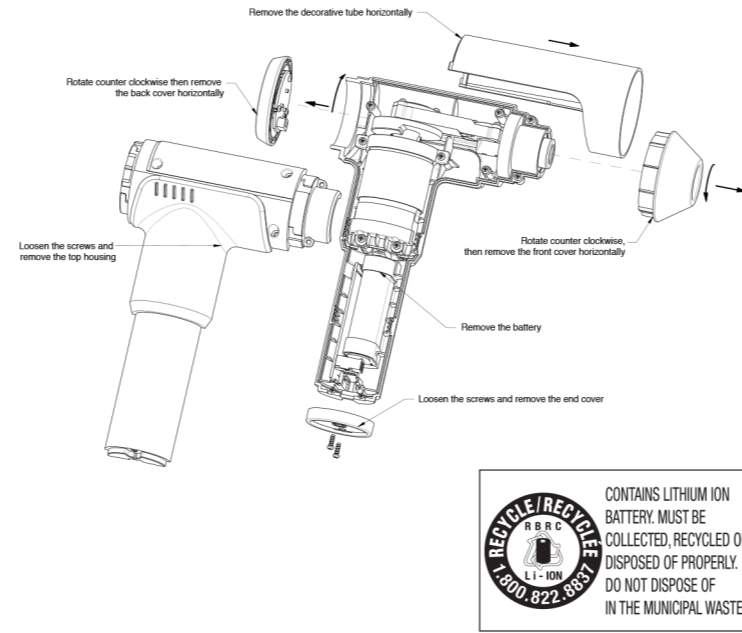


## GET TO KNOW YOUR MASSAGER

- 1.) CORDLESS RECHARGEABLE: Up to 50 percussions per second at high setting
- 2.) 2x18650 2600mAh lithium battery
- 3.) LED lights indicate the selection; low, high, variable, and pressure sense
- 4.) LED indication (blinking Blue LED while charging, steady blue LED when product is ready to be used)
- 5.) Low power indication: solid Red at 20% power, blinking Red at 10% power.



## DISPOSAL OF LITHIUM ION BATTERY



## LIMITED THREE YEAR WARRANTY (CANADA ONLY)

Conair will repair or replace (at our option) your unit free of charge for 36 months from the date of purchase if the appliance is defective in workmanship or materials.

To obtain service under this warranty, return the defective product to the service centre listed below, together with your purchase receipt.

In the absence of a purchase receipt, the warranty period shall be 36 months from the date of manufacture.

**ANY IMPLIED WARRANTIES, OBLIGATIONS, OR LIABILITIES, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTY OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, SHALL BE LIMITED IN DURATION TO THE 36 MONTH DURATION OF THIS WRITTEN, LIMITED WARRANTY.**

**IN NO EVENT SHALL CONAIR BE LIABLE FOR ANY SPECIAL, INCIDENTAL, OR CONSEQUENTIAL DAMAGES FOR BREACH OF THIS OR ANY OTHER WARRANTY, EXPRESS OR IMPLIED, WHATSOEVER.**

This warranty gives you specific legal rights, and you may also have other rights, which vary from province to province.

### SERVICE CENTRE:

100 Conair Parkway, Woodbridge, Ontario L4H 0L2

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For more information on any Conair product call:

1-855-926-6247

Visit our Web site: [www.conaircanada.ca](http://www.conaircanada.ca)

Consumer Call Centre E-mail:

Consumer\_Canada@Conair.com

20CN074564

IB-16929

body benefits®

by CONAIR®



## SUPERLITE PERCUSSION MASSAGE GUN

### Have a Question?

*Please do not return this product to the retailer.*

### Call Us First!

Our customer service and product experts are ready to answer

**ALL** your questions. Please call our TOLL-FREE

customer service number at: 1-855-926-6247

or visit us online at [www.conaircanada.ca](http://www.conaircanada.ca)

### MODEL THM001C

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

## IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic safety precautions should always be taken, including the following.

## READ ALL INSTRUCTIONS BEFORE USING

**DANGER** – To reduce the risk of electric shock:

1) Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

2) Do not reach for an appliance that has fallen into water. **Unplug immediately.**

3) Do not use while bathing or in a shower. Use only in a dry area.

4) Do not place or store appliance where it fall or be pulled into a tub or sink. Do not place or drop into water or other liquids.

**WARNING** – To reduce the risk of burns, fire, electric shock or injury to persons:

1) An appliance should never be left unattended when plugged in. **Unplug from outlet when not in use, and before putting on or taking off parts.**

2) This massager is not a toy!

3) Consult your doctor before using in case of pregnancy illness, medical condition, or persistent pain.

4) Do not use on any unexplained pain or swollen muscles, or following a serious injury, before consulting your physician.

5) Do not use massager in close proximity to loose clothing or jewelry.

6) Keep long hair away from massager while in use.

7) Do not operate under a blanket or pillow. Excessive heating can occur and cause fire,

electric shock, or injury to persons.

8) This appliance should not be used by, on, or near children or individuals with certain disabilities.

9) Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by Conair.

10) Never operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.

11) Do not carry this appliance by the power supply cord or use the cord as a handle.

12) Keep the cord away from heated surfaces.

13) Never drop or insert any object into the product.

14) Do not use outdoors.

15) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

16) Ensure that your hands are dry when operating the controls or removing the plug.

