

## **Medisana feet and back massager**

Our feet, neck and back are under great strain each and every day, making them especially vulnerable to tenseness, muscle pains and hardened muscles. The Medisana massager lets you give your back & feet a treat, helping them to relax after a long day.

The Medisana massager offers you a range of options for achieving this:

- **Upper and lower back massage**
- **Foot massage**
- **Reflex zone massage of the feet**
- **Temperature cycle hot/cold treatment**

The Medisana massager is also equipped with acupressure massage nodes for a soothing reflex zone massage. When these zones on the soles of the feet are stimulated, nerve impulses are transmitted to the brain and relayed from there to the organs or other parts of the body.

The reflex zones can be used to stimulate or soothe individual organs, stimulate the circulation and relieve pains.

As well as massage, the Medisana feet and back massager is also suitable for heat treatment, during which hot and cold stimuli transmitted through the skin. This stimulates the tissue beneath the skin, aiding the body's own regenerative capabilities.

### **Upper & lower back massage**

You can hang the unit over the back of a chair. You can use this method primarily for treating stiff muscles and soothing tenseness in the neck and upper back region.