

LANZARO



3-IN-1 BACKMASSAGER PILLOW OPERATING INSTRUCTIONS

Plug-in Three-Function Model with Remote Control

With Traction Lift, Heat and Vibration for Lower and Upper Back Comfort

Thank you for choosing Lanzaro Back Massager. This revised manual updates the remote control details and refines the operating guidance so the file is ready to share with your client or supplier.



Product Overview

The LANZARO 3-in-1 Back Massager is designed to provide a relaxing home massage experience through three core functions: traction lift, vibration and heat. Its curved support shape rests naturally beneath the lower or upper back while the selected therapy mode helps ease daily tension and improve comfort during short sessions.

Power Connection

This version is a plug-in model with remote control. Before use, connect the massager securely to an appropriate power source and make sure the cable is placed safely so it does not create pulling, strain or a tripping hazard. Do not use the unit until the connection is stable and the device is resting on a flat surface.

Remote Control Overview

The remote allows you to power the unit on, select the automatic program, choose an individual function and adjust the operating level. The layout below reflects the updated control arrangement for the three-function model.

Remote Control Layout



Use + and - to adjust the operating level.
The device supports 3 control levels.

Build in control system



 Blue: Vibration

 Green: Stretch

 Red: Heat

 Vibration
Stretch → Heat



Control	Function
Power	Press the center power button to switch the massager on or off.
Auto	Starts the automatic massage program and runs through the built-in therapy sequence.
Jolt	Activates vibration mode.
Pull	Activates traction mode.
+	Increases the operating level.
-	Decreases the operating level.
Gear	Shows or supports level selection. The device operates with 3 control levels.

Build in control system

The LANZARO includes a built-in control system for management of The LANZARO includes a built-in control system for management of basic functions directly from the massager unit itself. This dual-control method provides a secondary operating choice .

Place the massager on a bed, sofa, yoga mat or another flat surface. Lie down slowly and position the curved support beneath the lower or upper back according to the area where you want comfort and relaxation. Once you are comfortable, press the power button and choose either Auto mode or an individual function with the remote control.

If you want a complete guided session, choose Auto mode. If you prefer to focus on one function at a time, select Jolt for vibration, Pull for traction or Heat for warming support. Use the plus and minus buttons to adjust the operating level until the session feels comfortable. The product supports three control levels.

For routine use, keep each session to about 10 to 15 minutes. Stop immediately if the intensity feels uncomfortable or if you feel pain, dizziness or unusual sensitivity during use.

Use the device only as intended and only in a dry indoor environment. Do not use it while sleeping, driving, bathing or near water. Keep the unit away from children unless an adult is supervising. People who are pregnant or who have a pacemaker, spinal injury, recent surgery or any serious medical condition should consult a qualified healthcare professional before use.

Do not place heavy objects on the massager, bend the unit forcefully or use the product on broken or highly sensitive skin. If the power cord, housing or remote control appears damaged, stop using the device until it has been inspected or replaced.

Turn the massager off and disconnect it from the power source before cleaning. Allow the device to cool completely, then wipe the exterior with a soft dry or slightly damp cloth. Do not immerse the product in water and do not use strong chemicals, abrasive cleaners or excessive moisture on any part of the unit.

Store the massager in a cool, dry place away from direct sunlight, sharp objects and excessive pressure. Coil the power cord loosely to avoid damage, and keep the remote control clean and protected when the product is not in use.

Manual title: LANZARO 3-in-1 Back Massager Operating Instructions. Product type: plug-in three-function model with remote control. Main functions: Auto mode, Jolt (vibration), Pull (traction), Heat, and 3-level control.

LANZARO

3-IN-1 BACK MASSAGER PILLOW

HOW TO USE & EXERCISE GUIDE

Relieve pain, relax muscles and improve posture with daily use.



VIBRATION
Relaxes tight muscles

TRACTION (STRETCH)
Gently decompresses the spine

HEAT
Soothes pain and improves circulation

Long Press: Power On/Off
Port: Charging Connection
Short Press: Switch Mode (Vibration → Stretch → Heat)

HOW TO USE

1 PLACE



Place the pillow on a bed, sofa, or yoga mat.

