## Wahl® Hot-Cold Shiatsu Massage Support Quickstart Guide



Plug the power cord into an AC 120-V outlet.



If hot or cold is desired, heat or freeze the two gel packs. See SPECIAL INSTRUCTIONS.



Place gel packs in the cover/case and fasten to the front of the massage support.



To turn the unit on, press the power button once.



This unit has a dual rotation feature. The rollers rotate in the opposite direction automatically after about 45 seconds.



To turn the unit off, hold the power button for 3 seconds. This unit automatically turns off after 20 minutes.

## Wahl® Hot-Cold Shiatsu Massage Support Key Features

6 DEEP-KNEADING ROTATING NODES imitate the pressure and kneading motions of a shiatsu massage to deliver powerful relief for neck, back, shoulder, abdomen, legs, feet pain.

NODES AUTOMATICALLY CHANGE DIRECTIONS every 45 seconds for a thorough massage.

THE ATTACHED ELASTIC STRAP holds the cushion in place. Make sure the unit is flush with the chair or seat to allow for correct massage ergonomics.

**ADD HEAT** for a gentle warmth to enhance blood circulation and soothe aching muscles.

ADD COLD to aid acute and chronic pain, muscle pain, arthritis, inflammation, swelling, and injury recovery.

