



GH Healthcare  
*It's Your Life - Enjoy It!*

start living again







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# What is CVT action?

CVT (*Cycloidal Vibration Therapy*) is a unique 3-dimensional action offering a massage suitable for all people. Good blood circulation is vital to the wellbeing of all humans. People who engage in any sport, physical activity or those with mobility limitations will find that the relaxation offered by CVT assists in easing aching muscles and improving joint mobility. This may also be considered as a passive form of exercise.

Millions of people worldwide have benefited from using CVT. Experience how wonderful you will feel with daily use of CVT products.

Cycloidal Vibration Massage assists with relaxation and easing of many day-to-day aches and pains.



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# GH Healthcare

The founders of this New Zealand owned and operated company have been distributing and servicing CVT products for more than 12 years. Their experienced consultants have been trained extensively in the application of Cycloidal Vibration Massage. There is no "one size fits all" approach. Each of our clients needs are unique, your GH Healthcare Consultant will discuss and recommend the right product for your needs. They will also design a programme so that you can obtain maximum benefit from your GH Healthcare products.

GH Healthcare is committed to bringing you the latest advanced CVT therapy products on the market. We at GH Healthcare have produced a range of state-of-the-art products which include a hand-held Massage Wand, Massage Cushion,

Therapy Chairs & Beds and they all come with unique Cycloidal Vibration Therapy (CVT). In addition to CVT, many of the GH Healthcare products include a deep heating system (Thermo-Heat) which compliments the Cycloidal Vibration Massage to assist with relaxation and easing of many day-to-day aches and pains.

## **GH Healthcare Quality**

All GH Healthcare products are manufactured under strict quality control procedures. The products are manufactured with the goal of producing a product that reflects a combination of comfort, style, luxury and leading edge technology. From the Massage Wand through to the Deluxe Dual King Therapy Bed, all GH Healthcare products carry a full 2-year warranty and an optional 5-year extended warranty.

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## **MISSION STATEMENT**

To improve the health and wellbeing of our clients with quality therapy products and through professional and unwavering support for the rest of their lives – we are there for you!

Gulf Harbour Healthcare is a 100% New Zealand owned and operated company. CVT Therapy has been helping people with their health problems worldwide for over 60 years



# What can CVT do for me?

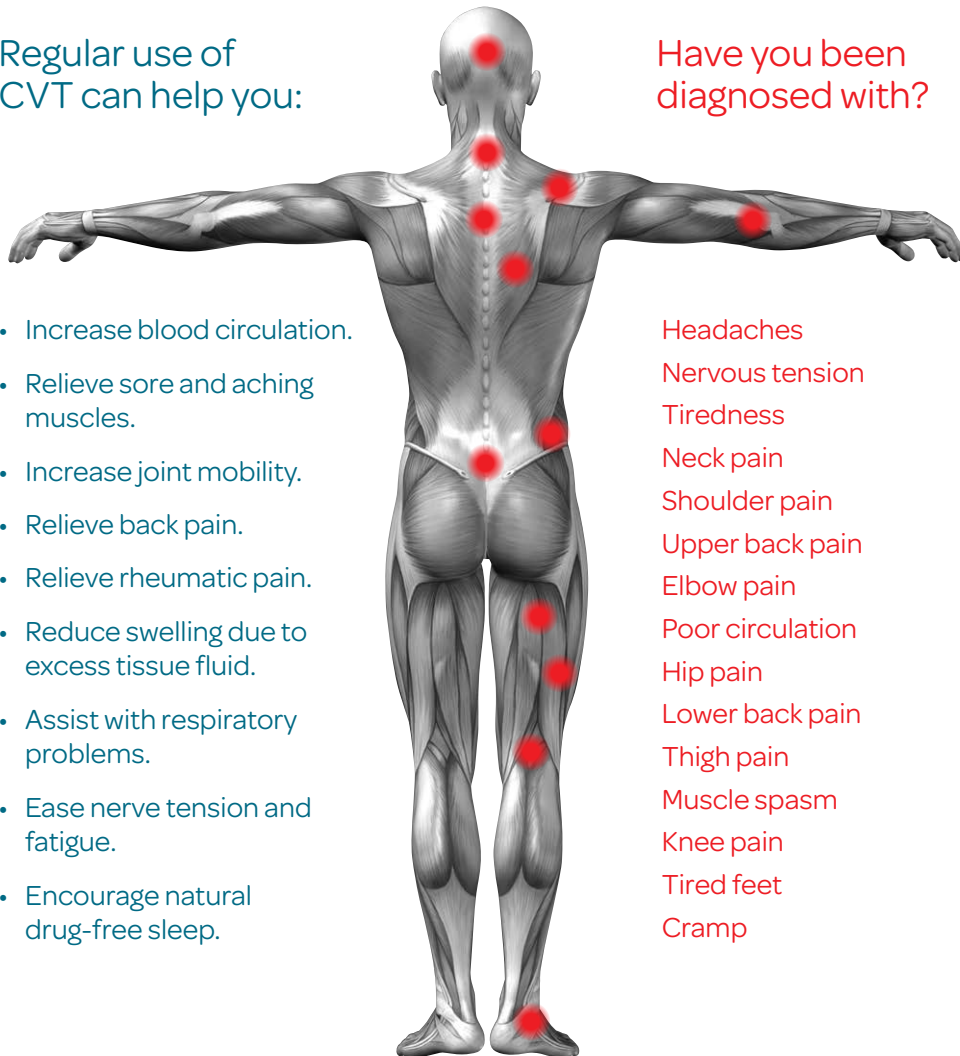
GH Healthcare products may provide relief from a range of symptoms.

