



Flowpillow Pro

FLOWLIFE

Brochure

Flowpillow Pro



Premium Massage Pillow

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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 Flowpillow Pro?

Experience ultimate relaxation with Flowpillow Pro. This massage pillow offers adjustable power thumbs, customizable speeds, and soothing infrared warmth in a sleek, rechargeable design. Ideal for full-body treatment, it provides targeted relief and enhanced comfort with a larger size and extended battery life. Elevate your wellness with Flowpillow Pro.

- **Ergonomic Power Thumbs** - Flowpillow Pro features adjustable ergonomic power thumbs controlled through the instrument panel, allowing for customized, targeted relief and a personalized massage experience.
- **Rechargeable Design** - Flowpillow Pro's rechargeable design offers limitless use, providing flexibility and convenience wherever needed.
- **Full-Body Treatment** - The Flowpillow Pro is tailored to address the unique needs of your entire body. Its innovative massage technology provides comprehensive relief and relaxation across various muscle groups.
- **Customizable Speeds** - Flowpillow Pro offers dual-speed functionality with two adjustable levels. Easily switch between gentle and intense massage using the on/off button to suit your needs.
- **Soothing Warmth** - Flowpillow Pro features two heating levels:
Level 1: Reaches 33°C in 5 minutes and 34°C in 10 minutes.
Level 2: Reaches 37°C in 5 minutes and 42°C in 10 minutes.

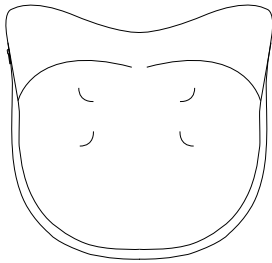
These levels are measured while the room temperature is 29°C, enhancing blood circulation and providing additional relief and comfort.

- **Enhanced Battery Life** - The Flowpillow Pro has a larger battery capacity, ensuring longer usage times. This makes it reliable for extended massage sessions without frequent recharging.

Discover quick, effective recovery with Flowpillow Pro — because your best performance is Made Possible by Flowlife.

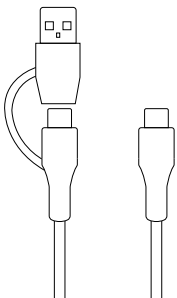
Accessories

Enhance your Flowpillow Pro experience with thoughtfully designed accessories that boost functionality and convenience.



