



HOT & COLD MASSAGER INSTRUCTIONS

HOT & COLD MASSAGER

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Please read all instructions carefully to familiarise yourself with your new massager before using.

Save these instructions for further reference.

For any further assistance or information call Customer Services on

T: 01227 740066

or visit

W: www.wahl.co.uk

E: customer.services@wahl.co.uk

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GENERAL USER INFORMATION

Information about using the operation manual

- ▶ Before using the appliance for the first time, you must read and understand the operation manual completely.
- ▶ Consider the operation manual as part of the product and store it in a safe and accessible place.
- ▶ Include this operation manual if passing the appliance on to a third party.
- ▶ In the case of conflicts with national safety specifications or instructions, the national requirements must be followed.

Explanation of symbols and notes



DANGER

Danger of electric shock which may result in serious physical injury or death.



DANGER

Danger of explosion which may result in serious physical injury or death.



WARNING

Warning of possible physical injury or a health risk.



CAUTION

Information about danger of material damage.



Note with useful information and tips.

- ▶ Action to be taken by owner.
1. Carry out these actions in the sequence described.
- List

Please retain this leaflet for future reference.

READ ALL INSTRUCTIONS BEFORE USING.

IMPORTANT SAFEGUARDS

When using this electrical appliance, especially when children are present, basic safety precautions should always be observed including the following.

Requirements

- ▶ This appliance should not be used by children and persons 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 in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
- ▶ Use this appliance only for its intended purpose as described in this manual. Do not use attachments not recommended by the manufacturer.

Hazards



Danger! Electric shock due to damage to appliance

- ▶ Do not operate the appliance with a broken cord, plug or charger, or if the appliance malfunctions, or is dropped or damaged in any way.
- ▶ Any servicing or repair must be performed by Wahl (UK) Ltd or a suitably qualified professional.
- ▶ The use of attachments that are not supplied by the manufacturer may cause fire, electric shock or injury and damage to the appliance.



Danger! Electric shock due to penetration of liquid.

- ▶ To protect against risk of electrical shock, never immerse the unit or let it come into contact with water or any other liquids. Do not use the unit with wet hands. If the appliance should become wet, damp or fall in water, remove plug from mains socket immediately. Do not put your hands in the water. Do not take into bathroom.



Danger of explosion

- ▶ Never use the appliance where aerosol (spray) products are being used or where oxygen is released.



Warning! Injuries due to incorrect handling

- ▶ Switch off the appliance and unplug from outlet when not in use, before putting on or taking off attachments and also before cleaning the appliance.
- ▶ Never use your appliance without paying attention! Always unplug this appliance from the electricity outlet immediately after using.
- ▶ In case of pregnancy, diabetes or illness, consult your physician before using this massager.
- ▶ Do not use the massager on:
 - a. Sensitive skin, swollen or inflamed areas, in the presence of poor circulation, where skin eruptions are present, or in the presence of unexplained calf or abdominal pain.
 - b. Varicose veins.
 - c. The front of the neck.
 - d. Genital areas.
 - e. Sleeping or unconscious persons.

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- ▶ When using a massage attachment be sure to seat the attachment fully onto the stem and keep it on while massaging.
- ▶ Do not use the massager for more than 20 minutes at one time.
- ▶ Do not use the massager in close proximity to loose clothing or jewellery.
- ▶ Keep long hair away from massager while in use.
- ▶ This massager contains an electro-magnetic motor. To avoid risk of injury, it must not be used within 15cm of an implantable cardiac device.
- ▶ Do not use the massager without attachments.
- ▶ Do not operate this appliance under a blanket or pillow. Excessive heating can occur and cause fire, electric shock or injury.

