

What to Expect from a CirQlation™ Massage

During the first 30 to 60 days of use you may experience a tight, gripping massage from the powerful massage paddles. Over time, the intensity appears to lessen and you'll become more accustomed to the invigorating experience – leaving you with an effective massage experience that stimulates and refreshes the feet and calves.

TIPS TO RECEIVE THE BEST WELLNESS EXPERIENCE POSSIBLE

“It feels too tight.”

If you're wearing socks or have a pant leg in the machine, try bare legs and feet to lessen the massage intensity. If your legs or feet feel “tight” or “inflexible”, there may be some initial soreness as the muscles get used to being worked regularly.

“It pinches my toes.”

Adjust your feet in or out of the unit to find the position that fits and feels best for your feet.

“I'm not receiving a massage in the back of my calves.”

The machine is designed to improve circulation and massage the calves from the sides, but if you desire a back-of-calf massage, try placing your calves in the top of the unit and resting your feet over the front of the machine.

“I don't feel the massage in the front or on the top of my feet.”

Ensure that your feet are placed all the way forward in the machine.

“I wish the massage felt tighter.”

Try wearing a pair of athletic socks to increase the massage sensation.

“The unit seems to stop and hesitate during use.”

The “hold and release” movement is actually an effective massage technique in some of the automatic programs used to improve circulation and momentarily apply firm pressure to soothe tired muscles.

Congratulations on purchasing a product that delivers health, wellness and relaxing therapeutic benefits from calf to toe. To ensure you get maximum comfort and enjoyment from your CirQlation Foot-and-Calf Massager for years to come, please follow the instructions in the included Use & Care manual.

WE WANT TO HEAR FROM YOU

Contact us for other tips on how to get the most out of your CirQlation Foot-and-Calf Massager. Our Customer Experience Department can be reached Monday through Friday, 6:00 a.m. to 5:00 p.m. PST at **800-355-2762** or via e-mail 24/7 at **cs@humantouch.com**.