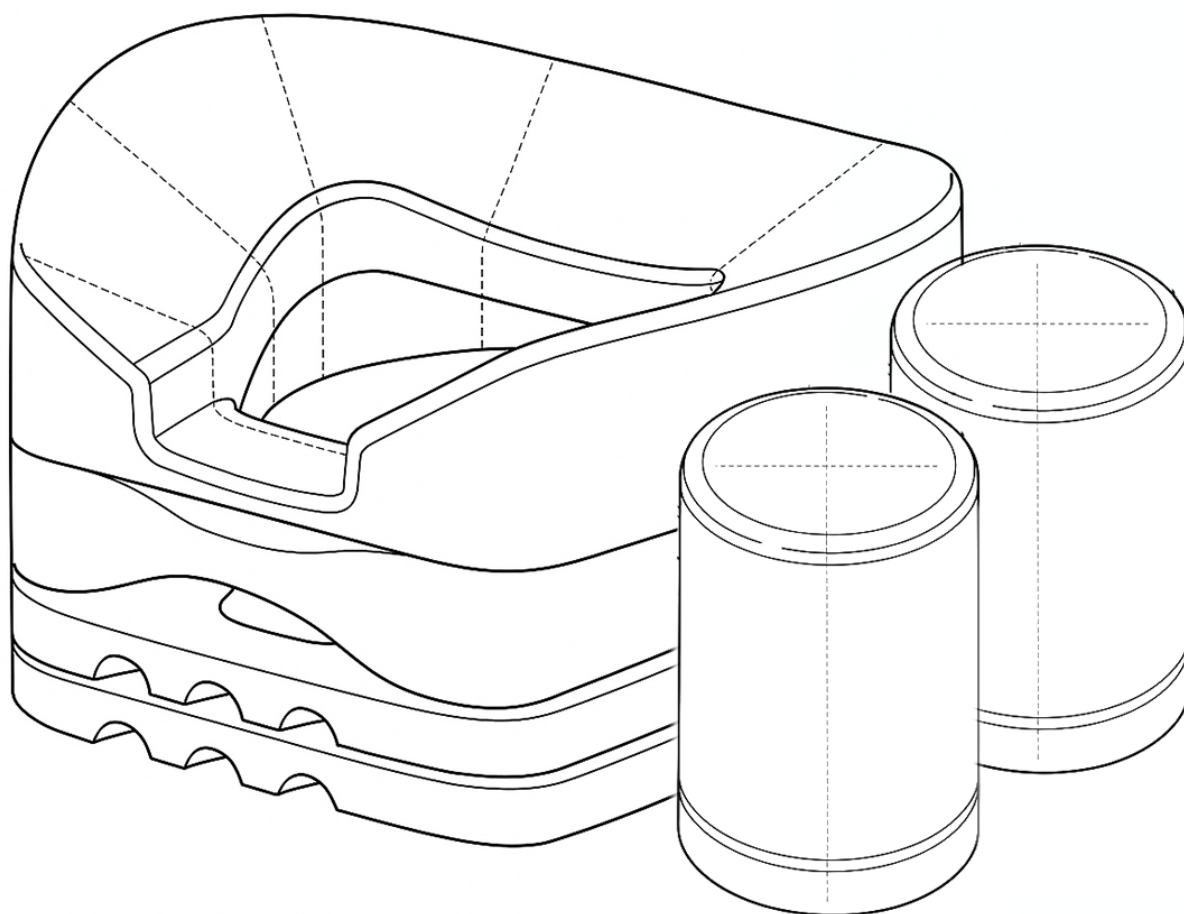


WELNEZB

G•StretchAid

Welcome to Your Daily Ritual

User Manual



Made in Korea

Before using the product

About the user guide

The information in this manual may be updated without prior notice. Refer to the latest version available at WelnezB.com/downloads.

This manual is intended for the G•StretchAid standard model and may not reflect variations in future product versions, accessories, or regional specifications.

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Important Notice & Safety Guidelines



G•StretchAid is a **general wellness** product designed for gentle, supportive stretching to promote relaxation, enhanced flexibility, and posture awareness. It is **not a medical device** and is **not intended to diagnose, treat, cure, or prevent any disease or health condition**.

Your safety is our priority. To ensure the best experience, please partner with your healthcare professional and always listen to your body.

