



Notice

1. After using and before cleaning, you must unplug.
2. If the machine operation is informal, please cut off power immediately.
3. If the supply cord is damaged, you must use a special cord or get it repaired.
4. Pregnant women, people with any skin disease, heart disease and other diseases, inflammation of the skin, do not use it.
5. Keep away from children.
6. Do not use it over 15 minutes in the same position.
7. Do not use this machine in damp places, such as bath room.
8. It is suggested that using it an hour after the meal.
9. If replacing the massage head, please make sure the machine has stopped.

Repairing and maintenance

1. After using, place the product in a clean place, no direct sunlight.
2. Do not pull the cord or pull the product with cord.
3. Do not put water into the product.
4. Please use a soft cloth to clean the machine.

Technical parameters

Voltage: AC 220V - 240V
 Frequency: 50Hz
 Rated power: 25W

For any query contact: shiatsu@drphysio.io



Manipol Massager

Relax And Enjoy Yourself Comfortably



Please read the operation book before use.



Massage principle

Massage therapy is a general term referring to several practices of manipulating soft tissue for therapeutic purposes. Massage incorporates manual touch to improve circulation, relax muscles, improve range of motion, and increase endorphin levels.

Shiatsu Massage is an alternative technique that involves manual pressure applied to specific points on the body in an attempt to relieve tension and pain. According to the Japanese healing treatment, Shiatsu (meaning finger pressure) massage uses thumbs, fingers, elbows, and knees to concentrate pressure at certain energy pathways in the body called meridians. The massage also known as acupressure works to reduce muscle tension and fatigue and is thought to improve blood circulation in the body as well as improve function of the lymphatic system.

Usage



Massage heads



Warning

When using the product, it must be covered with a protective cloth cover, lest in clamp injury.



Features

1. With a comfortable and convenient handle, massage various parts of the body.
2. The massage strength is adjustable.
3. The machine has three changeable massage heads, different massage head generates different massage effect, convenient to use, the users can choose according to different requirements.

How to use

1. Put the plug into the socket.
2. Turn the speed switch on, you can adjust different massage strength. Turn speed control switch by clockwise rotation, the massage strength gradually increases, if counterclockwise rotation, the massage strength will decrease gradually.
3. After using, turn the switch to "OFF", and then pull out the plug.

How to remove the massage head



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