

## Neck Utopia -- Frequently Asked Questions

### 1) How long will it take for me to see results?

While individual results may vary, many people experience relief from muscle tension and tightness in their neck in as little as 10 minutes. If you do not experience relief within 10 minutes, this may be an indication that you have severe stress and tension in your neck that may require more massage.

### 2) How often can I use the Neck Utopia?

It is recommended that you massage your neck with the Neck Utopia three times a day, for at least 30 minutes per session. While there is no harm in using it for longer periods of time, it is not recommended that you use the Neck Utopia while sleeping.

### 3) How do I use the buttons to select my desired level of massage therapy, gentle vibration, soothing heat, and timer?

When the device is first turned on, all 3 therapy modes (massage, vibration and heat) are 'on', as indicated by the 3 images visible on the digital screen. To adjust the intensity level of each mode, press the mode button that you wish to adjust until you reach your desired intensity level. To adjust the treatment period, press the 'timer' button until the digital screen displays your desired treatment period (10, 20 or 30 minutes).

### 4) Do I have to use all three modes at once?

If you do not want all 3 modes 'on', press the centre control button until the images on the digital screen display the combination of modes you wish to have 'on'. For example, you may choose to have only massage therapy, only vibration, or only heat. Similarly, you may choose combinations such as massage therapy plus vibration, massage therapy plus heat, or vibration plus heat.

### 5) Does the Neck Utopia only operate by electrical outlet?

The Neck Utopia can operate on 4 AA batteries inserted into the back of the handheld controller.



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