



Foot Massager

FLOWLIFE

Flowfeet Heat Brochure

FLOWLIFE

Active lifestyle. Made possible.

Flowfeet Heat



Innovative foot massager by Flowlife

Table of content

Table of Content

6 —	Manifest
8 —	Why Flowfeet Heat
9 —	An Introduction
10 —	Flowfeet Heat - A Comprehensive Guide
12 —	Starting Your Journey
16 —	For Muscle Sorness
18 —	For General Recovery
22 —	After Your Workout
25 —	Contact Information

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 Flowfeet Heat?

Revolutionize foot wellness with a device that massages and warms your feet perfectly.

- **Therapeutic Heat Technology** - It delivers deep, concentrated heat to relieve tension and stiffness.
- **Innovative Trigger Point Massage** - It targets critical areas on the foot to provide instant fatigue relief.
- **Customizable Compression Levels** - It offers tailored compression to ensure comprehensive foot care.
- **Ergonomic and User-Friendly Design** - Fits foot sizes up to 47 EU, is easy to use, and is luxuriously designed.

An introduction

Effective and revitalizing. Flowfeet Heat's programs enhance blood circulation and relieve foot tension with three heat, speed and intensity-levels.

Heat

Three heat-levels with combined heat pads.



Speed

Three speed that suits every need.



Intensity

From a soft relaxing massage to a powerful recovery session.



Power On/Off

Pre installed program that last 15 minutes.





Flowfeet Heat: A Comprehensive Guide

This essential guide, designed to maintain foot health and enhance device functionality, will help you maximize the wellness benefits and performance of your Flowfeet Heat.

Prepare Yourself

Ensure your feet are dry before starting a session with Flowfeet Heat. You can use the device with or without socks for convenience and hygiene. The included removable liners are washable, ensuring a clean and comfortable massage experience every time.

Starting Your Session

Power On: Activate the device by pressing the power button. This will initiate a soothing and therapeutic foot massage.

Selecting Your Treatment Mode

Explore between the settings to find your favourite set up.

Heat Settings

Control the speed of the trigger point massage to target and relieve specific areas of your feet.

- 
- Level 0
 - Level 1
 - Level 2
 - Level 3

Heat off.

Gentle heat for mild relaxation.

Moderate heat for more profound relaxation.

Maximum heat (up to 50°C) for intense muscle relaxation.

Speed Settings

Control the speed of the trigger point massage to target and relieve specific areas of your feet.

Level 0

Trigger point treatment off.

Level 1

Gentle trigger point treatment for a light massage.

Level 2

Medium trigger point treatment speed for balanced massage intensity.



Level 3

High-speed trigger point treatment for vigorous massage targeting deep tissue.

Intensity Setting

Customize the intensity of the air compression to ensure a comprehensive massage.

Level 0

Compression off.

Level 1

Gentle compression for a light massage.

Level 2

Moderate compression for medium-intensity massage.



Level 3

Intense compression for a firm, deep massage.

Maximizing Benefits with Targeted Heat

Engage the heating function to add a layer of therapeutic warmth, which 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 2 seconds, ending your session with your feet feeling revitalized and cared for.

Maintaining Power

Flowfeet Heat requires connection to a wall outlet for operation. Plug the device into the wall outlet and switch it on. The device will light up to indicate it is powered and operational.

Note: Flowfeet Heat will not operate without being connected to a wall outlet, ensuring consistent power supply and performance.

Effortless Shutdown

After a fulfilling 15-minute massage program, Flowfeet Heat will automatically power down. If you wish to end the session earlier, press the power button for an immediate shutdown.

Care and Maintenance

The removable liners are washable. To clean, remove the liners from the device and hand wash them with mild detergent. Allow them to air dry completely before reattaching them to the device.

By following this guide, you'll enjoy the full spectrum of benefits that Flowfeet Heat offers, from therapeutic relief to enhanced foot health, while maintaining the device for long-term use.



For Muscle Soreness

For addressing muscle soreness with Flowfeet Heat, integrating Heat and utilizing specific modes can significantly enhance the effectiveness of the treatment. Here's how to optimize these features.

Utilize Warmth

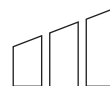
Activate the Heat setting to help loosen stiff muscles and increase blood circulation. The soothing heat prepares the muscles for a deeper massage, enhancing relief.

Select the Appropriate Settings

Heat: Use higher heat settings to relax muscles deeply.

Speed: Adjust to higher speeds for more vigorous trigger point treatment.

Intensity: Set to higher intensities for firm compression that relieves tension.





For General Recovery

Flowfeet Heat is great for general recovery, offering a sanctuary for feet that have undergone daily stress or strenuous activities. Here's why it's essential for maintaining foot wellness.

Enhanced Circulation

Combining gentle heat with massage action boosts blood flow, facilitating oxygen and nutrient delivery essential for muscle repair and health.

