



## USER MANUAL

AtlasBIOvib® does not replace doctor's advice and therapy,  
do not use AtlasBIOvib® when having acute injuries and inflammations,  
do not use AtlasBIOvib® if you have a pacemaker or other electronic implants,  
use AtlasBIOvib® at your own risk!

### AtlasBIOvib® speeds and intensity levels:

- |                 |  |
|-----------------|--|
| 1. LOW SPEED    | - tender constitution and minors, younger than 18 y.of age |
| 2. MEDIUM SPEED | - general use  |
| 3. HIGH SPEED   | - back massage in supine or sitting position               |

**GENERAL USE** - always use the medium speed (or low speed if it is more comfortable)

Use on the area between the head and the atlas - first vertebrae - **not on the bones of the head or the atlas!**  
Start with applying more pressure and then ease as light pressure produces the strongest vibration.  
Focus your attention to the body. Attention is an essential healer. **Always keep it comfortable!**

**START** – *preparatory massage* repeat three times.

Hold the Massager gently in left hand – the tip to the right, horizontally, the little finger glides over the head.

**O point** - or *central neck curvature*. Apply with the tip light pressure forward *counting to 9 then continue to*  
**A point** - left neck curvature - Glide to the **O point** with the forward pressure - *count to 9* - repeat three times.  
**O point** - AtlasBIOvib® holding in the right hand horizontally, pointing to the right to the **B point** - the right curvature counting to 9. Little finger glides over the head. Repeat three times from **O point** to **B point**.

If you have undergone the atlas adjustment treatment use the **preparatory massage** a few times a week to maintain good condition. AtlasBIOvib® **preparatory massage** is used as a preparation for daily activities and as a recovery after some psychological or emotional stress and physical fatigue.

**PERSONAL ATLAS ADJUSTMENT:** Apply in three cycles. Count to 9 at all points. Use medium speed. Repeat for three consecutive days. **Always keep it comfortable!**

**START** - *preparatory massage* - repeat it three times then go to the atlas adjustment.

### **First cycle:**

**1. A POINT or left neck curvature** - Hold AtlasBIOvib® in your left hand, little finger on the skull, tip of the massager pointing to the right. Using the palm of your right hand push the head to the left – in the opposite direction of the massager. Then go with the same pressure to the right, to sub point 1 and the point O.

**2. O POINT** - central curvature, from here holding AtlasBIOvib® in right hand pull to the right, count to 9. AtlasBIOvib® is in horizontal position, pressure forward on the sub point 2 (between the points O and B) and finally go to the **B point** – the right neck curvature. Count to 9 on all three points. *Always keep it comfortable!*

Repeat the first cycle three times, (the points **A** and **B**) do not repeat the **point O**.

### **Back massage:**

**Sitting position**, lean back on the seat and hold the AtlasBIOvib® behind your back horizontally for 2-3 minutes in high speed.

**Supine position** on your back – in high speed – apply at the three points for 2 - 3 minutes.

- 1. point** of the back - place AtlasBIOvib® across the lower back area
- 2. point** center of the back – AtlasBIOvib® points towards the head
- 3. point** between the shoulder blades AtlasBIOvib® points towards the head. *Always keep it comfortable!*

**Neck massage** - (see drawing)

For relief of neck tension and pain: use Atlasbiovib® as needed and *keep it comfortable!*.

Right or left side – in medium speed, tilt your head to the corresponding side and hold the Atlasbiovib® with both hands flat on the neck and move your head forward and backward 9 times. *Always keep it comfortable!*

### **Reestablish the neck curvature**

If your head tilts forward, the neck is straightened which causes a lot of discomfort and problems.

Tilt your head back, place Atlasbiovib® flat on your neck, hold with both hands and pull forward and down.

Move your head left and right 9 times. *Always keep it comfortable!*

### **FACE MASSAGE:**

Use Atlasbiovib® in low speed for face, ear and gum massage. Hold it vertically, softly and gently.

**Jaw joint massage and ear lobe massage** - tragus (itchy ears). Count to three. *Always keep it comfortable!*

**Reflex zone gum massage** - Gently slide from one side to the other over the gums

- 1.** upper jaw from the right TMJ - joint to the left TMJ - joint – for teeth massage - 1 to 16.
- 2.** lower jaw from the left TMJ joint to the right TMJ joint – for teeth massage - 17 to 32. Repeat three times.

### **AtlasBIOvib® package contains:**

- AtlasBIOvib® massager with 2200 mAh 3,6 V LI-ION battery 18650
- 110-240V: 5V 1A charger with Micro USB
- user manual
- attached removable silicon gum

Before first use leave AtlasBIOvib® plugged in over night to charge the battery.

You can view the practical use of AtlasBIOvib® on our website: [www.atlasbiovib.com](http://www.atlasbiovib.com)