

READY, SET, PRO

USER MANUAL

OCULAX SMART EYE MASSAGER



Clinicians use vibration therapy and acupressure to help improve blood flow and relieve pain.

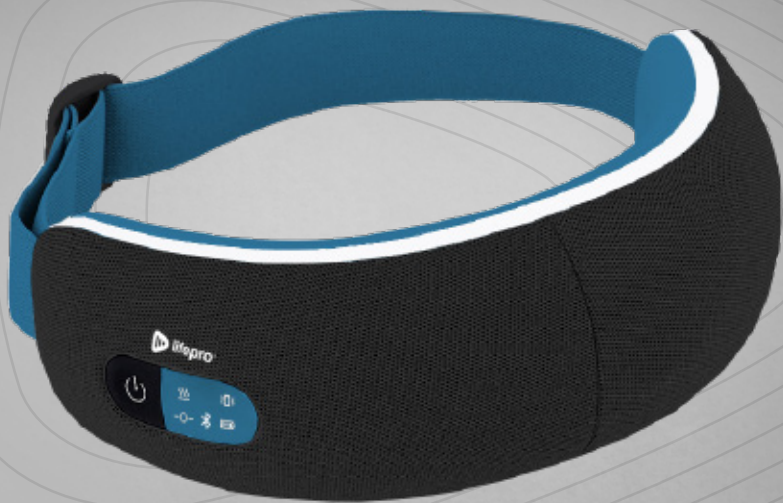
Anyone struggles with headaches, eye strain, dry eye, and fatigue, especially those who spends long hours in front of the computer, can experience relief and relaxation with eye massagers.

HELLO THERE.

Joel and I are athletes who suffered from severe ACL injuries a few months apart. We purchased multiple pieces of exercise equipment for our in-home rehab but were left disappointed and frustrated by fitness gear that made big promises but gave no support, no well-thought-out plan to follow, and no results. And that's how Lifepro came about, and why the Recovery + Fitness active recovery collection was created — we've set out to change all of that. It's why every piece of equipment bearing our name not only undergoes rigorous scrutiny to make sure it delivers on power and efficacy, but also comes with built-in support from our 'guiding angels' and a built-in lifetime warranty so that you're never left hanging.

Welcome to Lifepro.
We're in this together now.

Abe & Joel



Vibration and acupressure therapy have a wide variety of applications and health benefits. Clinicians and massage therapists use acupressure and vibration therapy to relieve pain, improve blood circulation, and reduce stress.

With the Lifepro Oculax Smart Eye Massager, you can experience a myriad of therapeutic benefits from the comfort of your own home. The Oculax relaxes tired, sore eyes, improves sleep, and reduces stress. The heated massage function helps loosen tight muscles and enhances relaxation and pain relief. The ergonomic design efficiently reaches important acupuncture points around the eyes, eyebrows, and temples. The Oculax is perfect for anyone who experiences eye strain or headaches from long hours working, studying, or using electronic devices.

The Oculax offers four unique massage programs with a variety of features such as heat, compression massage, vibration, and music, allowing you to choose the perfect massage for your relaxation needs. The Oculax's high-capacity lithium-ion battery provides four hours of use-time per charge. The Oculax can be folded in half, making it portable enough to take with you everywhere. Enjoy relaxation and pain relief anytime, anywhere!

Redefine health and wellness and experience the transformative power of the Lifepro Oculax:

- **Alleviate pain:** reduces headaches, eye pain, and dry eye symptoms
- **Reduce eye strain and fatigue:** loosens tight muscles and tendons
- **Improve sleep quality:** improves circulation and relaxation
- **Decrease stress:** increases serotonin and decreases cortisol
- **Refresh tired eyes:** reduces eye puffiness and wrinkles

Check out the exercises in this manual for ways to get started using your Oculax. Next, be sure to visit our website oculax.lifeprofitness.com for access to our **FREE library of workout videos** which demonstrate how to easily incorporate the Oculax into your fitness routine.



GET STARTED

WHAT'S IN THE BOX

- Lifepro Oculax Smart Eye Massager
- USB-C Charging Cable
- User Manual

FIRST STEPS

1. Remove your Oculax from the shipping box and remove all packaging from the unit and accessories.
2. Inspect the device and accessories for shipping damage.
3. Read carefully through this user manual and all safety instructions before using the Oculax.
4. Go to oculax.lifeprofitness.com and register your product within 14 days of purchase to activate your lifetime warranty.
5. Complete the steps in the EASY-START SETUP GUIDE on the next page to begin using your Oculax.