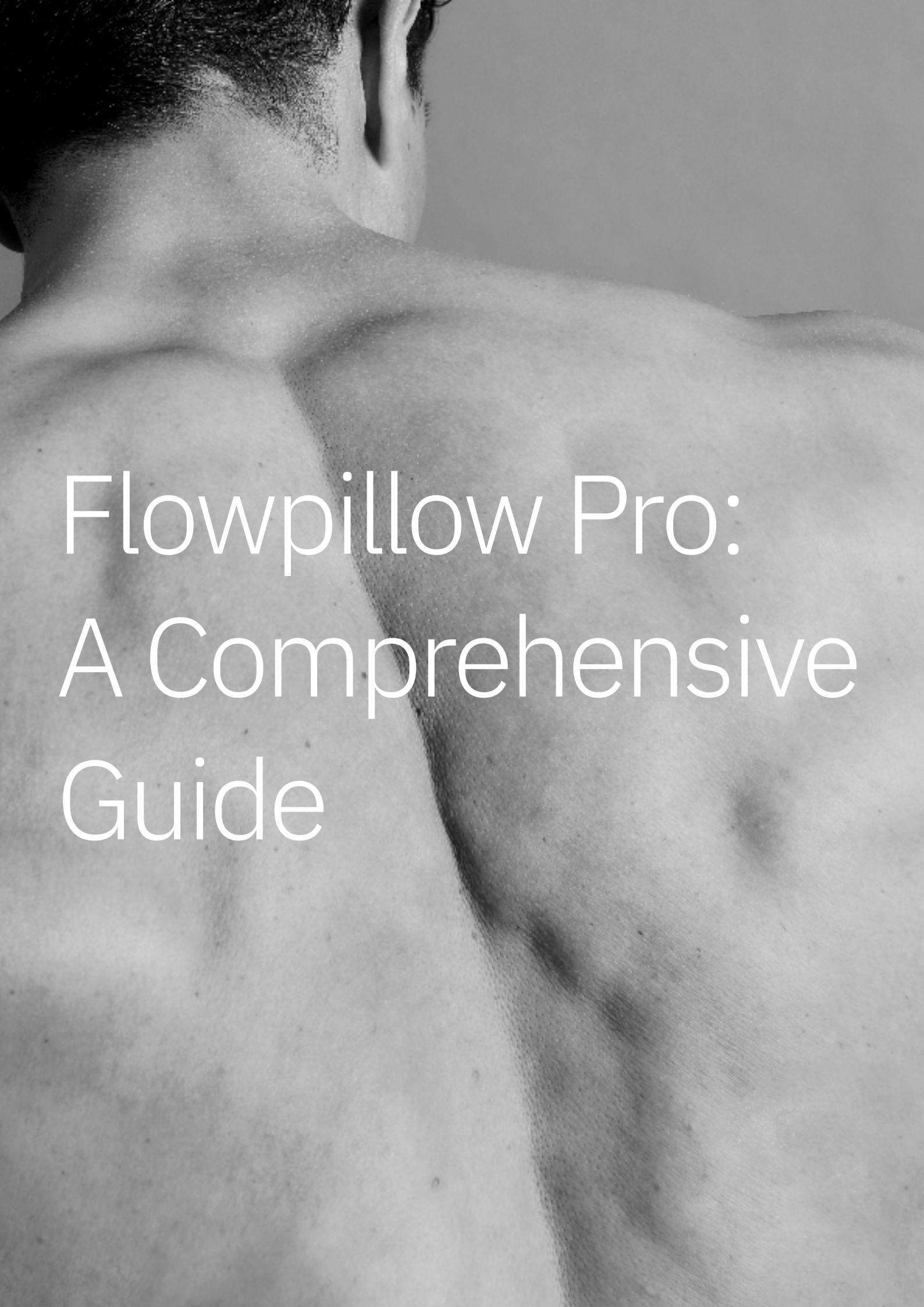
Flowpillow Pro

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



Type-C USB Charger

Keeps your device charged and ready for action, ensuring your Flowpillow Pro is always prepared for your next relaxation session.



Flowpillow Pro: A Comprehensive Guide

Maximize the wellness benefits and performance of your Flowpillow Pro with this detailed guide, designed to ensure you get the most out of its innovative features and ergonomic design. This guide will cover everything from preparation and usage to advanced features and maintenance tips.

Prepare Yourself

To fully benefit from the Flowpillow Pro, prepare yourself and your environment. Ensure your body is relaxed and ready for a massage. Find a comfortable position, such as sitting or lying down, to place the pillow in the desired area for a practical massage experience.

1. Choose the Right Environment

Select a quiet, comfortable space where you won't be disturbed. This will help create a relaxing atmosphere conducive to an effective massage.

2. Adjust Lighting and Temperature

Dim the lights and ensure the room temperature is comfortable. This helps in creating a soothing environment that enhances the overall massage experience.

3. Hydrate

Drink a glass of water before starting your session. Hydration helps improve circulation

Starting Your Session

Power On

Press and hold the power button for two seconds to activate the Flowpillow Pro. The device will start on the default low-speed setting.

Adjust Speed

Change the speed by pressing the on/off button. Two different speed levels are available:

Low Speed

Provides a gentle, relaxing massage suitable for sensitive areas or general relaxation.

High Speed

Delivers a more intense massage that is ideal for deeper muscle penetration and relief from tension.

Heat Settings

Turn the infrared heat on or off by pressing the heat button. There are two heat levels to choose from:

Level 1

Reaches 33°C in 5 minutes and 34°C in 10 minutes, providing gentle warmth for relaxation.

