

SLF



**HEAT THERAPY
MASSAGER USER GUIDE**

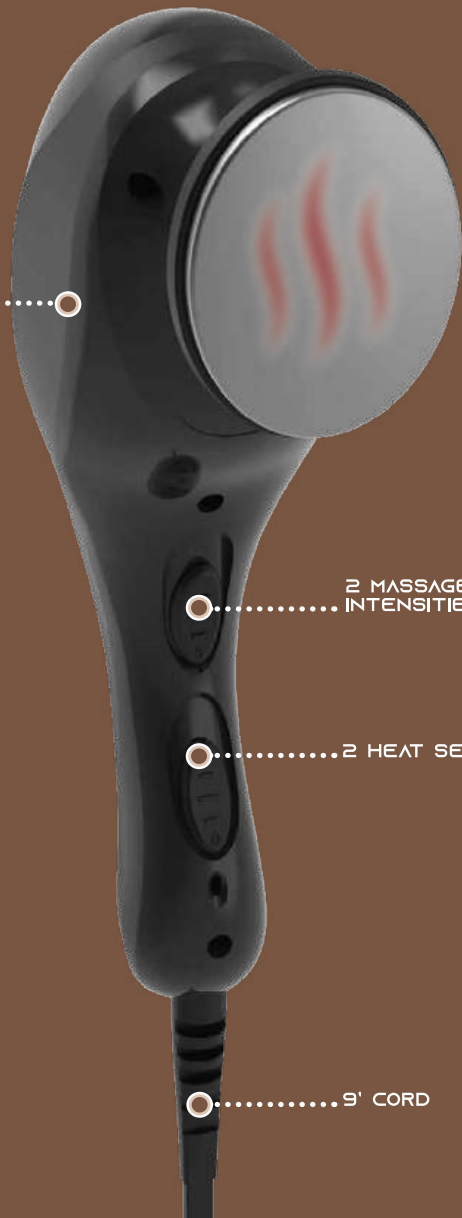


START PAMPERING YOUR SLF!

You're now one step closer to improved physical fitness and overall wellness. The **SLF Heat Therapy Massager** delivers results everyone can benefit from. Whether your goal is relief from workout fatigue or chronic joint pain, improved athletic performance and circulation, or a relaxing massage, heat therapy is the perfect solution. We couldn't be happier to be taking this journey together while helping promote a healthier you from the inside out.

LET'S GO...

ERGONOMICALLY
DESIGNED



.....
2 MASSAGE
INTENSITIES

.....
2 HEAT SETTINGS

.....
9' CORD

BETTER RESULTS FOR YOUR FITNESS GOALS

INCLUDED IN YOUR PACKAGE

- » SLF Heat Therapy Massager
- » Four Massage Heads
- » User Guide

BENEFITS

- » Mobility & flexibility
- » Pre-workout warm-up
- » Post-workout recovery
- » Sore muscle recovery
- » Boosts circulation
- » Joint pain relief
- » Myofascial release
- » Swelling reduction
- » Relaxation & stress relief
- » Tension relief
- » Connective tissue repair
- » Improved metabolic rate

CUSTOMER SUPPORT

If you have any questions about using your SLF Heat Therapy Massager, we are here to help. Call or email us and an experienced customer support representative will be happy to assist you: **1-855-GO-TZUMI** or support@tzumi.com



SLF RECOVERY AND WELLNESS

The SLF Heat Therapy Massager features four attachments that provide a wide range of massage types, including light touches for facials and deep pressure with two heat settings. A contoured, multi-grip handle provides a sure grip and easy maneuverability. Enjoy all the various benefits this handheld two-speed heat therapy body massager has to offer!

*Never place massager directly on spine.

VERSATILE PRECISION THERAPY

Four massage heads to target specific areas of the body, ensuring specialized recovery and relief.

HEAT SOOTHING

Smooth wide heat applicator for all-over heat therapy.



