

GRAVITYTMLIFE

USER GUIDE



TRIPLE ACTION ● RELAXES ● RELEASES ● RELIEVES



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WHAT'S IN THE BOX

The GRAVITY™ system consists of two parts;

- A cradle, which fits behind your neck and head
- A triangular keystone, which sits against your sacrum

This is a one-size-fits-all system.

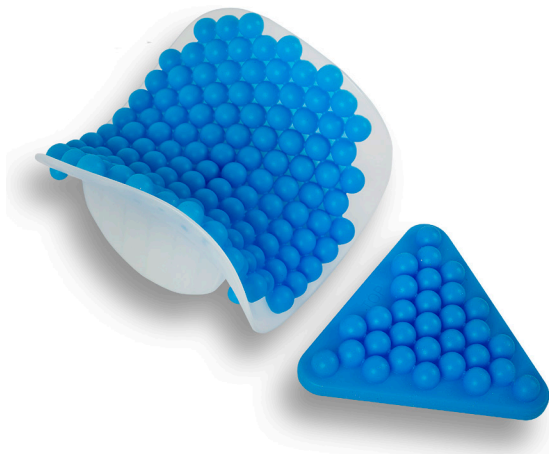




ABOUT GRAVITY

GRAVITY uses your bodyweight to trigger, decompress and relax tight muscles in the neck, spine and pelvis. This has a domino effect, helping to release tension throughout your body from your head to your toes. This release of tension can reduce pain and associated stiffness, and lets your entire body reposition itself correctly.

For best results, it is recommended that you use GRAVITY for a minimum of 20 minutes per day, although you may use it for longer if you wish. Some users find they need to gradually build up the time spent on the system.



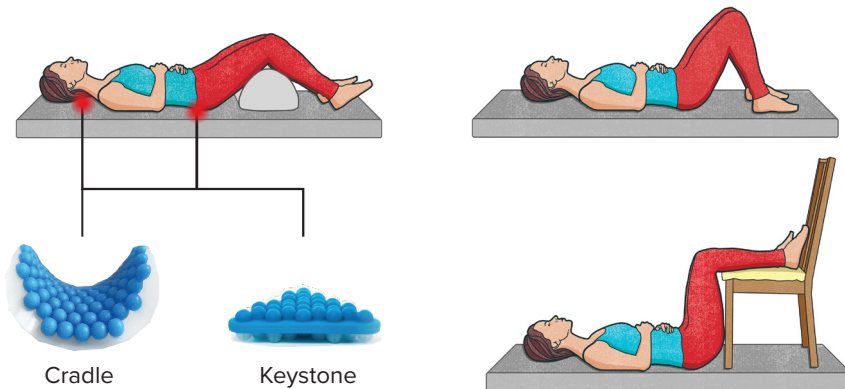


HOW TO USE GRAVITY

True relaxation is the key to using GRAVITY.

Lie down, face up, on a firm surface. A carpeted floor is ideal, but you could lie on a yoga mat, the beach, grass, or a therapy table if you have one. A bed is usually too soft for GRAVITY to be effective. However, if you find getting down to floor level difficult you could use a board on your bed to create a firmer surface.

Support from behind the knees is important as it allows the hips to relax and takes pressure off the lower back. This can be done by placing a cushion or rolled-up yoga mat under your knees or, if you're on the go, you may want to put your feet up on a chair or a sofa. Alternatively, if you do not have a bolster of some kind, place your feet flat on the floor with your knees at a 30 - 45 degree angle.





HOW TO POSITION THE KEYSTONE

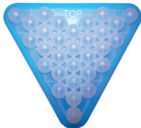
Everyone's level of tension and support is different. With this in mind the keystone can be used in different ways;



- The standard way, with both the white plastic and the soft blue side connected to one another and the blue side against your sacrum.



- If at first you find the keystone too firm, you can separate the white plastic from the soft blue mat and lie only on the blue mat until you feel comfortable using the keystone together in the standard way.

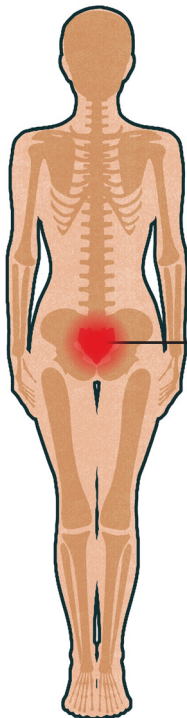


- For a deeper impact, you may wish to flip over the keystone and place the white plastic side against the sacrum, with the soft blue mat on the floor.

Please note, anyone can opt to use the keystone in any of the ways above, as long as it is comfortable.

