

vidaXL B0C3CCBT53

vidaXL Foldable 3-Zone Massage Table User Manual

Model: B0C3CCBT53

1. SAFETY INFORMATION

Please read all instructions carefully before assembling and using the massage table. Retain this manual for future reference.

- Ensure all locking mechanisms are securely engaged before use.
- Do not exceed the maximum weight capacity of the table. (Specific weight capacity not provided in product data, refer to product labeling if available).
- Keep hands and fingers clear of moving parts during setup and adjustment.
- Use on a flat, stable, and non-slip surface.
- Regularly inspect the table for any signs of wear or damage. Do not use if damaged.
- Keep children and pets away from the table during setup and use.

2. PRODUCT OVERVIEW

The vidaXL Foldable 3-Zone Massage Table is designed for comfort and portability, suitable for both amateur and professional use. It features a durable wood frame, adjustable height, and a comfortable foam cushion resistant to disinfectants and massage oils. The 3-zone design allows for versatile positioning.

Key Features:

- **3-Zone Design:** Allows for adjustable backrest and leg sections.
- **Adjustable Height:** Customize the table height for user comfort.
- **Adjustable Headrest and Arm Supports:** Provides personalized comfort for clients.
- **Durable Construction:** Features a sturdy wood frame.
- **Comfortable Cushion:** 1.2-inch thick foam padding, resistant to disinfectants and massage oils.
- **Portable:** Folds compactly and includes a carrying bag for easy transport and storage.

3. SETUP INSTRUCTIONS

3.1 Unfolding the Massage Table

1. Place the folded massage table on its side on a flat surface.
2. Unlatch the buckles on the side of the table.
3. Gently open the table like a suitcase, allowing the legs to unfold.
4. Once partially open, carefully stand the table upright on its legs.
5. Push down on the center of the table until the support cables are taut and the legs are fully extended and locked into place.



Image: The massage table in its folded, portable state, showing the carrying handle and latches.



Image: An interior view of the folded massage table, revealing the stored headrest and arm supports.

3.2 Adjusting Table Height

1. Locate the adjustment knobs or pins on each leg.
2. Loosen the knobs or pull the pins to release the leg extension.
3. Adjust each leg to the desired height, ensuring all legs are set to the same level for stability.
4. Securely tighten the knobs or re-insert the pins to lock the legs in place.



Image: The massage table fully set up, illustrating its overall dimensions including adjustable height (59-81 cm), length (191 cm), and width (70 cm).

3.3 Attaching Headrest and Arm Supports

1. Insert the headrest support bars into the designated holes at one end of the table.
2. Adjust the angle and height of the headrest for client comfort using the locking mechanism.

3. Attach the arm supports to the side of the table, if desired, ensuring they are securely fastened.



Image: A detailed view of the adjustable headrest, showing its ergonomic design and attachment point.



Image: A side profile of the massage table demonstrating the range of motion for the adjustable headrest.

4. OPERATING INSTRUCTIONS

4.1 Adjusting the Backrest

1. To adjust the backrest, lift the section slightly to disengage the support mechanism.
2. Position the backrest to the desired angle.
3. Lower the backrest until the support mechanism locks into place. Ensure it is stable before use.



Image: A side view of the massage table illustrating the adjustable backrest, with arrows indicating its upward movement.

4.2 Client Positioning

Guide the client to lie down on the table. Adjust the headrest, arm supports, and backrest as needed to ensure maximum comfort and proper ergonomic positioning for the massage or treatment.



Image: The massage table fully assembled with headrest and arm supports, ready for client use.



Image: A front view of the massage table, showcasing the headrest and arm supports from the client's perspective.

5. MAINTENANCE

5.1 Cleaning the Cushion

The cushion is designed to be resistant to disinfectants and massage oils. To clean:

- Wipe the surface with a soft cloth dampened with a mild disinfectant solution or warm soapy water.
- Avoid abrasive cleaners or harsh chemicals that could damage the upholstery.
- Dry thoroughly with a clean, soft cloth after cleaning.

5.2 Frame and Hardware

- Wipe the wood frame with a dry or slightly damp cloth. Avoid excessive moisture.
- Periodically check all screws, bolts, and locking mechanisms to ensure they are tight and secure.

Tighten if necessary.

- Inspect the support cables for any fraying or damage. Replace if necessary.

6. TROUBLESHOOTING

- **Table feels unstable:** Ensure all legs are adjusted to the same height and all locking mechanisms are fully engaged. Check that the table is on a flat, even surface.
- **Difficulty folding/unfolding:** Ensure no parts are obstructed. Check that all adjustment knobs/pins are released before folding.
- **Headrest/Arm supports not staying in place:** Verify that the support bars are fully inserted and the locking mechanisms are tightened.

7. SPECIFICATIONS

Feature	Detail
Brand	vidaXL
Model (ASIN)	B0C3CCBT53
Color	Black and Pink
Item Dimensions (L x W x H)	75.25 x 26 x 30.6 inches (191 x 66 x 77.7 cm)
Adjustable Height Range	Approximately 23.2 to 31.9 inches (59-81 cm)
Cushion Thickness	1.2 inches
Frame Material	Wood
GTIN	08720286001141

8. WARRANTY AND SUPPORT

Specific warranty information is not provided in the product details. For warranty claims, technical support, or replacement parts, please contact vidaXL customer service directly through their official website or the retailer where the product was purchased.

You can visit the vidaXL store for more information: [vidaXL Store](#)