Migun Bed Instructions

1. Lay on your back (use the blanket if you are chilly)
2. Find the remote on your left
3. Press the power button
4. Press the Mode button until you find the desired massage (see “Modes”)
5. Press Run
6. When the massage is over the timer will go off (approx. 34 min)

\*DO NOT USE IF: You have cancer, a pacemaker, fusions, are pregnant, or have metallic implants.

Things to consider:

If the massage is too deep you may use the cushions at the head of the table under your tailbone and upper back.

There are two infrared heat units to your left; a large and a small unit. These can be used on areas that need extra attention. They are heated jade stones that use infrared heat can help to loosen tight areas and reduce inflammation. The smaller unit is usually used for the neck and larger for the abdomen or lower back. These units are HOT!! Please do not touch the green stones and use a towel as a barrier between the stones and skin.

If you change modes mid massage the timer will reset. Please be mindful of other people waiting to use the table and keep your massage under 40 minutes. Thank you!