



USER MANUAL

PERSONAL TREATMENT FOR RESET ORGANISM

Point O - the center of the neck (middle neck recess) below the skull. Hold [AtlasBIOvib®](#) in your left hand, pointing towards your right eye - obliquely forward and gradually increasing the pressure.

Then also on the opposite side, hold the [AtlasBIOvib](#) in your right hand, the tip as it is directed towards the left eye.

About 15 seconds, or according to pleasure.

Point 1 or left neck indentation.

Hold the [AtlasBIOvib](#) in your left hand, horizontally, with the top of the appliance facing right. Gradually increase the pressure

About 15 seconds, or according to pleasure.

Point 2 - right neck recess hold [AtlasBIOvib](#) in your right hand, the pressure is forward, the top of the device is directed to the right.

About 15 seconds, or according to the atmosphere.

Suggestions for effective application:

Be guided by the atmosphere.

Work on the muscles between the head and atlas - the first cervical vertebra - **not the bones of the head and atlas!**

Focus on the body.

Maintain a reset of the body in optimal condition as needed, daily or weekly for a few minutes.

[AtlasBIOvib](#) does not replace the advice and therapy of your doctor,
Do not use [AtlasBIOvib](#) in places of acute injuries and inflammatory processes,
Use [AtlasBIOvib](#) at your own risk

Additional benefits AtlasBIOvib®

Back massage: Use third gear.

Sitting position, lean on the seat, hold AtlasBIOvib behind the cross, horizontally for 2-3 minutes.

Lying position on your back - also third gear - at three points for 2-3 minutes.

1st point of the cross - AtlasBIOvib is placed across

2nd point center back AtlasBIOvib point the top towards the head

3rd point between AtlasBIOvib blades point the tip towards the head

Neck massage:

To relieve tension and pain on the side of the neck, use AtlasBIOvib as needed and in the mood.

Right or left side, tilt your head to that side and hold AtlasBIOvib with both hands, flat on your neck and slightly nod your head back and forth a few times. Let the atmosphere always guide you.

Establishing a natural neck curve

If our head falls forward, the neck curve is straightened which creates more discomfort and difficulty.

To correct the neck curvature, lean the AtlasBIOvib flat on the neck, hold it with both hands and pull it forward and down, about 15 seconds, or according to the mood. In this position, gently turn your head left to right several times.

Facial:

AtlasBIOvib for massaging the face and gums and for scratching the ear, hold it vertically, softly and gently.

First gear is recommended.

Massage of cellulite deposits on the feet - use the AtlasBIOvib body, flat in third gear.

Reflex zone massage. Slide lightly from side to side.

1. from the right upper jaw joint to the left upper jaw joint.
2. from the left lower jaw joint to the right lower jaw joint.

What is in the AtlasBIOvib package

- AtlasBIOvib massager with LI-ION battery 18650 - 3.6 V / 2200 maH for 5 hours of operation.
- charger: 110-240V: 5V 1A with Micro USB plug and 1.2 m long cable
- easy-to-use instructions
- attached removable silicone rubber

Before first use, leave AtlasBIOvib plugged in overnight to charge the battery.

You can watch the practical video application of AtlasBIOvib on our website www.atlasbiovib.com