

**HOMEDICS®**

# Handheld Percussion Massager



**Instruction Manual**

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HHP-100-EU

**2** year  
guarantee

**READ ALL INSTRUCTIONS BEFORE USE.  
SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.**

## **IMPORTANT SAFEGUARDS:**

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**WHEN USING ELECTRICAL PRODUCTS, ESPECIALLY WHEN CHILDREN ARE PRESENT, BASIC SAFETY PRECAUTIONS SHOULD ALWAYS BE FOLLOWED, INCLUDING THE FOLLOWING:**

- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.
- DO NOT immerse in water or any other liquid.
- Use this appliance for the intended use as described in this booklet. DO NOT use attachments not recommended by HoMedics.
- NEVER operate the appliance if it has been damaged, or immersed in water. Return it to the HoMedics Service Centre for examination and repair.
- Keep away from heated surfaces.
- NEVER drop or insert any object into any opening.
- DO NOT attempt to repair the appliance. There are no user serviceable parts. For service, send to a HoMedics Service Centre. All servicing of this appliance must be performed by authorised HoMedics service personnel only.

## **SAFETY CAUTIONS:**

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**PLEASE READ THIS SECTION CAREFULLY BEFORE USING THE APPLIANCE.**

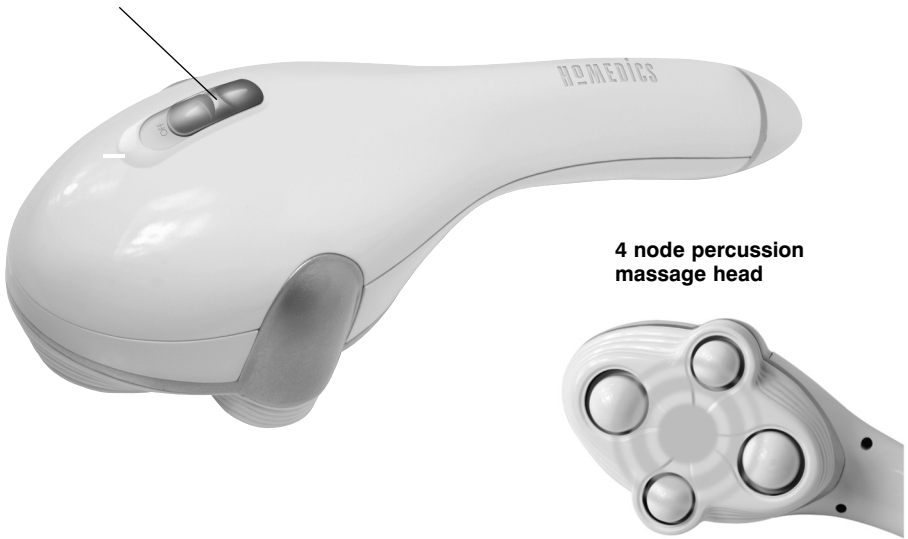
- **If you have any concerns regarding your health, consult a doctor before using this appliance.**
- Individuals with pacemakers and pregnant women should consult a doctor before using this appliance.
- DO NOT use on an infant, invalid or on a sleeping or unconscious person. DO NOT use on insensitive skin or on a person with poor blood circulation.
- This appliance should NEVER be used by any individual suffering from any physical ailment that would limit the user's capacity to operate the controls or who has sensory deficiencies in the lower half of their body.
- NEVER use directly on swollen or inflamed areas or skin eruptions.
- This is a non-professional appliance, designed for personal use and intended to provide a soothing massage to worn muscles. DO NOT use as a substitute for medical attention.
- DO NOT use before going to bed. The massage has a stimulating effect and can delay sleep.
- Do not use for longer than the recommended time of 15 minutes.

**This product contains small parts that may present a choking hazard for young children.**

# PRODUCT FEATURES

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**Power switch/Massage intensity:**  
Off – LO – HI



**4 node percussion  
massage head**

## CHANGING BATTERIES

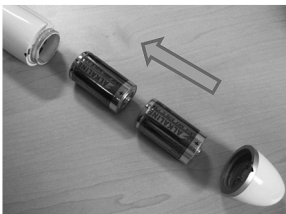
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1. Unscrew battery cap by turning anticlockwise and place to one side.



2. Tip 2 x C cell batteries out and dispose of in accordance with battery disposal directive.



3. Insert 2 x new C cell batteries negative (-) end first.



4. Reattach the battery cap by turning clockwise.

# INSTRUCTIONS FOR USE

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## Massage Function

Ensure the appliance is charged before using.

1. Slide the power switch upwards to start the massage. Slide up one position (LO) for low intensity setting and two positions (HI) for high intensity setting.
2. Apply the massager head lightly to the area you wish to treat. Move the unit slowly, holding it over the targeted area. Treat the area for a short period of time and move to another area.  
**NEVER treat the same area for longer than 3 minutes.**
3. To turn the unit off, slide the power switch downwards to the 'OFF' position.

NOTE:

- DO NOT use the massager continuously for more than 20 minutes.
- DO NOT use the massager directly on one concentrated area of the body. Massagers are designed to be used in a continuous motion, constantly changing the massage area.

## MAINTENANCE:

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### Cleaning

Switch off the appliance and allow to cool before cleaning. Clean only with a soft, slightly damp sponge.

- Never allow water or any other liquids to come into contact with the appliance.
- Do not immerse in any liquid to clean.
- Never use abrasive cleaners, brushes, glass / furniture polish, paint thinner etc to clean.

### Storage

Place the appliance in its box or in a safe, dry, cool place. To avoid breakage, DO NOT wrap the power cord around the appliance. DO NOT hang the unit by the cord.

## WEEE explanation



This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.

**HOMEDICS®**



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