

# serenelife<sup>TM</sup>



## *SLMASGE1*

Portable Massage Table

Professional Adjustable Folding Bed with 3 Sections  
and Carrying Bag for Therapy, Tattoo, Salon, Spa  
& Facial Treatment

**USER GUIDE**

**Your Portable Massage Table has been skillfully crafted to exacting standards, utilizing high quality components and materials. With proper use and care, as outlined in this user's guide, your table should provide long-lasting reliable performance. To insure the safe and correct use of your table, please take a moment to read this entire guide prior to using your table.**

### **PRECAUTIONARY INSTRUCTIONS**

1. Maintain the table periodically. Make sure all screws are secure and the cable has not deteriorated or frayed. Make sure there are no cracks in the wood structure.
2. Do not overload the table beyond the recommended weight limit.  
This could result in serious injury to the user.
3. Do not use alcohol-based cleaners when cleaning the vinyl. This could cause damage to vinyl materials. Use warm soapy water and wipe dry.
4. Make sure when using the table that all four legs are on a solid surface and at the same level.

### **TABLE SET UP**

Place the table on its side, release the buckles, partially open the table, and remove the accessories. (Figure 1)



**Figure 1**

Standing behind the table, grasp both table handles and gently swing in an outward motion to fully open the table. The legs should open automatically. (Figure 2)



**Figure 2**

Turn the table upright by lifting the middle of the table.  
Press down in the middle of the table to make sure the table lies flat.  
If the table peaks in the middle, check and straighten out the cable.

## TABLE AND ACCESSORIES USE

**We provide optional accessories for you.**

**Please read the instructions carefully before use.**

### **Headrest:**

The Headrest consists of a crescent Headrest Base and crescent Face Pad. It will give you client comfortable head and face support. You may have a different option for the headrest base. (Figure 3)



**Figure 3**

Insert the tubular arms of face cradle into the headrest holes in the table and lock the position by using the locking lever of the headrest. (Figure 4)



**Figure 4**

Change the angle and height of the base by adjusting the base handle. (Figure 5)



**Figure 5**

Attach the headrest pillow to the headrest with the provided Velcro fastener. (Figure 6)



**Figure 6**

### **Adjustable Armrest Shelf:**

This adjustable Armrest shelf is a good device for supporting your client's arms at the front of the table. Hang the Armrest Shelf on the two bars of the headrest and slide the belt up or down for the optimum positions. (Figure 7)



**Figure 7**

### **Side Arm Extension:**

The removable padded side armrests add table width. They fit into the required accessory holes in each side of the table. That will give comfortable arm support, especially for large clients.

### **Height Adjustment:**

Proper table height is determined by the therapist height, modality, and technique. You can adjust the height by removing the grip knob from each leg. Replace the knobs after adjusting each leg to the desired position.

### **Table Weight Limits:**

Positioning the client in the center of the table will help distribute the weight evenly and ensure stability. Gently sit near ( not on ) the center of the table at first, then sit as close to the center ( from the edge ) as possible. The working weight is the combined weight of the client and the maximum amount of down ward pressure being applied by the therapist. The maximum working weight for the table is 500 pounds. For example: For a client weighting 300 pounds, the maximum downward pressure that can safely be applied is 200 pounds. As pressure applied at a sideward angel puts considerably more stress on a table, the maximum sideward pressure should not exceed 50% of the maximum downward pressure.

### **DO NOT EXCEED REFERRED MAXIMUM WORKING WEIGHT**

*Never exceed the load limits of the table; Doing so may result in serious injury and/or damage.*

### **Storage:**

Attach Headrest Base and Face Pad onto the elastic under the table as shown. Place each accessory in its original position. (Figure 8)



**Figure 8**

## **TABLE CARE**

### **Upholstery Care**

#### **Daily Cleaning:**

Removing daily dirt and grime from the table with a mild and warm water solution. Dry with a soft, lint-free cloth.

#### **Disinfecting:**

Disinfect the table as required with an isopropanol base hospital grade disinfectant cleaner (approved for use on polyurethane vinyl)

### **Stain Removal:**

Some minor stains can be removed with a mild, non-abrasive cleaner. Spray a damp cloth with cleaner and gently wipe to remove stain. Rinse thoroughly with warm water, and dry with a soft int-free cloth. More stubborn stains may require a processional cleaning.

### **Wood Care:**

Your massage table is made of select hardwood and is finished with lacquer that requires no special care. If desired, you may polish occasionally with a quality wood care product.

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### **Features:**

- Professional Adjustable Folding Bed
- Wooden Frame Ergonomic and Flexible Headrest
- Adjustable Design for Customized Comfort Up to 90°
- 2 Sections with Lifiable Backrest Design
- Detachable Accessories
- Easy to Install
- Deluxe PU Leather Covering and Handle
- Premium Foam Padding
- Solid Wooden Legs
- Non-slip Bottom Protective Pads
- Suitable for Different Positions and Massage Skills
- Ideal Design for Therapists of Different Heights
- High-Quality Lock Catches
- Widened Metal Hinges to Fold and Unfold Easily
- Includes Handy Carrying Bag

### **What's in the Box:**

- Massage Table
- Ox-ford Bags
- Armrest
- Face Cradle

### **Technical Specs:**

- Construction Materials: Beech Wood + PU Leather
- Handy Bag Materials: Ox-ford Bags
- Adjustable Height: 24" - 34.6" -inches
- Maximum Angle: 55° (Backrest)
- Adjustable Design: 90° (Headrest)
- High Weight Capacity: Up to 495 lbs.
- Product Dimensions (L x W x H): 83.9" x 27.56" x 25.2-33.7" -inches



***Questions? Issues?***

We are here to help!

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