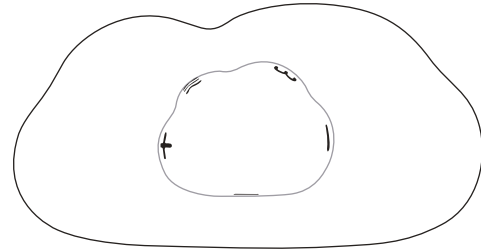


# Instructions



## SAFETY NOTES

This product is NOT being sold as a medical device or to replace any professionally prescribed medical treatments.

## MEDICAL WARNING

1. NOT TO BE USED BY ANYONE WEARING A PACEMAKER OR ANY OTHER ELECTRICAL IMPLANT MEDICAL DEVICE.
2. DO NOT USE IF YOU HAVE SEVERE CARDIAC ARRHYTHMIA, ANGINA, OR A HEART CONDITION.
3. NOT SUITABLE FOR PREGNANT WOMEN, CHILDREN UNDER THE AGE OF 12.
4. DO NOT USE ON PETS.

## CONSULT YOUR DOCTOR BEFORE USE IF YOU

1. Are on any medication, have any infection or severe disease.
2. Have a fever.
3. Suffer from acute/purulent inflammation or have fragile or very thin skin, especially the elderly, or a bleeding tendency.
4. Have a blood pressure disorder.
5. Have a skin allergy.

## CAUTION

1. Keep out of the reach of children.
2. Supervise the elderly and those who cannot take care of themselves.
3. Do not put the gel pad in your mouth.
4. Do not exercise while using the device.
5. Use the gel pad on clean, dry skin.
6. Do not use gel pad on or near wounds.
7. Keep away from metal objects, such as jewellery, when using.
8. Stop use immediately if you feel uncomfortable.
9. Avoid using electrotherapy continuously (no more than 30 minutes at a time is recommended) to prevent muscle fatigue, skin tingling, or redness.
10. This product has the heating function, if you are insensitive to temperature, you must pay attention when using the device.

## Package Includes

- Heated Device \*1
- Gel Pad \*2
- USB Charging Cable \*1
- Storage Disc \*1
- Instruction \*1
- ※ Power adapter is NOT included in the package.
- Smart phone adapters and computer USB ports are compatible; inappropriate adapters may damage the device.

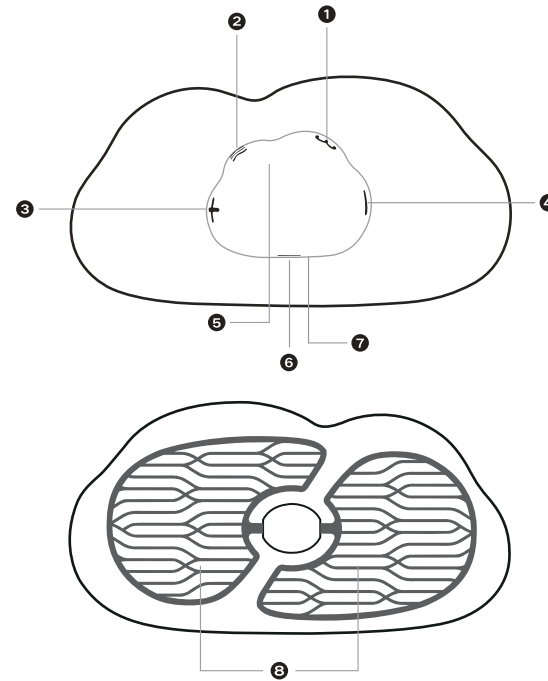
## Specification

- Material: Gel & ABS & PC
- Size: 146mm\* 75mm\* 18mm(5.75" \* 2.95" \* 0.7")
- Weight: 38g(1.34oz)
- Battery Voltage: 3.7V
- Battery Capacity: 500mAh
- Watt Hours: 1.85Wh
- Charge Voltage: DC 5V~ 1A
- Duration: 60mins (Heating)  
1200mins(Massage Only)
- Full Charge Time: 120 mins
- ※ This product can work while charging or with the power bank (5V/1A), BUT doing so may decrease the life of the built-in battery.
- Normally, it is NOT recommended to use while charging or with power bank.

