

Assembly Instructions – Stationary Thai Massage Table in Oak

Item 11-88-EH · Width 80 / 100 / 120 cm · Natural wood or black

45–75 min
assembly time with some
DIY skills

2 people
for carrying, turning and
fitting the shelf

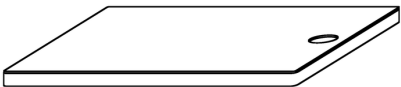
Allen key
included – use a cordless
screwdriver only on low
torque

Space
approx. 1 m clear around
the table, cardboard or
blanket as a base

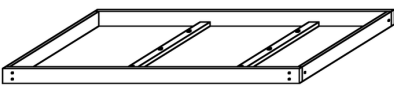
⚠ Please read before assembly

- Depending on the width, the box weighs approx. 70–80 kg. Always carry it and the mattress (module A) with two people.
- Assemble the table on a soft surface (e.g. the flattened box) so the faux leather and wood do not get scratched.
- Only tighten the screws at the very end (step 5). This makes it easier to align all parts.
- Do not overtighten the screws – the wood may otherwise strip.
- Before you start, check that all parts and screws are complete.

Contents – the components



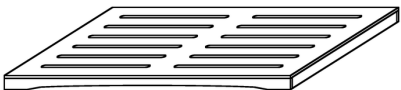
A **Mattress / top** – with H5 padding and face cut-out, 1 pc



B **Wooden frame** – with cross slats, pre-mounted on the mattress on delivery



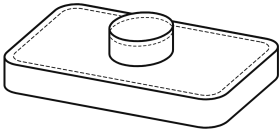
C **Legs** – white oak, 4 pcs



D **Shelf** – multiplex, 1 pc



E **Decorative brackets** – ornaments, 4 pcs

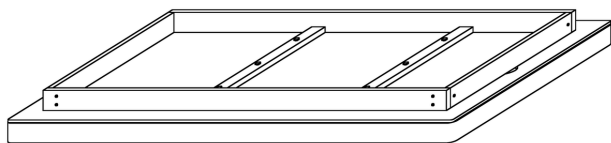


+ **Cover cushion** – closes the face cut-out, 1 piece

Screws & tools

Part	Size	Qty	Use
	8 × 80 mm long, without washer	12	Legs (C) to frame (B) – 3 per leg (2 × long side, 1 × short side)
	8 × 40 mm short, with washer	24	Brackets (E): 4 × 4 = 16 · Shelf (D): 8
	Allen key	1	for all screws

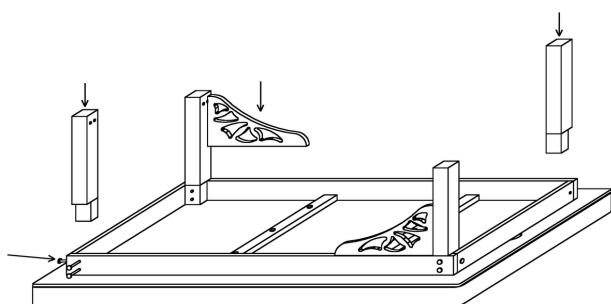
Step by step



1 Prepare the table

Place the mattress (A) with the pre-mounted wooden frame (B) on your base with the **padded side facing down**. The frame stays screwed on – you start directly with the legs.

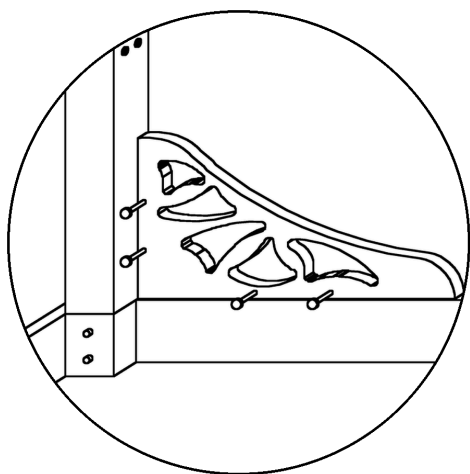
Tip: Turn it with two people – mattress and frame are heavy and awkward.



