



# COLD THERAPY MASSAGER

## Setup, Workout Tips and Care & Safety Guide

Please read before setting up or using your Cold Therapy Massager.

### SETUP

1. Remove Cold Therapy Massager from box and check for possible shipping damage (scratches, punctures or gouges).
2. Your Cold Therapy Massager is now ready for use.

### INSTRUCTIONS FOR USE

Place Cold Therapy Massager in the freezer for 4-6 hours to freeze; product will stay cold 15-20 minutes. Refreeze as necessary.

### MESSAGE TIPS

1. Use a smooth and steady motion when performing each massage.
2. Perform massage routines to the best of your ability without strain.
3. Avoid holding your breath while massaging or stretching.
4. Always use the Cold Therapy Massager in an open area free of furniture or other items that could get in the way while rolling.



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### CARE

1. Dry the Cold Therapy Massager with a towel after use. Check for nicks or tears.
2. Spot clean Cold Therapy Massager with a damp cloth. Air dry.
3. Avoid exposing the Cold Therapy Massager to sharp or abrasive surfaces, or to direct heat or excessive sunlight.

### IMPORTANT SAFETY CAUTIONS!

1. Self-care programs are not suitable for everyone. To reduce the risk of injury, consult your doctor before beginning this self-care program or before using this or any other massage device. The instruction presented herein is in no way intended as a substitute for medical counseling.
2. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your doctor before beginning this workout.
3. Use product only as intended and demonstrated on the exercise guide.
4. This product is sold without any warranties or guarantees of any kind and manufacturer and distributor disclaim any liability, loss or damage caused by its use.

**CAUTION:** Use only as directed. Consult with your doctor or physical therapist before beginning any self-treatment program. Suitable for ages 13 and over. Keep out of reach of younger children. Do not use if you have diabetes, or if you have open sores or cracked or blistered skin in the treatment area. If symptoms worsen, decrease pressure; if adverse symptoms persist, discontinue use and contact your doctor.

[www.GaiamRestore.com](http://www.GaiamRestore.com)

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