

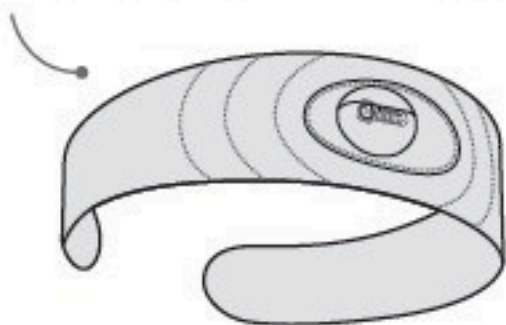
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First Use Guide

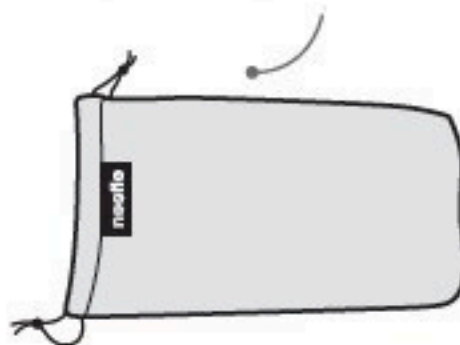
www.neoflo.co

Thank you for purchasing your neoflo belt

1x neoflo breathing belt



1x travel bag



1x extension belt



1x USB-C cable

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The 7 breathing programs

1 - Balance

5 seconds inhale and 5 seconds exhale to balance yourself.

3 - Relaxing +

4 seconds inhale and 7 seconds exhale to maximize relaxation.

5 - Energizing

6 seconds inhale and 4 seconds exhale to energize you.

7 - Progressive

3 seconds of inhalation and 4 seconds of exhalation to reach 4 seconds of inhalation and 6 seconds of exhalation after 5 minutes.

2 - Relaxing

4 seconds of inspiration and 6 seconds of expiration to promote relaxation.

4 - Sleep

4 seconds of inspiration and 8 seconds of expiration to help you fall asleep.

6 - Beginner

4 seconds of inspiration and 4 seconds of expiration to start gently.

1

Turn on the control box



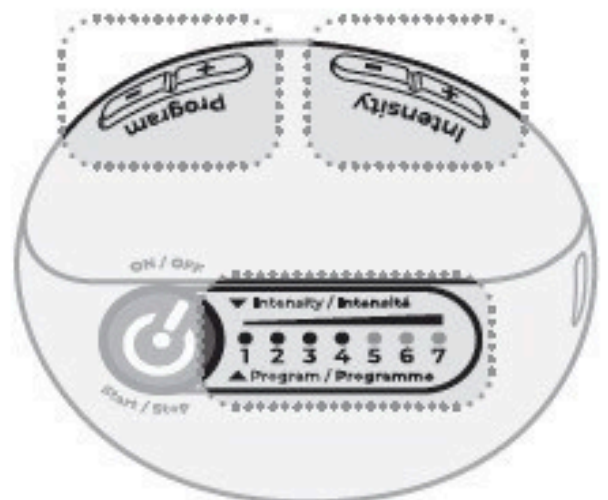
- Press the central button for 2 seconds
- It lights up in turquoise blue

2

Choose a program

- Select a program using the "Program" button (white LEDs 1 to 7).

Check the vibration intensity level using the "Intensity" button.
(Blue LEDs from 1, lowest intensity, to 7, highest intensity).



3

Place the belt around the abdomen



- Wear the belt over a light garment.
- Position the central motor at navel level.
- Adjust the Velcro so that the motors are in good contact against you.
- Use the extension if necessary.



Position the central motor at navel level

4

Start your session



- Press the central button briefly to start the program. It flashes turquoise blue.
- Adjust the intensity of the vibrations if necessary.

5

Breathe to the rhythm of the vibrations

- Inhale on slow taps moving from the sides to the front.



- Exhale on faster taps moving from front to side.



Tips to follow

- Take the time to feel the rhythm of the vibrations.
- Your abdomen should expand as you inhale and deflate as you exhale.
- Your breathing should be deep, calm and fluid.
- Take advantage of the exhalation to release your tensions. Relax!
- If you feel significant constraint, try a program more suited to your ability.
- To change programs, first press the center button to stop the current program.

6

End of session

- The programs stop after 20 min.
- You can stop it at any time by briefly pressing the central button. Go at your own pace.
- Press the central button for 2 seconds to turn off the control box.

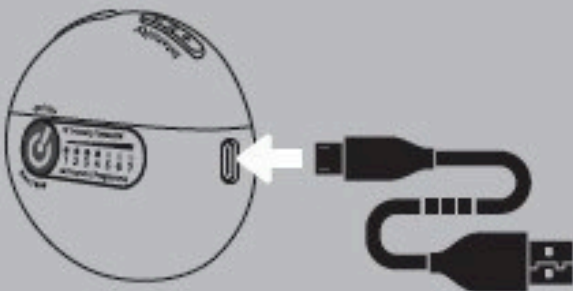
Otherwise it will turn off by itself after 2 minutes.



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- The red center button indicates a low battery level.



Charging the battery



- The center button flashes green while charging.
- It stops flashing when the battery is charged.



Please read the instructions
before use.



www.neoflo.co/ressources

contact@neoflo.co