



Air Touch Function Guide



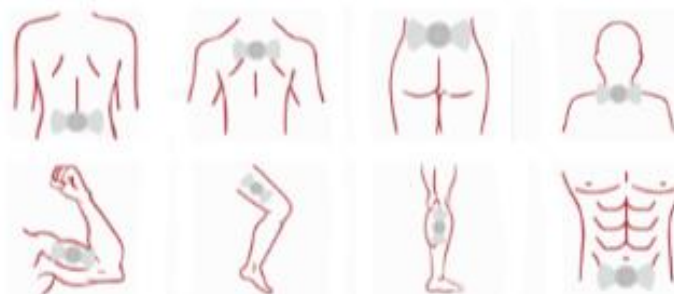
Mode number: 1

English name: Acupuncture

Function description: Acupuncture is a massage therapy technique based on the theories of Traditional Chinese Medicine that involves the insertion of fine wires (needles) into specific spots to remove blocks and boost the body's inherent ability to heal itself.

Air Touch acupuncture simulates the same sensation without needles, by utilizing electronic pulses to achieve the sensation of differing needle depths. By stimulating specific acupuncture points, it corrects imbalances in the flow of Qi through channels known as meridians. Please read the acupuncture chart.

Body part:





Mode number: 2

English name: Cupping

Function description: Cupping is a technique that has been used for thousands of years in ancient medicine in which evacuated cups are applied to the skin to draw blood through the surface.

Cupping is used to relieve back and neck pains, stiff muscles, anxiety, fatigue, migraines, rheumatism, and even reduction of cellulite.

Body part:





Mode number: 3

English name: Scrapping /
Gua Sha

Function description: The scraping technique is a popular chiropractic treatment that uses instruments to break down muscle adhesions and scar tissue and to massage trigger points with the goal of increasing range of motion and increasing blood circulation. The benefit of scraping is to really align the fibers of the muscle. It can be used on minor or torn muscles, sprains and ligaments. It is used for post-surgery recovery, during rehab and prolonging pain-free motion and relieving muscle knots. It helps with reducing inflammation and promotes healing.

Body part:



Mode number: 4

English name: Tapping

Function description: Tapping is a light percussion movement, often appropriate for small areas of the body. By tapping the tendons or muscles, you increase the body's natural blood flow and oxygen supply to the target area. It breaks up the lactic acid and muscular toxins and can reduce stress while relaxing the muscles. This also helps reduce any inflammation or swelling in a targeted area. This is an excellent treatment to improve flexibility and strength of your muscles as well as relieve muscle tension. It works well on localized pain or tender points such as fibromyalgia pain.

Body part:



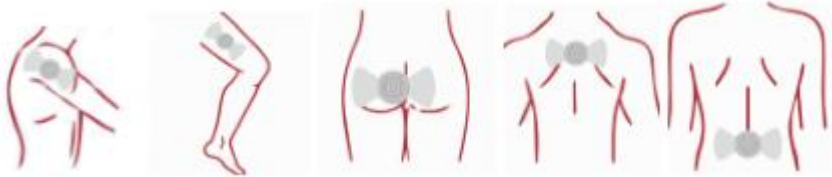


Mode number: 5

English name: Knocking

Function description: Knocking massage can release muscle knots, aches, cramps and fatigue. It increases blood flow circulation throughout the body and may improve metabolism.

Body part:



Mode number: 6

English name: Tuina

Function description: Tui Na simulates hands-on body treatment which opens the flow of Qi (Chee) through the body's meridian lines. It's especially effective for joint pain, sciatica, muscle spasms, back pain, neck and shoulders. It also helps chronic conditions such as insomnia, constipation, headaches, and tension associated with stress.

Body part:



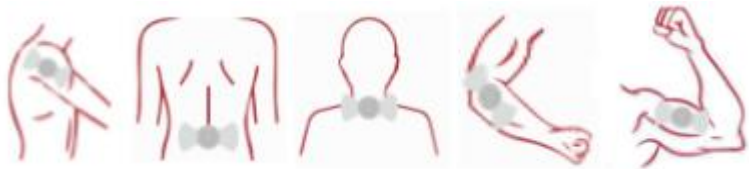


Mode number: 7

English name: Tai-chi

Function description: Chinese traditional massage (relaxation and remedial) that combines East and West practices, offers a deep tissue massage to transform your health from the inside out. It helps increase the range of motion for your muscles and helps to recover after injuries. It's very effective at toning the muscles after workouts. It also aids with digestion, stress and helps you relax.

Body part:



Mode number: 8

English name: Kneading

Function description: Kneading simulates the thumb fingers and palms of a real massage therapist. It focuses on hypertension and stress and helps to break that down by returning full range of motion and flexibility while treating tight muscles and decreasing pain. It helps improve blood circulation, thereby promoting overall body strength and well-being. It helps reduce the tension in your muscles and helps tone the muscle after and before workouts.

Body part:





Mode number: 9

English name: Striking

Function description: Striking massage simulates a series of light, brisk, striking actions applied with clenched fists, used to produce stimulation. It's a specific massage technique used to stimulate muscles before exercise to increase the flow of blood, temperature and tissue elasticity.

