

• ABOUT US •

Here at Dr Physio USA, we make the most imaginative, unwinding, and restorative, well-being and individual care Products.

In the hubbub of today's lifestyle, it becomes impossible to nurture yourself at times. In the chaos of maintaining every aspect of life efficiently, we forget that our bodies are not machines. They need absolute care and tenderness. Pain in neck, shoulder, back or foot should never be taken for granted. They can lead to serious ailments in the long run. To help you ease the situations of painfulness, Dr Physio USA brings to you excellent ways of relaxation and pain relief through our premium gadgets. We offer a non-intrusive answer to help renew and reestablish your muscles and relieve throbbing pain with our various products

The variety of items and massagers we offer are intended to target particular areas of the body viz neck, shoulder, back, foot and so on. The adaptable capabilities of our gadgets are meant for utmost body relaxation after a long day at work. Since we are continually in pursuit of excellence, our research and development team at NY, USA works diligently to ensure that each of our innovations are available at a value you would appreciate.

Sit Back, Relax and enjoy the amazing Dr Physio experience!!

Dr Physio from Dr Trust
www.drphys.io | www.drtrustusa.in

Dr Physio Full Body Manipol Massager 1011

• QUICK STARTUP GUIDE •

Step 1.

Set the UNIT to the "OFF" position and then insert the plug into an electrical outlet.

Step 2.

Turn the power dial clockwise to turn on the unit and to adjust the intensity.

Step 3.

Choose among 4 different massage head attachments to enjoy the desired massage experience.

Step 4.

Rotate the power button in anti-clockwise direction to turn off the product.

Important Safeguards

- It is an electronic product and when using it, basic safety precautions should always be followed.
- Never keep the massager open (or without coverage) when not in use, as it gets damaged very easily.



• INTRODUCTION •

Dr Physio Full Body Manipol Massager 1011 is suitable for all types of massage needs. It comes with a proactive cover and 4 massage heads that include- flat massage head, wavy massage head, ball massage head, and dead skin removal massage head. All these massaging heads can be interchanged hassle-free. It is a fully electric massager that operates at voltage – 220V with 1500-2900 RPM rotation speed. While its ergonomically designed body with a strong motor makes it easy to take it anywhere with you. Proactive fabric coverage is very easy to remove during the cleaning and replacement of heads. The massage intensity can be adjusted easily through the knob as per the user's comfort and convenience. It provides deep tissue massage on the whole body and ideal for relaxing the waist, back, arms, neck, shoulders, legs, and foot with a spa-like experience at your home.

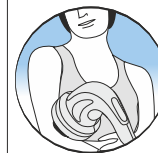
• HIGHLIGHTS •

- 4 interchangeable massage heads and each of them generates a different massage effect.
- Deep muscle penetration maximizes comfort.
- Handheld, light, and easy to use design.
- Massaging various parts of the body is easy.
- The massage strength is adjustable.

• WORKING PRINCIPLE •

The working principle of the Dr Physio Full Body Manipol Massager 1011 is based on Shiatsu Massage, an alternative technique that involves manual pressure applied to specific points on the body to relieve the muscles tension and joints pain. The massage is appealing to many users as it refers to several practices of manipulating soft tissue for therapeutic purposes. It generates mechanical vibrations on the human body for relaxation. Massage incorporates manual touch to improve circulation, relax muscles, improve range of motion, and increase endorphin levels. According to the Japanese healing, Shiatsu (meaning finger pressure) massage uses thumbs, fingers, elbows, and knees to concentrate pressure at certain energy pathways in the body called meridians. The massage also known as acupuncture that works to reduce muscle tension and fatigue. It improves blood circulation in the body as well as improves the function of the lymphatic system. It also helps in relieving anxiety, depression, digestive disorders, fibromyalgia, headaches, insomnia related to stress, myofascial pain syndrome, soft tissue strains or injuries, sports injuries, as well as in boosting the immunity system.

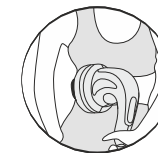
• RECOMMENDED MASSAGE AREAS •



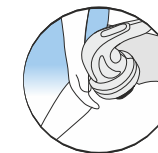
Arm



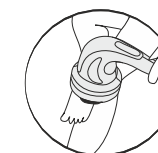
Shoulder



Back



Leg



Foot



• MASSAGE HEADS AND COVERING USE •



Wave
Massage
Head



Rolling
Massage
Head



Scrapping
Massage
Head



Frosted
Massage
Head



Protective
Clothing

1. **Flat Massage Head:** Decompression massage, face massage, and abdominal massage.
2. **Wavy Massage Head:** Acupuncture points and deep tissue massage.
3. **Ball Massage Head:** It can be used with essential oil as you like.
4. **Dead Skin Removal Massage head:** Removes calluses and dry skin of feet.
5. **Mesh Cover:** Prevent hair damage.

• OPERATION GUIDE •

- Insert power plug to the compatible power outlet and turn the power dial clockwise to turn on the product.
- Turn the power button clockwise to adjust or increase the massage intensity level as per the user's comfort and ease.
- Switch among 4 different massage heads to enjoy different massage experiences.

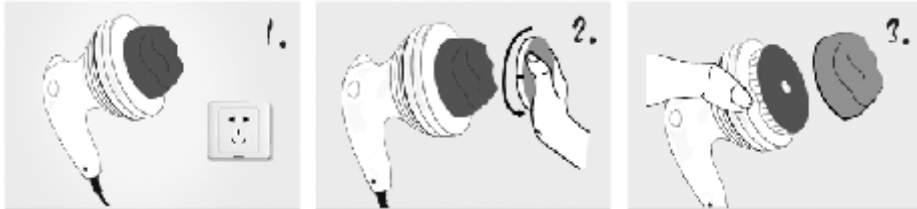
- Rotate the power button in anti-clockwise direction to turn off the product.
- After use, turn all switches to the "OFF" position and remove the power plug from the wall socket.

• CAUTIONS •

- The mesh cover should be used with a wave cap only.
- Do not use a mesh cover with the roller cap.
- Only use the device one hour after meals.
- Do not use the device when you feel unwell.
- After using and before cleaning, always unplug the massager.
- If the power cord is damaged, please replace or get it repaired immediately.
- Pregnant women, people with any skin disease, heart disease and other diseases, inflammation of the skin should not use this product.
- Always keep it away from the children.
- Do not use the device on the same area of the body for over 15 minutes.
- Do not use this machine in damp places, like bathroom.
- For replacing massage head safely, please make sure the machine has unplugged.
- Do not use the device in an environment that exceeds 37°C or 98.6°F.



• **REMOVING THE MASSAGE HEAD SAFELY** •



1. Unplug the cable before changing the massage head.

2. Hold the protective cover and rotate in counterclockwise direction.

3. Pull out the massage head from the machine. Take help of screw driver if too tight.



4. Replace the massage head.

5. Please note all these heads do not need to be covered with protective cover.

6. Plug in the power cable to start massager.

• **CARE AND MAINTENANCE** •

- Always store the product in a clean place with no direct sunlight.
- Do not pull the cord or pull the product with cord.
- Do not put it into the water.
- Always use a soft cloth to clean the machine.
- Always unplug the unit if not in use or cleaning it.

• **PRODUCT SPECIFICATIONS** •

Name	Dr Physio Full Body Manipol Massager 1011
Input Voltage	AC220V-240V
Frequency	50Hz
Rated Power	25W

• **PACKAGE INCLUDES** •

1. 1 x Handheld massager
2. 4 x Interchangeable massage node
3. 1 x User manual



• CUSTOMER SUPPORT •

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