2 Screw the legs to the frame

Screw the 4 legs (C) into the corners of the frame (B) using the **long screws 8 × 80 without washers** through the pre-drilled holes in the frame – **3 screws per leg: 2 through the long side, 1 through the short side**.

Only screw them in **hand-tight** – do not tighten yet.

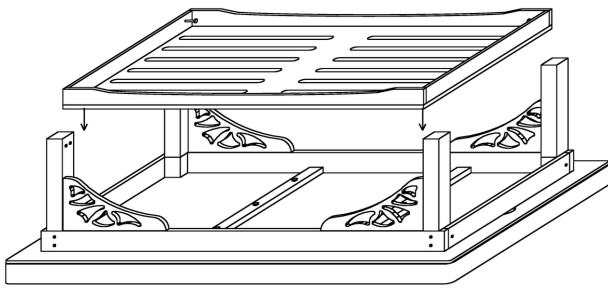


3 Fit the decorative brackets

Place one bracket (E) between each leg (C) and the frame (B).

Screw them on from the inside with the **short screws 8 × 40 with washers – 4 screws per bracket, 16 in total**.

Again, only hand-tight for now.

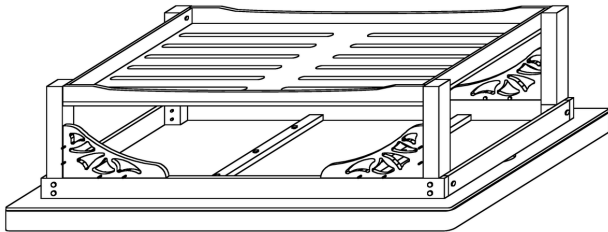


4 Fit the shelf

Place the shelf (D) **upside down** between the legs and screw it with the **short screws 8 × 40 with washers** into the pre-drilled holes in the legs.

2 screws per side, 8 in total.

Two people: One holds the shelf in position, the other screws.



5 Tighten all screws

Once all screws are in their holes, tighten them **gradually and crosswise**: first the legs, then the brackets, finally the shelf.

Firmly, but without force – the wood must not strip.

6 Turn the table over – done!

Carefully turn the table onto its legs **with two people**. Hold it by the frame and legs, not by the decorative brackets.

Final check before the first treatment

- ☐ All 12 long and 24 short screws are fitted and tight.
- ☐ Frame and mattress are firmly connected (factory-fitted).
- ☐ The table stands level and does not wobble – move it slightly if necessary.
- ☐ Cover cushion is ready – when needed (e.g. supine position), insert it into the face cut-out with the round plug.
- ☐ Fitted sheet in place – it protects the cover from massage oil.
- ☐ After approx. 2 weeks of use, retighten all screws once.

Care & durability

- **Cover:** Do not use massage oil directly on the faux leather – always work with a fitted sheet or an oil-repellent cover.
- **Cleaning:** only faux-leather-friendly, alcohol-free cleaners – alcohol dries out the material and causes cracks.
- **Wood:** wipe with a slightly damp cloth and dry; do not place directly next to radiators.
- **Check:** check that the screws are tight every few months – especially with daily use.
- **Want to work higher?** Our adapter raises the working height from 65 to 75 cm.

Does the table creak or squeak?

Wood works – especially in the first few weeks and when humidity changes. Slight noises are normal and can usually be fixed in a few minutes:

- **Retighten the screws:** The most common cause. Retighten all screws crosswise – legs, decorative brackets, shelf.
- **Find the spot:** With two people, press lightly on the table surface and check at the corners where it creaks.
- **Eliminate friction:** Where wood rubs on wood, loosen the screw briefly, rub some candle wax or dry soap onto the contact surface and retighten. Do not use oil.
- **Level the floor:** If the table does not stand perfectly level, felt pads or thin shims under the legs will help.

Questions about assembly?

WhatsApp

+49 179 473 1858
English · Thai

Online

my-thaimassage.shop
Spare parts, sheets, mattresses & accessories