



Flowtherma Belt

FLOWLIFE

Brochure

Flowtherma Belt



Premium Heated Vibration
and Red Light Belt

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Manifest

In a world where limits are meant to be shattered, we fuel the fire of relentless pioneers. Our brand champions those who break the mold and embrace the extraordinary, symbolizing a life lived without compromise.

Committed to relentless innovation, we design for those who demand excellence and performance, understanding that the journey into the unknown often leads to unforgettable achievements.

We want to power dreams, aspirations, and triumphs of the audacious, sparking the passions of the unstoppable.

For those who redefine boundaries and explore new horizons, we are Flowlife. Made Possible.

Why Flowtherma Belt?

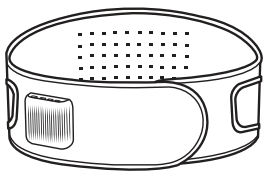
Empower your active life with Flowtherma Belt, specifically designed to provide effective pain relief and enhance recovery for your lower back/abdomen.

- **Innovative Heat Therapy for Warm-Up and Recovery** - The Flowtherma Belt is your ultimate partner for warm-up and recovery. With four adjustable heat levels—40°C, 45°C, 50°C, and 55°C—it enhances blood flow, flexibility, and reduces stiffness. Whether before or after workouts, the belt delivers consistent warmth to improve circulation, alleviate tension, and keep your body at its best.
- **Sophisticated Vibration Modes for Every Stage** - The Flowtherma Belt's vibration modes suit every recovery and preparation need. From warming up, easing tension, to deep muscle relief, the belt adapts seamlessly. Its modes include dynamic patterns, rhythmic motions to enhance circulation, and continuous vibrations for sustained relief—offering optimized muscle care for every stage.
- **Red & Near-Infrared Light Therapy** - The Flowtherma Belt's Red Light (660nm) and Near-Infrared (850nm) therapy stimulates cellular activity and boosts ATP production. This accelerates muscle repair, reduces inflammation, and revitalizes your body.
- **Designed for Your Active Lifestyle** - With its ergonomic, flexible design, the Flowtherma Belt fits securely during any activity. Lightweight and portable, it's ideal for use at home, in training, or on the go. Its intuitive controls and premium build make it essential for performance-focused individuals.
- **Customizable Therapy for Maximum Impact** - The Flowtherma Belt delivers tailored results for any need. Use heat for warm-ups, vibration for recovery, or light therapy for cellular repair. Combining advanced technology with ease of use, it revolutionizes how you prepare, perform, and recover.

Discover quick, effective recovery with Flowtherma Belt.
because your best performance is Made Possible by Flowlife.

Accessories

Complete your Flowtherma Belt experience with essential accessories that enhance convenience and functionality.



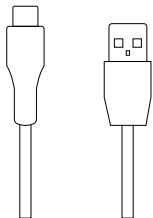
Flowtherma Belt

The Flowtherma Belt is specifically designed to deliver effective pain relief and recovery.



