

MINI MASSAGER

Relaxation /Anywhere /Anytime

Model No.: AS8011

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1. Instructions

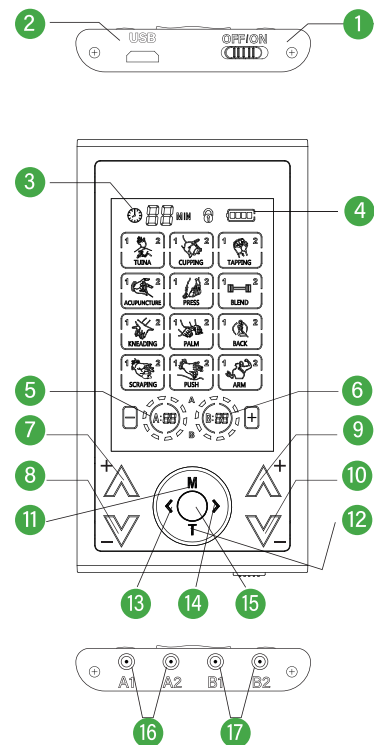
1.1 Package Included

- Device
- Electrode pads
- Electric wires
- Pouch
- USB cable & AC adapter
- Instruction manual
- Collection board for pad and wire

1.2 Features

- 2 output with 24 modes
- 20 level intensity
- 20 minutes default timer, can adjustable from 10-60 minutes
- Rechargeable lithium battery
- Battery indicator to know when need to recharge battery
- AC adapter 110-240V, USB Charger 5V。

1.3 Illustrations of the device and accessories



1. On/Off Switch
2. USB Port
3. Time
4. Battery Indicator
5. Adjustable Intensity (A Channel)
6. Adjustable Intensity (B Channel)
7. Intensity Increase (A Channel)
8. Intensity Decrease (A Channel)
9. Intensity Increase (B Channel)
10. Intensity Decrease (B Channel)
11. Rows Selection Each Row-Left
12. Time Selection
13. Modes Selection in Each Row-Left
14. Modes Selection in Each Row-Right
15. Pause/Start
16. A Channel Output Connector
17. B Channel Output Connector

1.4 Modes

There are 24 modes to choose from, there are:

- | | |
|-----------------|-----------------|
| 1. Tuina | 13. Kneading |
| 2. Hand | 14. Oil-Massage |
| 3. Cupping | 15. Wrist |
| 4. Elbow | 16. Palm |
| 5. Tapping | 17. Back Pain |
| 6. Weight Loss | 18. Foot |
| 7. Stroke | 19. Guasha |
| 8. Acupuncture | 20. Scraping |
| 9. Shiatsu-Deep | 21. Push |
| 10. Press | 22. Relax |
| 11. Shoulder | 23. Massage |
| 12. Combination | 24. Pressure |

1.5 Contraindication

DO NOT use the device if you have any of the following medical conditions:

1. An implanted cardiac pacemaker, defibrillator or other implanted metallic or electronic device.
2. Are pregnant under 37 weeks.
3. Have epilepsy.

It is recommended that you consult your medical practitioner before use if you:

1. Have been diagnosed with cancer.
 2. Have suffered acute trauma or a recent surgical procedure.
 3. Have cardiac problems or cardiac disease.
 4. Have an abdominal hernia.
 5. Have venous thrombosis.
- This device is intended for use by adults, but use on children is possible, but should only occur with adult supervision.

2. Usage 2.1 How to Use

2.2 Operating Instructions

1. Connect the pads to the wire by snapping them on, then remove the protective film.

Note: adding a few drops of water on the pads will increase their longevity.

2. Place pads where the massage sensations are desired. And plug into one of the ports on the device.

For additional relief use the second port and repeat procedure to put on another two pads.

Make sure both pads on the skin and not overlapping. Make sure your skin is free from any dirt, oil or lotion.

3. Turn the device on by sliding the on/ off switch on the top of the unit. The unit will be now activated.

4. Press the mode button to try different mode. Remember the strength will default to the lowest setting by each mode selection.

Note: Center button can also be used as a lock key.

Press and hold it for 3 second to lock the screen, 3 second again to unlock the screen.

5. Once you select a mode, gradually increase the intensity by pressing the + button; decrease it by pressing - button.

Note: Press A/B button to change A/B channels.

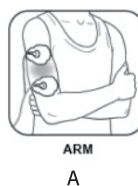
6. Recommended application is 10-60 minutes. Increase 10 minutes by each setting. The time remaining is automatically counted down. Then the unit will automatically turn off after time finish.