Level 2

Reaches 37°C in 5 minutes and 42°C in 10 minutes, offering deeper heat penetration for enhanced blood circulation and muscle relaxation.

Using the Adjustable Ergonomic Power Thumbs

One of the Flowpillow Pro's standout features is its adjustable ergonomic power thumbs. These thumbs can be customized to target different areas of the body effectively.

Adjusting the Thumbs

Use the instrument panel to control the position and movement of the ergonomic power thumbs. This allows you to tailor the massage to specific areas that need more attention.

Benefits

Adjusting the thumbs can help in:

- **Targeting Specific Muscles** - Focus on areas with more tension or soreness.
- **Customizing Pressure** - Increase or decrease the pressure applied based on your comfort level.
- **Enhancing Effectiveness** - Provide a more precise and effective massage, especially for hard-to-reach muscle groups.

When to Use

Before a Workout

Prepare specific muscles by adjusting the thumbs to provide a therapeutic massage treatment.

After a Workout

Focus on sore or tense areas to enhance recovery.

Daily Use

Customize the massage based on daily needs and areas of discomfort.

Foam Technology

Flowpillow Pro's compact foam design ensures a comfortable fit.

Comfortable Fit

The adjusted foam size provides better support and comfort during massages.

Enhanced Support

The foam adapts to your body contours, providing consistent support and enhancing the overall massage experience.

Charging Your Flowpillow Pro

Keep your Flowpillow Pro ready for use with these charging guidelines.