## Indicators

- Working Indicator Status:
  - Blue: Power On
  - Green: Heating Mode (low)
  - Yellow: Heating Mode (mid)
  - Red: Heating Mode (high)
  - Blinking : Massaging
- Charging Indicator Status:
  - Red: Charging
  - No light: Fully charged

## Introduction to product keys

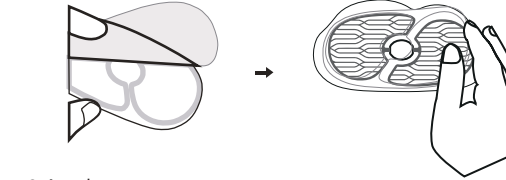


- 1 Power/Mode Switch
- 2 Temperature Adjustment
- 3 Intensity Up
- 4 Intensity Down
- 5 Working Indicator
- 6 Micro-USB Charging Port
- 7 Charging Indicator
- 8 Heat-conductive Coating

## Directions for use

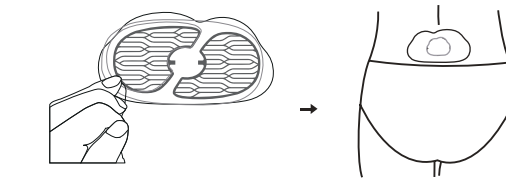
### 1. Install

- Peel off the blue protective film from the gel pad and attach one side to the heat-conductive coating on the back of the product.
- ※ Please wipe the heat-conductive coating carefully before use to avoid insufficient adhesion caused by dirt, sweat, grease, or electrical conductivity.
- ※ Before removing the second protective film, make sure the gel is firmly attached without any bubbles. If bubbles appear, use pressure on the protective film to remove any air pockets.



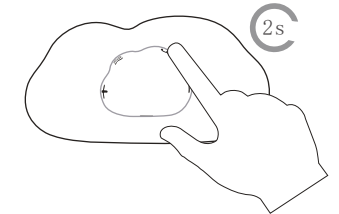
### 2. Attach

- Peel off the second protective film on the gel pad and attach the device to the surface of skin where pain relief is needed..



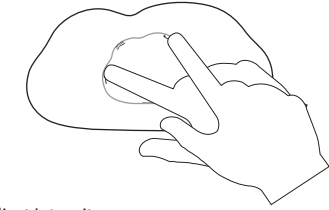
### 3. Power On

- Long press the "m" button for 2 seconds to power on, the indicator light should turn on



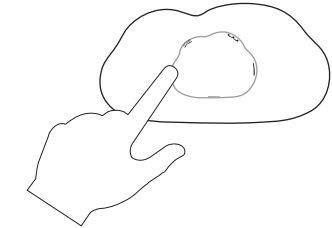
### 4. Activate Massage

- After powering on, press the "m" button or the "+" button to start the massage. The initial massage intensity is level 1.



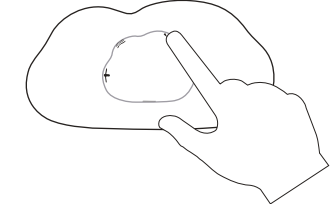
### 5. Adjust Intensity

- Press "+" or "-" button to adjust intensity, from the 20 levels, choose the most comfortable intensity for your massage.
- ※ Long pressing the "-" button will stop the massage.




### 6. Mode Select

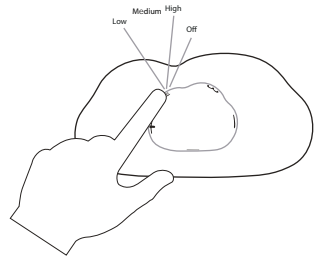
- Shortly press the "m" button to switch between different massage modes.
- ※ Modes includes : Knead, Elbow, Scraping, Tuina, and Combination.



## 7. Heating

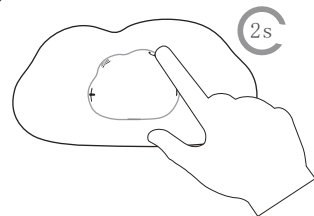
Shortly press the “” button to adjust the heating function, which is in the order of Low/Medium/High/Off. The default setting is Off.

※ For optimal results, warm up the heating element for 8 seconds before application.



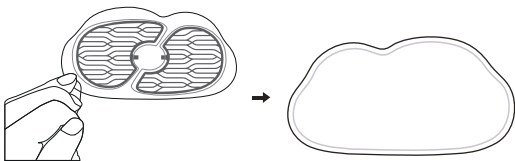
## 8. Power Off

The device will automatically power off after 15 mins, or press the “m” button for 2 seconds to power off.



## 9. Storage

Cover the back of the device with the storage disc after each use. Store in a cool, dry and dust-free area.



## Maintenance

1. Fully charge the device before long-term storage, and charge it every two or three months to extend the life of the built-in battery.

2. Use baby wipes to clean any stains or dust on the device.

3. Follow the maintenance steps below when the gel pad gets dirty or loses its adhesiveness :

① Use a few drops of water and spread evenly on the gel surface. Then, gently wipe the dust away.