SCALP STIMULATOR

Large surface and prongs massage deep to stimulate blood flow.



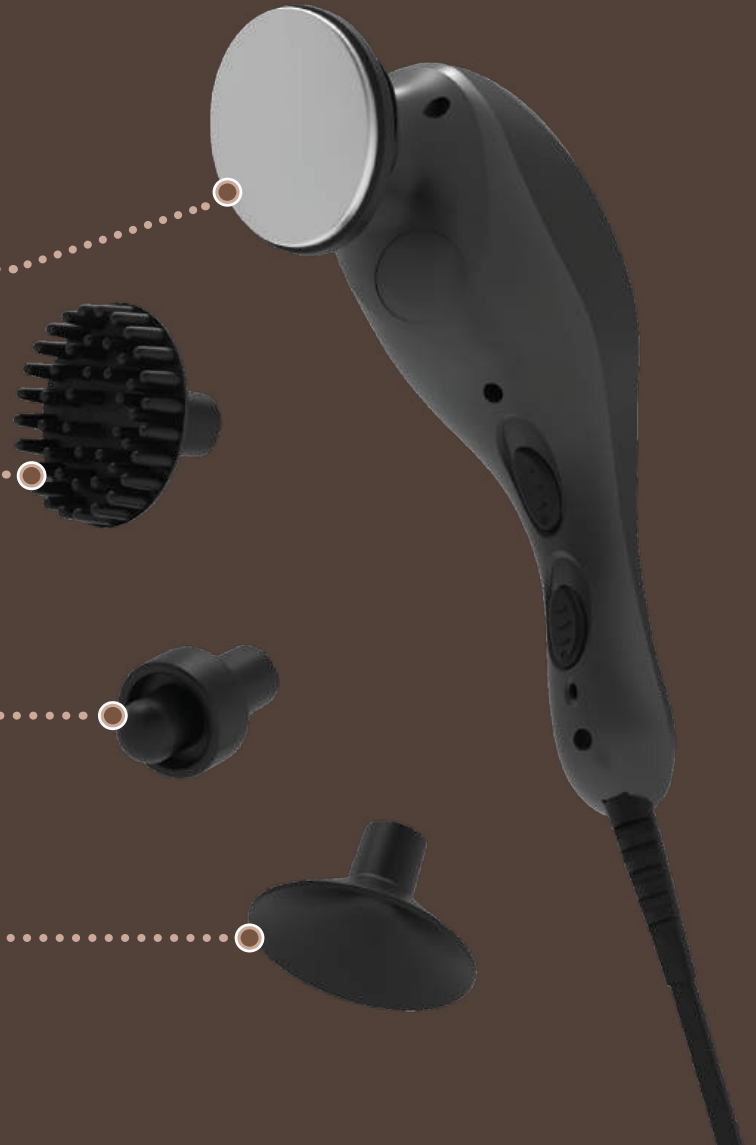
SPOT PRECISION

Deep, pinpointed massage.



FACIAL VITALIZER

Gentle facial massages.



HOW TO USE THE SLF HEAT THERAPY MASSAGER

Please read this user guide carefully before using the massager.

To reduce the risk of electric shock, this massager has a polarized plug; one blade is wider than the other. If the plug does not fit completely into the outlet, reverse the plug. Also, make sure the voltage of the power supply is the same as indicated on the massager.

NOTE: Do not alter or bend the plug in any way.

TURNING ON/OFF

1. Make sure both buttons are in the OFF position, plug the power cord into an AC outlet.
2. Slide the top button up to switch between 2 massage speeds; low and high.
 - » Low: soothing and gentle pressure.
 - » High: vigorous and deep penetrating action.

MASSAGE HEAD INSTALLATION

1. Make sure the massager is OFF before putting any massage bits onto the stem.
2. To remove a massage bit, turn the massager OFF, place one finger on each side of the massage head and pull off.
3. Choose the massage head that works best for you and carefully insert it into the massager socket.
 - » Make sure the attachment is fully inserted before use.

