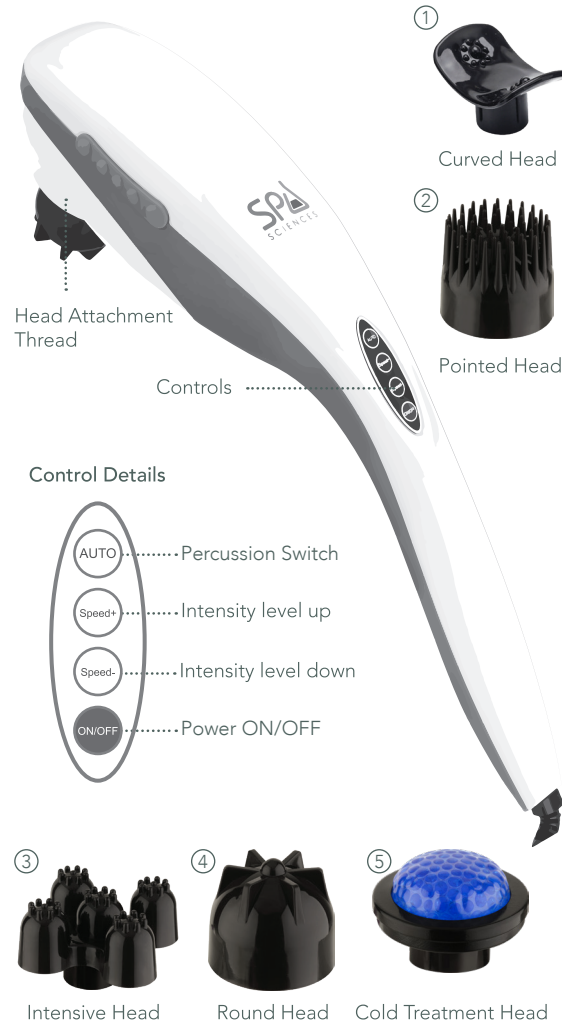


## A Closer Look



## Preparation

## IMPORTANT BEFORE USE:

Do not use in the bath or shower. Do not use this product near water-filled bathtubs, showers, sink or other water in general. Please keep this product and power adapter dry. Do not place VARA into water or any other liquid. If the product is damaged, do not touch any internal parts to avoid electric shock. Read all instructions and warnings before using.

## HOW TO ATTACH THE TREATMENT HEADS:

Choose a massage head appropriate to your treatment or the body part you wish to treat.

Twist clockwise to attach massage heads -->

Twist counterclockwise to detach massage heads -->

## Usage Guide

## OPERATION INSTRUCTIONS:

1. Attach the desired massage treatment head to the VARA handle. Refer to the previous section to learn how to attach the treatment heads. Do not attempt to use the product without a massage head attached.
2. Plug the cord to a wall outlet with the same voltage (110v) of power supply before using the product. Always unplug VARA after using.
3. Long press the red power button to turn ON your VARA massager.
4. The default percussion mode pulses continuously, to switch between the different Modes press the AUTO switch.
5. Switch the intensity level of your massage by pressing the Speed + or the Speed - button. We recommend to begin at the lowest speed and gradually increasing as needed.
6. Apply the massage treatment head to the desired area to begin treatment. We recommend moving the handle in circular motions if you wish to target a specific area, or back and forth movements to release tensions on larger areas.
7. Use VARA anywhere on the body. Do not use on face or scalp.
8. It is not recommended to use the massager on one area for more than 20 minutes at one time.
9. Once your treatment is complete, press the red power button to turn OFF the product.
10. Always remove the plug from outlet when finished using VARA. Do not leave the product plugged in when not in use.

ALWAYS UNPLUG YOUR DEVICE WHEN NOT IN USE.  
DO NOT USE NEAR WATER OR GET PRODUCT WET.

## Treatment Heads & Areas

## Treatment Heads & Areas

## Warnings & Warranty

## Warnings & Warranty

### MASSAGE ATTACHMENTS:



①

**CURVED HEAD:**  
Designed for overall relief in specific areas such as the arms, legs or base of the neck.



②

**POINTED HEAD:**  
Use to help release tension in achy muscles after long hours spent in the office or after a workout.



③

**INTENSIVE HEAD:**  
Use this five-tip head for a firm, deep tissue massage. It is recommended to use in areas where the muscle and tissue mass require a deeper massage.



④

**ROUND HEAD:**  
Designed for massaging acupuncture points all over the body.



⑤

**COLD TREATMENT HEAD:**  
Designed specifically with recovery in mind, the cold treatment head is to be rolled over aching muscles to ease away chronic pain and tension in your neck, back, shoulders, hamstrings, calves, feet and hips.

