

## MindSpa Tunes Instructions

*Welcome to MindSpa Tunes!*

*An easy way to add audio content to your Hästens MindSpa!*

**Step 1.** Connect your Hästens MindSpa to your computer via the included UBS cable. Start the MindSpa Tunes program you have just installed.

You will have a choice to upload to your Hästens MindSpa Sessions or Music. Simply click on the + button.

By default, MindSpa Tunes will open your Music folder. Choose the sessions or music you would like to upload to your Hästens MindSpa.

Sessions may be played in any of the following formats; msw, mso, wma, and ogg.

Music can be played in most common audio formats.

### **Step 2.**

When you have chosen the sessions or music to upload to your Hästens MindSpa, press the right hand side arrow button to begin the upload process. The process may take a number of minutes depending on file size.

**\*Note:** If you are experiencing difficulty with any of the above steps, first try switching to a different USB port on your computer and then restart the software. If still experiencing difficulty, restart your computer to free up resources. Frequently, one of these two steps will resolve any issues.

For further information, please visit [www.hastensmindspa.com](http://www.hastensmindspa.com).

*Please check the website on a regular basis for additional firmware upgrades and new Hästens MindSpa programs.*