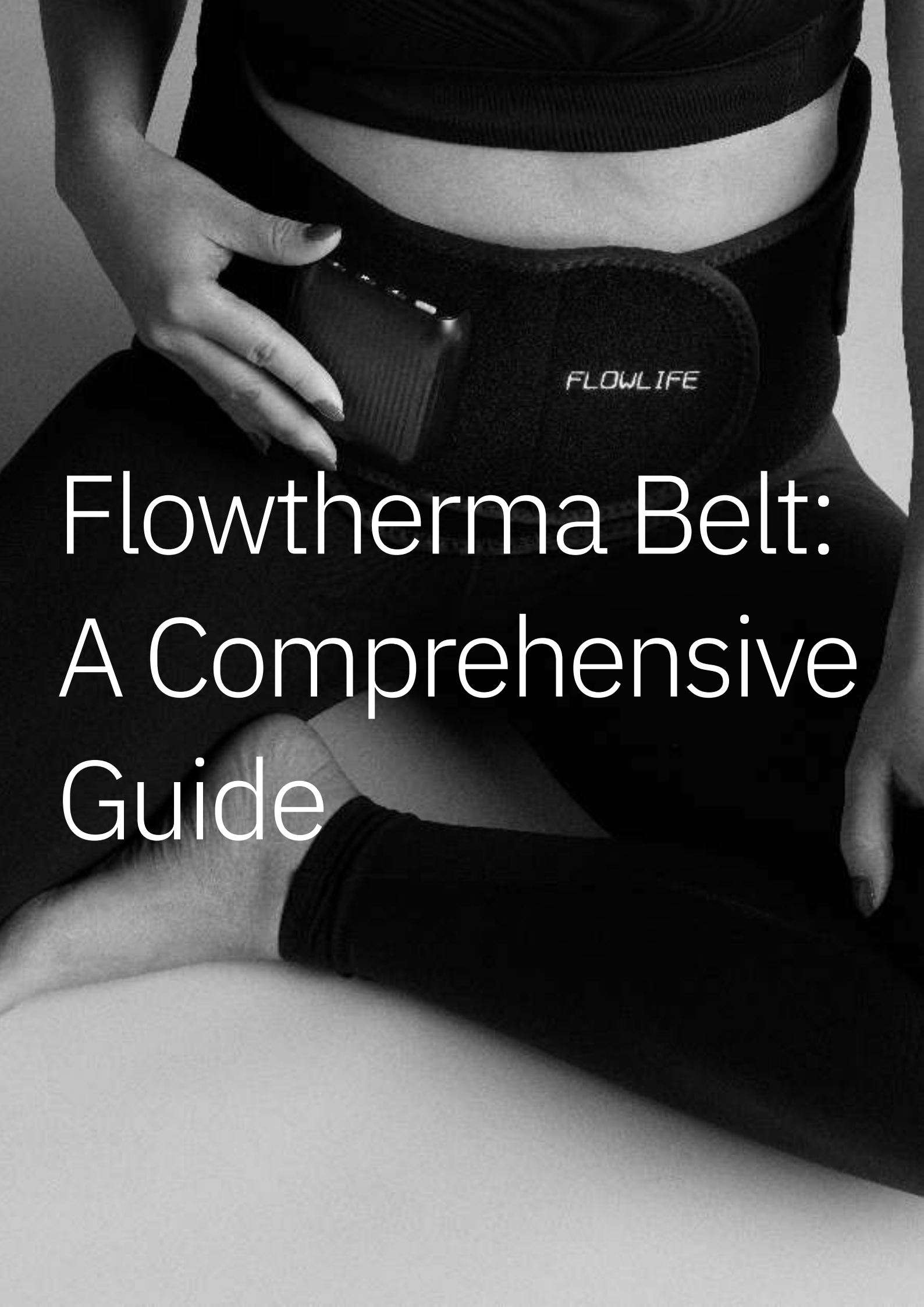
Extended Support Strap

The Flowtherma Belt Extender is designed to ensure a perfect fit for everyone, offering added flexibility for those who need extra length.



Charger

The Flowtherma Belt includes a USB-C charger to keep it powered and ready for use.



Flowtherma Belt: A Comprehensive Guide

This essential guide is designed to help you maximize the usage and recovery benefits of your Flowtherma Belt by Flowlife.

Getting Started with Your Flowtherma Belt

The Flowtherma Belt is a state-of-the-art recovery tool designed to deliver heat, vibration, and red light therapy with precision. Follow these instructions to ensure the best results while prioritizing safety and performance.

Prepare Yourself

Before starting your session, position the Flowtherma Belt comfortably around your body for optimal results. For Red & Near-Infrared Light Therapy, direct skin contact is ideal to allow the light to penetrate deeply into the tissues. The belt is also highly effective when worn over a thin layer of clothing (1-2 layers), offering versatility for any situation. Its ergonomic design ensures a secure fit, adapting effortlessly to your body during every use.

Starting Your Session

Powering the Flowtherma Belt is seamless. Press and hold the power button until the LED indicator lights up, signaling the device is in standby mode. If no function is activated within two minutes, the device will power down automatically to save energy.

1. Power on

Press the power button until the LED indicator lights up, signaling the device is active.

2. Customize Your Settings

Adjust heat levels, vibration modes, or red light intensity to your preferred settings.

3. Start Therapy

The session begins as soon as the first setting is activated.

Each session runs for 15 minutes. During this time, you can freely adjust settings to suit your needs. Once the session ends, the device powers down automatically. To continue, restart the session and customize the settings again as needed.

Maximizing Heat, Vibration, and Red Light Therapy

Heat

Heat therapy is the cornerstone of the Flowtherma Belt, stimulating blood circulation and easing muscle tension. With five adjustable levels, including an off-setting, you can customize the heat to your needs.