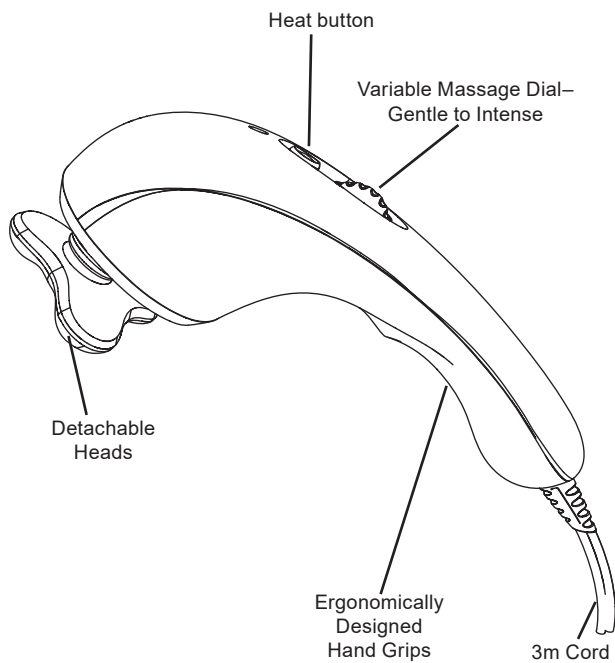


Caution! Danger of product damage

- ▶ Do not wrap the cord around the appliance.
- ▶ Do not use outdoors or in damp areas.
- ▶ Never carry the unit by its power cord.
- ▶ Do not drop or insert any object into any opening.
- ▶ Use this appliance only for its intended purpose.
- ▶ Keep the massager away from heated surfaces.

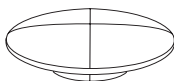
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DESCRIPTION OF PARTS



HOT & COLD MASSAGER

DETACHABLE HEADS



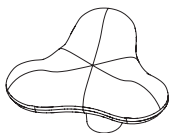
Deep Heat attachment

Smooth, wide heat applicator targets stiff and aching muscles



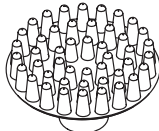
Cold Gel attachment

*Cold gel, targets swollen joints and muscle inflammation.
(Freeze attachment prior to use).*



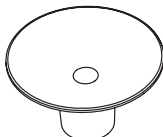
Triad attachment

Three points of added pressure to massage multiple areas at once.



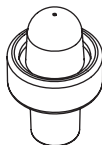
Scalp stimulator

Delivers effective scalp massage and is soothing and relaxing.



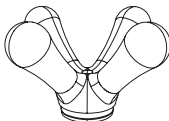
Facial vitalizer

*Provides beneficial, revitalizing facial massage.
(Apply cold cream or lotion to face prior to use.
Keep massager away from eyes.)*



Spot attachment

Applies deep, pinpoint massage to a concentrated area.



Four Finger Flex attachment

Soft, finger-like nodes replicate a human touch.

OPERATING INSTRUCTIONS

1. With the switch 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 massager. The attachments easily press on and pull off, if heat is desired, the heat attachment must be used. (See DEEP HEAT ATTACHMENT below). If cold massage is desired, the cold gel attachment must be used. (See COLD GEL ATTACHMENT below).
3. Variable speed allows you to personalise your massage. For best results, begin at the lowest speed setting, and gradually increase to the desired massaging speed by rolling the dial toward the top of the massager. Roll the dial toward the bottom of the massager to decrease the speed.
4. Push the top switch for the heat setting. 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 MESSAGE TECHNIQUES.)

i CHANGING ATTACHMENTS


To remove an attachment head, grip firmly and pull.

To insert an attachment head, place the head on the stem and press firmly.

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DEEP HEAT ATTACHMENT

1. To insert deep heat attachment, simply align the special track bar with the grooved section in the massager stem, then press firmly onto stem. To detach, use thumb and two fingers and pull away. When the deep heat attachment is correctly inserted, the heat element is automatically connected.
2. 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. Everyone 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 onto a 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 when the heat is on.

3. 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.

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Always take care when using the heat setting to avoid burns and discomfort. Do not use on insensitive skin or in the presence of poor circulation.



