

# HALO



## HALO Spine Stretcher

### Elevate Your Stretch, Enhance Your Journey

Welcome to the HALO family! Our HALO Spine Stretcher is designed to help rejuvenate your back and improve flexibility. This essential tool is your ally toward achieving a healthier back and a more vibrant lifestyle.

### Safety First, Wellness Always

Prioritize your safety by reading all instructions carefully before use. Inspect the stretcher for any signs of wear or damage before each session and consult healthcare professionals if you have pre-existing conditions. Designed for adult use only.

- Stop use immediately if you experience any discomfort.
- For the elderly, disabled, and children, please consult medical professionals before use.
- Wet and slippery conditions may cause the product to slide.
- Light-colored clothes may be stained. Please check before use.
- Slowly increase the use time according to your physical strength.

### Caring for Your HALO

After your wellness session, simply wipe the stretcher with a dry cloth. Store in a cool, dry place, away from direct sunlight, to preserve its quality.

- Do not wash or soak the product.
- Do not place heavy objects on the unit.

### Specifications for the Curious

- SKU/Model #: 239806
- Dimensions & Weight: 42.13 x 9.05 x 2.60 inches (L x W x H) and 1.15lbs.
- Materials: 24 Firm EVA Foam Balls, encased in a durable polyester cover.

### Embrace Your Journey: How to Use Your HALO Spine Stretcher

#### Getting Started

1. Position the Stretcher: Flat on a non-slip surface, ensuring it aligns with your spine for even support.
2. Sit on the lower end of the Stretcher and gently lie down, using your hands for support.
3. Adjust and align from your neck to your hips on the Stretcher to ensure the massage balls are positioned evenly on both sides of your spine.

#### Stretching Exercises:

##### Full-Body Extension Stretch

1. Lie down face-up and extend your arms slowly above your head, allowing the Stretcher to support a full-length stretch of your back.
2. Bend your knees and raise your arms slowly.



3. Spread your arms outward, adjusting their positions to deepen the stretch as needed.

### **Knee-to-Chest Stretch**

1. Starting Position: Lie on your back with knees bent, feet flat on the floor.



2. Single Leg Stretch: Use both hands to pull one knee toward your chest. Tighten your stomach muscles and press your spine to the stretcher. Hold for five seconds, then return to the start. Repeat with the other leg.



3. Double Leg Stretch: After single leg stretches, repeat with both legs simultaneously.



Repeat each stretch 2-3 times. Do the routine once in the morning and once in the evening if possible.

### **Lower Back Rotational Stretch:**

1. Starting Position: Lie on your back with knees bent, feet flat on the floor.
2. Knee Roll: Keep shoulders on the Stretcher and slowly roll bent knees to one side. Hold for 5-10 seconds, then return to start.



3. Repeat on the other side.



Repeat each stretch 2-3 times. Do the routine once in the morning and once in the evening if possible.

### **Bridge Exercise:**

1. Starting Position: Lie on your back with knees bent, feet flat on the floor.



2. Lift Hips: Tighten belly and buttock muscles, then raise hips to form a straight line from knees to shoulders. Hold for three deep breaths, then return to start.



Begin with five repetitions a day and gradually increase to 30.

### **Bicycle Crunch Exercise:**

Lie on your back with hands supporting your head, alternate bending knees as if pedaling a bike, and twist to touch the opposite elbow to each knee.

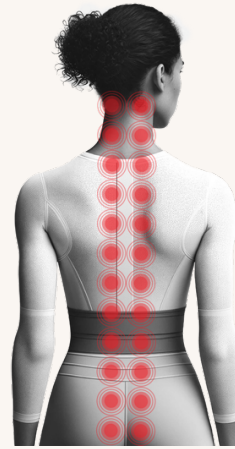


### **Enhance Your Exercise Routine:**

Incorporate the Spine Stretcher into various back stretching and exercise routines to enhance the benefits of deep tissue massage and aid in accelerating recovery.

### **Safety and Comfort Tips**

1. Listen to your body and adjust the intensity of your stretches accordingly. Begin with shorter sessions and gradually increase the duration as your comfort with the stretcher grows.
2. Aim for a daily practice of around 5 minutes to integrate into your routine.



### **Acupressure Massage Nodes**

Crafted with 24 integrated massage balls, the HALO Spine Stretcher is designed to perfectly align with your spine, offering tailored support that helps ease tension and boosts circulation.

### **Warranty Coverage**

The Spine Stretcher comes with a one-year limited warranty covering manufacturing defects. This warranty does not cover damage caused by misuse, accidents, or unauthorized modifications.

### **Claiming Warranty**

To claim warranty service, please contact our customer care team at [customercare@halomassagers.com](mailto:customercare@halomassagers.com) with your proof of purchase and details of the issue.

### **Customer Care**

If you love your HALO Spine Stretcher, we would appreciate a positive review. For additional support or if you have any questions or concerns, don't hesitate to contact Customer Care at: [customercare@halomassagers.com](mailto:customercare@halomassagers.com)