Regular use of  
CVT can help you:

- Increase blood circulation.
- Relieve sore and aching muscles.
- Increase joint mobility.
- Relieve back pain.
- Relieve rheumatic pain.
- Reduce swelling due to excess tissue fluid.
- Assist with respiratory problems.
- Ease nerve tension and fatigue.
- Encourage natural drug-free sleep.

Have you been  
diagnosed with?

Headaches  
Nervous tension  
Tiredness  
Neck pain  
Shoulder pain  
Upper back pain  
Elbow pain  
Poor circulation  
Hip pain  
Lower back pain  
Thigh pain  
Muscle spasm  
Knee pain  
Tired feet  
Cramp



# Massage wand



The portable Massage Wand is fully versatile and can be used to relieve aches and pains in a number of specific areas of the body. It compliments and enhances the use of all other GH Healthcare products. This easy-to-use product comes with a versatile speed control allowing the user to adjust the intensity of massage to suit their individual needs.

The Massage Wand has a simple-to-use control switch. Special consideration in design has been given so that those with painful joints find it easy to use.

The Massage Wand is a unique product which has the choice of two types of massage. Firstly, **Standard Massage** delivers a continuous deep penetrating therapy for specific use on a sore area, or alternatively **Surge-Release Massage** produces a surging, pulsating effect.

To gain the most from your Massage Wand, use twice daily or as suggested by your consultant. You can use your Massage Wand with total confidence on any part of your body.

- Sore feet
- Knees
- Hips
- Abdominal
- Shoulder Strain
- Headaches
- Facials
- Cramps

Your GH Healthcare consultant can design an individual programme suited to your specific needs. This program can be used repeatedly which will enhance your feeling of wellness.



The state-of-the-art Massage Wand is light-weight and contoured to fit comfortably in the hand for ease of use. The Wand has a gentle, soothing action which combines horizontal, vertical and circular motions to create a deep penetrating massage. The Wand can be used regularly on specific areas of the body to assist in relieving sore, aching muscles. The revolutionary 24-volt DC brushless motor is designed for long life. The massage is activated via an easily accessible three button controller built into the Massage Wand.

## Instructions for use

Ensure all cord connectors are pushed together firmly, then plug transformer into power point and switch on. Now your Massage Wand is ready to use.



1. **On/Off ① Button**

Push button once to turn massage wand on (standard message) and push again to turn the machine off.



2. **Plus (+) Button**

Increases the speed of the massage with each push. Button can be held down to encourage a higher speed to be reached faster.



3. **Minus (-) Button**

Decreases the speed of the massage with each push. Button can be held down to encourage a lower speed to be reached faster.



4. **Two Massage Actions (+) and (-)**

When the Plus (+) and Minus (-) buttons are held down together this will change the **Standard Massage** to the **Surge-Release Massage**, producing a pulsating effect. Pushing the buttons together once again will return you to the standard massage.