EASY-START SETUP GUIDE

PREPARING TO USE THE OCULAX

1. Thoroughly wash and dry your hands and face, ensuring you remove any makeup or dirt.
2. Make sure the Oculax is fully charged and powered OFF.
3. Sit in a chair or sit upright in bed.
4. Put the Oculax on your head with the massager positioned over your eyes and the elastic strap behind your head. The Power button should be on your right.
5. Use the buckle to adjust the head strap so that the device fits snugly but is not uncomfortably tight.
6. Remove the Oculax from your head.

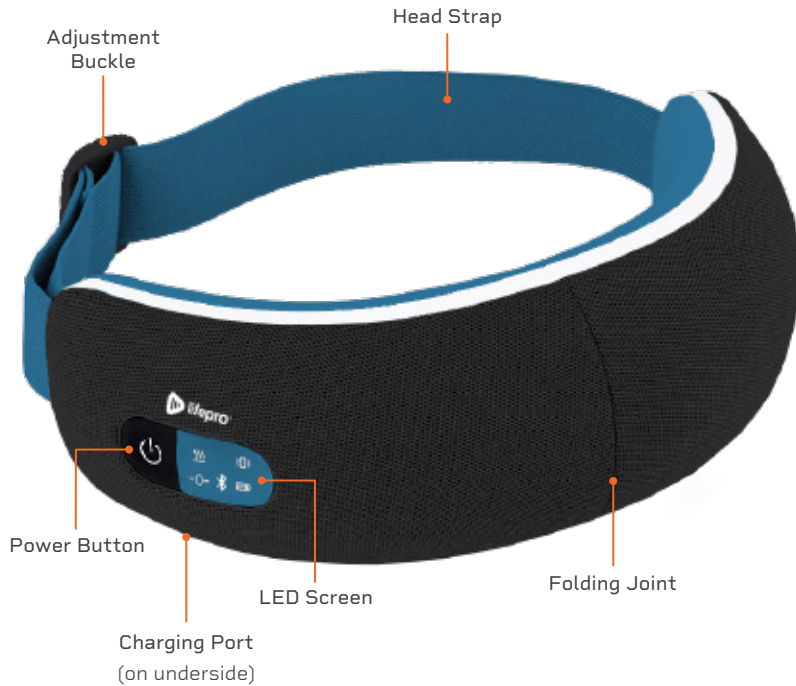
WARNING: Be sure to remove any eyeglasses, contact lens, and/or jewelry before using the Oculax.

See OPERATING INSTRUCTIONS and TIPS FOR USING YOUR OCULAX on the next pages for details about how to use your Oculax.

CUSTOMER SUPPORT

If you have any questions about setting up or using your Oculax, we're here to help. Call or email us and an experienced customer support representative will be happy to assist you: **(732) 456-6063** or support@lifeprofitness.com.

PARTS OF THE OCULAX



TIPS FOR USING YOUR OCULAX

USING THE OCULAX

- Always thoroughly wash and dry your hands and face before using the Oculax to keep the massager clean.
- Do not wear jewelry, eyeglasses, or contact lenses while using the Oculax.
- Always put on and adjust the Oculax before pressing the power button.
- Do not remove the Oculax during operation. Always turn off the power first and wait for the air pressure to completely release. Otherwise, the device may be damaged.
- Stop using immediately if you feel discomfort or pain, or if the heat function feels too hot on your skin.
- If you have sensitive eyes or skin, you may want to place a clean towel or cloth between your eyes and the Oculax to avoid discomfort.
- Begin with the shortest program (P1), and gradually work your way up to longer sessions. You may choose to begin with only 5 minutes of massage time initially, using a timer and any of the 4 preset programs.
- Always use while seated or lying down. Never use while standing, walking, or driving.
- Do not use continuously for more than 20 minutes.

USING THE HEAT FUNCTION

- When the heat function is turned on, it takes about 5 seconds for the unit to begin heating up.
- The heat function's temperature is set to a gentle warmth of 107° F, enough to help relax your muscles and enhance the massage benefits.

