

Slim Around Sports Massager



Instruction Manual

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

IMPORTANT SAFEGUARDS:

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:

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.

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.

BATTERY CAUTIONS:

- Use only the size and type of batteries specified.
- When installing batteries, observe proper +/- polarities. Incorrect installation of battery may cause damage to the unit.
- Do not mix different types of batteries together (e.g., alkaline with carbon-zinc or old batteries with new ones).
- If the unit is not going to be used for a long period of time, remove batteries to prevent damage due to possible battery leakage.
- Do not dispose of batteries in fire. Batteries may explode or leak.

INSTRUCTIONS FOR USE:

Massage Function

1. Ensure the unit is OFF
2. Wrap the belt firmly round your body over the targeted area. If necessary then use the velcro strap to hold in place.
3. Press the function power ON (up arrow ▲) button to start the soothing vibration massage which encourages circulation for muscle relief.
 1. Press once for Low intensity massage.
 2. Press twice for Hi intensity massage.
 3. Press 3 times for Pulse Hi intensity massage.
 4. Press 4 times for Wave massage alternating from Hi to Lo intensity.
 5. Press 5 times for Lo, Hi, Pulse massage cycle.
 6. Press 6 times for Lo, Hi, Pulse, Wave massage cycle.
4. Press the function power OFF (down arrow ▼) button to reverse cycle through the massage modes and switch OFF.

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.

Changing the batteries

1. Open battery cover by twisting top anti-clockwise (quarter turn) then remove the massager end (Fig 1).
2. Insert 4 'AA' batteries as directed on the inside of the compartment.
3. Replace battery cover—lining up the indicator mark and arrow on the outside of the cover with the arrow indicator inside the compartment and twist clockwise (quarter turn) to close (Fig 2).

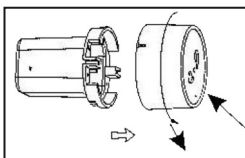


Fig 1

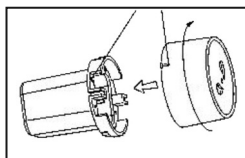


Fig 2



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