

ANDUFIT®

The massage module beneath your mattress



Discover the 20 Massage Programs

P01

► Warm-up Program

Loosens and warms up the muscles.

P02

► Wake-up Program

Activates the body and boosts metabolism.

P03

► Detox Program

Flushes out toxins, reduces water retention, and relieves tired legs.

P04

► Vitality Program

Stimulates microcirculation, boosts energy and vitality.

P05

► Relaxation Program

Deeply relaxes the entire body.

P06

► Restless Legs Program

Improves microcirculation in lower legs and feet. Relieves tired and restless legs.

P07

► Shoulder Program

Relieves tension in upper back and shoulder muscles.

P08

► Back Program

Eases back tension and loosens the muscles.

P09

► Neck Program

Relaxes neck and shoulder muscles.

P10

► Joint Program

Keeps your joints flexible.

P11

► Power Nap

Energy boost during the day.

P12

► Metabolism Boost

Stimulates metabolism and fat burning.

P13

► Sports Program

Speeds up recovery after exercise.

P14

► Abdominal Program

Stimulates digestion and bowel function. Lie on your stomach.

P15

► Muscle Program

Relieves muscle tension and cramps.

P16

► Microcirculation Program

Stimulates general microcirculation.

P17

► Meridian Program

Unblocks energy pathways for a smooth energy flow.

P18

► Sleep-Through Program

Relaxes the body for better sleep quality.

P19

► Falling-Asleep Program

Relaxes the whole body to help fall asleep faster.

P20

► Stress Program

Reduces stress and raises stress tolerance.