Position the curved support under your lower or upper back.

2 CONNECT



Connect the power cable to the pillow and plug into a power source.

3 POWER ON



Long press the power button on the remote to turn the pillow ON.

4 CHOOSE MODE



Press mode button to select:
Vibration → Stretch → Heat or choose Auto for a complete massage program.

5 ADJUST LEVEL



Use + and - to adjust the intensity. 3 levels available.

6 ENJOY & RELAX



Relax and enjoy for 10–15 minutes. Do not use for more than 15 minutes at a time.



Best Results: Use daily for 10–15 minutes. Drink water after use and listen to your body.

RECOMMENDED EXERCISES WITH LANZARO PILLOW

Use the pillow with these gentle exercises for maximum back pain relief and flexibility.

1. LOWER BACK RELIEF



Lie on your back, place the pillow under your lower back. Keep knees bent and relax.

Benefit: Relieves lower back tension, reduces stiffness and improves spinal alignment.

2. UPPER BACK STRETCH



Position the pillow under your upper back. Open your chest and relax your shoulders.

Benefit: Opens chest, improves posture and reduces upper back pain.

3. SPINAL DECOMPRESSION



Place the pillow at your mid-back. Stretch your arms overhead and breathe deeply.

Benefit: Gently decompresses the spine and improves flexibility.

TIPS FOR BEST RESULTS

- ✓ Use on a firm surface for better support.
- ✓ Stay hydrated and maintain regular use.
- ✓ Combine with stretching and good posture.
- ✓ Stop immediately if you feel discomfort.

4. GLUTE & HIP RELEASE



Place the pillow under your hips. Cross one leg over the other and hold gently.

Benefit: Relieves hip tension, improves mobility and reduces lower back strain.

5. FULL BODY RELAXATION



Use pillow in your comfortable position with Heat mode for full body relaxation before sleep.

Benefit: Promotes deep relaxation, better sleep and muscle recovery.

⚠ WHO SHOULD AVOID USE

People with pacemaker, pregnant women, recent surgery, severe medical conditions or spinal injury should consult a doctor before use.



SAFE & EFFECTIVE
Designed for daily relief and relaxation.



10–15 MIN DAILY
Short sessions for long lasting benefits.



RELAX • STRETCH • HEAL
Vibration, Traction and Heat work together for you.



YOUR WELLNESS PARTNER
Feel better. Move better. Live better.

BACK PAIN RELIEF

Challenge



A. CAT-COW STRETCH	B. BIRD DOG	C. KNEE TO CHEST STRETCH	D. BACK EXTENSION	E. CHILD'S POSE
DAY 1 <input type="checkbox"/> A x 5 <input type="checkbox"/> B x 5 each side <input type="checkbox"/> C x 20 sec/ leg <input type="checkbox"/> D x 10 sec <input type="checkbox"/> E x 20 sec	DAY 2 <input type="checkbox"/> A x 5 <input type="checkbox"/> B x 5 each leg <input type="checkbox"/> C x 5 each leg <input type="checkbox"/> D x 8 <input type="checkbox"/> E x 20 sec	DAY 3 <input type="checkbox"/> A x 5 <input type="checkbox"/> B x 5 each side <input type="checkbox"/> C x 20 sec/ leg <input type="checkbox"/> D x 10 sec <input type="checkbox"/> E x 20 sec	DAY 4 <input type="checkbox"/> A x 5 <input type="checkbox"/> B x 5 each side <input type="checkbox"/> C x 20 sec/ leg <input type="checkbox"/> D x 10 sec <input type="checkbox"/> E x 20 sec	DAY 5 <input type="checkbox"/> A x 5 <input type="checkbox"/> B x 5 each side <input type="checkbox"/> C x 20 sec/ leg <input type="checkbox"/> D x 10 sec <input type="checkbox"/> E x 20 sec
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KNEE PAIN RELIEF

Challenge Guide



A. Cat-Cow Stretch



How:

On hands and knees, slowly round your back, then gently arch it. Move with your breath.

Tips:

- Move slowly and smoothly
- Do not force the movement

Benefits:

Helps improve spinal mobility and reduce stiffness.