Body part:



Mode number: 10

English name: Stretching

Function description: The stretching mode is designed to extend the limb muscles while releasing tension. It helps to improve the muscle's elasticity and achieve muscle tone. The result is a feeling of increased muscle control, flexibility, and range of motion. It increases blood flow to your muscles and helps maintain a range of motion in the joints. It is great for healing and preventing back pain, sciatic pain, and works well to help with muscle knots and body tightness.

Body part:





Mode number: 11

English name: Rubbing

Function description: Rubbing mode is a mechanical stimulation of tissue that applies rhythmic pressure to provide the sensation of rubbing. It increases blood flow and tones muscles while reducing pain. This mode manipulates the soft tissue of the body including the connective tissue, muscles, ligaments, tendons and joints in order to have a therapeutic effect and health improvements by acting directly on the muscular, nervous and circulatory system.

Body part:



Mode number: 12

English name: Shiatsu

Function description: Shiatsu mode simulates a massage that puts the focus on pressure points of various parts of the body. It helps with healing from sprains, arthritis, neck and shoulder stiffness, upper and lower back pain, sciatica, digestive disorders, menstrual pain, fatigue, fibromyalgia and musculoskeletal pain.

Body part:





Mode number: 13

English name: Trigger point

Function description: Trigger point therapy is a more aggressive, direct manipulation of muscular tightness in targeted areas such as neck and lower back. It generates repeated, involuntary twitching in the muscle or muscle group and leads to an immediate reduction in tightness. Trigger point massage returns the natural balance to your muscles and improves range of motion, posture, and alignment. This mode can also help with athletic performance and acute pain from injuries or accidents.

Body part:



Mode number: 14

English name: Butterfly

Function description: Butterfly Massage is a gentle technique which works with a soft and delicate touch, helping melt away tension in the whole body, relieving symptoms of stress, promotes relaxation, and improves overall health and wellness.

Body part:





Mode number: 15

English name: Lomi-lomi

Function description: Lomi lomi is a traditional Hawaiian massage to help the body let go of its old patterns and behaviors which cause stress, strains and muscle tension. Lomi lomi aims to treat the body and mind as one. It is used to release tension, assist blood and lymph flow, eliminate waste and toxins, rejuvenate the body, and instill a sense of peace, harmony and well-being.

Body part:



Mode number: 16

English name: Swedish

Function description: Swedish massage helps increase the level of oxygen in the blood, decrease muscle toxins, improve circulation and flexibility while easing tension. This technique aims to promote relaxation by releasing muscle tension.

Swedish massage loosens up tight muscles caused by daily activities such as sitting at the computer or exercising. It can be very helpful for people who hold a lot of tension in their lower back, shoulders and neck.

Body part:





Mode number: 17

English name: Thai

Function description: Thai massage is a traditional healing system combining acupressure with stretching, pulling, and rocking techniques to relieve tension, muscle or joint pain, and boost a person's mood. Thai massage is also said to relieve tension headaches, reduce subacute and chronic nonspecific back pain, relieve muscle pain, relieve joint stiffness and pain, increase flexibility and range of motion, stimulate circulation and lymphatic drainage, boost energy, and calm the nervous system.

Body part:



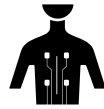
Mode number: 18

English name: Reflexology

Function description: Reflexology is a type of massage that involves applying different amounts of pressure to the feet and hands. It's based on a theory that these body parts are connected to certain organs and body systems. Reflexology is generally relaxing and may help alleviate stress.

Body part:





Mode number: 19

English name: Continuous

Function description: This mode continuously provides low frequency vibrations to promote circulation of blood and help relieve any type of pain.

Body part:



Mode number: 20

English name: Toning abs

Function description: This mode applies electronic muscle stimulator technology which helps improve muscle core strength, firms as well as tones your ab muscles. It also improves resting tone which means your stomach muscles would do a better job of holding your stomach flat. Much like conventional exercising, this repetitive contracting and relaxing makes the muscles toned and tight.

Body part:





Mode number: 21

English name: Muscle Growth

Function description: This mode helps preserve muscle mass in patients who are currently immobile. It is often used for post-operative patients dealing with severe muscle atrophy and lack of coordination. For athletes, use this mode to transmit bio-electrical pulses for faster muscle growth.

Body part:



Mode number: 22

English name: Recovery

Function description: This mode helps speed up recovery after high-intensity workouts and allow you to train harder. The muscle pumping activity helps with circulation and decreases swelling in the lower limbs without requiring additional impact or exercise.

Body part:





Mode number: 23

English name: Combination

Function description: This mode combines Acupuncture, Cupping and Knocking.

Body part:

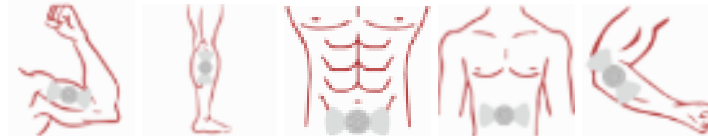


Mode number: 24

English name: NMES

Function description: NMES treats muscle atrophy and stimulates the muscle when the individual is in a resting state. NMES targets the muscle itself, specifically through the motor nerves. This creates a muscle contraction to recruit more muscle fibers when training, warming up or recovering.

Body part:





Mode number: 25

English name: Period pain 1

Function description: Special mode for Menstrual pain relief (Front)



Mode number: 26

English name: Period pain 2

Function description: Special mode for Menstrual pain relief (Back)