- **Consult a Professional:** Always consult a qualified healthcare professional before use, especially if you have any health concerns, neck, shoulder, or back discomfort, or pre-existing physical conditions.
- **Listen to Your Body:** The goal is a mild, comfortable stretch—never sharp pain, tingling, or unusual discomfort. If you experience any of these sensations, **stop immediately**. Progress at your own comfortable pace.
- **Individual Experience:** Each body responds differently. Your experience may vary based on body size, shoulder width, flexibility, posture habits, comfort level, and familiarity with the face-down position. Mild side-to-side differences in pressure, contact, or angle may be normal at first.
- **Use on a Stable Surface:** For optimal results and safety, use G•StretchAid only on a flat, stable surface like the floor. Avoid soft or uneven surfaces such as sofas or mattresses.
- **Airway Safety:** The head components are designed with open air channels to support easy breathing in a facedown position. Always ensure your nose and mouth remain clear and unobstructed.
- **Stay Awake:** This tool is designed for mindful relaxation, not sleep. To help you remain present and avoid drifting off, we recommend setting a timer for your session.
- **Use only as directed.** Keep out of reach of children.

Table of Contents

- 1 The Essence of Openness 04
- 2 Package Contents 06
- 3 Setup Guide 07
- 4 Build Your Personal Routine 08
- 5 Cleaning & Storage 10
- 6 Specifications 10



G•StretchAid

1. The Essence of Openness

1.1 Your Daily Counter-Pose for Modern Life

In the rhythm of modern life, our bodies quietly adapt to the patterns of our days. Whether leaning into screens or concentrating at a desk, these repetitive habits can create a persistent feeling of tightness and restriction.

G•StretchAid is your invitation to openness.

It is a thoughtfully designed experience that serves as a gentle counter-pose to the physical demands of daily life. By simply lying face-down, you enter a passive, gravity-assisted position that helps your body settle into a more supported sense of ease.

More than a stretch, it is a simple routine of around 10 minutes that helps you slow down, breathe, and reconnect with a greater sense of openness and comfort.

1.2 How It Works

The upper body works as a connected system. G•StretchAid is designed to support that system gently, helping the body settle into a calm, balanced stretch with each breath.

- **Simultaneous Neck & Shoulder Support:** G•StretchAid supports the head, neck, and shoulders together, helping create a more complete and connected upper-body stretch.
- **The Chin-Tuck Base:** The softly angled base gently cues the head into a subtle chin-tuck position. This is not a forced movement, but a natural cue that helps the back of the neck feel longer and more supported.
- **Ergonomic Shoulder Supports:** Working together with the head support, the shoulder supports create a stable base for the upper body. During use, they help the shoulders rest more comfortably backward and encourage a gentle opening across the chest and front shoulders.

1.3 Effortless by Design

The Role of Gravity and Time

The G•StretchAid experience is intentionally gentle and effortless. Rather than relying on force or aggressive pulling, it uses your own body weight and a sustained resting position to create a calm stretch. By simply lying face-down and breathing, you allow gravity and time to help the neck, shoulders, and chest settle into a more open-feeling position.

Holding this passive position for several minutes gives the body time to relax. The goal is not intensity, but a steady sense of supported release.

What to Expect

At first, the face-down position may feel new or unfamiliar. Give yourself a few minutes to breathe, settle, and let the supports do their work. Over time, you may notice a gentle sense of opening through the neck, shoulders, chest, and upper back.