Level 1 ($40 \pm 3^{\circ}\text{C}$)

Gentle warmth for pre-workout preparation or light recovery.

Level 2 ($45 \pm 3^{\circ}\text{C}$)

Moderate heat to improve flexibility and reduce mild stiffness.

Level 3 ($50 \pm 3^{\circ}\text{C}$)

Deep heat to target soreness and muscle tension.

Level 4 ($55 \pm 3^{\circ}\text{C}$)

Intense warmth is used to address persistent discomfort or post-workout recovery.

Start with lower warm-up levels and increase intensity for targeted relief during recovery.

Vibration Therapy

Tailored Relief for Every Stage

Vibration

Dynamic Combination Mode (Mode 1)

Cycles through all patterns (Pulse, Wave, and Constant Motion) for a varied and balanced session.

Pulse Mode (Mode 2)

Alternating bursts stimulate circulation and activate muscles, ideal for energizing warm-ups.

Wave Mode (Mode 3)

Rhythmic, wave-like motions enhance relaxation and improve circulation during or after activity.

Constant Motion Mode (Mode 4)

Continuous power provides deep, steady relief for tackling stubborn knots and fatigue.

Each mode can be adjusted during the session to ensure maximum effectiveness.

Red & Near-Infrared Light Therapy

Precision Recovery

Red & Near-Infrared Light Therapy

For optimal results, ensure the Flowtherma Belt is in direct contact with your skin when using Red Light (660nm) and Near-Infrared Light (850nm) therapy. This allows the light to penetrate deeply into the tissues, stimulating cellular repair and enhancing recovery.

The Flowtherma Belt offers four adjustable intensity levels:

Level 1

Provides gentle red and NIR light intensity for mild recovery and sensitive skin

Level 2

Increases intensity to enhance circulation and support light recovery.

