

WAHL COMPLETE GUIDE TO GIVING A MASSAGE

The first step to total stress relief...and better health.

**Congratulations on choosing a Wahl Massager.
We know you'll be happy with your purchase.**

At Wahl, convenient home healthcare has been our mission since 1919. Over the years, we've introduced many innovative products that have helped people all over the world feel better and live healthier, more productive lives.

SOME IMPORTANT PRECAUTIONS

Please observe the following safety precautions before starting your massage:

Unit does not operate while in charging mode. Do not use on areas of sensitive skin, in the presence of poor circulation, on swollen or inflamed areas, when skin eruptions are present or when there is undiagnosed calf or abdominal pain.

Do not permit children or physically or mentally impaired persons to operate this unit without instruction and supervision.

This unit is not for use with infants, invalids, on legs of persons with past phlebitis or varicose veins or on a sleeping or unconscious person.

Inspect the intended skin contact areas for any signs of inflammation or other unusual characteristics.

CREATING AN ENVIRONMENT FOR MASSAGE, COMFORT IS THE KEY

Before you start your massage, it's important to find an environment that provides a relaxed, comfortable atmosphere. Being as completely relaxed as possible makes the body more receptive to massage, thus increasing the benefit you'll get.

- Make sure the room is sufficiently warm. Cool air causes the muscles to tighten and blood vessels to constrict, reducing the benefit that massage provides.
- Choose a time for your massage when your environment is quiet and undisturbed. Sudden distractions and interruptions increase tension.
- Some find that quiet, relaxing music or soft, subdued lighting creates an environment conducive to massage.
- The massage surface should be comfortable and well-padded, whether it's a table, a bed or the floor. Be sure to have enough room to stretch all the way out. For a self-massage, make sure the surface is well-padded, but firm enough to provide support.

When you are giving a massage to someone else, it's important to remember that massage is a partnership between the giver and the receiver. Both should be as comfortable as possible.

- Some tips for giving a comfortable massage: Make sure the massager surface is clean. If not, wipe the surface using a damp cloth.
- Wash your hands. Remove any jewelry that could be obstructive.
- Make sure your clothes do not restrict your movement or range of motion.

WHEN RECEIVING A MASSAGE FROM SOMEONE ELSE

When receiving a massage, it's important to be able to trust the person that's giving the massage, so that you can achieve total relaxation. Before beginning, make sure to tell the person giving the massage which areas of the body on which to concentrate.

Some other tips:

- As soon as you sit or lie down, calm yourself and try to be as relaxed as possible. Close your eyes and become aware of your breathing and how your body moves when you inhale or exhale.
- Try to forget about any worries or problems that are on your mind.
- Let the person giving the massage work with your body. It's better to stay limp than trying to help.
- Let the giver know when the massage is particularly effective or uncomfortable. Otherwise, try to refrain from conversation as much as possible.

5-MINUTE MESSAGE: HEAD, NECK AND SHOULDERS

HEAD

Starting at the top of the scalp and using circular strokes, work it down over the scalp, across the temples, and the back of the head.

If a facial massage is desired, use the fingertips to start at the bridge of the nose and, using circular motions, work your way outward toward the side of the head. Be careful to stay away from the eyes. To treat the forehead, start near the bridge of the nose and work your way outward over the eyebrows. Then move the fingers from the outer corner of the eye, working in an up and down motion toward the middle of the forehead. Repeat this process from the opposite side.

NECK AND SHOULDERS

Starting on one side, use a circular motion to move down the side/back of neck from the base of the skull to the edge of the shoulder. Go towards the spine and back up the neck to the base of the skull. Repeat on opposite side.

DO NOT massage the side of the neck any further forward than parallel with the ear. Be sure to avoid the spine.

5-MINUTE MESSAGE: ARMS, BACK AND TORSO

ARMS

When massaging the arms, start at the end of the shoulder blade and work your way down to the fingertips. There are two methods of massaging the arms: using short strokes to work down to from the shoulder to the elbow and then the elbow to

the wrist; or using long strokes to massage from the shoulder to the wrist continuously. Take time over a few massages to find out which method works best for you. Massaging the back of the hand is not recommended. However, massaging the fingers toward the tips is allowable.

BACK AND TORSO

Start with a circular motion on the lower back, being careful to avoid the spine. Using long strokes, work your way up the back towards the heart. When massaging the upper back, start from the spine and using short strokes to work your way outward towards the underarm. Again, be careful not to come in contact with the spinal area. The same procedure is used to massage the chest. Start from the sternum and use short strokes to work your way outward toward the underarm. DO NOT use the Massager over the abdomen or below the rib cage.

5-MINUTE MESSAGE: LEGS AND FEET

Begin at the area below the waist in back, just under the tailbone. Move outward from the hips, going from center to side in an across and down motion. Use a circular motion over the hip joints.

Stroke the thighs up from the knees to the buttocks. Then stroke the calves up from the ankles to the knees. When massaging the feet, massage only the arches and the bottoms of the feet.

THE TWENTY-MINUTE FULL-BODY MESSAGE

When receiving the twenty-minute full-body massage, it's important to remember that the operator's comfort is just as important as the comfort of the recipient. Because of the action of the massager, the operator should break for short intervals or change hands after every five minutes to avoid numbness in the hands. Unlike individual body parts, the full body massage should be performed using strokes towards the heart. Your massage should be performed in the following order:

1. HEAD
2. NECK/SHOULDERS
3. ARMS (Start from hands and work toward shoulders.)
4. BACK/TORSO (Start from shoulders and work down to mid-back, then from waist and work up. Then massage chest.)
5. LEGS/FEET (Start from legs and work up to waist.)

As with individual body parts, take time over a few massages to find which technique (short or long strokes, massager action, etc.) offer you the most benefit.

GIVING YOURSELF A MASSAGE

While it's recommended that the massager be used in tandem, it can be used individually, as well. When giving yourself a massage, follow these guidelines: Use the techniques for each body part described in this book. If you cannot reach certain body parts or find yourself moving out of your normal range of motion, do not continue, as injury could occur.

When using the massager continuously for more than five minutes, be sure you are switching hands or taking short breaks at regular, frequent intervals.

If you experience pain or numbness, discontinue use and seek the help of a healthcare professional.

WHEN YOUR MESSAGE IS DONE

After your massage is finished, you should feel a state of high relaxation. Take some time to recover from your massage. Move and breathe slowly.

When you stand, the areas of the body that received the massage should feel "lighter". Continue to move slowly and allow the massage to take its full effect.

One of the benefits of massage is the mobilization of waste product trapped in the muscles. Drink several glasses of water to "wash out" this waste from the system. Continue to relax.

SERVICE AND REPAIR

If you have problems with your WAHL product, send it prepaid with a note explaining the problem to:

Wahl Clipper Corporation
Attn: Repair Department
3001 Locust Street
Sterling, IL 61081

Telephone (815) 625-6525

For products purchased outside the United States, contact your distributor.