

User Manual

neoflo breathing belt



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1. Introduction

Product overview

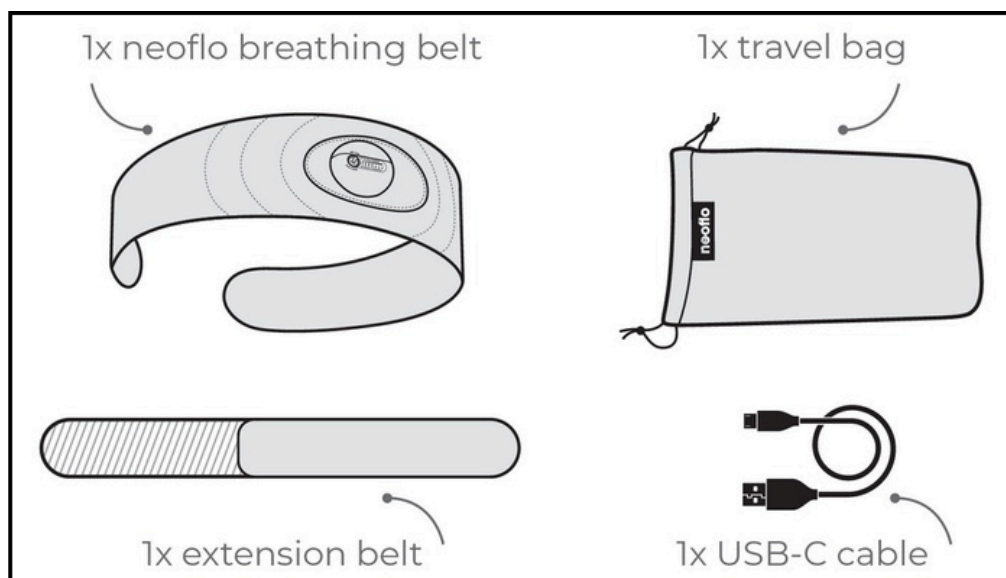
The neoflo breathing belt is the world's first belt designed to guide you through the most effective breathing techniques against stress: deep breathing and abdominal breathing.

With tactile vibration technology, it supports your relaxation moments, helping to calm, relax, and unwind your mind and body in as little as 5 minutes of use.

Equipped with 7 personalized breathing programs, 20-minute sessions, and 7 vibration intensity levels, the neoflo belt adapts to your needs. Whether it's promoting relaxation, enhancing focus, or aiding sleep, Neoflo accompanies every breath. Use the belt during

your leisure time, while reading, watching TV, or meditating to achieve a state of calm and serenity effortlessly.

Package contents



When you receive your neoflo breathing belt, the package includes:

- neoflo breathing belt
- USB-C charging cable
- Travel bag for storage and transport
- 40 cm extension for larger waist sizes
- Quick Start Guide

2. Safety instructions

Warnings

- The neoflo belt is not a medical device. If you have respiratory issues or chronic conditions, consult a healthcare professional before use.
- Not suitable for pregnant women or individuals with pacemakers. Do not use during intense physical activities.
- This device is not intended for use by individuals (including children) with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they are supervised or have been given instructions on the safe use of the device by a responsible person.
- Children under supervision should not play with the device.
- The device must only be powered using Safety Extra Low Voltage (SELV).