B. Bird Dog

How:

From hands and knees, extend one arm and the opposite leg. Hold briefly, then switch sides.

Tips:

- Keep your core engaged
- Avoid arching your back

Benefits:

Supports core stability and spinal control.



C. Knee to Chest Stretch

How:

Lie on your back and gently bring one knee toward your chest. Switch sides.

Tips:

- Keep your shoulders relaxed
- Hold only within a comfortable range

Benefits:

Helps release tension in the lower back.



D. Back Extension

How:

Lie on your stomach and gently press up through your forearms, keeping hips on the floor.

Tips:

- Move slowly
- Stop if you feel discomfort

Benefits:

Encourages gentle spinal extension and back comfort.



E. Child's Pose

How:

Sit back on your heels and reach your arms forward, relaxing your upper body.

Tips:

- Breathe deeply
- Stay comfortable

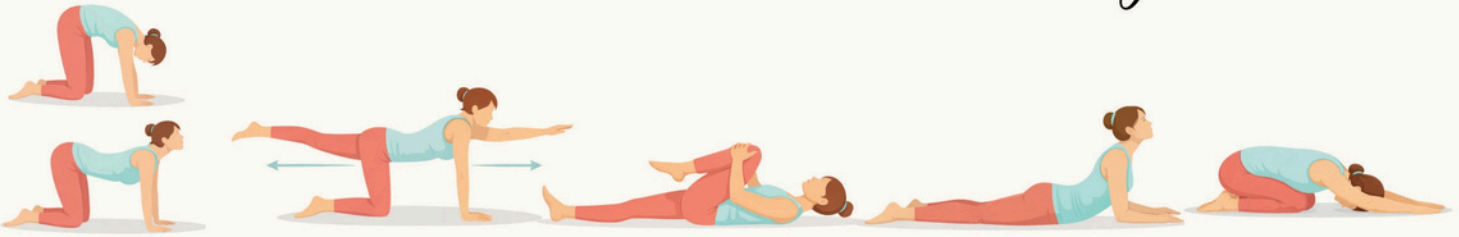
Benefits:

Promotes relaxation and gentle back stretching.

30 DAYS

BACK PAIN RELIEF

Challenge



A. CAT-COW STRETCH	B. BIRD DOG	C. KNEE TO CHEST STRETCH	D. BACK EXTENSION	E. CHILD'S POSE
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✓ How Often

- Complete once per day
- Rest days are okay
- Consistency matters more than perfection

✓ Missed a Day?

- Continue where you left off
- Do not double sessions

✓ Listen to Your Body

- Move slowly and gently
- Mild stretch is normal
- Sharp or increasing pain = stop

✓ Flare-Up Days

- Reduce range of motion
- Gentle breathing or light stretching is enough

 **Focus for This Challenge**

Focus on controlled movement and spinal comfort

✓ This Challenge Is For You If:

- You want gentle, supportive movement
- You're focused on comfort and mobility

✗ Not Intended For:

- High-intensity workouts
- Pushing through pain
- Medical treatment or diagnosis

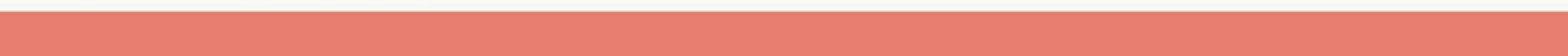
Always move within a comfortable, pain-free range.

30 DAYS

NOTES

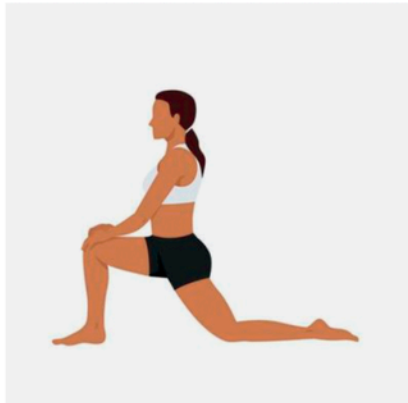
DATE / /

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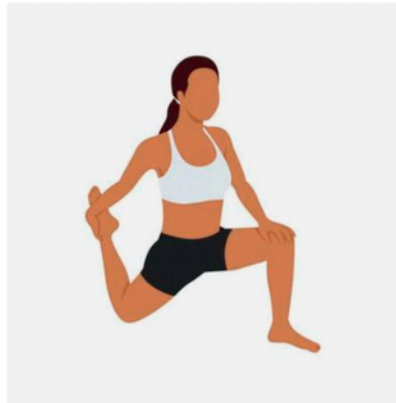