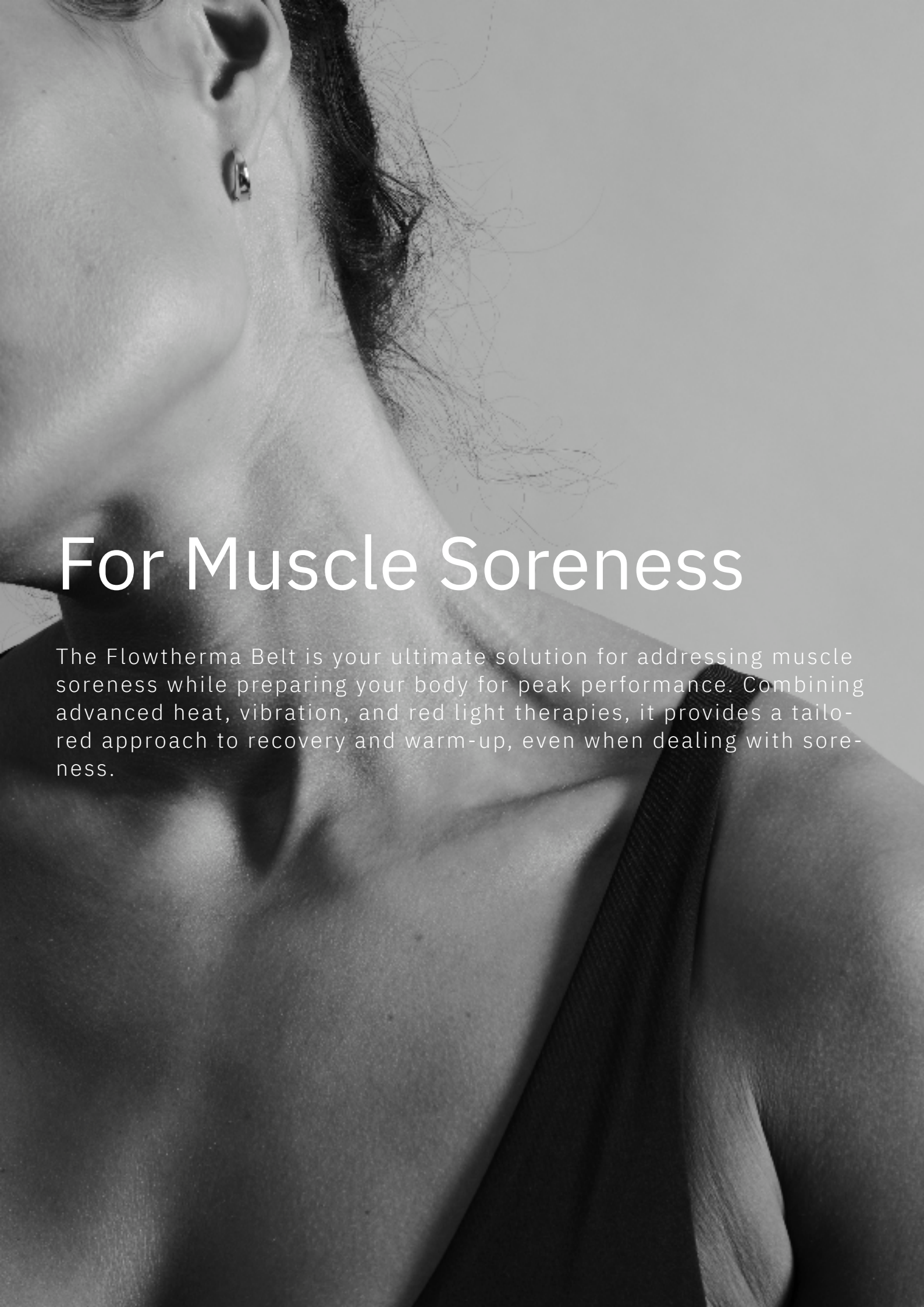
Level 3

Delivers deeper penetration to target moderate muscle tension and inflammation.

Level 4

Offers the highest intensity for advanced tissue repair and post-workout recovery.

To adjust, short-press the red light button to toggle between intensity levels or turn off the function entirely. This flexibility ensures effective therapy tailored to your specific recovery goals.



For Muscle Soreness

The Flowtherma Belt is your ultimate solution for addressing muscle soreness while preparing your body for peak performance. Combining advanced heat, vibration, and red light therapies, it provides a tailored approach to recovery and warm-up, even when dealing with soreness.

Understanding Muscle Soreness

Muscle soreness varies in intensity, so understanding its level helps you choose the best settings.

Mild Soreness

Feels like light stiffness or discomfort from light activity, prolonged sitting, or minor strain. This soreness is usually surface-level and does not restrict movement.

Moderate to Severe Soreness

This soreness results from intense workouts, overuse, or strain. It feels deeper, can restrict the range of motion, and may include swelling or tenderness.

Heat Therapy

A Foundation for Warm-Up and Relief

Heat Therapy

Heat therapy improves circulation, relaxes tight muscles, and primes your body for recovery or performance. Adjust the heat based on your soreness and goals

Level 1 or 2 (40–45 ± 3°C)

Ideal for mild soreness or as part of a warm-up routine. These lower levels provide gentle warmth to stimulate circulation without overwhelming sensitive muscles.

Level 3 or 4 (50–55 ± 3°C)

Suited for moderate to severe soreness, these higher levels deliver deeper heat to penetrate tight muscles and relieve intense discomfort.

Use Level 2 to warm up muscles when preparing for activity, even if soreness is present. Increase to Level 4 for recovery to target deeper tension after intense workouts.

Vibration Therapy

Dynamic Modes for Recovery and Activation

Vibration Therapy

The Flowtherma Belt's vibration modes are calibrated to address various recovery and activation needs. Each mode is designed to work alongside your soreness level and intended outcome.

Dynamic Combination Mode (Mode 1)

Cycles through Pulse, Wave, and Constant Motion patterns for well-rounded relief. Ideal for soreness that requires multiple types of stimulation.

Pulse Mode (Mode 2)

Provides alternating bursts to activate circulation and energize muscles. Perfect for warming up muscles when soreness is present or stimulating blood flow during recovery.

Wave Mode (Mode 3)

Rhythmic, wave-like motions improve circulation and gently relax muscles. Best for moderate soreness, as it balances stimulation and relaxation.

Constant Motion Mode (Mode 4)

Delivers steady, deep vibrations to tackle severe tension and persistent muscle knots.

For example, if you're preparing for activity despite moderate soreness, start with Pulse Mode to energize muscles. For post-workout recovery, Wave Mode can help release tension, while Constant Motion Mode provides focused relief for more severe areas.

Red & Near-Infrared Light Therapy

Cellular Repair and Activation

Red & Near Infrared Light

Red Light (660nm) and Near-Infrared Light (850nm) penetrate deeply into tissues to enhance cellular repair, reduce inflammation, and stimulate ATP production for energy. To maximize effectiveness, ensure the belt is in direct contact with your skin.