2.3 Recommend Massage Points

Body Points Sensitivity:

A>B>C>D>E>F>G>H

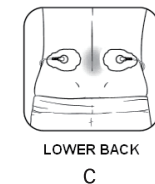
(Just for reference and finally depends on your muscle)



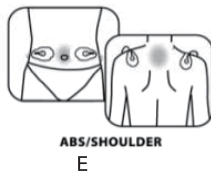
A



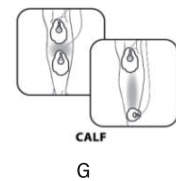
B



LOWER BACK
C



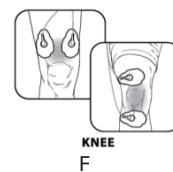
ABS/SHOULDER
E



CALF
G



SCIATIC
D



KNEE
F



ANKLE/FOOT
H

Notice:

Sensitivity varies from different people and different points.

We suggested that you initially experiment using each of the 24 modes. The mode that gives you the most desirable sensations and comfort is the most appropriate one to use for your current condition.

2.4 Electrode Guidelines

1. Only use the electrodes supplied by the manufacturer.

2. Do not use the electrodes on different people. Each user must have their own set.

3. Always turn the power off before removing or re-positioning the electrode.

4. Wash skin thoroughly and then dry it before applying electrodes.

5. Apply the whole surface of the electrodes firmly to the skin. Do not use electrodes that do not stick properly to the skin or only partially stick to the skin.

6. In case of skin redness under the electrodes after stimulation, do not use again in same area if skin redness is still evident.

7. It is recommended to use the larger pads for bigger areas such as shoulder, waist, abdomen and leg muscles. Use small pads for smaller areas such as forearm muscles, joints etc.

8. After 10-15 times, suggest to change the pads.

2.5 Charging the Battery

• The unit has an internal rechargeable lithium battery that can be charged through

a standard wall outlet or through the USB port of your computer.

• The unit may also need to be charged if the screen is dim, the sensations are weak or if the display on the screen does not appear when switched on.

• It normally takes around 1 hours to charge the battery. (Do not use the unit when charging)

3. Maintenance and Care

1. Make sure your skin is free from any dirt, oil or lotions.

2. Before applying the pads, put few drops of water on your fingers and rub them on both pads. This will help the pads maintain their adhesiveness. When you have finished using the unit, turn it off.

3. Take off the pads.

4. Place the protective film back on the pads or place the pads on the pad holder.

5. Take the wire out from the device and place back in the box along with the unit for next use.

6. Store the unit in a cool, dry place.

4. Warnings

1. Stimulation should not be applied directly over the heart, on the neck area at front or sides or on the temples.

2. Apply the electrode pads only to normal, intact, clean skin. Do not apply over open wounds or over swollen or infected areas.

3. Never use the device while driving, operating machinery or during activities in which involuntary muscle contractions may endanger others.

4. Do not use the device in the bath or shower.

5. Never immerse the device in any liquid.

6. Never use the device while sleeping.

7. This device should only be used with the accessories provided by the manufacturer.

5. Adverse Reactions

If you experience skin irritations, burns beneath the electrode pads applied to the skin or any other adverse reactions then treatment should be stopped immediately. You should consult with your medical practitioner about further use of the device.

6. Trouble Shooting

Problem	Solution
The unit is not turned on or I cannot see anything on the screen	Make sure the unit has been fully charged.
The unit does not seem to be charging	Ensure the USB cable is firmly in the unit on one side and plugged into the AC adaptor into the electrical socket on the other side. Isolate whether there is a problem with the USB cable or AC adaptor by plugging the USB cable from the unit into a USB port on a computer.
The unit is on, but I do not feel any sensation from the pads	Check the leads are firmly into the port on the unit and firmly clipped to the conductive pads. Ensure you are using 2 pads for one wire, proximity to each other, i.e. not on different limbs or too far apart.

Problem	Solution
The unit is on, but I do not feel any sensation in my feet	You may need to set the unit to a much higher level to feel sensation in your feet, especially if you have bad circulation or nerve damage.
Only one port on the unit works	Isolate the problem by trying another lead wire and a set of pads that you know work in the troublesome port.
One pad feels stronger than the other	This is normal as different areas of the body reacts differently, just ensures the pads are making good contact.
During use the skin feels a painful burning sensation or stimulation has weakened	Ensure that the adhesive gel pads are adhering firmly, this is important. Check that the pads are not too dry and need placement.