

vive®



**RECHARGEABLE
HANDHELD MASSAGER**

Owner's Manual
RHB1079

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WHAT'S IN THE PACKAGE

- 1x Wireless Rechargeable Handheld Massager
- 6x Massage Heads 1x each of the following:

Deep Tissue



Shiatsu



Tri-Lobe Deep Massage



Circulation



Arm Massage



Bone Joints



OVERVIEW

We are constantly answering questions and recording helpful videos to make using your Handheld Massager as easy as possible.



To see all of the FAQ's In one place
visit vhealth.link/8yb

QUICK-START (FIRST USE) INSTRUCTION

To get started using your Handheld Massager, just use the following steps:


1. Plug the charger into a standard 110V US outlet and plug the other end into the charging port on the underside of the Massager handle; the charging indicator on the plug will turn red to show that it is charging.




Allow it to charge completely before first use (a full charge takes about 130 minutes); the indicator will turn green when fully charged.



2. Unplug the Massager and select your desired Massage Head. Attach the Head by screwing it onto the threaded post on the Massager.



3. Press the  button to turn the Massager on. The Massager will begin to operate in Constant Massage mode at the second speed setting.

4. Press the  button to cycle through the different modes to the desired one.
5. Once mode is selected, use the   buttons to increase/decrease speed of the Massager.
6. Gently position the Massage Head onto the desired body part(s) and enjoy!

MESSAGE HEADS

Your Handheld Massager comes with six (6) different Massage Heads, each providing a unique massage experience.

Deep Tissue

The “all-purpose” cylindrical shape of this head is great for going deep into large muscle groups.



Shiatsu

This round head is intended to mimic a true Shiatsu experience, breaking up muscle knots and adhesions for lasting pain relief at specific trigger points.



Deep Massage

This circular head with three (3) smaller nodules is capable of delivering a deeper massage for most parts of the body.



Circulation

The triangular head with three (3) textured nodules helps to improve circulation in larger areas like the back, waist, or legs. It is ideal for yoga and resistance stretching to help restore flexibility.



zArm Massage

The curved shape of this Head is best used for massaging the side of the arm.




Bone Joints

The mushroom shape and silicone material of this Head provide a soft shape for massaging bones and joints.





OPERATING MODES

Your Vive Handheld Massager is equipped with five (5) different operating modes to allow you to choose the best massage for each moment. Pressing the  button with the power on will cycle through the different modes.

1. Constant Massage
2. Slow Pulse (about one (1) pulse per second)
3. Medium Pulse (about two (2) pulses per second)
4. Fast Pulse (about four (4) pulses per second)

5. Intermittent Pulse (a repeating series of long pulses followed by a burst of short ones)

Beyond the basic modes, each can be used at one of five (5) different speed/intensity levels. To adjust the speed up or down, simply press the   buttons while using the selected mode.

CARE MAINTENANCE

Your Handheld Massager doesn't require a great deal of maintenance apart from periodic cleaning. After each use, wipe the Massager head and the threaded post with a soft, damp cloth. Do NOT use any solvents or harsh, abrasive cleaners. However, a sterilizing cleaner can be used if desired. Do NOT submerge the Massager in water or any other liquid.

If used infrequently, make sure to keep disconnected from the charging cable. To maintain battery integrity between infrequent uses, fully charge the device once every 2 weeks.

TROUBLESHOOTING

Should you have any trouble operating your Handheld Massager, try these tips to get it working again.

- If the Massager fails to turn out, check to make sure it fully charged before trying again.
- If you can't change the operating mode, turn the Massager OFF and then back ON to try again.

If you have any additional problems with the Massager, including use or maintenance, please contact service@vivehealth.com. Don't attempt to open or repair the Massager by yourself, as there are no serviceable parts.

SAFETY INFORMATION AND WARNINGS

For your safety and the continued use of the Massager, make sure to follow every part of this manual carefully.

- Carefully read this manual entirely before using the product.

- The Massager is intended for private home use only as is not recommended for commercial applications.
- Due to the power of this Massager, it is not recommended for users under 16 years of age. Keep out of reach of children and pets.
- Do not use the Massager on sensitive skin, in swollen or inflamed areas, in the presence of decreased circulation, where open sores or skin eruptions are present, or during inexplicable abdominal pain.
- The Massager is not intended for use on the head or throat, areas with varicose veins, or genital areas. Failure to do so can result in severe bodily harm.
- Do NOT use the Massager on an unconscious or sleeping person.
- Do NOT use the Massager if you are pregnant or suspected of being pregnant.

- Only use the original equipment supplied by Vive with this product. An alternative charger or adapter may result in overheating, explosion, electric shock, and/or fire. Alternative heads may damage the Massager or not attach to the device securely.
- Do NOT use the Massager with wet hands. Do NOT insert any object other than the charger cable into the charger port. Failure can cause damage to the Massager or electric shock to the user.
- Keep the Massager away from heat sources such as ovens, microwaves, pressure cookers, hot plates, etc.
- Do NOT leave the Massager in excessive temperatures as this may cause the batteries and/or Massager to malfunction. Keep the Massager away from areas of excessive humidity.
- Do NOT use the Massager near strong electro magnetic fields.

- Do NOT attempt to disassemble or dismantle the Massager. Doing so may cause damage to the Massager or personal harm and will void the warranty.
- Do NOT drop or apply excessive force to any part of the Massager as this can damage it.
- Do NOT use the Massager in any way other than the uses stated in this manual.

WARRANTY INFORMATION



VIVE GUARANTEE

You are protected by Vive Health's industry leading guarantee and customer service.

GOT MORE QUESTIONS?

Check out our list of Frequently Asked Questions at vhealth.link/8yb for helpful answers.



And if that doesn't answer your question, our customer service team would love to help! Feel free to connect with them by phone, e-mail, or chat on our website.

 service@vivehealth.com

 1-800-487-3808

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