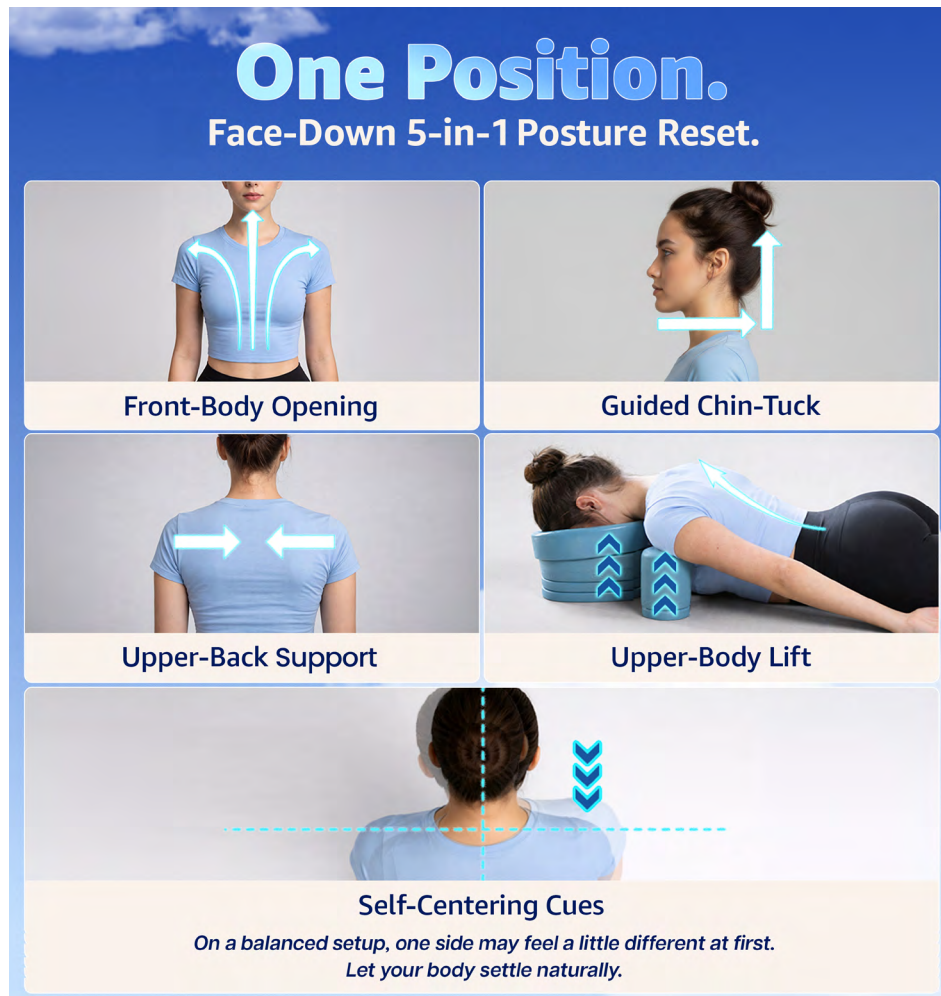
Many users describe the experience as calming, relaxing, or like a daily reset after hours of sitting or screen time. Some feel the stretch right away, while others need a few sessions to find their most comfortable setup. Each body responds differently, so always stay within a gentle, comfortable stretch.

1.4 The 5-in-1 Posture Reset System

A Coordinated Approach to Upper-Body Support

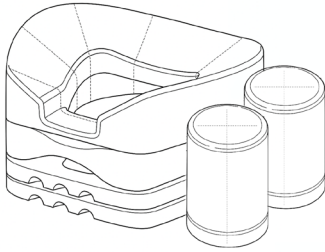
G•StretchAid is designed as a coordinated system for the upper body. In one face-down position, it brings together five key support elements:

- **Guided Chin-Tuck:** The angled base gently cues the head into a subtle chin-tuck position, helping the back of the neck feel longer and more supported.
- **Front-Body Opening:** The elevated shoulder supports encourage the chest and front shoulders to feel more open.
- **Upper-Body Lift:** The integrated height of the system gently lifts the upper body away from the floor, helping counter forward-leaning habits.
- **Upper-Back Support:** As the shoulders settle naturally backward, the upper back may feel more supported and engaged.
- **Self-Centering Cues:** On a balanced setup, one side of your face, neck, or shoulders may rest at a slightly different angle or press more firmly against the supports. This can reflect everyday posture habits, side-to-side tension, or natural body differences. Let your face and shoulders settle before readjusting. These cues are for awareness only, not a setup error or a promise of correction.



2. Package Contents

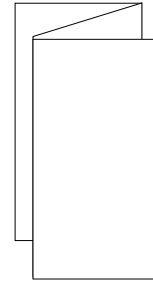
Included Items



G•StretchAid



G•StretchAid Case

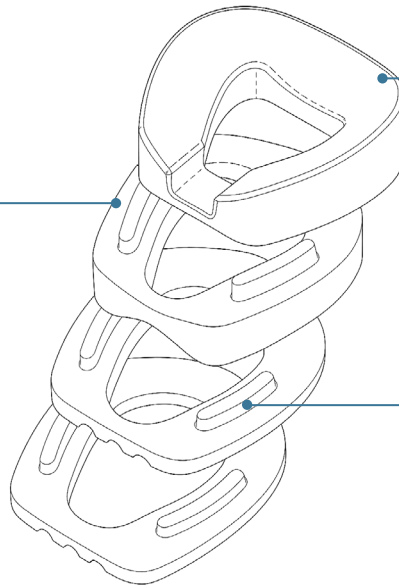


Quick Start Guide

Head Support Components

Chin-Tuck Base (1)

The angled foundation that creates the chin-tuck position and lifts the head. Features air channels for easy breathing.