Level 1 or 2

Suitable for mild soreness or when targeting sensitive areas. These lower levels support circulation and cellular recovery without overwhelming the body.

Level 3 or 4

Designed for deeper penetration to accelerate tissue repair and address moderate to severe soreness.

For example, use Level 2 during warm-up to energize muscles and prepare them for movement. Switch to Level 4 during recovery to enhance tissue repair and reduce inflammation after high-intensity activity.

Integrating Recovery and Warm-Up for Soreness

Integrating for Soreness

The Flowtherma Belt bridges the gap between recovery and performance. Here's how to use it effectively.

Before Activity

Use Level 2 heat and Pulse Mode (Mode 2) to activate muscles and enhance circulation. Combine with Level 1 or 2 red light to energize cells.

After Activity

Increase to Level 3 or 4 heat and pair with Wave Mode (Mode 3) or Constant Motion Mode (Mode 4) for targeted relief. Finish with Level 3 or 4 red light to reduce inflammation and accelerate tissue repair.

This approach ensures your body is prepared for activity and supported during recovery, no matter the intensity of soreness.

A Thoughtful Recovery Journey

Using the Flowtherma Belt's adjustable settings, you can customize your session to meet your body's unique needs. Whether for warm-up or recovery, the belt delivers comprehensive support to help you perform at your best and recover faster.



For General Warm-up

The Flowtherma Belt is the ultimate tool for preparing your body for physical activity. Combining heat, vibration, and red light therapies activates muscles, improves circulation, and minimizes the risk of stiffness or injury. Whether your warm-up is for everyday activity or intense performance, the belt ensures your body is ready.

Heat Therapy: Priming Your Muscles for Action

Heat therapy enhances blood flow and increases muscle elasticity, helping reduce stiffness and improve flexibility. The Flowtherma Belt's heat levels are designed to adapt to your warm-up goals.

Level 2 ($45 \pm 3^{\circ}\text{C}$)

Delivers moderate warmth to wake up your muscles and improve circulation. This is ideal for most warm-up routines as it gently loosens muscles without causing fatigue.

Level 3 ($50 \pm 3^{\circ}\text{C}$)

Provides deeper heat to target specific tight areas or if you're starting with mild soreness. Use this when preparing for more demanding physical activity.

Vibration Therapy: Energizing Circulation

Vibration therapy is critical for muscle activation and circulation. The Flowtherma Belt offers tailored modes to optimize your warm-up:

Pulse Mode (Mode 2)

Alternating bursts stimulate muscles, promoting circulation and preparing them for movement. Ideal for energizing your body before physical activity.

Dynamic Combination Mode (Mode 1)

Cycles through all vibration patterns for a comprehensive warm-up, addressing multiple muscle needs in a single session.

Red & Near-Infrared Light Therapy: Boosting Cellular Energy

Direct skin contact ensures the belt's Red Light (660nm) and Near-Infrared Light (850nm) penetrate deeply to stimulate ATP production. This provides your muscles with the energy they need for peak performance:

Level 2

Moderate intensity enhances circulation and activates muscle tissues.

Level 3

Deeper penetration supports more demanding warm-ups and prepares muscles for intense performance.

Use red light therapy as a complementary tool to energize your muscles at a cellular level.

How to Warm Up Effectively

1. Set heat to Level 2 or 3 to increase circulation and loosen muscles.
2. Activate Pulse Mode (Mode 2) for targeted muscle activation, or use Dynamic Combination Mode (Mode 1) for a versatile warm-up.
3. Apply red light at Level 2 or 3 to enhance cellular energy and muscle readiness.

By tailoring the Flowtherma Belt's settings to your activity level, you ensure your body is optimally prepared for any physical challenge.





For General Recovery

The Flowtherma Belt supports your recovery journey, combining heat, vibration, and red light therapies to reduce muscle tension, accelerate repair, and restore balance. It's the perfect tool for unwinding after an activity or managing daily muscle stress.

Heat Therapy: Relax and Restore

Heat therapy relaxes tight muscles, promotes circulation, and soothes discomfort. Adjust the heat level based on your recovery needs:

Level 2 ($45 \pm 3^{\circ}\text{C}$)

Moderate warmth to release tension and enhance relaxation.