IMPORTANT SAFETY INFORMATION

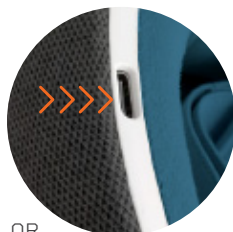
- Clean the massage surface with 70% rubbing or isopropyl alcohol after each use.
- Never use the Oculax under a blanket or pillow. Excessive heat can potentially cause fire, electrocution, or injury to people or property.
- Keep away from heat sources and fire.
- The Oculax is not waterproof. Keep away from liquids and do not immerse in water. If the Oculax becomes wet, do not use.
- Never use the Oculax or plug/unplug the charging cable with wet hands.
- Always power off the unit after each use.

OPERATING INSTRUCTIONS

CHARGING THE BATTERY

To charge the Oculax:

1. Ensure the Oculax is OFF before charging.
2. Connect the USB-C charging cable to the charging port on the bottom edge of the unit.
3. Plug the charging cable into either:
 - A USB port on a laptop, computer, or other device, OR
 - A 5V USB adapter such as a 1 A or 2 A cell phone charging adapter (a 2 A charger will charge faster). Plug the adapter into a standard wall outlet.



CHARGING NOTES

- The Battery Indicator LED will flash during charging. When the battery is fully charged, the indicator LED will remain lit.
- When the battery is very low, the battery LED will flash, you will hear a beep, and then the device will shut down automatically. Charge the device before trying to use it again.
- If you turn the Oculax on and the battery is very low, an alarm will sound.
- The Oculax takes up to 2 hours to charge.
- Average run-time is about 4 hours per charge, depending on the settings in the programs used (Bluetooth, heat, vibration, etc.).

USING YOUR OCULAX

1. Press and hold the **Power button** on the control panel for 2 seconds to turn ON the Oculax. Once the unit is powered on, the 5 LED indicators light up.
2. Put the Oculax on your head with the massager positioned over your eyes and the elastic strap behind your head. The Power button is on your right.
3. Press the **Power button** quickly to toggle between the four available message programs (P1–P4) to choose the desired program. Press the Power button once for P1, twice for P2, three times for P3, and so on. The program will start after three seconds. Each preset message program has different features. Please see the chart on the next page for details.
4. Hold down the **Power button** to turn off the unit at any time. Always power off the unit after each use.

NOTE: The unit will automatically shut down after your message program ends. Press the **Power button** again if you wish to continue using the device.

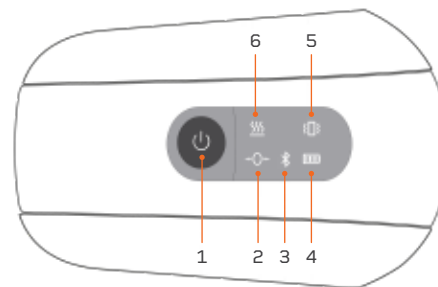
MESSAGE PROGRAM DETAILS

Program	Compression	Heat	Vibration	Music	Time
P1: Energize	✓	✓	✓	✓	10 min
P2: Relax	✓	✓		✓	15 min
P3: Relieve	✓	✓			15 min
P4: Sleep	✓			✓	20 min

SETTING UP BLUETOOTH MUSIC

1. Press and hold the **Power button** for 2 seconds to turn on the Oculax.
2. Ensure your device (cell phone, iPad, etc.) is on.
3. On your device, go to **Settings** > **Bluetooth** and turn on Bluetooth.
4. In the device list, choose “Oculax Smart Eye Massager” to connect to your Oculax.
5. Control the music playlist and volume from your device.

USING THE CONTROL PANEL



1. **Power Button:** Press and hold the Power button for 2 seconds to turn on/off the Oculax. Quickly press the Power button to toggle through the 4 preset programs.
2. **Air Compression Indicator:** Shows that air compression is active.
3. **Bluetooth Indicator:** Shows that Bluetooth is turned on.
4. **Battery Indicator:** If lit, the battery is fully charged. If blinking, the battery is low.
5. **Vibration Indicator:** Shows that vibration is active.
6. **Heat Indicator:** Shows that heat is on.

SAFETY

PLEASE KEEP THIS MANUAL IN A SAFE PLACE FOR REFERENCE.

