

# Wahl® Heat Therapy 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.



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



If heat is desired, the Deep Heat Attachment must be used. See *SPECIAL INSTRUCTIONS*.



Slide the bottom 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.



Slide the bottom switch to the desired massaging speed —  
I-LOW: for soothing massage  
II-HIGH: for deep-penetrating action



Apply the massager to the targeted area, using continual movement. A circular motion is often most effective. See *MASSAGE TECHNIQUES*.

# Wahl® Heat Therapy 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.

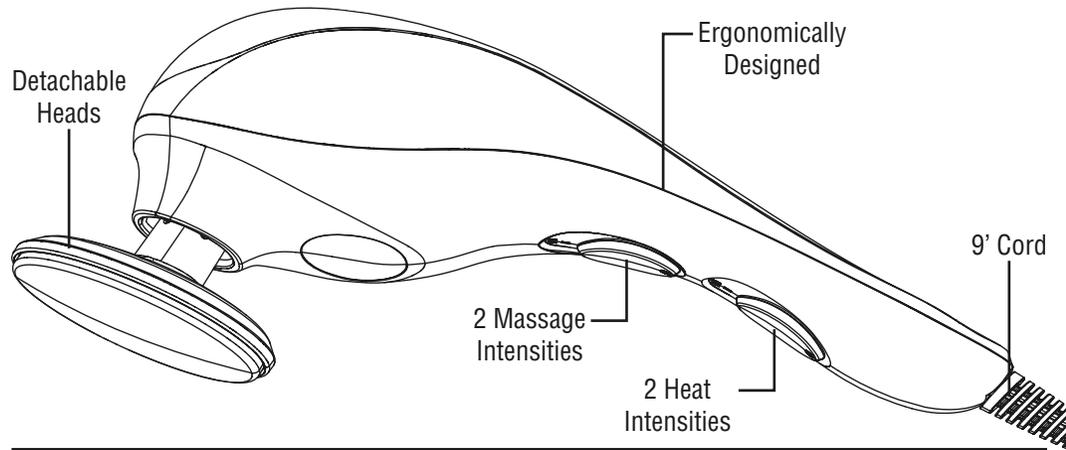
**BACK:** Massage from top of spine to bottom, and from center outward.

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

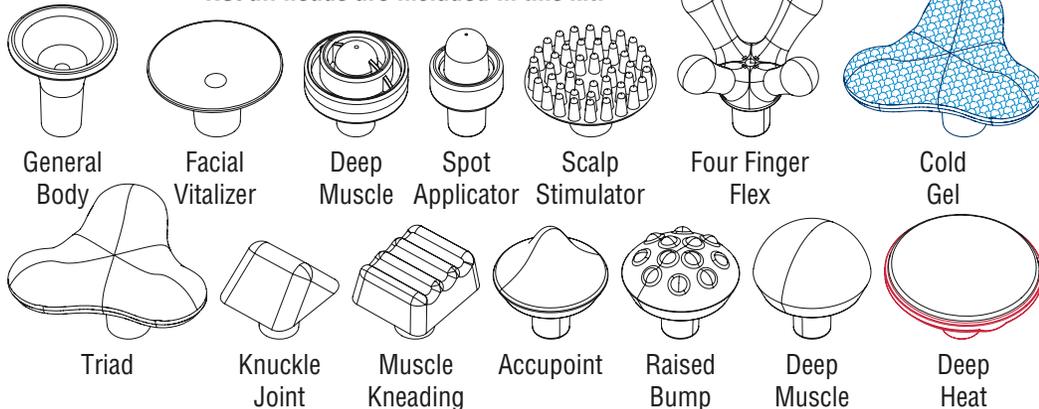
**JOINTS:** Relieve tired, aching knees and elbows with smooth, circular strokes.

**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.



**\*\*Not all heads are included in this kit.\*\***



If you are not satisfied with your Wahl Heat Therapy Massager, please feel free to contact us at [WahiUSA.com](http://WahiUSA.com) or 1-800-767-9245.