DAILY STRETCHING ROUTINE

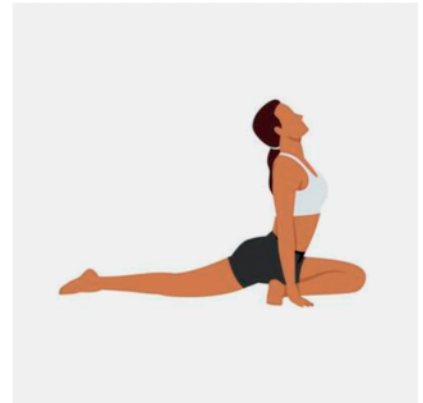
Exercises



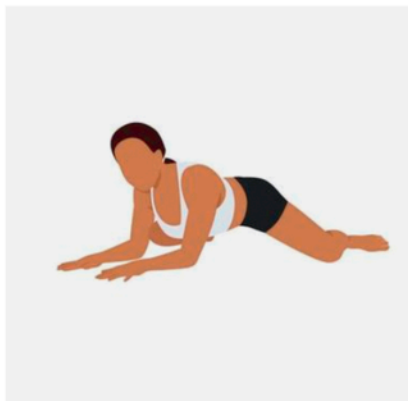
HIP FLEXOR STRETCH



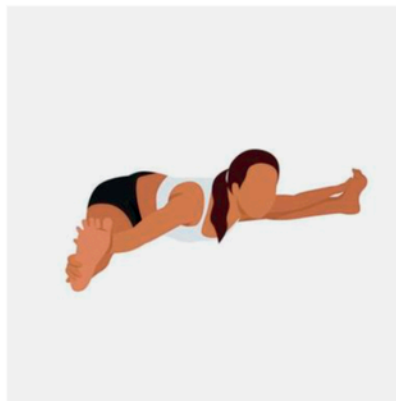
QUADRICEPS STRETCH



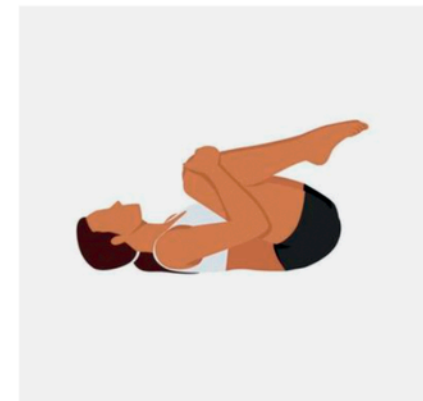
PIGEON STRETCH



HIPS OPENER STRETCH



INNER THIGH STRETCH



KNEE TO CHEST STRETCH

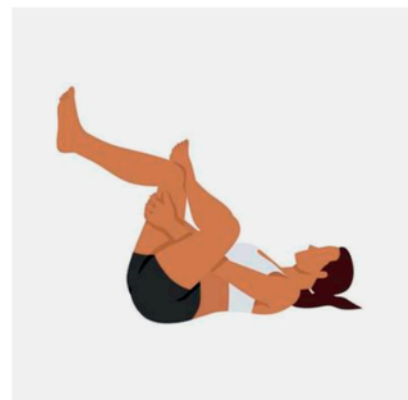
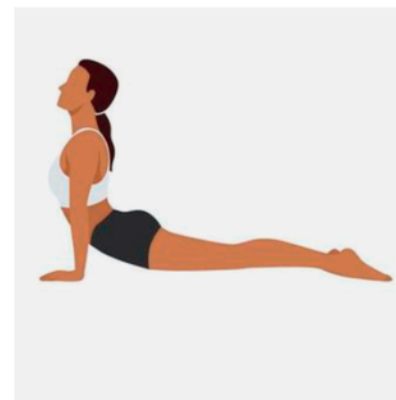
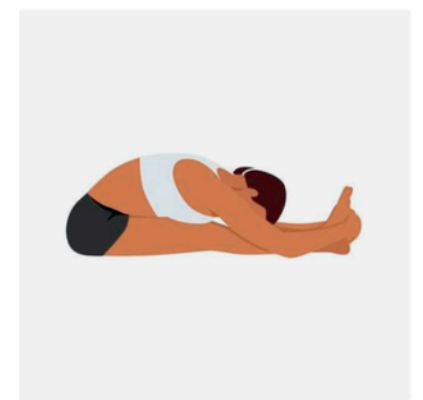


