**MASSAGER INSTRUCTIONS**

**OPERATING INSTRUCTIONS**
1. With both of the massager switches in the OFF position, plug the power cord into an AC outlet. (Make sure the voltage of power supply is the same as that indicated on massager.)
2. Place the desired massage attachment on the stem of the massager. The attachments easily press on and pull off. If heat is desired, the heat attachment must be used. (See special instructions below for using the Deep Heat Attachment.)
3. Slide the bottom switch to the desired massaging speed
   - I - LOW
   - II - HIGH.
   - I - LOW — for soothing massage.
   - II - HIGH — for vigorous, deep-penetrating action.
4. Slide the top switch to the desired heat setting
   - I - LOW or II - HIGH. Use heat only with the Deep Heat Attachment. Heat may be applied alone or with the massaging feature.
5. Apply the massager to the targeted area, using continual movement. A circular motion is often most effective. (See MASSAGE TECHNIQUES.)

**MASSAGER VIBRATION FREQUENCY**

<table>
<thead>
<tr>
<th>Line Voltage Amplitude &amp; Frequency Setting</th>
<th>Vibration for Single-speed Models (vibrations/min.)</th>
<th>2-Speed Models Setting</th>
<th>Setting</th>
</tr>
</thead>
<tbody>
<tr>
<td>220/50</td>
<td>100 Hz (6000)</td>
<td>100 Hz (6000)</td>
<td>50Hz</td>
</tr>
<tr>
<td>240/50</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>100/50</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>120/60</td>
<td>120 Hz (7200)</td>
<td>120 Hz (7200)</td>
<td>60 Hz</td>
</tr>
<tr>
<td>220/60</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**DEEP HEAT ATTACHMENT**

To insert Deep Heat Attachment, simply align the special track bar with the grooved section in the massager stem (see diagram), then press firmly onto stem. To detach, use thumb and two fingers and pull away from stem. When Deep Heat Attachment is correctly aligned and pushed on the stem, the electrical heat element is automatically connected. If using the massager for the first time, begin with the lowest heat setting. Test the surface for a comfortable temperature. The massager will heat to the desired level within four minutes. NOTE: When using heat, always check temperature before placing massager against skin. Every person reacts differently to certain temperatures. We suggest the following before use — check temperature by lightly touching with fingertips the silver heat plate on the massager. If uncomfortable to your touch, reduce temperature by (1) rubbing massaging surface on soft cloth, (2) moving the HEAT button to a lower setting, or (3) turning off unit for a short period before applying to your skin. Keep the massager moving constantly any time heat is on. Never use heat on swollen or inflamed areas, or on skin eruptions. NEVER use the heat applicator if the plastic housing is cracked or broken, or if the metal plate is loose, bent or lifted.

**CAUTION:** The two holes in the stem of the massager are like an electrical plug — electrical power is transmitted through them. NEVER allow water near the stem, and never insert anything into the holes.

**MASSAGE TECHNIQUES**

**SHOULDERS AND NECK** — Massage each shoulder toward back of neck to point just behind and below ear. Then back to shoulder. Repeat several times.

**ARMS** — Start with a gentle massage of the palms and fingers. Next, using a circular motion, move upward to forearms. Then up to biceps and shoulders.

**LEGS** — If desired, massage bottoms of feet. Then, using a circular motion, massage each leg from calf on up and over thigh.

**CHEST** — Massage from center of chest outward, and up toward each shoulder.

**BACK** — Massage from top of spine to bottom, and from center outward.

**ABDOMEN** — Relax abdominal muscles by massaging from center outward, using a gentle, circular motion.

**JOINTS** — Relieve tired, aching knees and elbows with smooth, circular strokes.

**FACE** — Gently massage from the nose outward, taking care to avoid contact with the eye.

**SCALP** — Start at the back of the neck and massage up to the top of the head. Using this up and down motion, massage across the scalp.

**CLEANING/STORAGE**

Always unplug massager before cleaning. To clean, simply wipe unit with a dry, soft cloth. Do not immerse in water or use any harsh cleaners or solvents. When storing unit, make sure cord is not twisted or kinked.

**ATTACHMENTS**

- Facial
  - 1101-1001 (White)
  - 1101-1101 (Black)
- Heat
  - 1105-1101 (New)
- General Body
  - 1102-1001 (White)
  - 1102-1101 (Black)
- Knuckle
  - 1115-1001 (White)
  - 1115-1101 (Black)
- Deep Muscle
  - 1104-1001 (White)
  - 1104-1101 (Black)
- Muscle Kneading
  - 1116-1001 (White)
  - 1116-1101 (Black)
- Spot
  - 1107-1001 (White)
  - 1101-1101 (Black)
- Scalp
  - 1103-1001 (White)
  - 1103-1101 (Black)