5. **Rubber Cup Attachment**

This provides a massage application to bony areas and for facial massage.

**Please Note:** The Massage Wand is set to automatically turn itself off after 30 minutes. You can restart the wand immediately if desired.



# Massage Wand application



Face massage



Upper arm massage



Knee massage



Chest massage



Lower leg massage



Abdominal / relaxation massage



Hand massage



Feet massage



Groin massage



Shoulder massage



Thigh massage

# Massage Cushion



The portable Massage Cushion contains a range of massage actions and also has the benefit of heat known as **Thermo-Heat**. Thermo-Heat is a deep heat technology which is thermostatically controlled.

## The Massage Cushion offers two distinctive actions.

1. **Standard Massage** is a steady continuous cycloidal wave.
2. **Surge-Release Massage** produces a surging pulsating effect.



The Massage Cushion is a portable unit that can be used on many areas of the body. The gentle action of the unique CVT in conjunction with Thermo-Heat is the perfect combination to increase blood circulation, which is the key to good health and wellbeing.

The control unit which incorporates a timer is simple to master. Your consultant can design a specific programme to suit your individual needs. The Massage Cushion offers variable speed selection so that you can set the massage motor to just the right speed for your comfort. The low speeds are designed to use when rest and relaxation are required. The higher speeds deliver a more stimulating massage.

## Instructions for use

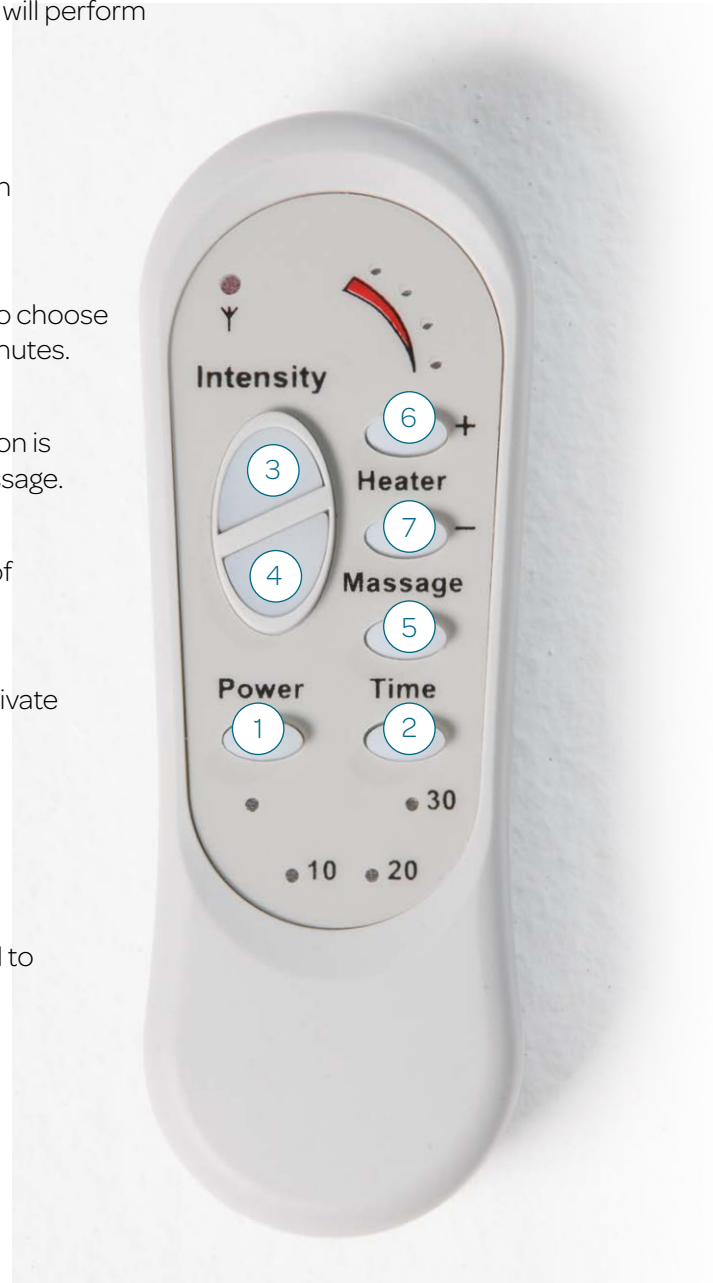
The buttons shown on the adjacent diagram will perform the following functions.