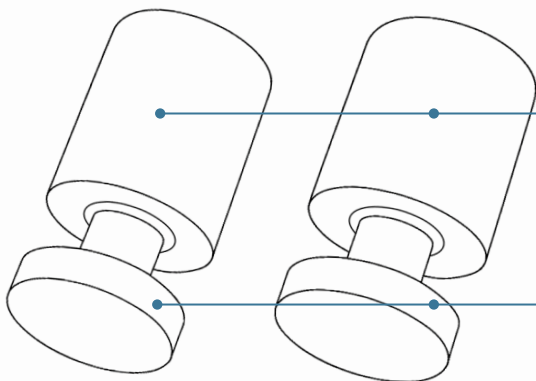
Face Cradle (1)

An ergonomic cushion designed to help reduce direct pressure around the eyes and cheeks, with a premium **TPU film coating** that is skin-friendly and easy to clean.

Head Risers (2)

Stackable risers to increase head support height and stretch intensity.

Shoulder Support Components



Shoulder Supports (2)

Sturdy, cylindrical supports that lift the shoulders and open the chest.

Shoulder Risers (2)

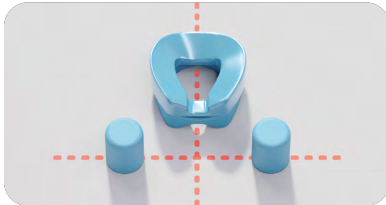
Stackable risers to increase shoulder support height for a deeper stretch.

3. Setup Guide

(1) Find the Right Space

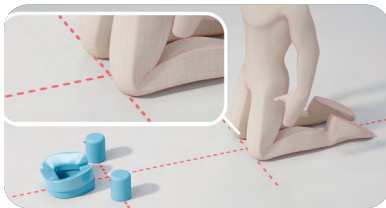
Choose a flat and comfortable surface, such as a yoga mat, carpet, rug, or even on a towel or a blanket. For your safety, make sure the area is clear of any obstacles.

(2) Position the Components



Arrange the components as squarely and evenly as possible on the surface.

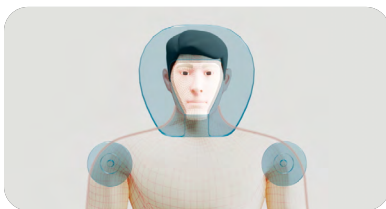
(3) Finding Your Position



a.
Kneel on the surface with your knees hip-width apart, keeping your body centered over the device.

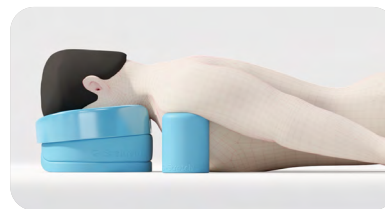


b.
Gently lower your torso, maintaining alignment, and lie face down.



c.
Place your face squarely in the Face Cradle.

d.
Position the Shoulder Supports evenly under both shoulders



e.
Rest your arms comfortably by your sides.

Shoulder Support Stability Tips

- ✓ **Wipe First:** New supports may feel slightly slick at first. **Wipe them with a damp cloth before use.**
- ✓ **Check Your Surface:** Use on a **firm, stable surface** — not on a bed, sofa, or soft, cushioned surface.
- ✓ **Set Up Evenly, Let Your Body Settle:** Place the shoulder supports evenly at shoulder width, then lower your body slowly and let your face and shoulders settle onto the balanced setup. **If one side feels less steady or slightly different at first, even in this balanced setup,** this may reflect side-to-side differences or tightness across the face, neck, chest, or shoulders. **Rather than readjusting right away, allow your body a moment to settle. Make a small adjustment only if needed.**

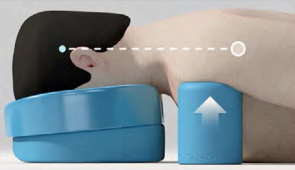
4. Build Your Personal Routine

4.1 Your Guide to a Personalized Stretch

G•StretchAid is designed to adapt to you. Use the stackable risers to personalize your setup, from a gentler start to a fuller stretch as comfort and familiarity grow. Begin with **Level 1**, then explore other levels at your own pace.