COLD GEL ATTACHMENT

1. Place gel attachment in the freezer prior to use.
2. Freeze for 1-2 hours to allow the gel to reach the desired cold temperature or overnight. It will stay cold for 20-30 minutes and then remain cool.
3. Attach securely to the massager, pressing into place.



WARNING: Never apply the cold gel pack directly to the skin as it may cause ice burn.

4. Test the surface for a comfortable temperature. If it is uncomfortable or becomes uncomfortable during use, stop using immediately.
5. Apply to the targeted area, keep the massager moving, a gentle circular motion is recommended.



WARNING Never Heat the gel attachment or place in Microwave. This attachment is for cold use only.



If the gel pack is accidentally punctured or torn, stop using immediately. If gel comes into contact with skin, wash with soap and water, if skin becomes irritated, or gel enters eyes or mouth, seek medical advise.



Keep the gel pack out of reach of children and pets.



CLEANING/STORAGE

Always unplug massager before cleaning.

Wipe unit with a dry, soft cloth. Do not immerse in water or use any harsh cleaners or solvents. When storing unit, ensure cord is not twisted or kinked.

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i 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 centre of chest outward, and up toward each shoulder.

BACK —

Massage from top of spine to bottom, and from centre outward.

ABDOMEN —

Relax abdominal muscles by massaging from centre 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.

WIRING



WARNING: If the supply cord is damaged it must be replaced by the manufacturers service agent or a similarly qualified person in order to avoid a hazard.

The wires in the mains lead are coloured in accordance to the following code:

Blue Neutral (N)

Brown live (L)

This product is fitted with a 3 pin plug which has a 3 amp fuse fitted.

If the plug supplied is not suitable for your socket or becomes damaged, it should be cut off and disposed of, and a suitable plug fitted as detailed below.

As the colours of the wires in the mains lead of this appliance may not correspond with the colour markings identifying the terminals in your plug, proceed as follows.

The wire which is coloured BLUE must be connected to the terminal in the plug which is marked with the letter 'N' or coloured BLACK or BLUE.

The wire which is coloured BROWN must be connected to the terminal in the plug which is marked with the letter 'L' or coloured RED or BROWN.

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DO NOT connect either wire to the terminal in the plug which is marked with the letter 'E' or has the Earth symbol, or coloured GREEN or GREEN/YELLOW. If a 13 amp (BS 1363) plug is used, a 3 amp fuse must be fitted. If any other type of plug is used a 5 amp fuse must be fitted either in the plug or adaptor at the distribution board. Replacement fuses should be approved to BS 1362

Fuse cover must be refitted when changing the fuse. If the fuse cover is lost the plug must not be used until a replacement is obtained. Information for obtaining the correct fuse is marked on the carrier itself and in the bottom of the fuse cavity in the plug. These may be obtained from Wahl (UK) Ltd.



DISPOSAL

Handle with care! Environmental damage in the case of incorrect disposal.

Correct disposal will ensure environmental protection and prevent any potentially harmful impacts on people and the environment.

Adhere to the relevant legal requirements when disposing of the appliance and attachments.

Information on the disposal of electrical and electronic appliances in the European Community:

WASTE ELECTRICAL & ELECTRONIC EQUIPMENT DIRECTIVE 2002/96/EC (WEEE)



At the end of this products life it should not be disposed of with general household waste. Care should be taken to dispose of in a suitable manner in accordance with your Local Authority regulation.

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GUARANTEE

This product is guaranteed against defects in material and workmanship for a period of 2 years from the date of original purchase or receipt as a gift.

Should this product become defective during the guarantee period, return it to the store of purchase together with your proof of purchase for repair or replacement.

Alternatively within the guarantee period you can return the product to Wahl (UK) Ltd who will repair any such defect or elect to replace the product or any part of it, without charge, provided that there is proof of purchase. Should a replacement be offered this will not extend the original guarantee period.

The guarantee becomes invalid in the case of misuse, alteration or repair by unauthorised persons.

This product is designed for domestic use only and use within a professional environment will invalidate the guarantee.

This guarantee in no way affects your rights under statutory law in the United Kingdom.

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