17) To disconnect, turn all controls to the OFF position, then remove plug from outlet.

18) This appliance is for household use only.

19) Never use while sleeping or drowsy.

20) Keep out of the reach of children.

21) Use heated surface carefully. May cause serious burns. Do not use over insensitive skin areas or in the presence of poor circulation. The unattended use of heat by children or incapacitated persons may be dangerous.

22) Burns may result from improper use.

23) Temperatures sufficiently high to cause burns may occur regardless of the control setting. Do not use on an infant, individuals with certain disabilities, or on a sleeping or unconscious person. Check the skin in contact with the heated area of the appliance frequently to reduce the risk of injury.

24) Never operate the appliances with the air openings blocked. Keep the air openings free of lint, hair & other small particles. Never operate on a soft surface such as bed or couch where the air openings may be blocked.

25) CAN ICES-3(B)

## SAVE THESE INSTRUCTIONS

### CAUTION

1) Consult your doctor before using in case of illness or medical condition, including but not limited to pacemaker use, pregnancy, cancer, infection, fracture, or persistent pain.

2) Do not use if you have any of the following conditions: diabetes, tuberculosis, benign or malignant tumors, phlebitis or thrombosis, hemorrhages, open or fresh wounds, ulcerated sores, varicose veins, poor circulation or bruised, discolored, burned, broken, swollen, or inflamed skin or heat sensitivity.

3) This product should not be used by any individual suffering from a condition that limits or altogether inhibits the user's capacity to feel or have sensation in any part of the body.

4) If you experience pain in a muscle or joint for a prolonged period of time, discontinue use and consult your doctor. Persistent pain could be a symptom of a more serious condition.

5) Use of this product should be pleasant and comfortable. Should pain or discomfort result, discontinue use and consult your physician.

6) Do not use this massager on or near your head, neck or throat

## OPERATING INSTRUCTIONS

### USER MAINTENANCE INSTRUCTIONS

1) Your massager is designed for household use, and is virtually maintenance free. No lubrication is needed. To clean the body of the massager, use a damp cloth with soap and water only. Do not use any strong chemical cleaners.

2) If the cord or massager is damaged or does not operate properly, return it to an authorized service center. Any required servicing should be performed by a Conair authorized service center.

3) Never allow the power supply cord to be excessively pulled or twisted.

Inspect the cord frequently for damage. Stop use immediately if damage is visible or unit stops or operates intermittently. Never wrap the cord around the appliance.

### STORAGE

When not in use, your massager should be disconnected and stored in a safe, dry location, out of reach of children.

### RECOMMENDED MASSAGING TIMES

• Generally, massage should last 10 minutes on any muscle of the body. Treatment may be applied once or twice daily.

• As people's metabolisms vary, so do their responses to massage. You will soon know how to adjust the time to suit your particular needs and personal comfort. If you have any doubts regarding treatment, we recommend you consult your physician.

### HOW TO USE

1) Before first use, charge the massager for 5 hours.

2) Install desired attachment on massager head.

3) To familiarize yourself with the different massage modes, quickly press the power button on the back of the handle to turn the unit on. Massager will be in low setting, with the massager at slower speed. We suggest you start massaging your tight muscles at this slower setting first, without applying much pressure. Each mode is indicated by a blue LED in the back of the unit. Mode 1 shows the first blue LED.

4) To switch from this lower setting to the higher setting, quick press the power button again. The massager will now operate at high speed. The back of the unit shows the second blue LED.

5) If you quick press the button again, the massager enters the interchange mode: Speed interchange continuously between low and high speed, allow muscles to feel different massage feeling & recover better. The back of the unit shows the third blue LED.

6) Another quick button press lets you enter the pressure sense mode: Stronger power when you press again muscles. The harder you press, the more powerful it becomes. The back of the massager shows the fourth blue LED.

7) To turn off the massager, press the power button for 1-2 seconds. The massager will

automatically turn off after 10 minutes of massage time. If you prefer a longer massage, you can simply turn the unit back on.

8) When not in use, your massager should be disconnected and stored in a safe, dry location, out of reach of children.

9) Use only the included adapter for recharging the massager.

10) Do not turn on or operate massager while it is plugged in and being charged.

### INDICATOR LIGHTS

1) CHARGER:

-Blinking Blue LED while charging.

-Steady blue LED when product is ready to be used

2) Power indication

-Blue light indicates there is sufficient power for operation.

-Steady red light indicates that the massager has about 20% of power left.

-Blinking red light indicates the power is less than 10%.

-If you see no indicator light, the battery has no power and needs to be charged.

**NOTE:** Do not charge the battery in temperatures below 32°F/ 0°C.

### BODY MASSAGE

**Chest:** Massage from center of chest outward and up toward each shoulder.

**Back:** Massage from top of spine to bottom, around shoulder blades and from center outward.

**Abdomen:** Massage from center outward in a gentle circular motion to relax abdominal muscles.

**Legs:** Begin at calf, moving up in a circular motion; continue to thighs.

**Hands and Arms:** Begin by gently massaging palms of hands and fingers; move upward to forearms in a circular motion, then up to biceps and shoulder muscles.

**Neck:** Work from shoulder up – to behind and above ear.

**Feet:** Massage from the heel to the toes in a tight, circular motion.