



Massage-Nex Usage and Care Instructions

Congratulations on your purchase of the Massage-Nex.

Having purchased the Massage-Nex you have chosen a TOGU® branded product which is “Made in Germany”!

It is made in conformity with the applicable EU regulations for sports equipment and is free of banned phthalates and heavy metals.

!Important!:

If you are experiencing problems in the cervical spine area, please consult your physician or therapist before use. The Massage-Nex is no substitute for therapy.

Application:

Lie down with your head on the Massage-Nex so that the lower bones of the skull are comfortably supported. You will feel how your neck musculature relaxes. Remember, the head must be moved during use.

Duration of application:

Up to about 10 minutes, maximum duration as long as you feel comfortable.
Once or twice a day.

Equipment details:

The Massage-Nex is made of high-quality Rulon and is fitted with an inflation valve.

Measure: 20 x 10,5 cm

Load capacity: approx. 150 kg

Thermal stability:

The Massage-Nex is UV-resistant and also heat-resistant to a limited degree. The can easily withstand temperatures of up to 45°C. However, the Massage-Nex should be kept out of direct sunlight (e.g. do not store in the window). The material softens as it gets warmer.

The Massage-Nex is also resistant to cold, but should nevertheless not be stored at temperatures below -10°C. The material hardens as it gets colder.

Care:

Any mild standard cleaning agents and disinfectants can be used to clean the Massage-Nex.

Solvent-based, acidic or caustic cleaners will damage the material.

The Massage-Nex is waterproof.

