

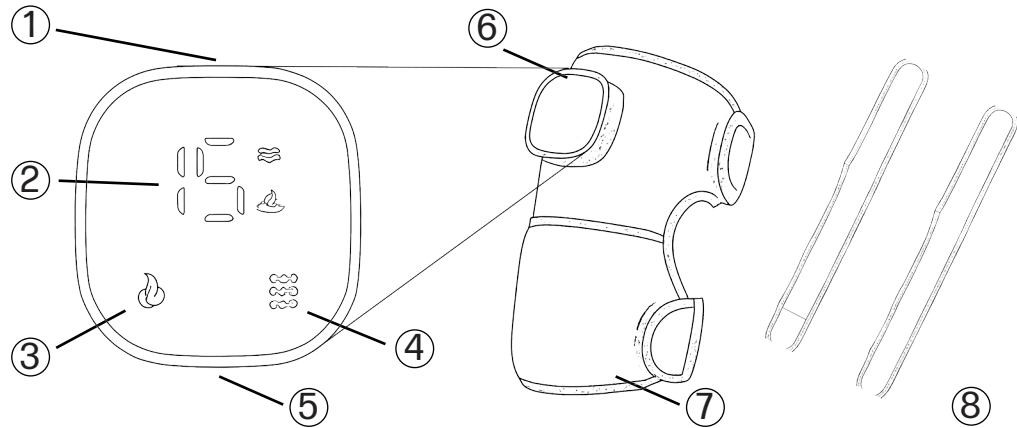
3 in 1 Heated Vibration Massager

SKU: 2513
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Thank you for purchasing this rechargeable massager that is suitable for use on either knee, shoulder or elbow. The massager can help ease joint pain and arthritis using vibration to stimulate blood flow and loosen tight muscles. Supplementary heat penetrates tissue to soothe pain and dilate blood vessels, promoting circulation for speedy healing.

Figure 1

- 1) Power Button
- 2) Countdown Timer
- 3) Heating Button
- 4) Vibration Button
- 5) Charging Port
- 6) Controller
- 7) Massage Cuff
- 8) 2 x Strap (55x5cm)



Please take the time to read this document thoroughly to familiarise yourself with how the product works and to ensure you get many years of safe use from this massager.

Operating Instructions

Before use, it is necessary to remove the controller from the massage cuff and fully charge the unit for 4 hours.

1. Gently pull the CONTROLLER away from the MASSAGE CUFF to detach it from the magnetic contact pins.
2. Plug the larger USB of the supplied cable into a 5v USB socket with an output not exceeding 2A, and the smaller USB into the CHARGING PORT.
3. A charge of 4 hours offers up to 2 hours use, a red light shows above the CHARGING PORT while charging.
4. The light turns green when complete, please unplug the USB cable from the CHARGING PORT.
5. When required you may re-attach to the CONTROLLER to the MASSAGE CUFF by clipping together the two sets of 3 pins - the unit should 'click' into place.
6. The CONTROLLER orientation is unimportant but all pins must be correctly located to ensure full operation.

Wearing the Cuff

The massager is suitable for use on either knee, shoulder or elbow and can be fastened in place with the integrated hook and loop fastener. Two extension straps are provided for use on larger areas of the body.

1. Gently pull the CONTROLLER away from the MASSAGE CUFF to detach it from the magnetic contact pins.
2. With your knee, shoulder or elbow joint at 90°, position the MASSAGE CUFF on the outside of the joint with the crease at the bend. Ensure the two sets of 3 pins are above the joint.
3. Use the integrated hook and loop fastener to secure the MASSAGE CUFF around your limb.
4. If the integrated strap is too short, make use of one or both of the extensions straps. This is likely to be necessary when used on the shoulder, when the straps should pass around the torso.
5. Once comfortably positioned, the CONTROLLER may be re-attached to the MASSAGE CUFF by clipping together the two sets of 3 pins. This may optionally be done once the CONTROLLER is set up as follows.



Controller Operation

The massager offers three heating levels and three massage modes, which can be set as shown below. Each massage session lasts 15 minutes, with the remaining duration shown on the COUNTDOWN TIMER. At the end of the session the massager will automatically shut off.

1. To power the unit on, hold the POWER BUTTON for 3 seconds.
2. A 15 minute session will start immediately and the COUNTDOWN TIMER will begin to count down.
3. The massager can be switched off at any time by holding the POWER BUTTON for 3 seconds.
4. Press the HEATING BUTTON to switch between low (H1), medium (H2), high (H3) or no heat (H0).
5. Press the VIBRATION BUTTON to switch between slow (F1), medium (F2), fast (F3) or no vibration (F0).
6. When the COUNTDOWN TIMER reaches zero, the massager will automatically shut off. The unit may now be used on another joint but a period of 2 hours should be allowed before using the item on the same joint.

Maintenance and Cleaning

1. Avoid letting the battery run flat or charging continuously after the green light shows - the item should be charged weekly when not in use.
2. If the battery runs flat while in use the massager will stop - do not charge the product while in use.
3. The CONTROLLER may be cleaned with a soft, dry cloth and the MASSAGE CUFF with a damp cloth.
4. Ensure the item is completely dry before use and do not use cleaning products or solvent to clean.

Safety Precautions

1. **Consult your doctor before using the device if you are fitted with a pacemaker, have sensitive skin or are pregnant. This item should not be used at the same time as other medical devices.**
2. This product is intended for indoor use only in a dry area free from humidity.
3. Prolonged use of this item beyond one session is not recommended, if you experience discomfort or symptoms of redness or itching in use, stop using the product and consult a doctor if persistent.
4. Do not step or sit on this product, use sharp objects to pierce the material of this product or allow any component to become wet.
5. Thoroughly check the product before each use to ensure the item shows no signs of damage.
6. Do not use the product if there is evidence of damage to the unit.
7. The unit contains a rechargeable battery which can malfunction if overheated, short circuited or disassembled.
8. Do not dispose of this unit in a fire.
9. This unit contains no user serviceable parts. Do not disassemble.
10. Keep this unit out of the reach of children and animals.

Warranty (Please visit www.lifemaxuk.co.uk/warranty to register.)

In the unlikely event that your item develops a manufacturing fault, it is covered by a one year return to base warranty. Your warranty runs for 12 months from the date of purchase and is only valid with the original receipt, please ensure you keep this safe. Your warranty does not cover consumables, misuse or customer damage and will be deemed void where the repairs have been attempted by an unauthorised agent. This does not affect your statutory rights.

If your product develops a defect during the warranty period, please call the helpline number for further advice. If instructed, please securely pack your item and return enclosing your contact details, proof of purchase and fault details. We will, at our discretion, repair or exchange the item in line with warranty legislation. Where no proof of purchase is provided, or the product is outside the warranty period, repairs/replacements will be offered at cost to the customer.

Technical

Product	Size	500x256mm	Weight	220G	Fabric	Elastic Loop Fabric
Battery	Capacity	2,000mAh	Voltage	5V (max 2A)	Power	7W
Time	Charge	240 mins	Usage	90-120 mins	Session	15 mins
Modes	Heat Levels	3 H1-H3	Vibration Speed	3 F1 - F3	Target	Knee, Elbow, Shoulder



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