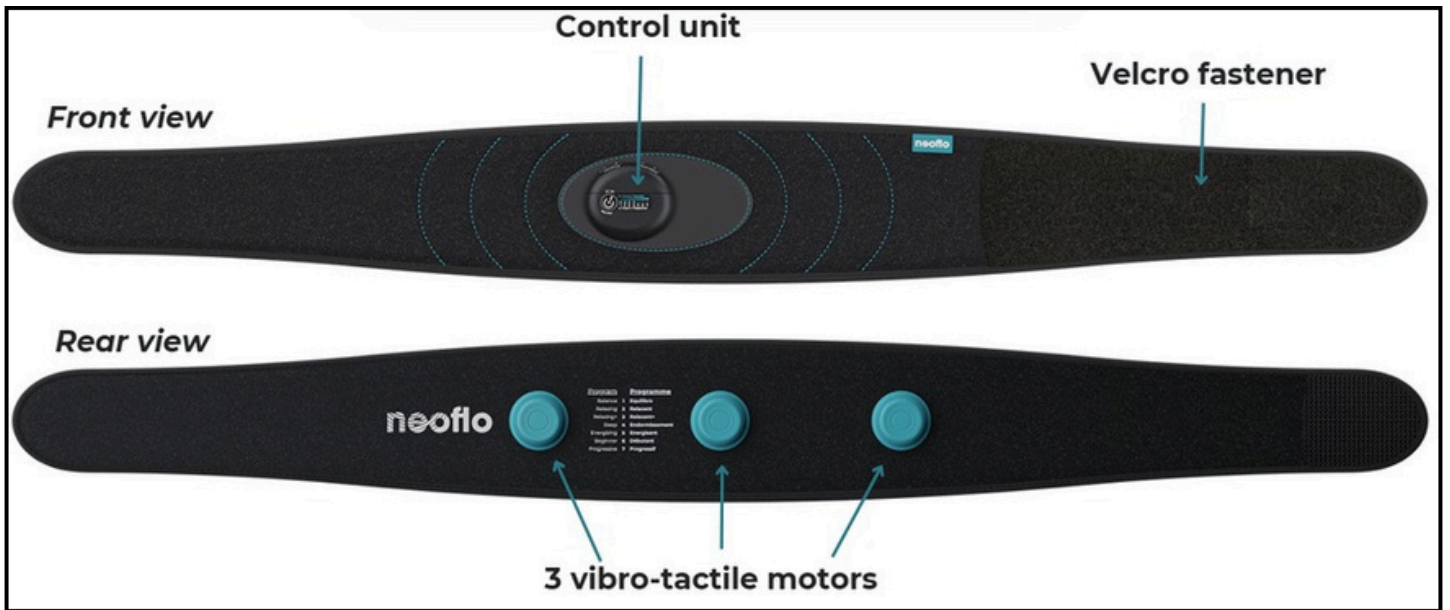
Care instructions

- Clean the belt with a damp cloth. Do not immerse in water or wet the motors or control unit.
- Store the belt in its travel bag after each use.

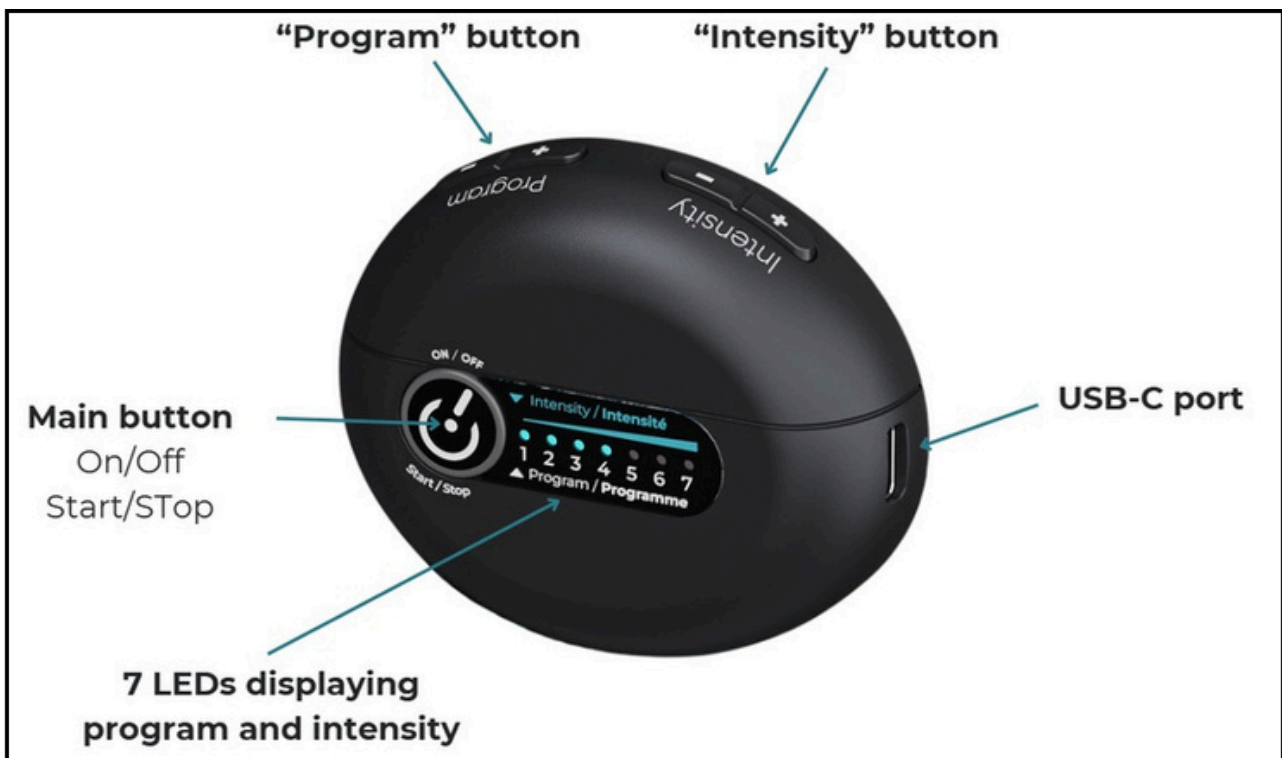
3. Product features

The neoflo belt comprises several technical components for optimal use: :