FIGURE 4 HIP STRETCH



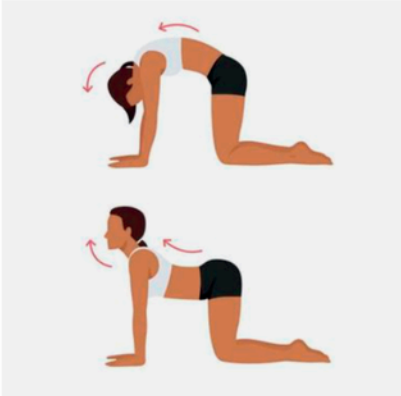
COBRA ABDOMINAL STRETCH



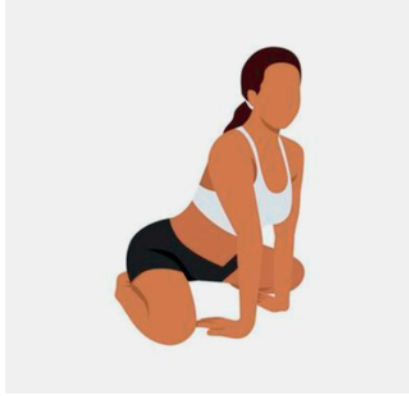
SEATED FORWARD BEND

DAILY STRETCHING ROUTINE

Exercises



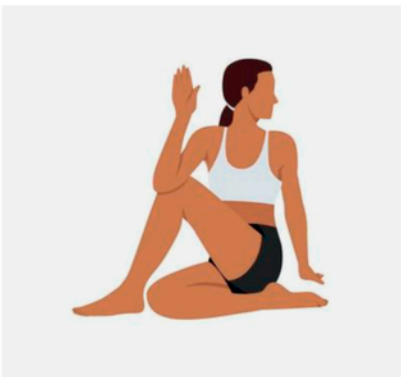
CAT-COW BACK STRETCH



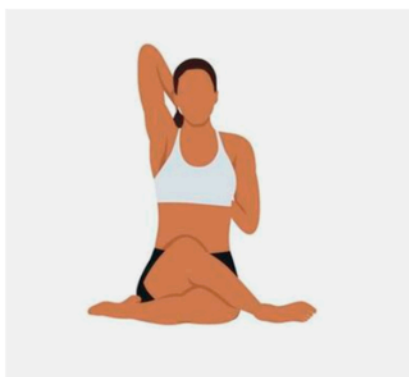
SEATED WRIST STRETCH



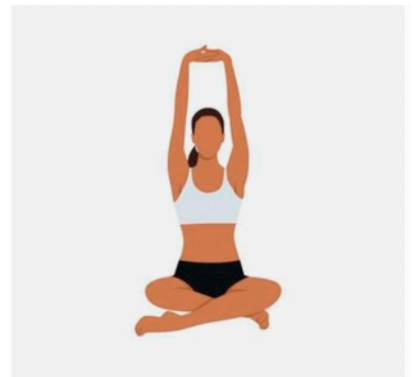
SIDE REACH



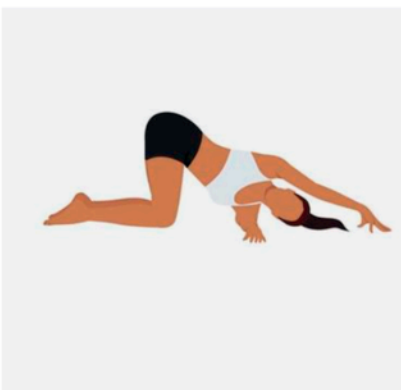
HALF LORD OF THE FISHES



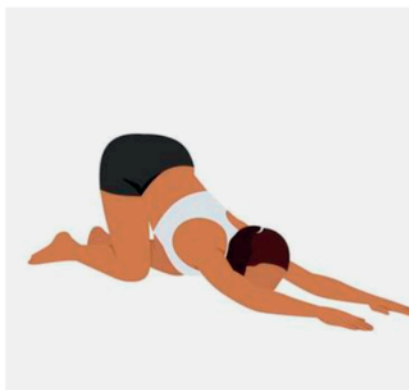
SHOULDER STRETCH



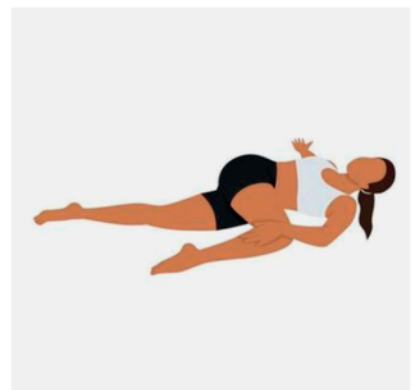
OVERHEAD SHOULDER STRETCH



THREAD THE NEEDLE STRETCH



BACK STRETCH



RECLINED SPINAL TWIST

30 DAYS

POSTURE CORRECTION

Challenge



A. WALL POSTURE RESET



B. THORACIC EXTENSION



C. CHEST OPENER



D. CHIN TUCKS



E. SUBOCCIPITAL RELEASE

DAY 1

- A x 5 slow rounds
- B x 20 sec
- C x 20 sec
- D x 10
- E x 20 sec

DAY 2

- A x 5 slow rounds
- B x 20 sec
- C x 20 sec
- D x 10
- E x 20 sec

DAY 3

- A x 5 slow rounds
- B x 20 sec
- C x 20 sec
- D x 10
- E x 20 sec

DAY 4

- A x 5 slow rounds
- B x 20 sec
- C x 20 sec
- D x 10
- E x 20 sec

DAY 5

- A x 5 slow rounds
- B x 20 sec
- C x 20 sec
- D x 10
- E x 20 sec

DAY 6

- A x 6 slow rounds
- B x 25 sec
- C x 25 sec
- D x 12
- E x 25 sec

DAY 7

- A x 6 slow rounds
- B x 25 sec
- C x 25 sec
- D x 12
- E x 25 sec

DAY 8

- A x 6 slow rounds
- B x 25 sec
- C x 25 sec
- D x 12
- E x 25 sec

DAY 9

- A x 6 slow rounds
- B x 25 sec
- C x 25 sec
- D x 12
- E x 25 sec

DAY 10

- A x 6 slow rounds
- B x 25 sec
- C x 25 sec
- D x 12
- E x 25 sec

DAY 11

- A x 7 slow rounds
- B x 30 sec
- C x 30 sec
- D x 14
- E x 30 sec

DAY 12

- A x 7 slow rounds
- B x 30 sec
- C x 30 sec
- D x 14
- E x 30 sec

DAY 13

- A x 7 slow rounds
- B x 30 sec
- C x 30 sec
- D x 14
- E x 30 sec

DAY 14

- A x 7 slow rounds
- B x 30 sec
- C x 30 sec
- D x 14
- E x 30 sec