**How To use the Cold Treatment Head:** To relieve sore or achy muscles with cold therapy, place the Cold Treatment Head in the fridge or freezer until desired cool temperature is reached. Attach the treatment head per the instructions in the Preparation section of this manual.

### SOME RECOMMENDED TREATMENT AREAS

Use your VARA Massager on these body areas:

- Back
- Shoulders
- Legs
- Arms
- Chest

ALWAYS UNPLUG YOUR DEVICE WHEN NOT IN USE. DO NOT USE NEAR WATER OR GET PRODUCT WET.

### BASIC SAFETY PRECAUTIONS.

When using electrical products, especially when children are present, basic safety precautions should always be taken. IF YOU THINK THE POWER IS OFF WHEN THE SWITCH IS OFF, YOU ARE WRONG. If the plug is in, the power is on. Unplug electrical appliances when you are not using them.

### DANGERS.

To reduce the risk of electrocution: DO NOT get the Product or Charging Cable wet or immersed in water. Keep this product away from open flame or flammable aerosol products. The Device is not suitable for use in the presence of a flammable anesthetic mixture with air or oxygen or nitrous oxide.

### WARNINGS.

To reduce the risk of burns, electrocution, fire or injury to persons: Close supervision is necessary when this product is used by, on, or near children or physically challenged persons. Use this product only for its intended use as described in this User Guide. DO NOT use this product where oxygen is being administered. The product has no serviceable parts. Never attempt to open the Device Handle for any reason. DO NOT disassemble, heat above 600°C (1400°F) or incinerate.

### IMPORTANT CAUTIONS.

This is not a medical device and is not intended to treat medical conditions. If you are under a doctor's care for any skin condition. If you think you may have a skin condition or if you have very sensitive skin, consult your physician before using this product. This Device is electrical and contains small parts. Keep out of reach of children. THIS PRODUCT IS NOT DESIGNED OR INTENDED PRIMARILY FOR CHILDREN 12 YEARS OF AGE OR YOUNGER.

If you have any medical concerns about using VARA, please consult your dermatologist before use.

If any of the components of your VARA Device Handle or Accessories are damaged DO NOT use. DO NOT attempt to open or service components.

Email customer service at  
customerservice@spasciences.com

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### Warranty:

Your warranty is not effective unless you register the Product within 90 days of purchase. To register go online to [www.warrantyspasciences.com](http://www.warrantyspasciences.com) and complete the information required for registration.

For a period of ONE (1) year from the date of purchase, Spa Sciences LP (the "Company") warrants the VARA Hot/Cold Deep Tissue Percussion Massager (the "Product") against damage, defects or failure resulting from ordinary consumer use under normal home conditions according to the instructions included with the Product (a "Covered Defect"). This warranty DOES NOT include damage, defects or failure caused by misuse or improper care of the Product; impact or insertion of foreign objects into or on the Product; application of harmful chemicals or abrasives to the Product; failure to follow manufacturer's instructions; normal wear and tear; alteration or overuse of the Product; or any professional or commercial use of the Product. If there is a Covered Defect during the one (1) year warranty period the Company agrees to exchange the Product with a new equivalent Product. This is the sole remedy available for breach of this limited warranty. Any claim for breach of this limited warranty must be commenced within one (1) year following the original purchase. This limited warranty applies only to a purchase of the Product from or an authorized reseller, is valid for the original end user of the Product only and cannot be transferred under any circumstances.

THE PROVISIONS OF THE FOREGOING WARRANTIES ARE IN LIEU OF ANY OTHER WARRANTY, WHETHER EXPRESS OR IMPLIED, WRITTEN OR ORAL (INCLUDING ANY WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE). IN NO EVENT SHALL THE COMPANY BE LIABLE FOR ANY SPECIAL, INCIDENTAL, CONSEQUENTIAL, PUNITIVE, OR INDIRECT DAMAGES BASED UPON ANY LEGAL THEORY. SOME STATES DO NOT ALLOW LIMITS ON WARRANTIES, OR ON REMEDIES FOR BREACH IN CERTAIN TRANSACTIONS. IF APPLICABLE LAW DOES NOT PERMIT THE DISCLAIMER OF IMPLIED WARRANTIES, THEN THE DURATION OF SUCH IMPLIED WARRANTIES, ARE EXPRESSLY LIMITED TO THE DURATION OF THE EXPRESS LIMITED WARRANTY SET FORTH HEREIN.

### Additional Info

Entire operating instructions including safety, care and warranty information is available at [www.spasciences.com/products/vara](http://www.spasciences.com/products/vara) or hover camera over the QR CODE. NO APP NEEDED