- **Belt: Flexible and stretchable, 110 cm long with Velcro fastener.**
- **Haptic Motors:** Three vibration motors housed in plastic casings on the belt's inner side.
- **Control Unit:** Located on the outer side of the belt
 - Main button (on/off/start/stop).
 - Program \pm and Intensity \pm buttons for program and vibration adjustments.
 - 7 LEDs indicating the selected program (in white) and the intensity level (in blue-green)
- Main button LED:
 - Fixed blue-green: belt on
 - Flashing blue-green : program running
 - Fixed or flashing red : low battery
 - Flashing green: charging
 - Fixed green : Battery fully charged



Front and Rear View of the neoflo Breathing Belt



Control Unit of the neoflo Breathing Belt

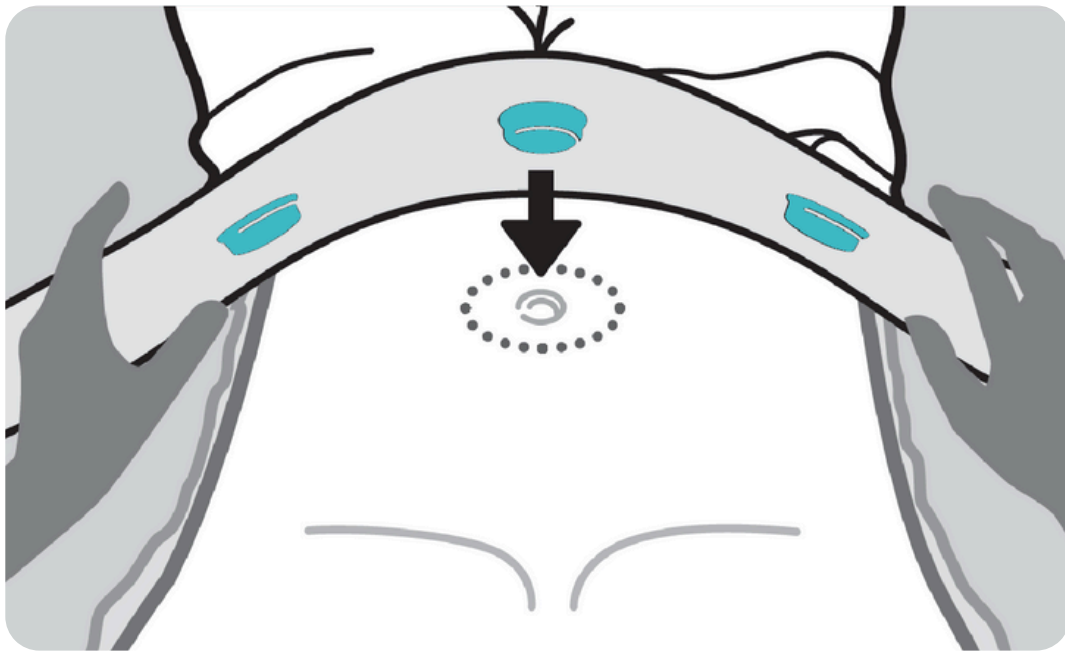
4. Initial setup

Charging the belt

The control unit is pre-charged for immediate use. To recharge, connect it using the provided USB-C cable.

Adjusting the belt

Wrap the belt around your abdomen over light clothing, ensuring the central motor aligns with your navel. The belt should be snug yet comfortable.



Position the central motor correctly at the level of the navel over light clothing.

5. Daily use

Main button functions

1. **On:** Press the central button for 2 seconds to turn on the belt
2. **Start:** Briefly press the central button to start a program
3. **Stop:** Pause by pressing the central button briefly
4. **Off:** Turn off by pressing the central button for 2 seconds