DAY 15

- A x 7 slow rounds
- B x 30 sec
- C x 30 sec
- D x 14
- E x 30 sec

DAY 16

- A x 8 slow rounds
- B x 35 sec
- C x 35 sec
- D x 16
- E x 35 sec

DAY 17

- A x 8 slow rounds
- B x 35 sec
- C x 35 sec
- D x 16
- E x 35 sec

DAY 18

- A x 8 slow rounds
- B x 35 sec
- C x 35 sec
- D x 16
- E x 35 sec

DAY 19

- A x 8 slow rounds
- B x 35 sec
- C x 35 sec
- D x 16
- E x 35 sec

DAY 20

- A x 8 slow rounds
- B x 35 sec
- C x 35 sec
- D x 16
- E x 35 sec

DAY 21

- A x 9 slow rounds
- B x 40 sec
- C x 40 sec
- D x 18
- E x 40 sec

DAY 22

- A x 9 slow rounds
- B x 40 sec
- C x 40 sec
- D x 18
- E x 40 sec

DAY 23

- A x 9 slow rounds
- B x 40 sec
- C x 40 sec
- D x 18
- E x 40 sec

DAY 24

- A x 9 slow rounds
- B x 40 sec
- C x 40 sec
- D x 18
- E x 40 sec

DAY 25

- A x 9 slow rounds
- B x 40 sec
- C x 40 sec
- D x 18
- E x 40 sec

DAY 26

- A x 10 slow rounds
- B x 45 sec
- C x 45 sec
- D x 20
- E x 45 sec

DAY 27

- A x 10 slow rounds
- B x 45 sec
- C x 45 sec
- D x 20
- E x 45 sec

DAY 28

- A x 10 slow rounds
- B x 45 sec
- C x 45 sec
- D x 20
- E x 45 sec

DAY 29

- A x 10 slow rounds
- B x 45 sec
- C x 45 sec
- D x 20
- E x 45 sec

DAY 30

- A x 10 slow rounds
- B x 45 sec
- C x 45 sec
- D x 20
- E x 45 sec

POSTURE CORRECTION

Challenge Guide



A. Wall Posture Reset

How:

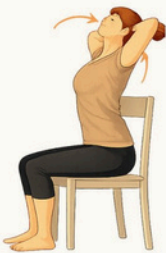
Stand with back against a wall. Gently press head, shoulders, and hips toward the wall. Hold tall posture.

Tips:

- Keep chin relaxed
- Breathe normally

Benefits:

Improves posture awareness and alignment.



B. Thoracic Extension

How:

Sit tall. Place hands behind head and gently extend upper back over the chair.

Tips:

- Move slowly
- Keep neck relaxed

Benefits:

Improves upper-back mobility and posture.



C. Standing Chest Opener

How:

Stand or sit tall. Open arms wide and gently squeeze shoulder blades together.