Today's Setup: Levels at a Glance

Level 1	Level 2	Level 3	Level 4
Head Risers			
0 	1 	2 	0 
Shoulder Risers			
0 	0 	1 	1 



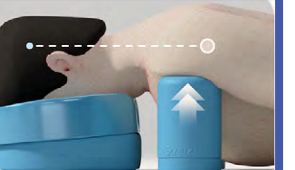
Level 1 Warm-Up: gentle start for easy comfort



Level 2 Everyday: balanced support for a steady daily routine



Level 3 Deeper: increased lift for a more expansive feel

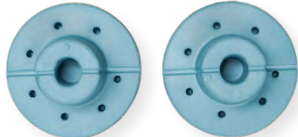


Level 4 Shoulder Focus: shoulder + chest opening emphasis

Optional: Flatter Angle Setup (For Beginners)

When to Use: If the standard guided chin-tuck feels too strong, or if you prefer a flatter angle for easier breathing during your first sessions.

How to Set It Up:

Prepare	Elevate	Result
Take the two Shoulder Risers.	Place one riser under each side of the Head Support's upper edge.	This creates a flatter starting angle for a gentler start and easier breathing.
		

Note: This is a helpful way to begin. Once the setup feels more comfortable, simply remove the risers and return to the standard guided chin-tuck position.

4.2 Sample Level Progression Schedule

Everyone adapts at a different pace. Some people prefer to stay with the same setup for several sessions before changing levels, while others may feel comfortable progressing more quickly.

Choose the approach that feels the most comfortable and sustainable for your body.

Option 1: Steady & Restorative

A slower, more gradual approach.

- **Level 1:** 3–10 minutes daily
- **Level 2:** Try when comfortable
- **Level 3:** Explore when ready

Option 2: Balanced & Natural

A common starting approach for many users.

- **Session 1:** Level 1 for up to 10 minutes
- **Session 2:** Level 1 (3 min) → Level 2 (7 min)
- **Session 3:** Level 2 (3 min) → Level 3 (7 min)
- **Session 4:** Level 3 for 10 minutes

Option 3: Progressive Single-Session Routine

For users who prefer moving through levels within one session.

- **Phase 1:** Level 1 for 3 minutes
- **Phase 2:** Level 2 for 3 minutes
- **Phase 3:** Level 3 for 4 minutes

4.3 Your Ongoing Routine

Once the system feels familiar, build your routine in a way that feels natural for you. Choose a stable setup, settle in gradually, and breathe naturally.

- **Choose Your Level:** Select the setup from **Level 1** to **Level 4** that feels right for you that day. Once **Level 3** feels familiar, any of the four levels, including **Level 4**, may be used as part of your routine.
- **Adjust Your Time:** : A typical session is around **10 minutes**, though your routine can be adjusted based on comfort and daily condition. On days when your body feels tighter or more fatigued, you may choose to stay a little longer. On other days, a shorter session may feel enough. Use your own comfort as your guide.
- **Stay Consistent:** Daily use can support posture awareness, flexibility, and everyday comfort over time.

5. Cleaning & Storage

Your G-StretchAid is a high-quality wellness tool designed for lasting use. Proper care will preserve its quality.

- **Cleaning:** After each session, **wipe the Face Cradle** and other surfaces with a soft, damp cloth or a skin-safe disinfectant wipe to remove any residue. Avoid bleach or harsh chemical cleaners. If a deeper cleaning is needed, mild soap and water are effective. Allow all parts to air dry completely.
- **Storage:** When not in use, store your G-StretchAid and its components in the **carrying case** to shield them from dust and prevent damage. The compact design makes it simple to store at home, in your car, or at the office, ensuring your daily ritual is always within reach. Avoid stacking heavy items on top of the case.

6. Specifications

Dimensions	Head Support Components - Face Cradle: 10.2x9.9x2.6 inch / 259x252x68 mm (LxWxH) - Chin-Tuck Base: 9.4x9.5x2.3 inch / 239x243x59.5 mm (LxWxH) - Head Risers: 9.4x9.5x 0.9 inch / 239x242x23 mm (LxWxH) Shoulder Support Components - Shoulder Supports: 3.9x3.9x5.0 inch / 100x100x127 mm (LxWxH) - Shoulder Risers: 3.9x3.9x0.9 inch / 100x100x23 mm (LxWxH) *Male slot height measurements are not included
Weight	Total Including Case: 5.5 lbs (2,500g)
Material	Face cradle: Polyurethane foam with TPU film coating All other parts: Ethylene-vinyl acetate (EVA) foam

G • StretchAid

For any questions regarding this document, please contact WelnezB Enterprise Ltd.

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