

Ice Massager

Quick Start Guide

WHAT'S IN THE PACKAGE

- 2x Freezer Cups
- 1x Drying Cloth
- 2x Ice Grips

PRODUCT OVERVIEW

Your Vive Health Ice Massager is designed to help treat muscle sprains, strains, and spasms, as well as pain and inflammation due to osteoarthritis and other musculoskeletal conditions. It enables the user to apply cold to injuries while also providing a firm shape for simultaneously massaging the affected area.

HOW TO USE

1. Place the narrower edge of the Ice Grip inside the open end of the Freezer Cup, pressing down firmly to create a tight seal between the two pieces.



2. Fill the Cup and Grip with water to at least high enough to cover the six (6) grip fins around the inside of the Ice Grip, and place it in a freezer until solid, approximately three (3) to four (4) hours.



3. Once frozen, remove it from the freezer and separate the Ice Grip and the Freezer Cup by twisting the Ice Grip and pulling it free. The ice should be held in the Grip with the grip fins, exposed and ready to use.



4. Hold the Grip firmly and massage the affected area with the rounded end of the ice using circular motions.



For convenience we have included a small drying cloth to dry off excess water from your skin

ADDITIONAL INFORMATION AND WARNINGS

- Cold therapy using the Ice Massager should not exceed twenty (20) minutes in the same area.
- Do not use on areas where the skin is cut or wounded.