② The gel side should be faced up and kept in a cool and well-ventilated place to let it dry naturally.

③ Let it dry naturally until there is no moisture on the surface, then paste it on the storage pad and keep in a cool, dry place.

※ Replace the gel pad when it loses adhesiveness.

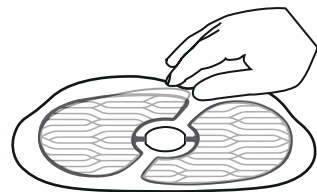
4. The steps to remove the gel from the device :

① Hold the end of the gel with your fingers and peel it off; roll it up while peeling.

② Using the removed gel pad, thoroughly remove the residual gel on the conductive coating by sticking and pulling several times.

③ Ensure that the device is turned off when peeling the gel off, or it may cause pain or burns.

④ Please clean the conductive coating carefully after removing the gel to avoid malfunctions; dirt, sweat, and grease can affect the device's performance.



5. DO NOT USE or STORE this device in the following conditions:

- In the sun
- Near fire hazards
- In dusty, hot, humid, or electromagnetic environments

## Best Areas



Shoulder

Back

Waist

Abdomen

## Prohibited Areas



Head

Neck

Chest

Sensitive area

## Basic Troubleshooting Guide

Fail to turn on or off	Charge the device. If the problem still can't be solved, please contact the customer service team.
Charge failure	1. Please make sure the power adapter output voltage is DC 5V/1A and is working well. 2. Check if device charges with another Micro-USB cable. If it is still not charging, please contact customer service team. Notes: The indicator is red (when charging) or off (fully charged).
Stinging sensation during massage	Please make sure the gel pad is properly attached to your skin. If the gel is not sticky enough, clean it with purified water before using (refer to "Maintenance Section"). If you experience a stinging sensation when device is correctly applied and on any intensity level, it may be caused by an allergic reaction. Stop use immediately, and consult your doctor.
Skin redness after use	It is normal to have skin redness when using the heating element. Generally, it will disappear within 1-2 hours. Do not use continuously for long periods of time (no more than 30 minutes at a time is recommended) to prevent low temperature burns.

## Declaration of hazardous substances

Name of the parts	Toxic or hazardous Substances and Elements					
	Pb	Hg	Cd	Cr(VI)	PBB	PBDE
Shell	○	○	○	○	○	○
PCB	○	○	○	○	○	○
Battery	○	○	○	○	○	○
Gel Pad	○	○	○	○	○	○
USB Cable	○	○	○	○	○	○
Accessories	○	○	○	○	○	○

○ : Indicates that this toxic or hazardous substance contained in all of the homogeneous materials for this component is below the limit requirement in GB/T 26572-2011.

○ : Indicates that this toxic or hazardous substance contained in at least one of the homogeneous materials for this component is above the limit requirement in GB/T 26572-2011.

All components in the table above meet the 65/2011-/EU instruction of EU RoHS Recast.

## Warranty

Thank you for purchasing our product ! Our company provides a 1-year limited warranty that covers hardware and software problems. We will NOT be responsible for any damage caused by the incorrect use of the device. Feel free to contact our team if you have questions.

### Warranty commitment

1. 1-year warranty from the original date of purchase.
2. Warranty only applies when the product fails under normal operation.
3. Free repair service available during the warranty period.

### Warranty is NOT valid when

1. Warranty has expired.
2. The failure is caused by physical damage, such as breaking, extrusion, distortion, broken screen, etc.
3. Failure is caused by incorrectly following the product instructions and directions in this brochure or improper behaviour in using, storing, maintaining, or operating the product.
4. Failure or damage occurs beyond product specifications. For example, operating outside of recommended temperature ranges and humidity, at extreme elevations, under abnormal physical stress, in situations with electromagnetic interference, unstable power supply, electrostatic discharge, etc.
5. Failure or damage is caused by unauthorized repair, modification, or dismantling.
6. Failure or damage is caused by accidents, improper operation, liquids, scratches, bumping, incorrectly or forcibly inserting or unplugging the charging cord, foreign matter entering the device, insect infestation, wilful destruction, or damage of any kind.
7. Failure or damage is caused by a Force Majeure, which means events that are unpredictable and irresolvable, including natural disasters, such as floods, fires, storms, earthquakes, hurricanes, etc.
8. Failure or damage is caused by quality problems with other electronic products or components that are not sold by our company.

## Warranty Card

Product Model : \_\_\_\_\_

Date of Purchase : \_\_\_\_\_

Faulty Descriptions : \_\_\_\_\_

Name : \_\_\_\_\_

Phone Number : \_\_\_\_\_

E-mail : \_\_\_\_\_

Address : \_\_\_\_\_