Level 3 or 4 ($50\text{--}55 \pm 3^{\circ}\text{C}$)

Deep, penetrating heat targets stubborn soreness and provides intense relief.

Vibration Therapy: Reduces tension and promotes circulation

Vibration therapy supports recovery by breaking down lactic acid and improving circulation:

Wave Mode (Mode 3)

A rhythmic pattern to release tension and support muscle recovery.

Constant Motion Mode (Mode 4)

Provides deep, steady vibrations to address persistent knots and fatigue.

Choose the mode that aligns with your recovery needs and adjust the intensity as required.

Red & Near-Infrared Light Therapy: Repair and Rejuvenate

Direct skin contact ensures the belt's Red Light (660nm) and Near-Infrared Light (850nm) penetrate effectively, accelerating tissue repair and reducing inflammation. Adjust light intensity based on your goals.

Level 3

Moderate intensity supports tissue repair and eases soreness.

Level 4

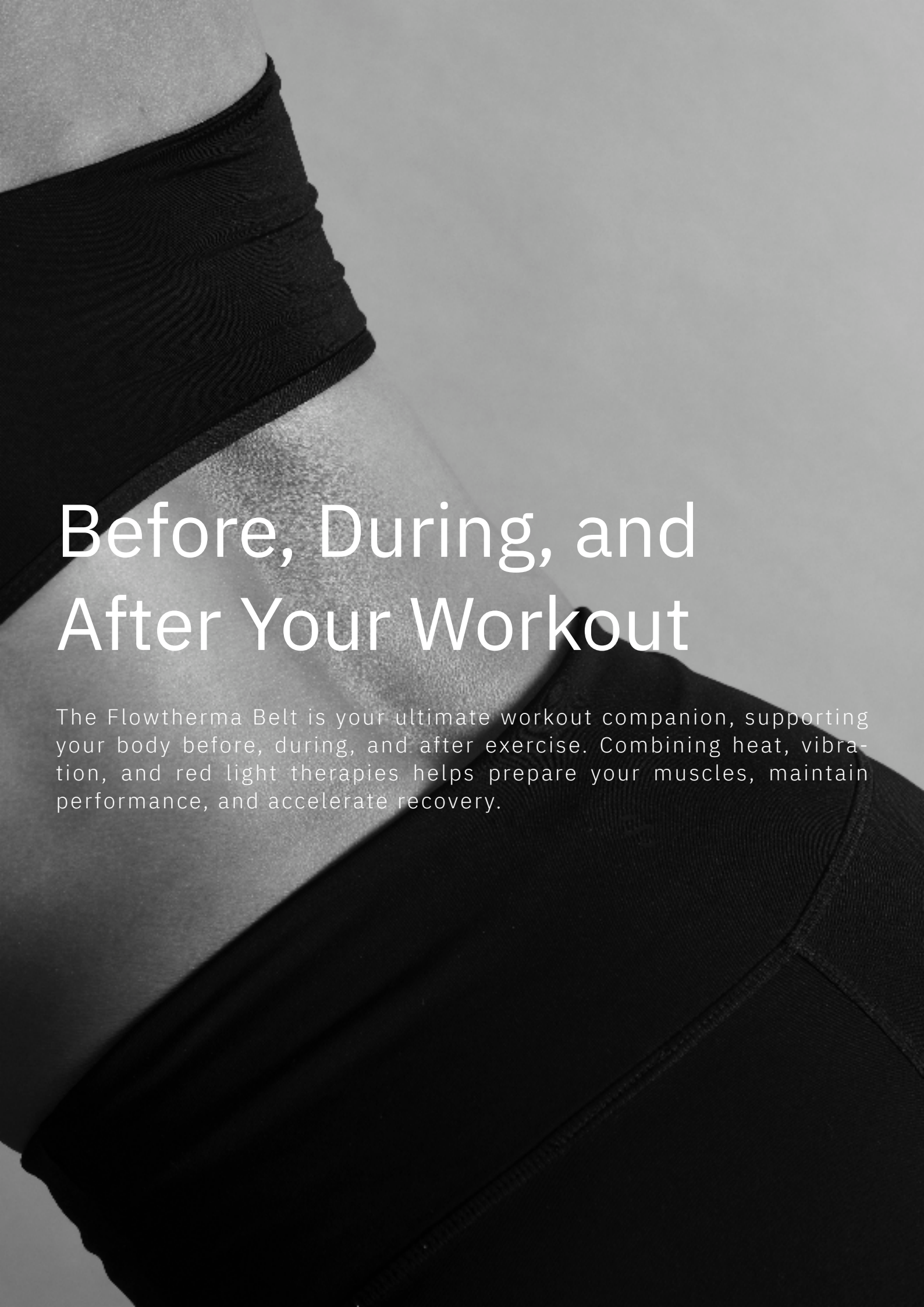
Maximum intensity targets deep recovery and advanced inflammation reduction.