1. **Cushion On/Off Button**  
Press to turn power on, press again to turn power off.
2. **Timer**  
Press once to choose 10 minutes, twice to choose 20 minutes, three times to choose 30 minutes.
3. **Massage Intensity Increase**  
Press once to turn massage on. This button is also used to increase the strength of massage.
4. **Massage Intensity Decrease**  
Hold button down to decrease strength of massage
5. **Massage Actions**  
With massage on, press the button to activate and deactivate wave action.
6. **Heater +**  
Press to turn heater on and to increase temperature.
7. **Heater -**  
Press button to turn the heater down and to turn the heater off.

### Starting Process

#### 3 Easy Steps

- Press button 1.
- Press button 2 and choose desired time
- Press button 3 to activate massage





## Massage Cushion application



Feet massage



Abdomen massage



Shoulder / arm massage



Lower back massage



Lumber massage



Shoulder / back massage



Hand / arm massage



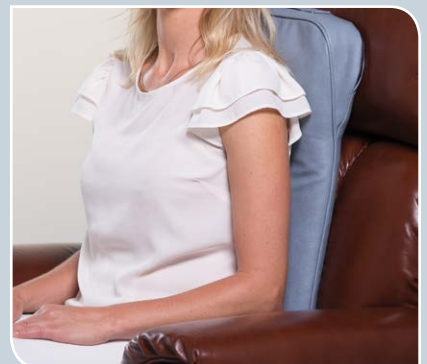
Knee / thigh massage



Chest massage



Lower leg massage



Neck / shoulder massage

# Massage Set

The two individual products used in conjunction with each other provide a complete portable massage system.

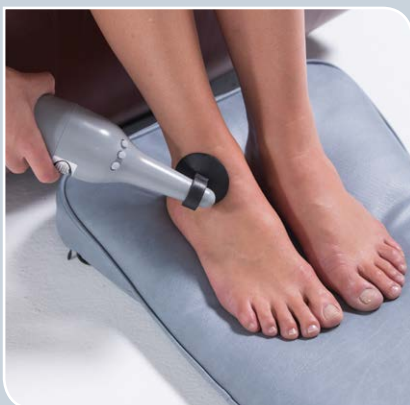
The Massage Wand makes it easy to concentrate on specific areas, while the Massage Cushion with its multi-wave actions and Thermo-Heat works on the broader areas of the body ensuring a complete overall massage.

Your GH Healthcare consultant will advise you of your requirements and can create a treatment programme to suit your individual needs.





# Massage Set



Feet and ankle massage



Knee and thighs massage



Lower back, hips and hands massage



Back and shoulders massage



Hips, legs and hands massage



Arm and shoulder massage



Hand and arm massage



Groin and back massage



Abdomen and legs massage



Chest/lungs massage

# Lift & recline Massage Therapy Chair





## Thermo-Heat

Thermo-Heat in the back region is delivered through the a heat panels which are thermostatically controlled. The timer controlled heat creates comfort and relief to your lower back. This feature can be used on its own or to compliment the massage.

Our top-of-the-range Chair provides a choice of eight massage actions, automatic lift and lower and Thermo-Heat with the additional advantage of a fully reclining action to turn your chair into a bed. It is simply the pinnacle of innovation in massage chairs.

Since our spines are not all the same, we all prefer different positions for relaxation and the Massage Therapy Chair is the ultimate in choice. When fully reclined it will place you in the best postural position for your body. It's like floating on a cloud.

The unique independent controls allow the leg support to be raised without the back reclining. Another outstanding feature of this chair is that the back and footrest can be operated independently, giving you the benefit of having ultimate comfort over your posture, relaxation and comfort.



## Massage function controller



1. **Function Indicator**  
Indicates which of the 8 massage functions you are currently using.
2. **Function Button**  
Press to change massage functions.
3. **Target Buttons (1, 2, 3, 4)**  
Press the buttons to activate massage in the target area.
4. **Massage Strength Indicator**  
Shows the level of massage strength.
5. **Massage Timer Indicator**  
Shows the time selected for massage.
6. **Timer Button**  
Press to program massage time duration.
7. **Massage Strength Button**  
Press to change massage strength.
8. **Heater Indicator**  
Light indicates when the heater is on.
9. **Heater On/Off**  
Press to turn the heater on and off.