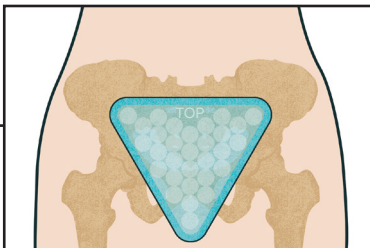


HOW TO POSITION THE KEYSTONE (CONTINUED)



The keystone should be positioned before the cradle. Place the keystone under your pelvis, centrally, against your sacrum.

The top flat edge of the keystone is marked with the word 'TOP', which runs in line with the top of the sacrum/waistband.



The point of the triangle should sit on the tailbone/coccyx. In non-medical terms, at the top of the crease of your bottom.

It is important that it is placed central to the sacrum, but move it around slightly to find a position that is comfortable for you. You should be able to relax into it within a minute or so. To further relax the pelvis, allow the knees to very slightly roll out to the side.



HOW TO POSITION THE CRADLE

Hold the neck cradle with the word GRAVITY facing you, then place it behind your neck and head. The side nearest the top of your head has four nodules on the reverse of the unit. The side nearest your neck has five.

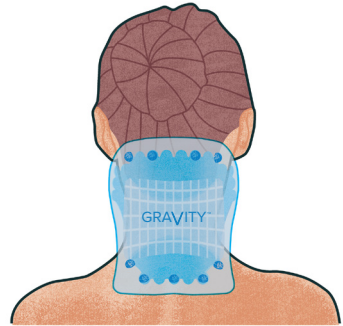
Move it around until it feels comfortable for you - small adjustments to both pieces are key.

A lot of tension in the shoulders may push the cradle towards the head, giving a sense of pressure against the head and neck and unacknowledged tension in your back can sometimes cause discomfort. Prior to using GRAVITY, gentle shoulder shrugs could help to loosen you up and relax.

If you are very tense, you may find the neck cradle feels too firm during the first few sessions. You could place the velvet GRAVITY bag, or a towel, over the cradle to cushion it at first.

Once you have found a comfortable position, close your eyes and let go of any tension. Let your shoulders relax with your arms by your side.

As the tension disperses, your weight distribution will change, and you may wish to reposition the cradle and keystone so that your neck and back can assume their natural position.





IMPORTANT INFORMATION FOR USING GRAVITY

The soft blue part of the neck cradle should not be removed from the white cradle rocker.

To fully benefit from the effects of the GRAVITY device, it is advised that you use both the keystone and the cradle at the same time.

You may feel pressure as you lie on GRAVITY, but it shouldn't feel painful. If you do experience pain, adjust the position of the two pieces. If the pain persists, stop for this session.

Everyone is built differently and will feel the benefits of using GRAVITY at different rates.

Using GRAVITY on a regular basis allows tension to be released, giving the body a chance to heal and recover.

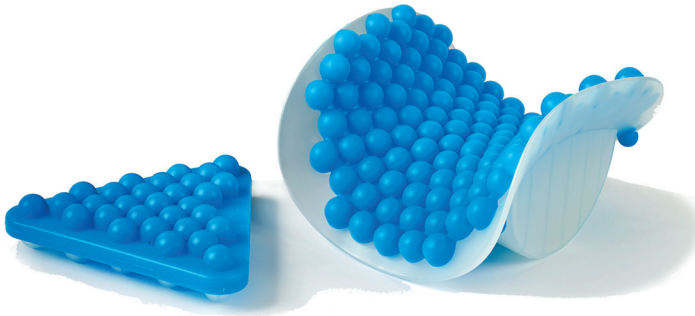
GRAVITY is not a substitute or alternative for medical treatment. If in any doubt as to whether GRAVITY is suitable for your own use, please consult your doctor.



REMOVING GRAVITY AND FINISHING A SESSION

To remove GRAVITY, first lift the head and remove the neck cradle. You may wish to replace the cradle with a cushion under your head.

Next, lift the pelvis and remove the keystone and then remove the bolster from under the knees. Lie for a minute or two before rolling onto your side to get up. It is not unusual to feel a little light-headed following a session.





CONTRAINDICATIONS AND AFTERCARE

It is not advisable for the following people to use GRAVITY;

- If you are/could be pregnant
- If you have epilepsy
- Anyone with open wounds/sores around the area where GRAVITY makes contact with your skin

For more information, to watch our videos on how to use the device and to read reviews on GRAVITY, visit www.gravitylife.co.uk, or contact us with any enquiries on +44 (0) 1244 342095 / sales@gravitylife.co.uk

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