How to Recover Effectively

1. Set heat to Level 2 or 3 for relaxation or Level 4 for deep relief.
2. Use Wave Mode (Mode 3) to release tension gently or Constant Motion Mode (Mode 4) for deep muscle relief.
3. Apply red light at Level 3 or 4 to accelerate tissue repair and reduce inflammation.

By combining these therapies, the Flowtherma Belt helps you recover faster and maintain long-term muscle health, ensuring you're ready for the challenges ahead.



A black and white photograph of a person's midsection. They are wearing a black, ribbed, wide waistband belt. The background is a plain, light-colored wall.

Before, During, and After Your Workout

The Flowtherma Belt is your ultimate workout companion, supporting your body before, during, and after exercise. Combining heat, vibration, and red light therapies helps prepare your muscles, maintain performance, and accelerate recovery.

Before Your Workout: Warm-Up Enhancement

Heat Therapy

Set the belt to Level 2 ($45 \pm 3^{\circ}\text{C}$) for moderate warmth to loosen muscles and reduce stiffness. If you start with mild soreness, consider Level 3 ($50 \pm 3^{\circ}\text{C}$) for more profound muscle activation.

Vibration Therapy

Use Pulse Mode (Mode 2) for alternating bursts that energize muscles or Dynamic Combination Mode (Mode 1) to cycle through all patterns for a comprehensive warm-up.

Red & Near-Infrared Light Therapy

Apply Level 2 or 3 with direct skin contact to stimulate cellular energy and support muscle readiness.

Duration: 10–15 minutes is ideal to ensure your body is fully prepared for the demands of your workout.

During Your Workout: Active Recovery

Heat Therapy

Use Level 2 ($45 \pm 3^{\circ}\text{C}$) to keep muscles warm and reduce stiffness, especially during breaks.

Vibration Therapy

Activate Wave Mode (Mode 3) to stimulate circulation and keep muscles relaxed between sets.

Red & Near-Infrared Light Therapy

Apply Level 2 to enhance blood flow and support oxygen delivery to your muscles.

Duration: Use the belt for 5–10 minutes during workout breaks to keep muscles fresh and reduce strain.

After Your Workout: Post-Workout Recovery

Accelerate your recovery and ease post-workout tension with a tailored session:

Heat Therapy

Set the belt to Level 3 or 4 ($50\text{--}55 \pm 3^\circ\text{C}$) to deliver deep warmth, soothe overworked muscles, and reduce soreness.

Vibration Therapy

Use Constant Motion Mode (Mode 4) for deep, steady relief or Wave Mode (Mode 3) for a rhythmic recovery session that releases tension.

Red & Near-Infrared Light Therapy

Apply Level 3 or 4 to repair tissue damage and reduce inflammation after intense exercise.

Duration: 15–20 minutes to reset your body and support advanced muscle recovery.

How to Use the Flowtherma Belt for Workouts

Before

Use the belt to warm muscles, activate circulation, and reduce stiffness.

During

Apply the belt in short sessions to maintain performance and delay muscle fatigue.

After

Focus on deep recovery by loosening tension, enhancing circulation, and accelerating tissue repair.

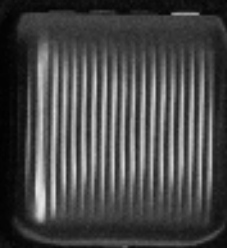
By integrating the Flowtherma Belt into your workout routine, you'll prepare better, perform stronger, and recover faster, ensuring you stay at the top of your game.



