain or injury, keeping your neck supple and resilient.

Recommended Modes and Intensity for General Recovery

Complete your Flowtens Neck experience with essential accessories designed for convenience and optimal performance.

1. Starting Low to Adjust Comfortably

- Mode: Comprehensive Mode (Mode 1)
- Intensity: Low Intensity (Levels 1–4)
- Heat: Low Heat (38–39°C)
- Duration: 15 minutes

Purpose

This mode provides a light massage combining push-pull and kneading techniques to stimulate circulation and gently activate muscles. Low heat enhances relaxation, creating a soothing recovery session for beginners or those with mild discomfort.

How It Should Feel

Expect gentle, rhythmic pulses with a mild warming sensation from the heat. The experience should feel calming and non-invasive, preparing your neck for deeper recovery.

2. Moving to Moderate Stimulation for Deeper Relaxation

- Mode: Rhythmic Tapping (Mode 3)
- Intensity: Medium Intensity (Levels 5–8)
- Heat: Medium Heat (39–45°C)
- Duration: 15 minutes

Purpose

This mode mimics rhythmic tapping motions for moderate stiffness or tension to release tightness and improve blood flow. Medium heat helps to soften muscles further, making this setting ideal for easing tension after a busy day or physical activity.

How It Should Feel

The tapping sensations will feel more noticeable but still comfortable. The medium heat adds warmth to penetrate deeper into muscle tissues, enhancing relaxation and circulation.

3. Deep Recovery for Significant Ten- sion

- Mode: Deep Kneading (Mode 4)
- Intensity: High Intensity (Levels 9–12)
- Heat: High Heat (42–48°C)
- Duration: 15 minutes

Purpose

For significant soreness or stubborn muscle tightness, Deep Kneading Mode delivers firm, targeted stimulation that mimics deep tissue massage. High heat provides intense warmth to loosen muscles and effectively relieve stiffness.

How It Should Feel

Expect strong, focused pulses and deep warmth. The sensations should feel like firm manual pressure, offering relief while avoiding discomfort. This combination is ideal for relieving heavy tension or chronic tightness.

Maximizing Heat Therapy

Heat settings play a vital role in enhancing recovery:

Low Heat (38–39°C)

Ideal for mild relaxation and light circulation enhancement.

Medium Heat (39–45°C)

Perfect for moderate tightness, helping to reduce tension.

High Heat (42–48°C)

Best for severe stiffness, delivering deep muscle relief and soothing warmth.

Adding heat therapy amplifies the effects of TENS and EMS, ensuring a well-rounded recovery session tailored to your needs.

Tips for Effective Use

Start Low

If you're new to TENS or feeling mild soreness, begin with lower intensity and heat settings. Gradually increase as your body adjusts.

Stay Consistent

Use Flowtens Neck for 15 minutes daily to maintain flexibility, reduce tension, and promote overall neck health.

Moisten Your Skin

Lightly dampen your neck before each session to enhance conductivity and ensure the electrode pads work effectively.



Before and After Workout

Flowtens Neck complements your fitness routine, enhancing preparation, performance, and recovery. Whether you're gearing up for an intense session or winding down afterward, this advanced device helps keep your neck muscles flexible, relaxed, and ready for action.

Before Your Workout

Warm-Up Enhancement

Prepare your neck and shoulders for activity using Flowtens Neck's heat and gentle stimulation. The soothing warmth boosts circulation, loosens tight muscles, and improves flexibility, reducing the risk of strain or stiffness during your workout.

How to Use

- Place the Flowtens Neck comfortably around your neck, ensuring complete contact with your skin for optimal effectiveness.
- Activate Low Heat (38–39°C) to warm the neck muscles gently.
- Select Comprehensive Mode (Mode 1) at a low intensity (Levels 1–4) to promote blood flow and activate muscles.

After Your Workout

Post-Workout Recovery

Recovery is essential to maintaining neck health and ensuring readiness for your next workout. Flowtens Neck eases post-workout tension, reduces soreness, and accelerates muscle recovery by improving circulation and releasing tightness.

How to Use

- Activate Medium Heat (39–45°C) or High Heat (42–48°C) to deliver deep warmth and relaxation.
- Select Deep Kneading Mode (Mode 4) at high intensity (Levels 9–12) to target post-workout stiffness and release tension.

Benefits

Flowtens Neck enhances circulation, delivering oxygen and nutrients to neck muscles while flushing out toxins.

It reduces post-workout muscle fatigue and discomfort, keeping you relaxed and prepared for your next activity. Regular use improves flexibility and helps prevent stiffness, ensuring your neck stays healthy and resilient.

By integrating Flowtens Neck into your fitness routine before, during, and after workouts, you'll experience improved performance, faster recovery, and long-term neck health, enabling you to take on every challenge easily.

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

FLOWLIFE

Active Lifestyle. Made Possible.