

Wahl® Deep Rolling Therapeutic Shiatsu Massage Quickstart Guide

Attention: As a safety precaution, the massager will stop running if left on for over an hour. It will automatically resume running after half an hour.



With the switch in the OFF position, plug the power cord into an AC 120-V outlet.



Always use with the protective fabric covering to avoid any accidents. Turn counter-clockwise remove. Turn clockwise to lock on.



Place desired attachment head on stem of massager. Heads easily press on and pull off.



Slide the push switch to the desired setting —
1: Massage
2: Massage & Red Light



Rotate the speed dial to adjust the intensity of the massage—Clockwise to increase intensity, counter-clockwise to decreases instensity.



To turn the unit off, slide the push switch to 0.

Wahl® Deep Rolling Therapeutic Shiatsu Massage Key Features

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.

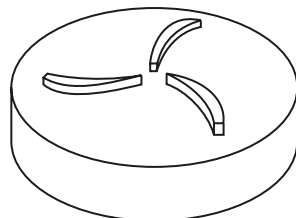
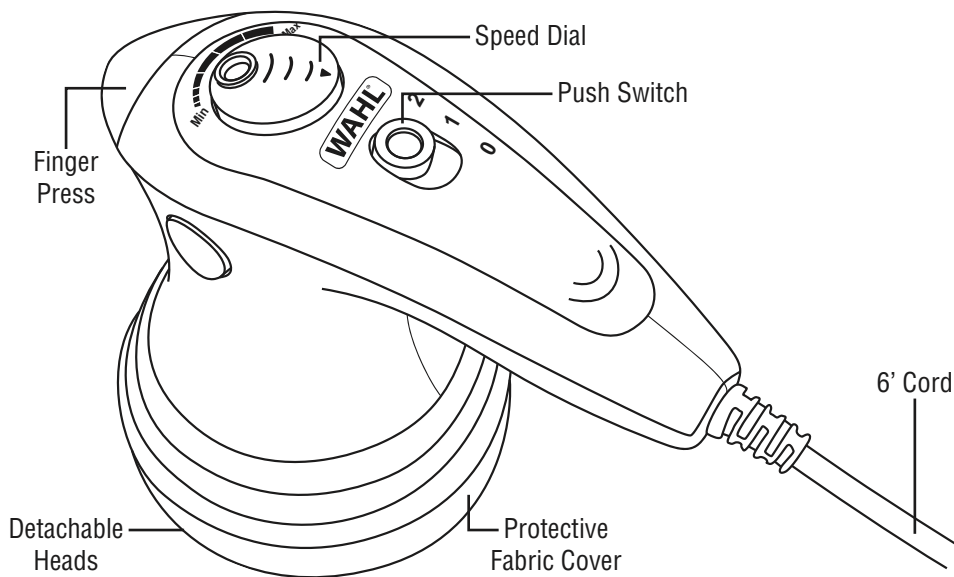
BACK: Massage from top of spine to bottom, and from center outward.

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

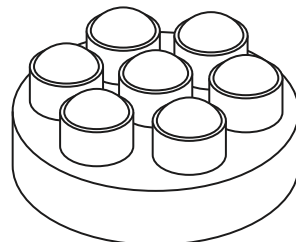
JOINTS: Relieve tired, aching knees and elbows with smooth, circular strokes.

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

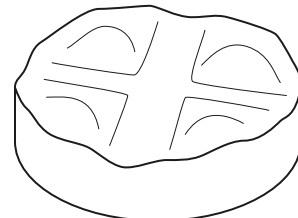
SCALP: Start at the back of the neck and massage up to the top of the head. Using this up and down motion, massage across the scalp.



Triad



Rolling Balls



Waves