

HOMEDICS[®]
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Rechargeable Hot & Cold Sports Massager



Instruction Manual

HSM-300HC-EU
HSM-300HC-GB

2 year
guarantee

**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:

- ALWAYS unplug the appliance from the electrical outlet immediately after using and before cleaning. To disconnect, turn all controls to the 'OFF' position, then remove plug from outlet.
- NEVER leave an appliance unattended when plugged in. Unplug from the mains outlet when not in use and before putting on or taking off parts or attachments.
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 reach for an appliance that has fallen in water or other liquids. Switch off at the mains and unplug it immediately. Keep dry – DO NOT operate in wet or moist conditions.
- NEVER insert pins or other metallic fasteners into the appliance.
- 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 a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return it to the HoMedics Service Centre for examination, repair or replacement.
- Keep cord away from heated surfaces.
- Excessive use could lead to the product's excessive heating and shorter life. Should this occur, discontinue use and allow the unit to cool before operating.
- NEVER drop or insert any object into any opening.
- DO NOT operate where aerosol (spray) products are being used or where oxygen is being administered.
- DO NOT operate under a blanket or pillow. Excessive heating can occur and cause fire, electrocution or injury to persons.
- DO NOT carry this appliance by the cord or use cord as a handle.
- DO NOT use outdoors.
- This product requires a 220-240 V AC power.
- 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.
- Never block the air openings of the appliance or place it on a soft surface, such as a bed or couch. Keep air openings free of lint, hair etc.
- Do not place or store appliance where it can fall or be pulled into a bath or sink. Do not place in or drop into water or other liquid.
- Failure to follow the above may result in the risk of fire or injury.
- Burns can result from improper use.

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. Not recommended for use by Diabetics
- 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.
- If you feel any discomfort whilst using this appliance, discontinue use and consult your doctor.
- 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.
- Care should be taken when using heated surfaces. If the product feels excessively hot, switch off at mains and contact the HoMedics Service Centre.
- The appliance has a heated surface. Persons insensitive to heat must be careful when using the appliance.

MAINTENANCE:

Cleaning

Unplug 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

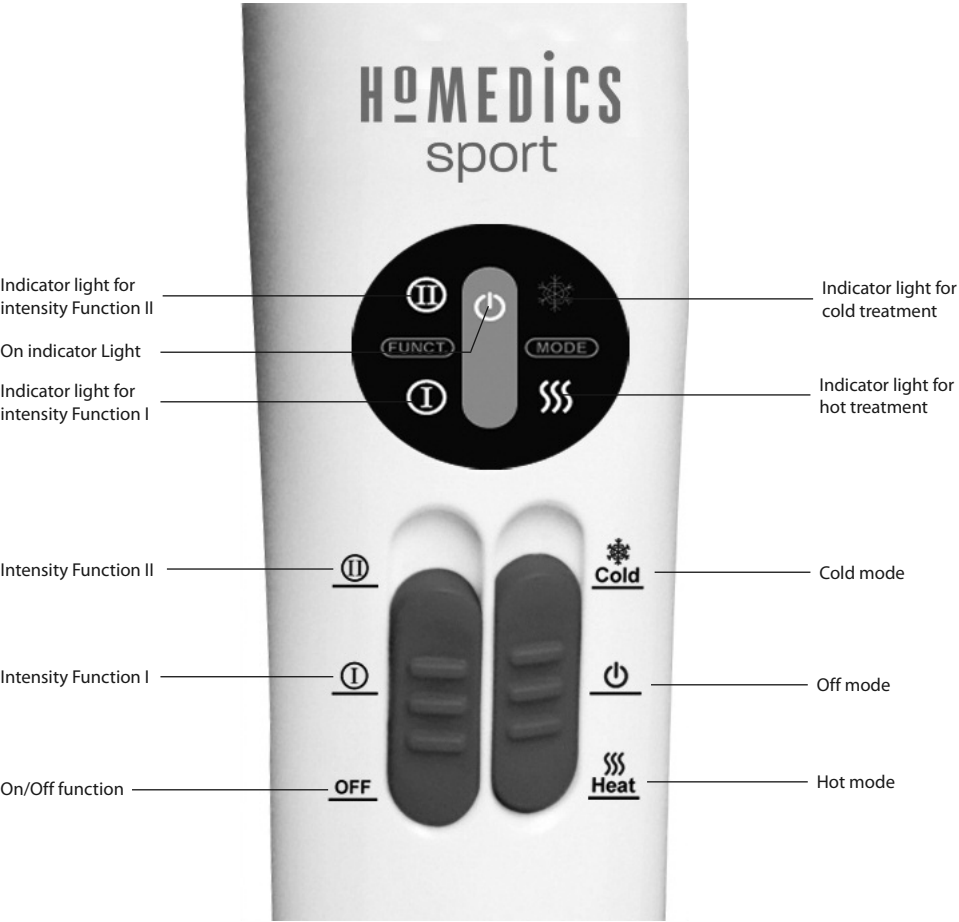
Place the appliance in its box or in a safe, dry, cool place. Avoid contact with sharp edges or pointed objects which might cut or puncture the fabric surface. To avoid breakage, DO NOT wrap the power cord around the appliance. DO NOT hang the unit by the cord.

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.

PRODUCT FEATURES:



INSTRUCTIONS FOR USE:

Charging the Appliance

NOTE: Always ensure the appliance is set to the 'OFF' before inserting the plug into a mains outlet.

1. Connect the power supply lead from the adaptor into the corresponding power inlet in handle.
2. Plug the adaptor into a suitable 220-240V mains outlet and switch on.
3. **Please charge batteries for 8 hours before first use.**
4. To fully charge the unit, allow 6 hours for up to 45 minutes running time depending on the massage setting.
5. LED indicator on the adaptor will light RED while charging, when charging is complete the LED indicator will light GREEN.
6. Once the charge is complete, remove the power lead from the handle.

NOTE:

Massager will not operate unless adaptor is unplugged from the power inlet in handle.

ONLY use the adaptor supplied for charging the appliance.

Massage Function

Ensure the appliance is charged before using.

1. Slide the function power switch upwards to start the Soothing vibration massage which encourages circulation for muscle relief – Slide up one position (I) for low intensity setting and two positions (II) for high intensity setting. The display panel will illuminate to indicate your function selection.
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.
3. You can add Hot or Cold therapy to the massage function by sliding the MODE switch either up for COLD ❄️ stone massage – relieves muscle strains reducing inflammation and reduces tissue damage or down for HOT 🔥 stone massage – warms muscles and aids circulation and muscle recovery. The massage head will illuminate **blue** for COLD or **red** for HOT stone massage. The mode display panel will also illuminate to indicate your selection. NEVER treat the same area for longer than 3 minutes.
4. To turn the unit off, slide the function 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.

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