

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following. Read all instructions before using this appliance.

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

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. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. Close supervision is necessary when this appliance is used by, on, or near children, physically challenged, or disabled persons.
4. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by Conair.
5. 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 this appliance to a Conair service center for examination and repair.
6. Do not carry this appliance by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Never operate this appliance with the air openings blocked. Keep the air openings free of lint, hair, and other particles.
9. Never drop or insert any object into any opening.

10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. To disconnect, turn all controls to the off position, then remove plug from outlet.
13. Never operate on a soft surface such as a bed or couch, where the air openings may be blocked.
14. Never use while sleeping.

SAVE THESE INSTRUCTIONS CAUTIONS

- This massager should not be used in the following cases unless directed by a physician: Tuberculosis, benign and malignant tumors, hemorrhages, inflammations of the skin, phlebitis and thrombosis, open and fresh wounds, bruises, broken skin, varicose veins or undetermined calf pain or joint pain.
- Consult your physician if you have any therapeutic questions regarding use of massager.
- In case of pregnancy, diabetes, or illness, consult your physician before using massager.
- Do not use on any unexplained pain before consulting your physician.
- Massage should be pleasant and comfortable. Should pain or discomfort result, discontinue use and consult your physician.
- Do not fall asleep while using this massager.
- Keep away from children. This unit is not a toy. Children should not use it or play with it.

MAINTENANCE INSTRUCTIONS

1. Your massager is designed for household use, and is virtually maintenance-free. No lubrication is needed. To clean, allow unit to cool; wipe the head and body of the massager, using a damp cloth only. Do not use any strong chemical cleaners such as Benzine.
2. If the cord or massager is damaged or does not operate properly, return it to an authorized service centre. Any required servicing should be performed by a Conair authorized service centre.
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.

OPERATING INSTRUCTIONS

To reduce the risk of electric shock, this appliance has a polarized plug (one blade is wider than the other). This plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician to install the proper outlet. Do not change the plug in any way.

RECOMMENDED MASSAGING TIMES

- Generally, massage should last only 10 - 20 minutes on any muscle of the body. Treatment may be applied once or twice daily.
- As a person's metabolism varies, so does his or her response to massage, and you will soon 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. Recommended massage time is 10-20 minutes.
2. Always check that massager is in off position, and speed slide is in lowest/OFF setting before plugging into electrical outlet.
3. Attach massage nodes to posts of massager. For best results, start with the softest nodes (grey) until you have become accustomed to the percussion massage. (Nodes can be removed from posts when pulled.) (See changing massage attachment item 1 below) Never use massager without attachment nodes.
4. Plug the unit into a standard 120 volt electrical outlet.
5. Slide massager switch to first set of dots. Massager will begin to vibrate.
6. Apply massager to muscle areas. For best results, do not apply massager directly on one concentrated area for long periods. This massager has been designed for use in a continuous motion, constantly changing the area being massaged.
7. Do not apply massager to head.

8. Gradually increase speed by sliding switch towards "HI", to reach the desired level of intensity. Should massage become uncomfortable, discontinue use immediately.
9. Once you have become accustomed to the percussion action, try using the Medium (blue) and Hard (black) attachments to customize your massage to your liking.

Always turn massager off and unplug from the outlet before changing attachments.

Changing Massage Attachments:

1. Switch unit to Off and unplug the unit from the outlet before putting on or taking off attachments.
2. Rotate the nodes: Turn left node 45 degrees counterclockwise (away from center). Turn right node 45 degrees clockwise (away from center). The bottoms of each node should be moved toward each other.
3. Pull node away from the unit. Node should lift off with slight force.
4. Insert the desired set of nodes and rotate back to proper position. The nodes are locked in properly when the two inside faces are parallel with one another.

After changing attachments, always begin massage in lowest setting, gradually increasing speed and intensity to the level you prefer.

STORAGE

When not in use, the massager should be stored in a safe, dry location, out of the reach of children. Do not wrap the cord around the unit.

FEATURES

Your Conair massager has been designed with the following features to provide the ultimate relaxation experience.

Penetrating, Deep Tissue Massage Action

This product has been designed to provide a unique massage experience. The high intensity up-and-down action of the massager head delivers penetrating waves to your muscles.

Variable Speed Setting

Allows you to customize massage to your liking. For best results, always begin massage on lowest setting, gradually increasing speed to desired level.

Sets of Massaging Nodes

Your percussion massager comes with 3 sets of attachment nodes, each providing a different level of comfort.

Grey	Soft	For gentle full body massage
Blue	Medium	For massaging shoulders and upper back
Black	Hard	For massaging in large muscle groups such as back or thighs

Using the nodes and variable speed, you can customize your massage to your own personal liking. For best results, start with soft nodes while becoming accustomed to percussion massage. Never use massager without attachment nodes.

GETTING TO KNOW YOUR MASSAGER

Deep Penetrating, Dual Pivoting Massage Heads provide percussive massage of muscle with powerful impact through tapping action



Infrared Heat Lens penetrates and soothes overstressed spots



Variable Massage Speed to optimize massage intensity

3 Sets of Interchangeable Pads customize your deep tissue massage with soft, medium or hard pads

Infrared Heat On/Off Switch

Soft, Padded grip for comfort

5' Line Cord for greater maneuverability

Limited Two Year Warranty

LIMITED TWO YEAR WARRANTY

Conair will repair or replace (at our option) your unit free of charge for 24 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 that is nearest you, together with your purchase receipt and \$7.50 for postage and handling. In the absence of a purchase receipt, the warranty period shall be 24 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 24 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:

Conair Consumer Products ULC
100 Conair Parkway, Woodbridge, Ontario, L4H 0L2.

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For information on any Conair product call 1-855-926-6247 or visit us on the web at: www.conaircanada.ca.

Consumer Call Centre E-mail :
Consumer_Canada@Conair.com

14CN147543

BODY BENEFITS[®]

by **CONAIR**

PROFESSIONAL PERCUSSION MASSAGER



HAVE A QUESTION?

Please do not return this product to the retailer.

CALL US FIRST!

Our customers 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

Model THP1XRC Instruction Booklet

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

IB-13348