HEAT SOOTHING ATTACHMENT

To insert the Heat Soothing attachment into the massager stem, align the two metal prongs with the prong openings on the stem.

- » Carefully press down until secured into the massager.

HOW TO USE THE SLF HEAT THERAPY MASSAGER

Continued...

HEAT SETTINGS

1. To use the heat settings, make sure the Heat Soothing bit is attached to the massager.
2. Slide the bottom button up to switch from low to high heat.
 - » Only the Heat Soothing attachment can be used for the heat function.
3. The massager will heat up within 4 minutes.

CAUTION

1. The massager stem carries an electrical current to the Heat Soothing head. Do not touch or insert any metal object into it.
2. When using heat, always check the temperature before placing the massager against skin.
 - » Lightly touch silver heat plate with fingertips to test the temperature.
3. Switch to a lower heat setting or turn the heat function OFF if the heat is uncomfortable to your touch.
 - » Can use with soft cloth in between Heat Soothing attachment and skin.
4. Do not leave Heat Soothing attachment idle on skin, keep it in motion while heat function is on.

WARNING:

- » Do not use Heat Soothing attachment if plastic is cracked or broken.
- » Do not use Heat Soothing attachment if silver heat plate is loose, bent, or lifted.
- » Do not use Heat Soothing attachment if metal prongs are loose, bent, or missing.

IMPORTANT SAFEGUARDS

To reduce the risk of burns, fire, electric shock or injury.

Massager can cause serious injuries if used incorrectly or carelessly.

- » Do not reach for massager if it has fallen into water, unplug immediately.
- » Do not use while bathing, in shower, or outside.
- » Do not place or store massager where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid.
- » Always unplug massager from electrical outlet immediately after using and before cleaning.
- » Do not use massager without attachments.
- » Do not leave massager unattended when plugged in.
- » Use caution when the massager is used near children or disabled persons.

MAINTAINING YOUR MASSAGER

- » To keep this device in its pristine condition, wipe its surface with a slightly damp towel and dry it with a soft cloth.
- » Keep the device away from liquids and heat.
- » Do not use in excessive heat.
- » Do not carry massager by power cable or use cable as a handle.
- » Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

IMPORTANT SAFEGUARDS

Continued...

- » Do not use this massager for more than 20 minutes at a time.
- » Do not use massager in close proximity to loose clothing, jewelry and long hair.
- » Never drop or insert objects into any openings on the massager.
- » Never operate massager if it has a damaged power cable, if it is not working properly, if it has been dropped or damaged, or dropped into water.
- » Make sure to fully secure massage bits onto massager stem before starting massage.
- » Keep the power cable away from heated surfaces.
- » Massager contains an electromagnetic motor. To avoid risk of injury, do not use within six inches of an implantable cardiac device.
- » Do not use attachments not recommended by the manufacturer.

NOTE: Please consult with your doctor or physician before using your massager if you have any injuries or medical conditions that may be of concern. This is not a medical device.



DISCLAIMER

Read the instructions carefully before using the massager. The use of this equipment is subject to following its instructions closely. Tzumi is not liable for any damage or loss caused by inappropriate use of the device.

Do not use the massager without the approval of your doctor if you are pregnant, diabetic, have a pacemaker, are recovering from surgery, suffer from migraines or neuropathy disorders, disc protrusion or spinal inflammation. Do not use this massager without the approval of your doctor.

If you feel pain or discomfort while using the massager, stop using it immediately and consult your doctor.

SPECIFICATIONS

Measurements: 9.3 x 4.5 x 2.6 in.

Power: 17W

Weight: 1.36 lbs (0.615kg)

Speed: 3600-7200 RPM

Heads: Heat soothing, Scalp stimulator, Spot precision, Facial vitalizer

Frequency: 110V ~ 60Hz

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