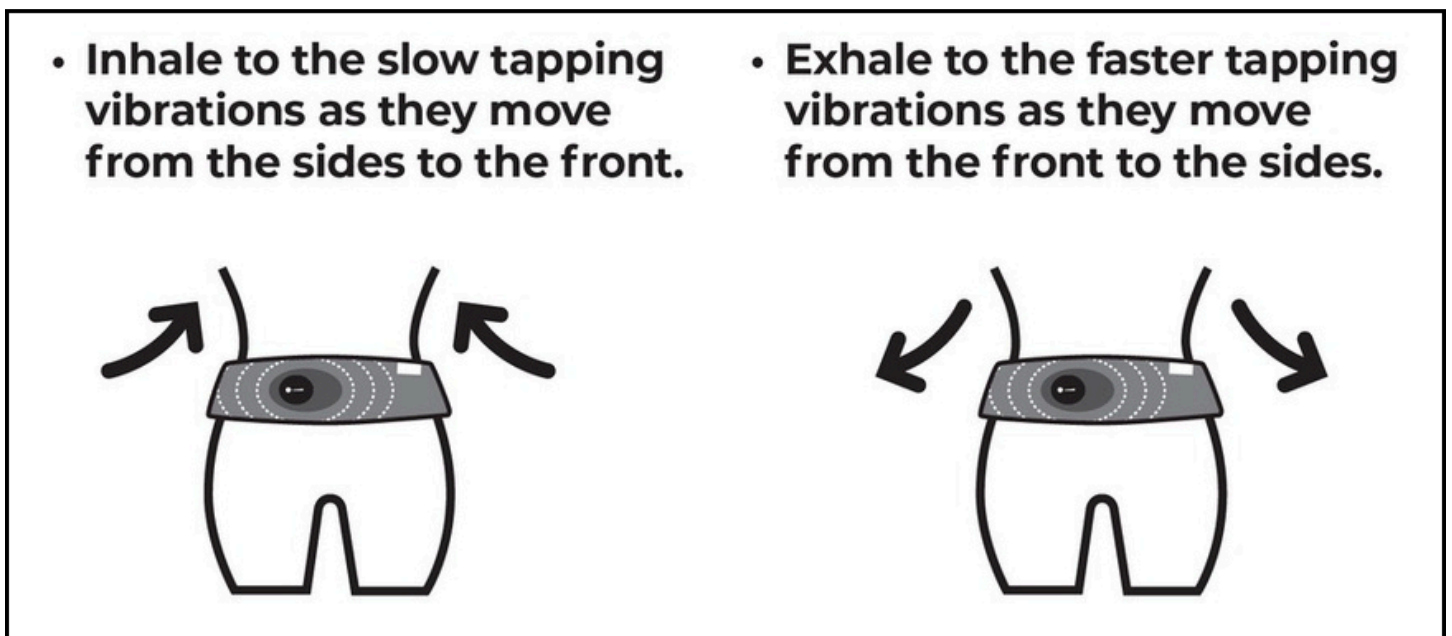
The belt automatically turns off after 2 minutes of inactivity if no program is started.

Selecting programs and intensity

- Use the Program \pm button to choose among 7 breathing programs.
- Adjust vibration intensity with the Intensity \pm button.

Usage instructions

1. Adjust the belt around your abdomen over light clothing. The central motor should be positioned at the level of the navel for optimal tactile guidance of breathing cycles.
2. Select the desired program using the control unit.
3. Adjust the vibration intensity to your comfort level.
4. Breathe in sync with the vibrations:
 - Inhale when you feel slow vibrations moving from the sides toward the front.
 - Exhale when fast vibrations spread from the front toward the sides.



Tips

- Focus on abdominal breathing: allow your abdomen to expand as you inhale and contract as you exhale.
- Try to relax your breathing and make it smooth and steady.
- If a program feels challenging, switch to another one that better suits your breathing capacity.

6. The 7 breathing programs

The neoflo belt offers 7 breathing programs, each lasting 20 minutes. Allow the session to complete for maximum benefits:

1. **Balance**: 5 seconds inhale, 5 seconds exhale
2. **Relaxing** : 4 seconds inhale, 6 seconds exhale
3. **Relaxing+** : 4 seconds inhale, 7 seconds exhale
4. **Sleeping**: 4 seconds inhale, 8 seconds exhale
5. **Energizing**: 6 seconds inhale, 4 seconds exhale
6. **Beginner**: 4 seconds inhale, 4 seconds exhale
7. **Progressive** : Start (3 - 4) and reach (4 - 6 sec) in 5 minutes

Practical Recommendations

- For better relaxation, use the belt while seated in a chair or on your sofa, with your eyes closed to maximize the benefits.
- Pair it with gentle activities such as reading, watching a TV show, or meditating to extend your breathing practice.

7. Ending a session

Press the central button for 2 seconds to turn off the belt.

Storage: Avoid tightly folding the belt. Store it in its travel bag after use.

8. Maintenance

Cleaning: Wipe with a damp cloth. Avoid wetting motors or control unit.

Battery care : Charge only when the battery is low. Do not leave it connected after a full charge.

9. Troubleshooting

Common issues :

- **Low vibration:** Increase intensity using the Intensity ± button.
- **One motor not vibrating:** try to adjust intensity and belt position. Contact customer service if unresolved.
- **Belt not starting:** Check battery level and recharge if necessary.
- **Battery not charging:** Try a different cable or charger; contact customer service if unresolved.

For any further assistance, please contact customer service via email at contact@neoflo.co.

10. Warranty and after-sales service

Your neoflo belt comes with a 2-year legal warranty covering:

- Motor failure
- Battery issues
- Manufacturing defects

For assistance: contact@neoflo.co

11. Certifications

Your neoflo belt complies with the following standards:

CE, UKCA, FCC, RoHS.

12. Recycling and end-of-life

Recycle the belt's electronic components and battery responsibly. Consult local guidelines for disposal. Do not discard with household waste.