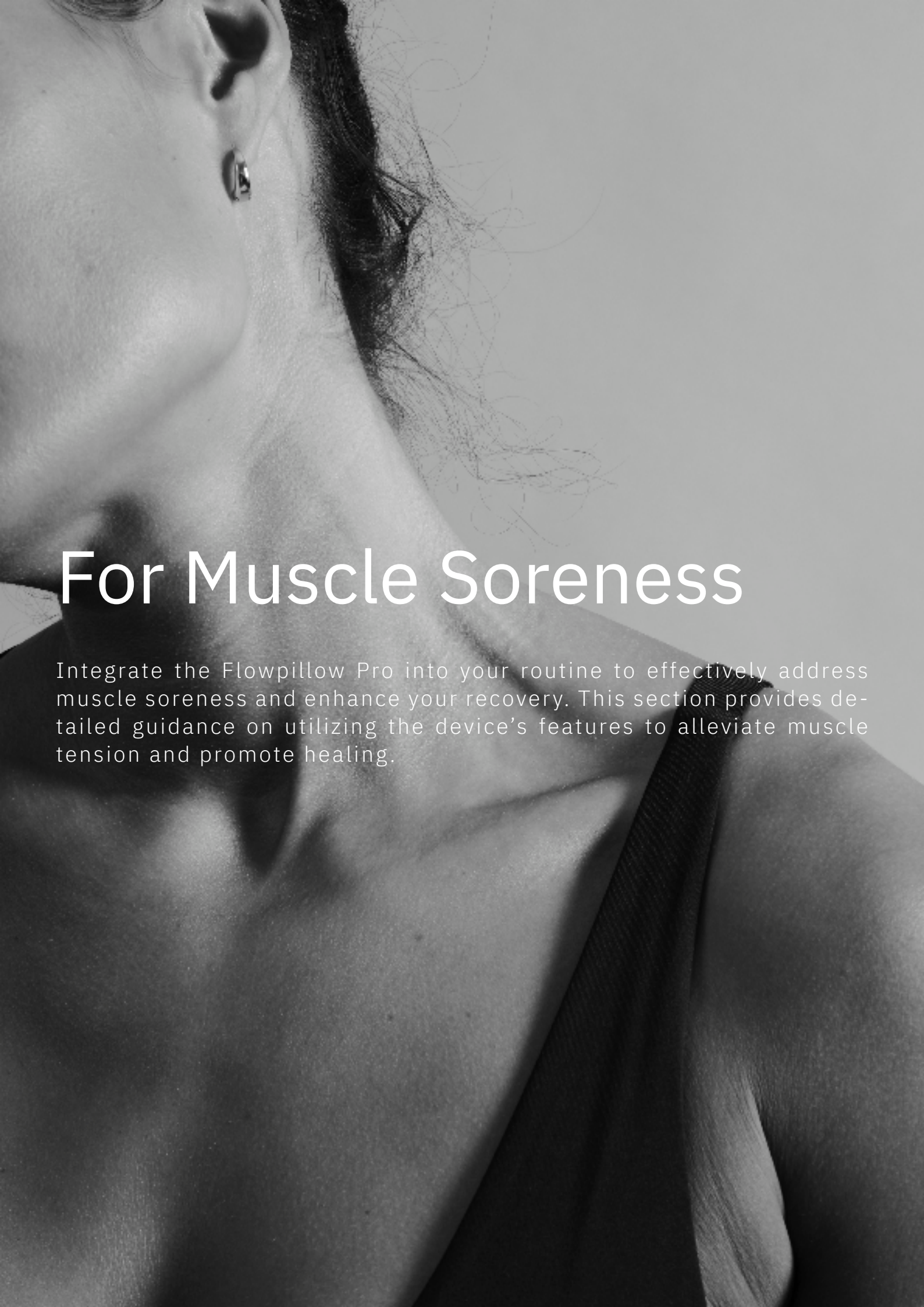
Charging Time

The included Type-C USB charger charges the device in approximately 3.5 hours. For optimal performance, ensure the device is fully charged before use.

Indicator Lights

The Flowpillow Pro features indicator lights to show the charging status:

- **Red Light:** Indicates the device is charging.
- **Green Light:** Indicates the device is fully charged and ready for use.



For Muscle Soreness

Integrate the Flowpillow Pro into your routine to effectively address muscle soreness and enhance your recovery. This section provides detailed guidance on utilizing the device's features to alleviate muscle tension and promote healing.

Utilizing Heat

The Flowpillow Pro's heat function is crucial for loosening stiff muscles and increasing blood circulation, which aids in relieving soreness. Follow these steps for optimal results:

Activate Heat

Press the heat button to turn on the heat.

Select Heat Level

Level 1

Reaches 33°C in 5 minutes and 34°C in 10 minutes. Ideal for gentle warming and relaxation.

Level 2

Reaches 37°C in 5 minutes and 42°C in 10 minutes. Best for deep muscle penetration and increased circulation.

Application

Place the Flowpillow Pro on the sore area and allow the heat to penetrate the muscles for at least 10-15 minutes. This prepares the muscles for a deeper massage.

Adjusting Speed for Deeper Relief

Using the appropriate speed setting on your Flowpillow Pro can significantly enhance muscle recovery.

Low Speed

Provides a gentle massage that is perfect for initial relief and relaxation of sore muscles.

High Speed

Offers a more intense massage, ideal for breaking down muscle knots and alleviating deeper tension. Press the on/off button to switch between speeds based on your comfort level.

Ergonomic Power Thumbs

Adjusting the Thumbs

Use the instrument panel to control the movement and position of the power thumbs. This allows you to tailor the massage to specific areas that need more attention.

Benefits

- **Target Specific Areas** - Direct the thumbs to sore spots for precise relief.
- **Customize Pressure** - Adjust the pressure to suit your comfort level, ensuring an effective massage without discomfort.

When to Use

Use before and after workouts or during daily use to maintain muscle health and flexibility.

Technique for Effective Massage

For optimal relief from muscle soreness, follow these techniques.

1. Positioning

Place the Flowpillow Pro directly on the sore muscle group. Ensure it is positioned to cover the entire area needing treatment.

2. Movement

Slowly move the pillow over the muscle, allowing the ergonomic power thumbs to work on breaking down knots and tension.

3. Duration

Spend at least 10-15 minutes on each sore area, adjusting the heat and speed settings as needed for maximum benefit.





For General Recovery

The Flowpillow Pro is ideal for general recovery, providing comprehensive support for muscles that have undergone daily stress or strenuous activities. Follow these detailed steps to maximize your recovery routine.

