

vive®



HOT AND COLD MASSAGE SET

Owner's Manual
RHB1O32

vivehealth.com

WHAT'S INCLUDED

- 1x Roller Massager
- 1x 3" Spiked Massage Ball
- 1x 2.5" Studded Massage Ball
- 1x 2.5" Smooth Massage Ball



PRODUCT OVERVIEW

The Vive Hot and Cold Massage Set provides the perfect tool for each situation, both as additional pre-exercise stretch and as a post-exercise relief for muscle pain and stress.

- Roller Massager - For self-massage of feet, arms, and other large muscle groups
- Spiked Massage Ball - For deep tissue massage and an acupuncture alternative
- Studded Massage Ball - For myofascial release, acupressure, and massage
- Smooth Massage Ball - For trigger point release and gentle massage

We are constantly answering questions and recording helpful videos to make using your Vive Hot and Cold Massage Set as easy as possible. Throughout the manual we will include QR codes and links to important videos that you can visit to help you.



To see all FAQ's in one place
visit vhealth.link/87

ROLLER MASSAGER

The Roller Massager is a great multi-tool, filled with a thermal gel so that it can be used for hot and cold therapy, or just as it is.

Hot Therapy

NOTE: Do not microwave the Roller Massager or boil it to heat.

1. In a small pot, bring water to a boil, remove from heat, and let cool for one (1) minute.
2. Place the Roller Massager into the hot water, making sure to fully submerge it for ten (10) minutes.
3. Remove the Roller from the water, dry it completely, and prepare for use. Be careful when removing the Roller to avoid the hot water; sturdy kitchen tongs can be helpful here. The Roller will stay how for about thirty (30) minutes.

Cold Therapy

Place the Roller Massager in the freezer for at least three (3) hours or overnight. The inner gel will turn to ice and provide a cooling effect.

How to Use

It is best to use the Roller Massager on your feet while sitting down. However, if you want to put greater pressure on the foot, you can use while standing up. If you're standing up, make sure to use it near something that you can lean on for support and balance, like a chair or the wall.

To use, simply place the Roller on the floor or other flat surface, position your foot in the middle of it, and roll your foot back and forth using a comfortable pressure.



The roller can also be used on the wrists, arms, legs, and thighs, either by placing it on the floor (for legs and thighs) or tabletop (for wrists or arms).

MASSAGE BALLS

The three (3) Massage Balls can be used with a wide variety of muscle groups. Each of the Balls can be used in any of these applications; simply choose the Ball that fits you best.

Smooth Ball



Studded Ball



Spiked Ball



Foot Rollout

Place the Massage Ball on a flat surface, either while sitting down or standing with support. Place one foot over the Ball and roll it slowly back and forth in a circular motion, while leaning forward to put slight pressure on it. Do this for up to a minute, and repeat as necessary.



Trap Massage

Stand next to a wall, placing the Ball between it and the top of your trapezius muscle. Turn your body away from the wall to roll the Ball across until you find your hot spots. Lift your arm straight out from the wall and apply pressure to the hot spot as desired. Repeat on the other side.



Chest Massage

Link your fingers together holding the Ball between them. Place the Ball on the pectoral muscle and press down as desired, rolling back and forth in small circular motions. Long presses can be done as well. Lean on a wall or use a yoga block to apply greater pressure if desired.



Upper and Lower Back Massage

Lie down flat on your back and place the Ball under your lower or upper back. Using your arms and legs to lift up as needed, roll back and forth or in circular motion to find your hot spots, and apply pressure as desired.



Glutes Massage

Lie down on a flat surface propping your upper body up on an elbow. Place the ball under your glute, and use your arms and legs to roll back and forth or in small circular motions to find your hot spots, applying pressure as desired.



For a more targeted and advanced movement, place one leg over the other, using your hand for support and roll out as needed.

CARE INSTRUCTIONS

If needed, you can clean the Roller and Massage Balls by rinsing them in warm water with a mild soap. Dry immediately.

ADDITIONAL INFORMATION AND SAFETY WARNINGS

- The three (3) Massage Balls are not intended for hot/cold therapy. Attempting to freeze or heat the Balls by any method may result in damage to the product.
- Do not attempt to heat the Roller Massager in the microwave or by boiling as this can cause the material to break down.

WARRANTY INFORMATION



1 YEAR 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/87 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



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