WARNING: To reduce the risk of burns, fire, electric shock, injury to persons, or damage to equipment, read the following important precautions and information before operating the Oculax.

DISCLAIMER

1. The health benefits suggested or implied in this manual, other product literature, and website are not certified or endorsed by any regulatory authority or medical institute.
2. The use of this hand massager is entirely at the user's discretion. Please read all instructions and safety information carefully before using this product. We assume no responsibility for personal injury or property damage sustained by or through using this product.

RESPONSIBILITIES

3. It is the responsibility of the owner to ensure that all users of the Oculax are adequately informed of all warnings and precautions.
4. Use the Oculax only as instructed in this manual.
5. Always inspect the device for damage before each use. Do not use if damaged, malfunctioning, or if the unit has been exposed to water.
6. Do not wear eyeglasses, contact lenses, or jewelry while using the Oculax.
7. Wash your hands and face before each use in order to keep the massager clean.
8. Do not operate the Oculax while driving.
9. The unit will automatically power off after 10–20 minutes of use. Do not use continuously for more than 20 minutes, and only use 1-2 times per day.
10. The Oculax is intended for in-home use only. Do not use the Oculax in any commercial, rental, institutional, or therapeutic setting.

ELECTRICAL/BATTERY SAFETY

11. **WARNING:** For the purposes of recharging the battery, only use the included USB-C charging cable.
12. Never use the Oculax while it is charging. Unplug the unit after charging and prior to using, cleaning, or storing.
13. Do not use outdoors. Do not use in high-temperature or high-moisture environments.
14. The unit is not waterproof. Keep away from liquids. Do not use in a place where the unit may become wet or damp. Do not immerse in water. If the unit becomes wet, do not use.
15. Keep the unit away from flammable or explosive items, chemicals, open flame, and heat sources such as central heating, portable heaters, stoves, fireplaces, and ovens.

16. Do not operate under a blanket or pillow. Excessive heat can potentially cause fire, electrocution, or injury to person(s) or property.
17. Do not operate in the presence of aerosol (spray) products or corrosive gases, or where concentrated oxygen is being administered.
18. Keep ventilation ports free from dust and debris.
19. Never drag or hang the Oculax by its charging cable.

SAFETY

20. Never leave the Oculax unattended while it is running or charging.
21. Consult with a medical professional before using the device if you have a medical condition such as diabetes, heart disease, epilepsy, internal bleeding; if you suffer from blood clots, recently had surgery; if you are or may be pregnant; if you have recently had eye surgery or sustained an eye injury; if you have an eye condition such as glaucoma, cataracts, severe nearsightedness, retinal detachment, or acute eye inflammation.
22. Do not use if injured. Never use directly on swollen, infected, or inflamed skin or open wounds.
23. Stop using immediately if you feel discomfort or pain, or if the heat function feels too hot on your skin.
24. Do not remove your face from the Oculax during operation; always turn off the power first and wait for the air pressure to completely release. Otherwise, the device may be damaged or you may be injured.
25. Always use the Oculax while seated comfortably in a chair.
26. Only insert your face into the massage chamber.
27. Take care not to pinch fingers while folding the Oculax.
28. The Oculax is for adult use only. Keep away from children and pets at all times.
29. Adults with diminished mental or physical capacity may only use the Oculax while closely supervised by a responsible adult.

CLEANING, STORAGE & MAINTENANCE

30. Turn off the device or unplug the charging cable and allow the Oculax to cool down before cleaning or storing.
31. Wipe down the Oculax with 70% rubbing or isopropyl alcohol and a soft cloth after each use. Never allow water or other liquids to come into contact with it.
32. Do not use abrasive, solvent, or chemical cleaners or harsh detergents.
33. Store the device in a cool, dry location.
34. Do not remove screws or attempt to disassemble; the battery is not removable.
35. This appliance contains a battery that is non-replaceable.
36. Dispose of the product responsibly and according to local regulations.

WHERE TO USE THE OCULAX



ON THE COUCH



AT WORK



IN A CHAIR



**LIFETIME
WARRANTY**

Lifepro Fitness creates quality, durable exercise products and we stand by that quality with a lifetime warranty on all of our products. If your Oculax ever breaks (and we doubt it will), we'll send you replacement parts and show you how to repair it. If your Oculax cannot be repaired, we'll replace it—free of charge. Register your Oculax at oculax.lifeprofitness.com to activate your warranty within 14 days of purchase.

