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› [BestMassage](#) /

› BestMassage Portable Massage Table - 24 Inch Wide, Height Adjustable

BestMassage 24 inch Wide

BestMassage Portable Massage Table - 24 Inch Wide, Height Adjustable

Model: 24 inch Wide

INTRODUCTION

This manual provides comprehensive instructions for the assembly, operation, and maintenance of your BestMassage Portable Massage Table. Please read this manual thoroughly before initial use to ensure safe and efficient operation. This 24-inch wide, height-adjustable massage table is designed for portability and comfort, featuring a durable construction and various accessories.

SAFETY INFORMATION

WARNING:

- Do not exceed the maximum weight limit of 450 lbs (204 kg).
- Be cautious of sharp edges and small parts during assembly and use.
- Always follow the assembly instructions carefully to avoid injury.
- Ensure all locking mechanisms are securely fastened before use.
- Keep children and pets away from the table during setup and adjustment.

PACKAGE CONTENTS

Verify that all components are present before beginning assembly:

- Portable Massage Table (2-folding design)
- Face Cradle with Pillow
- Arm Extensions
- Towel Stick
- Half Bolster
- Round Bolster
- Non-Woven Bag (Carrying Case)

- Oil Pouch
- Cotton Bedspread (Sheet Set)

SETUP INSTRUCTIONS

1. Unfolding the Table:

Place the folded massage table on its side on a flat, stable surface. Release any latches or clips securing the table. Gently unfold the table by pulling the two halves apart until the legs automatically extend and lock into place. Ensure all leg braces are fully extended and stable.

Your browser does not support the video tag.

Video: Demonstrates the setup process of the BestMassage Portable Massage Table, including unfolding, attaching the headrest, and adjusting height. (Duration: 0:36)

2. Adjusting Table Height:

Each leg of the massage table is equipped with height adjustment knobs. To adjust, loosen the knob on each leg, slide the inner leg to the desired height (between 24 and 34 inches), and then securely tighten the knob. Ensure all four legs are adjusted to the same height for stability.



Image: A diagram illustrating the dimensions of the massage table, including its adjustable height range from 24 to 34 inches and length of 73 inches.

3. Attaching the Face Cradle:

Insert the support rods of the face cradle into the designated holes at one end of the table. Adjust the angle of the face cradle for client comfort using the locking levers. Place the face pillow onto the cradle.



Image: A close-up of a hand adjusting the angle of the face cradle on the massage table, demonstrating its adjustable feature.

4. Attaching Armrests:

Slide the arm extension rods into the holes located on the sides of the table near the face cradle. Ensure they are fully inserted and stable.

5. Setting up the Hand Pallet:

The hand pallet can be attached to the face cradle support for additional arm support. Ensure it hangs securely.

6. Attaching Towel Hanger and Oil Pouch:

The towel hanger and oil pouch can be attached to the side of the table frame for convenient access to supplies.



Image: A detailed view of the massage table showing various attached accessories, including armrests, a hand pallet, and an oil pouch, highlighting their integration with the table design.

Your browser does not support the video tag.

Video: Shows the folding and unfolding mechanism of the portable massage table, along with adjustments for the headrest and armrests. (Duration: 0:39)

OPERATING INSTRUCTIONS

- **Client Positioning:** Ensure the client is comfortably positioned on the table. The face cradle should be adjusted to support the head and neck without strain.
- **Breathing Hole:** The table features a removable plug for a breathing hole. Remove the plug for clients who prefer to lie face down directly on the table surface without the face cradle.
- **Weight Distribution:** Always ensure weight is evenly distributed on the table. Avoid concentrating heavy loads on a single point. The table is designed to support up to 450 lbs (204 kg).



Image: An illustration showing a heavy weight (450 lbs) on a massage table, emphasizing its robust weight capacity.

MAINTENANCE

- **Cleaning:** Wipe the PVC leather surface with a dry cloth after each use. For deeper cleaning, use a mild soap and water solution, then wipe dry immediately. Avoid harsh chemicals or abrasive cleaners.
- **Storage:** When not in use, fold the table and store it in the provided non-woven bag to protect it from dust and damage. Store in a cool, dry place.
- **Inspection:** Regularly inspect all nuts, bolts, and cables for tightness and wear. Tighten any loose fasteners and replace worn components as needed to ensure safety and stability.

TROUBLESHOOTING

- **Table is Unstable:** Ensure all leg height adjustment knobs are securely tightened and that all leg braces are fully extended and locked. Verify the table is on a flat, even surface.
- **Accessories Not Fitting:** Double-check that accessories like the face cradle and armrests are inserted into the correct holes and that any locking mechanisms are properly engaged. Do not force components.

- **Difficulty Folding/Unfolding:** Ensure no accessories are obstructing the folding mechanism. Apply gentle, even pressure when folding or unfolding. Do not force the table.

SPECIFICATIONS

Brand	BestMassage
Model	24 inch Wide
Color	Pink
Material Type	Beech (Frame), PVC Leather (Cover)
Item Dimensions (L x W x H)	73 x 24 x 24-34 inches (Adjustable Height)
Item Weight	31 Pounds (14.06 kg)
Weight Capacity	Up to 450 lbs (204 kg)
Style	2 Folding and Portable
Included Components	Non-Woven Bag, Face Cradle With Pillow, Arm Extensions, Towel Stick, Cotton Bedspread, Half Bolster, Round Bolster, Oil Pouch
Required Assembly	Yes (Minimal)

WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the product packaging or contact BestMassage customer service directly. Contact details can typically be found on the manufacturer's website or through your point of purchase.

For additional assistance, visit the [BestMassage Store on Amazon](#).

