

# GRAVITY™ LIFE

## USER GUIDE



*Relaxation: essential for the body and mind*



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## WHAT'S IN THE BOX

The GRAVITY™ system consists of two parts;

1. A cradle, which fits behind your neck and head
2. A triangular keystone, which sits against your sacrum\*

This is a one-size-fits-all system.



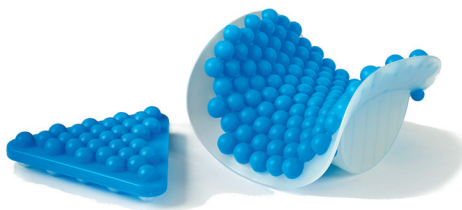
\*See illustration on page 8.



## ABOUT GRAVITY

GRAVITY uses your bodyweight to trigger, compress and relax tight muscles in the neck, spine and pelvis. This triggers your body's natural ability to relax and realign itself.

For best results, it is recommended that you use GRAVITY for around 20 minutes per day, although you may use it for longer if you wish. Some users find they need to gradually build up the time spent on the system. You can download the free 21:20 relaxation programme from our website to ease yourself into a gentle routine with the GRAVITY device.



### **CONTRAINDICATIONS & AFTERCARE**

It is not advisable to use GRAVITY:

If you are/could be pregnant

If you have epilepsy

If you have open wounds/sores around the area where GRAVITY touches your skin

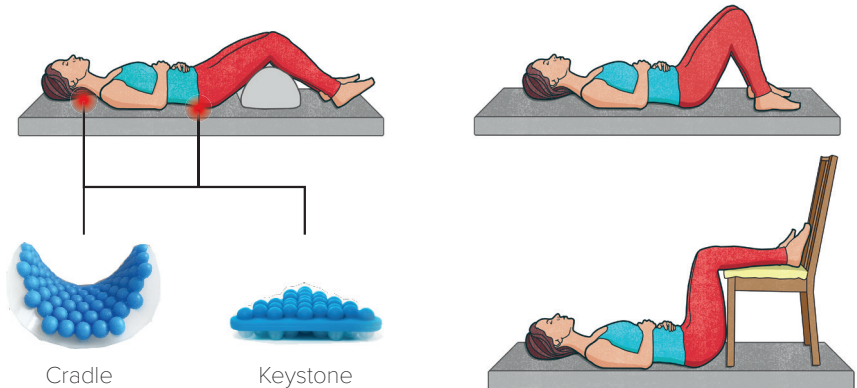
For more information, to watch our videos on how to use the device and to read reviews on GRAVITY, visit [www.gravitylife.com](http://www.gravitylife.com), or contact us with any enquiries on [sales@gravitylife.co.uk](mailto:sales@gravitylife.co.uk).



## HOW TO USE GRAVITY

Lie down, face up, on a firm surface. A carpeted floor is ideal, but you could lie on a yoga mat, the beach, grass, or a therapy table if you have one. You are welcome to lie on a bed if getting down to floor level is difficult, however please note it may be too soft for GRAVITY to be 100% effective.

It is important that your knees are bent when using GRAVITY as this helps relax the hips and takes pressure off the lower back. Try using a cushion or rolled-up yoga mat under your knees, put your lower legs on a chair or sofa, or simply place your feet flat on the floor with your knees at a 45-degree angle.



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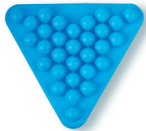
## THE KEYSTONE



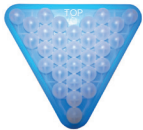
The keystone is the triangular piece that goes under your pelvis. It is designed to provide different levels of support depending on what your body needs.



**Level One** - Separate the two parts of the keystone and use just the blue silicone piece, placing it under the pelvis. This has less impact on the soft tissues and is a gentler way to get started. The spheres go against your skin.



**Level Two** - For a deeper impact, reattach the harder white part of the keystone to the blue silicone, and use both pieces together with the blue side against your skin.

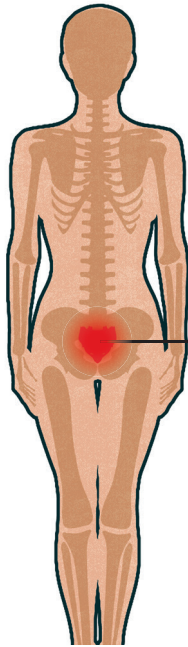


**Level Three** - For an even deeper impact, use the keystone with both pieces joined together and the harder white side against your skin.