PRODUCT SPECIFICATIONS

UNIT SPECS

Size: 7.6" L x 4.1" W x 2.6" H

Net Weight: 0.7 lbs

Power: 3.7 W

Voltage: 3.7 V

Decibel Rating: <55 dB

Heat Function: 107° F (42° C)

Massage Programs: P1-P4

CHARGING CABLE

Rated Input: AC 100-240V ~50/60 Hz

Rated Output: 5V 1 A

BATTERY

Rated Input: AC 100-240V ~50/60 Hz

Rated Voltage: 3.7 V

Type: Lithium-ion

Capacity: 1200 mAh

Working Hours: 4 - 4.5 hrs (varies by prgm)

Charging Time: 1.5-2 hrs

MADE IN CHINA

RECOVERY + FITNESS
OCULAX
SMART EYE MASSAGER

TROUBLESHOOTING GUIDE

Quickly troubleshoot simple issues you might experience with your Oculax Smart Eye Massager using the table below.

Please contact a customer support representative for additional assistance at: support@lifeprofitfitness.com or (732) 456-6063. Please do not attempt to repair the Oculax.

ISSUE	POSSIBLE REASON	HOW TO RESOLVE
MASSAGER IS NOT WORKING	Massager is not turned on.	Press the Power button to turn on the eye massager.
	Battery is dead.	Recharge the battery.
DEVICE STOPPED WORKING SUDDENLY	Massager automatically shuts off after program ends.	Turn the massager back on to begin a new massage program.
	When the massager has been working for a long time, the motor shuts off to prevent overheating.	Allow the massager to cool down before using again.
WEAK HEAT OR WEAK AIR PRESSURE	Battery is low.	Recharge the battery.
	Massager is incorrectly positioned on face.	Adjust massager until you feel the correct air pressure.
MESSAGE INTENSITY IS TOO STRONG	Eyes or face may be sensitive.	Place a soft, clean cloth or towel between your eyes and the massager.
HEAT FUNCTION IS TOO HOT	Eyes or face may be sensitive.	Choose Program 4, which does not use heat. Or, place a soft, clean cloth or towel between your eyes and the massager.
NO MUSIC PLAYS	Bluetooth is not paired.	Follow instructions on page 11 to set up Bluetooth music.
	Volume is turned down or off.	Use your device (cell phone, iPad, etc.) to adjust the volume.
	Non-music program is chosen.	Program 3 does not play music. Choose a different program.

SONIC

VIBRATING MESSAGE GUN



The Sonic Vibrating Massage Gun is a deep tissue massager that helps eliminate the aches and pains caused by long hours of sitting. Use the Sonic to release muscle tension and relax after a long day at work. Get relief from stiffness and pain in your shoulders, neck, wrists, and hands caused by prolonged digital device use.

The Sonic's vibration technology penetrates deeply into your muscles and fascia-treating areas that human hands have difficulty reaching. High-frequency vibrations loosen tight muscles, increase blood flow to the area, and reduce inflammation.

The Sonic is lightweight and portable, making it the perfect device to massage your own shoulders and back. Five speeds allow you to choose the intensity that will give you the most relief as you target specific muscle pain and stiffness.

SONIC BENEFITS

- Reduce muscle pain and inflammation
- Release toxins
- Improve circulation
- Increase flexibility
- Reduce stress and muscle tension

RHYTHM

VIBRATION PLATFORM



The Rhythm Vibration Platform works by creating rapid vibrations throughout the body, especially on the muscles specifically targeted. These vibrations cause the muscles to stretch, flex, and relax at a rapid rate. This results in increased muscle and bone growth, improved flexibility, and boosted metabolism—all of which increase the number of calories you burn.

The Rhythm can be used by people from every fitness level. If you have suffered an injury or you experience joint or back pain, find relief and help prevent future injuries by adding the Rhythm to your rehab routine.

RHYTHM BENEFITS

- Improve mobility
- Prevent injury
- Increase strength
- Boost metabolism
- Improve sleep
- Develop stronger bones
- Increase circulation



Access Lifepro TV, our library of free personal training videos on the web at oculax.lifeprofitness.com to learn how to get the most out of your Lifepro® Oculax and achieve the results you want.



**YOU'VE
GOT
THIS**