## Chair position controller

1. **Chair - Forwards back rest position.**
2. **Chair - Lowers back rest position.**
3. **Lifts chair up - tilts the chair forward.**
4. **Lowers chair to ground level and raises leg rest.**

## Features

- Eight German-made massage motors.
- Whisper quiet operation.
- Heater.
- Fully reclining/lifting chair.
- Two-year or five-year warranty.
- Can sleep on it.
- Has lumbar/neck support.
- Contours to your body (memory foam).
- Wide seat/high back.
- Costs less than 2c an hour to run.
- Timer controlled.
- 8 massage functions.
- Cycloidal massage waves.
- 3 x as much therapy compared to a massage set.
- Battery/memory backup if power fails.



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## Benefits

- Can improve blood flow.
- Can improve lymphatic drainage.
- Encourages natural drug-free sleep.
- Stimulates and strengthens muscles.
- Relaxes joints and muscles.
- Can ease pain.
- Can assist bowel/bladder function.
- 20 minutes of therapy is equivalent to a 5km walk.
- Can ease nerve tension & fatigue.
- Can relieve pressure points.
- Helps ease tension.
- Can increase oxygen.
- Can give more energy.
- Warms the body.

# Adjustable Massage Therapy Beds





The GH Healthcare Massage Therapy Beds really are the answer to your dreams! Young or old, our customers all have one thing in common – a heartfelt enthusiasm for the benefits of our Massage Therapy Beds.

At the touch of a button, you can adjust the bed to your ideal position, ensuring perfect rest and relaxation. Touch another button and you will enjoy a wonderful massage. The GH Healthcare Massage Bed will support your body and reduce stressful tossing and turning. The result? A deeper, healthier and more comfortable nights sleep. Wake each morning feeling refreshed and revived.

**The adjustable Massage Therapy Bed may help with:**

- Night Cramps
- Back pains
- Poor circulation
- Swollen legs
- Breathing difficulties
- Fluid retention
- Stiffness & mobility
- Stress & tension
- Stiff neck

## Bed sizes

King Single	1070mm x 2030mm
Hi-Tech	1070mm x 2030mm
Queen	1350mm x 2030mm
Dual King	1960mm x 2030mm

Superior Dual King 2140mm x 2030mm\*

*\* Superior Dual King (not shown below) is the widest bed in our range. It is 180mm wider than the Dual King.*



King Single (zero gravity position)



Hi-Tech (zero gravity position with vertical lift)



Queen (zero gravity position)



Dual King (zero gravity position)

## Instructions for use

Bed positions and massage controller for the **King Single, Queen, Dual King and Superior Dual King Massage Therapy Beds**.



1. **Back lift**
2. **Back lower**
3. **Preset zero gravity custom position**
4. **Flashlight**
5. **Preset favourite position A**
6. **Underlight**
7. **Time indicator lights (10, 20 & 30mins)**
8. **Upper bed massage speed (4 levels)**
9. **Head rest lift**
10. **Head rest lower**
11. **Leg lift**
12. **Leg lower**
13. **Flat position return**
14. **Preset favourite position B**
15. **Timer setting on/off**
16. **Lower bed Massage intensity (4 levels)**

### Custom programming preset buttons:

1. Adjust the bed to the desired position.
2. Press and hold the 'Timer/All Off' button for 3 seconds until the LED lights start flashing.
3. Release the 'Timer/All Off' button and within 1 second press 'ZG' or 'Memory A' or 'Memory B'. The LED lights will stop flashing and the selected button is updated to the new position.

## Features

- 1001 positions.
- Vertical lift & lower feature (Hi-Tech Massage Therapy Bed).
- Can be contoured in any position.
- Luxurious, comfortable mattress.
- Leading therapeutic bed of its kind in the world.
- Gives 100% total support.
- Easy to use remote control.
- 4 x German motors.
- 4 massage settings.
- 2-year or 5-year full replacement warranty options.
- Can attach a headboard.
- Has bed memory and battery backup.
- Castors on bed for easy moving.
- Light feature (night light).
- 2 free luxury pillows.
- Luxurious memory foam mattress.