Tips:

- Do not arch lower back
- Move with control

Benefits:

Reduces chest tightness and rounded shoulders.



D. Chin Tucks

How:

Sit or stand tall. Gently draw chin straight back, keeping head level.

Tips:

- Small movement
- Avoid looking down

Benefits:

Strengthens neck muscles and improves head position.



E. Suboccipital Release

How:

Lie on your back with a small ball under the base of your skull. Gently relax your head into the ball.

Tips:

- Use light pressure
- Breathe slowly

Benefits:

Releases neck tension and eases stiffness.

30 DAYS

POSTURE CORRECTION

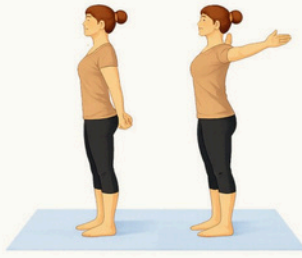
Challenge



A. WALL POSTURE RESET



B. THORACIC EXTENSION



C. CHEST OPENER



D. CHIN TUCKS



E. SUBOCCIPITAL RELEASE

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

DAY 15

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

DAY 22

DAY 23

DAY 24

DAY 25

DAY 26

DAY 27

DAY 28

DAY 29

DAY 30

✓ How Often

- Complete once per day
- Rest days are okay
- Gentle consistency matters

✓ Missed a Day?

- Continue where you left off
- Do not double sessions

✓ Listen to Your Body

- Move slowly and gently
- Mild muscle effort is normal
- Sharp, or increasing pain = stop

✓ Stiff or Tired Days

- Use chair or wall support
- Reduce range of motion
- Shorter sessions are enough

♥ Focus for This Challenge

Focus on improving posture awareness, spinal alignment, and gentle upper-body strength.

✓ This Challenge Is For You If:

- You notice rounded shoulders or forward head posture
- You want to stand and sit taller with less strain
- You want gentle daily posture support

✗ Not Intended For:

- High-intensity workouts
- Pushing through pain
- Medical treatment or diagnosis

Always move within a comfortable, pain-free range.

30 DAYS

NOTES

DATE / /

Lined area for notes with horizontal dashed lines.

