



# TensoRelief

**12 Automatic Massage  
Programs**



# 12 Automatic Massage Programs

## I Category: User

- 01 **Man's Massage** – Deep and strong massage, focuses on tension in the lower back and shoulders
- 02 **Dream Slimming** – Stimulates fat burning and improves blood circulation, suitable for slimming and relaxation
- 03 **Seniors Joy** – Gentle and relaxing massage, suitable for daily use by the elderly

## II Category: Focus

- 04 **Neck & Shoulder** – Focuses on relieving tension in the neck and shoulder area
- 05 **Back & Spine** – Strong massage that improves spinal mobility and reduces back tension
- 06 **Waist & Buttock** – Relaxes the lower back and hip muscles, supports balancing a sedentary lifestyle

## III Category: Classic

- 07 **Strong Massage** – Intensive and deep massage for active recovery
- 08 **Medium Massage** – Balanced massage for everyday stress relief
- 09 **Mild Massage** – Relaxing and soothing, suitable for sensitive users

## IV Category: Features

- 10 **Fascia Master** – Focuses on releasing fascia (connective tissue) and opening energy channels
- 11 **Full Extension** – Tai-style stretching techniques that improve flexibility and posture
- 12 **Sedentary Stretch** – Designed for office workers – helps relax the back and legs after long sitting