## Benefits

- Customised individual massage therapy.
- Can improve blood circulation.
- Can improve lymphatic drainage.
- Encourages natural drug-free sleep.
- Vertical lift feature makes it easier to enter and exit bed.
- Stimulates and strengthens muscles.
- Relaxes joints and muscles.
- Eases pain.
- Relieves pressure points.
- Eases nerve tension & fatigue.
- Zero gravity sleep position can assist with breathing.
- Can improve energy levels.
- Warms the body.
- Assists with bowel/ bladder function.
- 20 minutes of therapy is equivalent to a 5km walk.



## King Single Massage Therapy Bed

### Bed Positions

#### 1. The Zero Gravity Position

The ultimate in relaxation giving relief from aches and pains in upper and lower back. Improves circulation and eases skeletal and muscular complaints.

#### 2. The Elevated Back Position

Relax and unwind while reading or watching TV in bed and enjoy the ultimate experience in total support and comfort.

#### 3. The Elevated Feet Position

Aids circulation to bring relief to swollen joints, assists with the drainage of excess fluids, night cramps, ulcers and bed sores and helps with recovery from hospital operations.



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## The King Single Massage Therapy Bed offers four distinctive actions.

1. **Light Surge-Release Massage** produces a light surging pulsating effect.
2. **Medium Surge-Release Massage** produces a medium surging pulsating effect.
3. **Intense Massage** is a mid-strength wave action perfect for general use.
4. **Cycloidal Light Massage** is a steady continuous cycloidal wave.



## Hi-Tech Massage Therapy Bed

GH Healthcare are the only suppliers of Hi-Tech beds in New Zealand with cycloidal wave action massage.

Aids circulation to bring relief to swollen joints, assists with the drainage of excess fluids, night cramps, ulcers and bed sores and helps with recovery from hospital operations.

### Bed Positions

#### 1. The Zero Gravity Position

The ultimate in relaxation giving relief from aches and pains in upper and lower back. Improves circulation and eases skeletal and muscular complaints.

#### 2. The Elevated Back Position

Relax and unwind while reading or watching TV in bed and enjoy the ultimate experience in total support and comfort.

#### 3. The Elevated Feet Position

Aids circulation to bring relief to swollen joints, assists with the drainage of excess fluids, night cramps, ulcers and bed sores and helps with recovery from hospital operations.

#### 4. The Elevated Flat Position

Helps people with disabilities to get out of bed and assists examination at a comfortable working height.



## Hi-Tech Massage Therapy Bed

The **Hi-Tech Massage Therapy Bed** comes with collapsible side rails to assist with client safety and to help in moving/repositioning in the bed.



## The Hi-Tech Massage Therapy Bed offers four distinctive actions.

1. **Light Surge-Release Massage** produces a light surging pulsating effect.
2. **Medium Surge-Release Massage** produces a medium surging pulsating effect.
3. **Intense Massage** is a mid-strength wave action perfect for general use.
4. **Cycloidal Light Massage** is a steady continuous cycloidal wave.

## Instructions for use

Bed positions and massage controller for the **Hi-Tech Massage Therapy Bed**.



1. Head lift
2. Head lower
3. Preset zero gravity custom position
4. Flashlight position
5. Preset favourite position A
6. Underlight
7. Time indicator lights (10, 20 & 30mins)
8. Massage speed (4 levels)
9. Bed lift
10. Bed lower
11. Foot lift
12. Foot lower
13. Flat position
14. Preset favourite position B
15. Timer setting on/off
16. Massage intensity (4 levels)

### Custom programming preset buttons:

1. Adjust the bed to the desired position.
2. Press and hold the 'Timer/All Off' button for 3 seconds until the LED lights start flashing.
3. Release the 'Timer/All Off' button and within 1 second press 'ZG' or 'Memory A' or 'Memory B'. The LED lights will stop flashing and the selected button is updated to the new position.

## Queen Massage Therapy Bed

### Bed Positions

#### 1. The Zero Gravity Position

The ultimate in relaxation giving relief from aches and pains in upper and lower back. Improves circulation and eases skeletal and muscular complaints.

#### 2. The Elevated Back Position

Relax and unwind while reading or watching TV in bed and enjoy the ultimate experience in total support and comfort.

#### 3. The Elevated Feet Position

Aids circulation to bring relief to swollen joints, assists with the drainage of excess fluids, night cramps, ulcers and bed sores and helps with recovery from hospital operations.