The keystone can be used in any of the ways described above, as long as you feel comfortable.

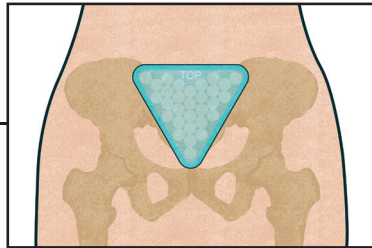


## FINDING THE RIGHT POSITION



The keystone should be positioned before the cradle. Place the keystone under your pelvis, centrally, against your sacrum.

The top flat edge of the keystone is marked with the word 'TOP'. This edge should be positioned in line with the top of the sacrum.



The point of the triangle should sit about an inch above the tailbone/ coccyx. In non-medical terms, at the beginning of the crease of your bottom.

It is important that it is placed central to the sacrum but move it around slightly to find a position that is comfortable for you. You should be able to relax into it within a minute or so.

To further relax the pelvis, allow the knees to very slightly roll out to each side.





## THE CRADLE

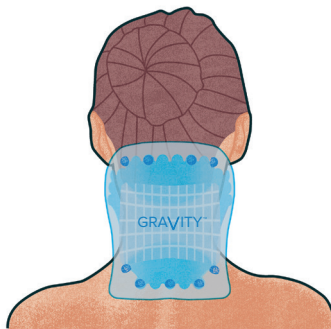
Hold the neck cradle with the word GRAVITY facing you, then place it behind your neck and head. Move it around until it feels comfortable for you – small adjustments to both pieces are key.

If you are particularly stressed or carry a lot of tension in the shoulders, you may find that they are pushing the cradle towards the head, giving a sense of pressure or discomfort against the neck and head. Once lying down remember to consciously relax your shoulders to ease into the cradle.

If the neck cradle feels too firm at first, try placing the storage bag that comes with your GRAVITY across the inside of the cradle to make it softer whilst you get started.

AND NOW, RELAX.

Once you have found a comfortable position, close your eyes and RELAX. Let go, and feel your shoulders relax with your arms by your side. As tension disperses your weight distribution will change, so you may need to gently reposition the cradle and keystone.





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## IMPORTANT INFORMATION FOR USING GRAVITY

The soft blue part of the neck cradle should not be removed from the white cradle rocker.

To fully benefit from the effects of the GRAVITY system, you should use both the keystone and the cradle at the same time.

You may feel pressure as you lie on GRAVITY, but it shouldn't feel painful. If you do experience pain, adjust the position of the two pieces. If the pain persists, stop for this session.

The spheres of both pieces may leave an imprint on your skin after a session. This soon fades and is nothing to worry about – it shows you have fully relaxed.

Everyone is built differently and will feel the benefits of GRAVITY at different rates. Using GRAVITY on a regular basis allows tension to be released, giving the body a chance to heal and recover.

GRAVITY is not a substitute or alternative for medical treatment. If in any doubt as to whether GRAVITY is suitable for your own use, please consult your doctor.

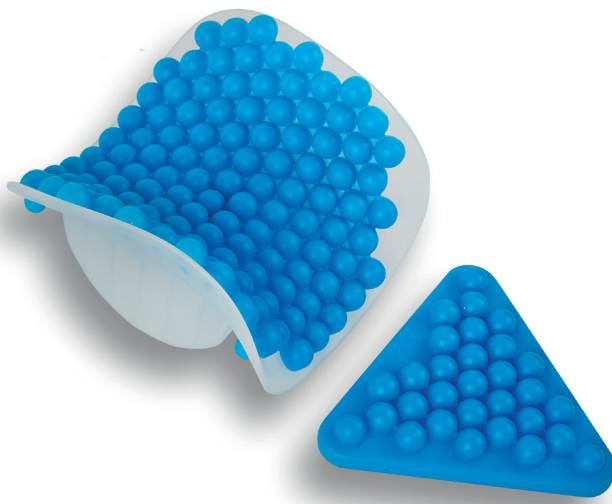


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## FINISHING YOUR GRAVITY SESSION

When you're ready, lift your head and remove the neck cradle. You may wish to replace the cradle with a cushion under your head. Next, lift the pelvis or roll onto your side, and remove the keystone. If you used something behind your knees, remove it now too.

Lie for a minute or two before rolling onto your side to get up. It is not unusual to feel a little light-headed following a session as you have entered deep relaxation.



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