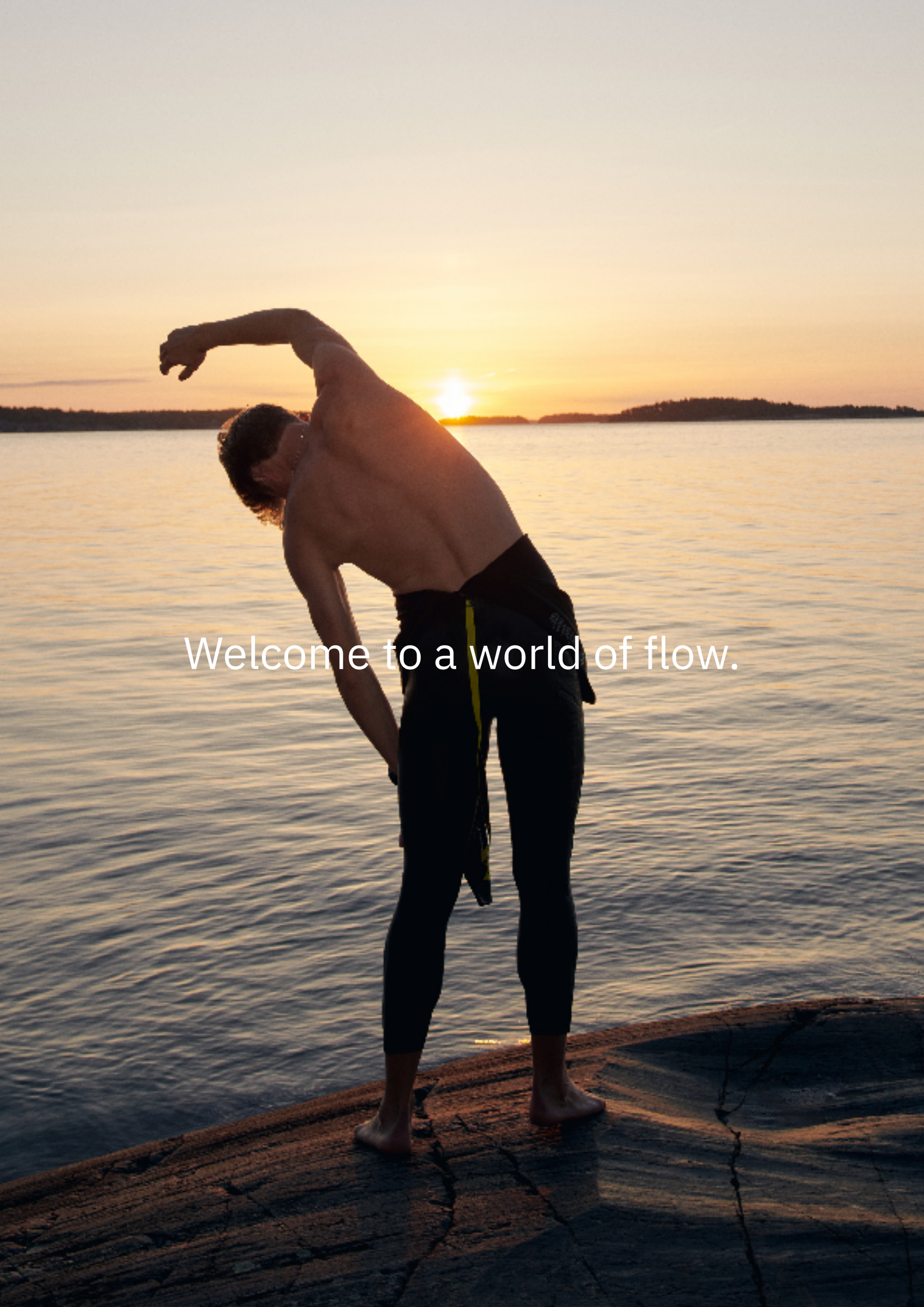
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A full-page photograph of a person standing on a dark, rocky shore, leaning forward in a deep stretch. The person is wearing a black wetsuit with a yellow stripe down the side of the leg. Their right arm is raised and bent, with the hand near their head, while their left hand rests on their lower back. The background features a calm body of water reflecting the warm, golden light of a setting sun. The sun is positioned directly behind the person's head, creating a silhouette effect and a strong lens flare. The horizon line is visible in the distance, with a dark treeline under a pale, hazy sky. The overall mood is serene and contemplative, emphasizing a connection with nature.

Welcome to a world of flow.

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A black and white photograph of a person's back and shoulder. A black strap, possibly from a bag or a piece of clothing, is draped over the shoulder. The lighting is dramatic, highlighting the contours of the body.

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Active Lifestyle. Made Possible.