Enhanced Circulation

Using the Flowpillow Pro can significantly improve blood flow, which is essential for muscle recovery.

Activate Heat

Press the heat button to turn on the heat.

Application

Place the Flowpillow Pro on the targeted area to allow the heat to enhance blood circulation, which helps in delivering oxygen and nutrients necessary for muscle repair.

Muscle Relaxation

The Flowpillow Pro effectively eases muscle tension, promoting relaxation and reducing the risk of overuse injuries.

Adjust Speed - Use the low-speed setting for a gentle massage or the high-speed setting for a more intense massage. Adjust the speed by pressing the on/off button.

Targeted Massage - Focus on specific muscle groups by positioning the pillow where you feel the most tension. Allow the ergonomic power thumbs to work on these areas to alleviate discomfort.

Daily Use for Recovery

Incorporate the Flowpillow Pro into your daily routine to maintain muscle health and prevent stiffness.

Full-Body Coverage

Apply the Flowpillow Pro to different muscle groups each day, such as the neck, shoulders, back, and legs, to ensure comprehensive recovery.

Technique for Effective Recovery

Follow these techniques to maximize the effectiveness of your Flowpillow Pro sessions.

Positioning

Place the Flowpillow Pro directly on the muscle group you want to target. Ensure it covers the entire area needing treatment.

Movement

Slowly move the pillow over the muscle, allowing the ergonomic power thumbs to work on breaking down knots and tension.

Consistency

Regular and consistent use is key to maintaining muscle health and achieving long-term recovery benefits.





Before and After Workout

The Flowpillow Pro is designed to support your fitness routine, providing crucial benefits before and after your workouts. Here's how to incorporate it into your regimen for optimal performance and recovery.

Before Your Workout

Using the Flowpillow Pro before your workout helps prepare your muscles for physical activity.

1. **Activate heat**

Turn on the heat to Level 1 or Level 2, depending on your preference. The heat increases blood flow and muscle flexibility.

2. **Use Low Speed**

Start with the low-speed setting to gently warm up the muscles.

3. **Target Major Muscle groups**

Focus on the muscles you'll be using in your workout, such as the legs, back, and shoulders. Spend about 5-10 minutes on each area.

After your Workout

Post-workout recovery is essential for muscle health and performance.

1. **Activate heat**

Use the heat to Level 2 to enhance blood flow and speed up recovery.

2. **Use High Speed**

Switch to the high-speed setting for deeper muscle penetration and relief.

3. **Target Sore Areas**

Apply the Flowpillow Pro to the areas most affected by your workout, such as the thighs, calves, and lower back. Spend 10-15 minutes on each sore area.

4. **Utiliz Ergonomic Power Thumbs**

Adjust the thumbs to target specific muscle groups and knots for precise relief.

Technique for Effective Use

1. Positioning

Place the Flowpillow Pro directly on the muscle group. Ensure it covers the entire area needing treatment.

2. Movement

Slowly move the pillow over the muscle, allowing the ergonomic power thumbs to work on breaking down knots and tension.

3. Consistency

Regular use is key to maintaining muscle health and achieving long-term recovery benefits.

Benefits

1. Enhanced Circulation

Heat and massage improve blood flow, delivering oxygen and nutrients to muscles.

2. Muscle Relaxation

Helps in reducing muscle tension and soreness.

3. Flexibility Support

Regular use enhances muscle flexibility, reducing the risk of injuries.

By incorporating these practices into your pre-and post-workout routines, you can ensure your muscles are properly prepared and recovered, enhancing overall performance and reducing the risk of injury. Regular use of the Flowpillow Pro will help you maintain flexibility and muscle health, keeping you ready for your next workout.





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A black and white photograph of a person's back and shoulder. A black strap, possibly from a bag or a piece of clothing, is visible across the shoulder. The lighting creates soft shadows and highlights the texture of the skin.

FLOWLIFE

Active Lifestyle. Made Possible.