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**TENS  
MASSAGER  
UNIT**  
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**TENS  
MASSAGER  
UNIT**



## ► User Guide

 <b>Model</b>	 <b>Voltage</b>	 <b>Power Consumption</b>
BEL-TMP	DC 6V	60 Hz

## Congratulations on your purchase!

You're on your way to Rejuvenating Massage

Indulge in a relaxing and rejuvenating massage with the Belmint Tens Massager Package. This massager, using bioelectric technology, send pulses to your muscles, thus, relaxes tenseness and improves blood circulation. The tens Massager Package is perfect for soothing the muscles on hard to reach areas.

Use the Tens Massage Package in areas where you need soothing relief whether it's in your lumber area, shoulders, arms,calves, and anywhere else you wish to relieve of pain.

All Belmint products are designed by Belmint engineers with your comfort in mind and crafted with high-grade and durable material to ensure the best massage experience.

**To celebrating your comfort,**  
The Belmint Team

## ► Sometimes peace is hard to find

But good service shouldn't be

At Belmint, we strive to provide our customers with ultimate relaxation.

If you encounter any issues with the performance of your device,our authorized service personnel are here to help.



Phone

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## ► What's in the Box?

- 1 x Tens Massager Unit
- 3 x AAA Batteries
- 8 x Electrode Pads
- 1 x Travel Storage Case
- 4 x Electronic Lead Wires
- 1 x User Guide

## ► Product Details

### Dimensions

8 x 2 x 1/2 inches

### Weight

3 oz

### Auto shut-off

20 minutes

## ► Recommended Applications

- Lower Back
- Ankle & Foot
- Sciatic
- Abs & Shoulder
- Deltoid
- Elbow
- Upper Arm
- Calf
- Hip & Thigh
- Knee



## Before things get awesome

To prevent potential injury or property damage, please read this entire manual before operating your device. Keep it on file for future reference.

## ► Parts & Features

### Large LCD Display with Backlight

Easily monitor and keep track of your massage settings with the large LCD Display

### Portable Function

The lightweight features ensures that you can bring it anywhere with you. It also lets you store the massager easily.

### Characteristic Functions

20 Intensity Settings  
Rechargeable  
Adjustable Timer Settings



4. Peel off the protective film and apply the pads to the muscle. Make sure they do not overlap.

5. Turn the unit ON by pressing the POWER button.

6. Change the modes by pressing knead, Acu, Tap, Scraping, Cup, Random, Foot, Knee, Back, or Shoulder button.

7. Set the timer by pressing the TIME button. You can choose from 10 minutes up to 60 minutes.

## Efficiencies

Keep using **1 OR 3 TIMES PER DAY** for **40 to 60 MINUTES PER SESSION** to relax muscles & improve the circulation; The intensity level should be set where you will feel involuntary muscle movement & vibrations in the muscle.

## ▶ Getting Started

### Using your Device

1. Make sure the unit has been properly recharged.
2. Connect the wire to the output port.
3. Connect a pair of electrode pads to a dual lead wires by snapping them on.

## ► **Massage Settings**

Six types of Settings

### **Knead**

This massage mode is effective for muscle spasms & joint pain. It also relieves pain in the back, neck & shoulders. Choose this condition to relieve mode such as insomnia, tension from stress, headache & constipation.

### **Acupuncture**

This massage mode stimulates acupuncture points that stimulates the nerves in the body.

### **Tapping**

This massage mode produces a pulsing sensation in the muscles to revitalize & relax your muscles.

### **Scraping**

This massage mode stimulates blood flow to improve circulation, thus, providing relief from muscle stiffness & pain.

### **Cupping**

This massage mode emulates the cupping technique which aims to stimulate the contraction of muscles, thus, relieving back & neck pains as well as easing the tension in stiff muscles, relieve fatigue, migraines & rheumatism.

### **Random**

This massage mode emulates the finger & palm pressure of a Shiatsu massage & other massage techniques to ease headaches & back pain.

## ► **Put your worries away**

### **Cleaning your unit**

Cleaning your unit is as easy as 1-2-3

- Put a few drops of water on fingertips and rub on pads to maintain adhesiveness.
- Re-place protective film after every use.

- DO NOT use any chemicals or harsh abrasives such as cleaners, brushes, gasoline, kerosene, glass/furniture polish or paint thinner to clean.

- NEVER clean when the unit is on.

- Make sure the massager is turned OFF and unplugged from the adapter before cleaning.

- Allow the massager to cool down before cleaning.

- Make sure your skin is free from dirt, oil and other residues before using the massager.

## Storing your unit

- Unplug the cord from the power source.

- Place the massager, along with the cord, in its box or in a safe, dry and cool place.

- AVOID contact with sharp edges or pointed objects.

## ▶ Safety Instructions

Read all instructions before using

**DANGER - To reduce the risk of electrical shock**

- ALWAYS unplug the massager from the electrical outlet immediately after using and before cleaning.

- DO NOT use the massager while bathing or while in the shower.

- DO NOT place the massager where it can fall or be pulled into water.

- DO NOT operate in a wet or moist condition.

- DO NOT use pins or any metallic fasteners on the massager.