Muscle Relaxation

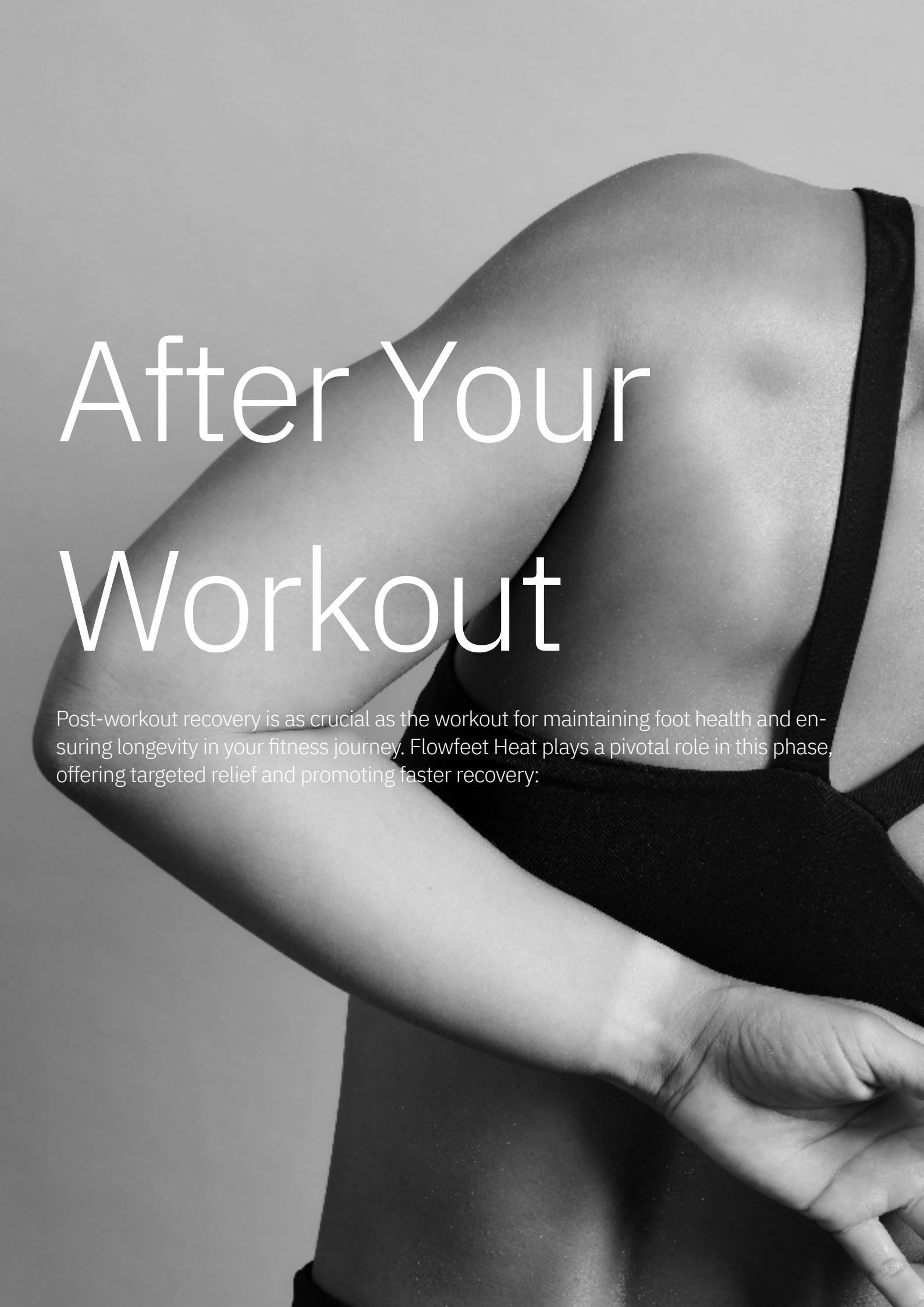
Targeted massage programs ease muscle tension across the foot, from toes to heels, promoting relaxation and reducing overuse injuries.

Flexibility Improvement

Regular use helps maintain and improve foot flexibility, ensuring agility and reducing stiffness from repetitive motions or inactivity.







After Your Workout

Post-workout recovery is as crucial as the workout for maintaining foot health and ensuring longevity in your fitness journey. Flowfeet Heat plays a pivotal role in this phase, offering targeted relief and promoting faster recovery:

Alleviates Muscle Fatigue

Targeted massage programs ease muscle tension across the foot, from toes to heels, promoting relaxation and reducing overuse injuries.

Promotes Circulation

The heat and massage action enhance blood flow to the feet, speeding up recovery by flushing out toxins and bringing nutrients to the muscles.

Supports Flexibility

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



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A black and white photograph showing the back and shoulder of a person. A dark strap, possibly from a bag or clothing, is visible across the shoulder. The lighting creates soft shadows and highlights the contours of the body.

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