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## The Queen Massage Therapy Bed offers four distinctive actions.

1. **Light Surge-Release Massage** produces a light surging pulsating effect.
2. **Medium Surge-Release Massage** produces a medium surging pulsating effect.
3. **Intense Massage** is a mid-strength wave action perfect for general use.
4. **Cycloidal Light Massage** is a steady continuous cycloidal wave.



# Dual King Massage Therapy Bed

## Bed Positions

### 1. The Zero Gravity Position

The ultimate in relaxation giving relief from aches and pains in upper and lower back. Improves circulation and eases skeletal and muscular complaints.

### 2. The Elevated Back Position

Relax and unwind while reading or watching TV in bed and enjoy the ultimate experience in total support and comfort.

### 3. The Elevated Feet Position

Aids circulation to bring relief to swollen joints, assists with the drainage of excess fluids, night cramps, ulcers and bed sores and helps with recovery from hospital operations.



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## The Dual King Massage Therapy Bed offers four distinctive actions.

1. **Light Surge-Release Massage** produces a light surging pulsating effect.
2. **Medium Surge-Release Massage** produces a medium surging pulsating effect.
3. **Intense Massage** is a mid-strength wave action perfect for general use.
4. **Cycloidal Light Massage** is a steady continuous cycloidal wave.

# Your Guarantee of Quality

Your GH Healthcare Product is covered by a 2-year warranty for your peace of mind or if purchased, an extended 5-year warranty.

## Terms and Conditions

GH Healthcare hereby undertakes, subject to the conditions specified herein, to perform any necessary service on product supplied by GH Healthcare at no charge for 2 years from the date of purchase (this can be extended to a warranty of 5 years at time of purchase). The rights and remedies conferred by the warranty are in addition to those conferred under the Fair Trading Act 1986 (FTA).

- 1) For the period of 2 years from the date of purchase of the product, GH Healthcare warrants to rectify and/or repair at their option, at no charge to the purchaser, all manufacturing defects which GH Healthcare determines to be defective in workmanship, materials and components.
- 2) This warranty given by GH Healthcare shall only apply to the original purchaser. This warranty is non-transferable or assignable.
- 3) The warranty will only apply whilst the product has been used and maintained in accordance with care and maintenance instructions provided with the product and provided that the product has not been damaged by accident or subject to misuse, neglect or abuse or being tampered with, or repaired by an unauthorised person.
- 4) Products used within a commercial environment carry a 12 month warranty only.
- 5) Any transportation costs to and from GH Healthcare or an authorised repairer for any necessary repair or maintenance work is the responsibility of the purchaser unless pre-arranged and approved by GH Healthcare.
- 6) While all reasonable effort will be made to match original covering, GH Healthcare accepts no liability to match the covering due to any cleaning or aging process. Fabrics supplied by the customer are not covered by the GH Healthcare warranty.
- 7) Service on all GH Healthcare products will be carried out at GH Healthcare offices or authorised repairers. Any unauthorised repair or tampering with the products will render this warranty void. Please address any product malfunction to GH Healthcare.
- 8) Cancellation: The Customer may cancel an Order and, if applicable, return Products by giving notice of cancellation to GH Healthcare within 5 working days after the date on which the Customer receives a copy of these Terms, or at any time if GH Healthcare has failed to comply with its disclosure requirements under the Fair Trading Act 1986 (FTA). If the Customer cancels an Order in accordance with this clause, GH Healthcare will refund any amount paid by the Customer for the Order. If the Customer cancels an Order more than 5 working days after the date on which the Customer receives a copy of these Terms, cancellation fees will apply. The cancellation period of 5 days also applies to the Extended Warranty.

## Care of your Massage Wand and Massage Pad:

These products are virtually maintenance free. Do not use any perfumed oils, methylated embrocations or similar lotions on the plastic or vinyl casing. This will have a negative effect on the product and may void the warranty.





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**Gulf Harbour Healthcare Limited**

Unit C3 14-22 Triton Drive , Albany  
Auckland

Ph: 09 478 9650

Email: [info@ghhealthcare.co.nz](mailto:info@ghhealthcare.co.nz)

[www.ghhealthcare.co.nz](http://www.ghhealthcare.co.nz)