




## MED-420

Electric massager with soft heating function

Deep relaxation and stress relief

EN

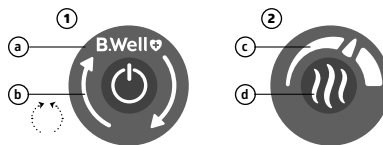


- Press the button  to pause the massage session.
- Disconnect the massager from the power source after use.

## 6. CONTROL SCHEME, RECOMMENDED MASSAGE AREAS

Massager MED-420 has 2 buttons with cyclic switching of functions:

- 1 "Preparation for massage" button
    - a "ON/OFF" function. Turns on at fast speed with heating.
    - b Function of changing direction of massage heads
  - 2 "Basic massage" button
    - c Speed change function
    - d Heating function (illuminated by warm light).
- Sequentially pressed: fast speed without heating, slow speed without heating, slow speed with heating, fast speed with heating



We recommend to do a massage, focusing on the following images:





- neck and shoulder massage
- lower back and buttock massage
- thighs and calf muscle massage
- feet massage


### Methodical recommendation for effective massage


The massage effect on the body is a complex physiological process in which mechanical, humoral and neuro-reflex factors are involved. As a result, occurs not only mechanical kneading of the muscles, but the improvement of lymph and blood circulation, increases the outflow of excess interstitial fluid and decreases the swelling. Biologically active substances (histamine, acetylcholine) enter the blood, that leads to an improvement in well-being and an increase in tone and vitality.


**The first stage. Carrying out preparatory activities before the main massage procedure.**


1. Turn on button .
2. Perform a preparatory massage session for 3 minutes. The massage heads move clockwise, then counterclockwise, then clockwise again. After 3 minutes, turn on button  for the main massage.


**The main stage of the massage "Shiatsu"**

Pressing button  activates massage heads at fast speed. Do massage in this mode for 2 minutes. The massage heads will automatically move in one direction, then in the other direction, working out the muscles and preparing the body to tonic effect by neuroreflex mechanism.

Press button  again to activate the massage heads at slow speed. Within 3 minutes, massage by rotating the massage heads in one direction and the other. At this stage, there will be additional stimulation of nerve endings that are in the skin, tendons, ligaments, fascia, muscles, which will manifest itself in the form of an improvement in the functioning of various organs and systems. At this stage, there is a feeling of calm, stress will decrease.

**The third press of button  will start the heating mode when the massage heads rotate at a slow speed. Spend a session of 3 minutes in this mode. It will allow biologically active substances (histamine, acetylcholine) to enter the bloodstream. You will feel a general improvement in well-being. The tone of the body will increase, the mood will improve.**

**The fourth press of button  will start the heating mode with the rapid rotation of the massage heads. At this stage, will again take place work with muscles. Problem areas will be worked out, discomfort in painful areas will decrease. The massage time in this mode is 2 minutes.**

Pressing button  for the **fifth time** will turn off the heating. This is the final stage of the massage, aimed at relaxation and calmness. The massage heads will run at fast speed back and forth for 2 minutes. At the end of this time, the massager will turn off automatically. The session is over! Don't rush to get up right away. Wait a little in a relaxed state, feel the healing power of Shiatsu massage.

## 7. CONTRAINDICATIONS AND PRECAUTIONS

**⚠ ATTENTION! If the following symptoms apply to you, please consult a specialist before using the massager:**

In the case of pregnancy or recent birth, physical injury, heart or pacemaker disease, diabetes or other sensitivity disorders, phlebitis and/or thrombosis, joint dysfunction, inflammation or injury, osteoporosis, high temperature, Vertebral or spinal deformities, increased risk of clotting, pins/screws/artificial joints or other medical devices implanted in the body.

**Precautions:**

1. Use the device only for the intended purpose specified in this manual.
2. Do not use the device under the blanket or under the cushion. This can lead to fire.
3. Do not sit on massage heads.
4. Do not fall asleep during the procedure.
5. Avoid water hitting the massager, power plug, power cord. Immediately disconnect the device from the power supply if it was in the water.
6. Disconnect the power cord if you do not use a massager.
7. Do not use damaged power cord or plug.
8. Do not spray essential oil, paint or pesticides.
9. Do not use in wet places such as bathrooms.
10. Do not leave the massager under direct sunlight.
11. Do not open the case and do not replace the internal parts.
12. Do not place near fire and combustible materials.
13. Keep out of reach of children.

## 8. CLEANING AND STORAGE

**⚠ ATTENTION! Before you start cleaning, you must disconnect the device from the power and wait for the complete cooling.**

- If the product is contaminated, wipe it with a soft, slightly damp cloth on the outside or use a dry cloth;
- Store the massager in a dry, cool place, do not expose directly to sunlight;
- Do not use sprays, gasoline, solvents to clean the massager.

## Instructions for Use

### 1. INTRODUCTION

Thank you for purchasing B.Well Shiatsu massager!

Massager B.Well MED-420 is designed for a deep relaxing massage of the neck, lower back, feet, shoulders, calf muscles, thighs, buttocks. The massager's work is based on the principles of "Shiatsu" massage. Massage by the "Shiatsu" method involves the impact on certain points on the body by alternating pressure with the fingertips and palms.

Massager MED-420 imitates massage "Shiatsu" with 4 massage heads of different sizes, where large and small massage heads on each side repeat the movements of the palm and the thumb. This method of massage helps to effectively deal with stress and fatigue, relieves muscle tension, improves blood flow, reduces heaviness and swelling. The massager will help you relax at home, you can take it along on the road: there are 2 adapters included (for use from the mains and for use in the car). The massager itself has a strong elastic belt for attaching to the seat back.

### 2. APPLICATION

- Device for massage of the neck, lower back, feet, shoulders, calf muscles, thighs, buttocks
- Individual use

### 3. MAIN BENEFITS

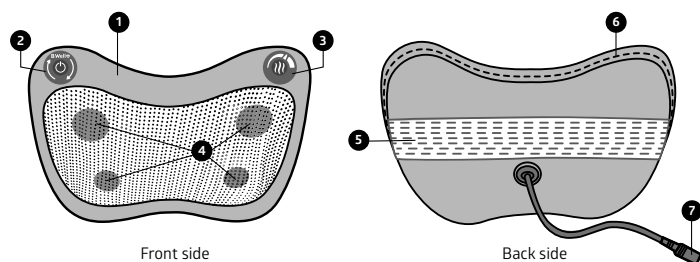
Massager B.Well MED-420 has 2 adapters (for use from the mains in the room and from the car). For your better comfort, the length of the cord is increased to 2 meters. Massager B.Well MED-420 has the function of changing the direction of movement of the massage heads (clockwise and counterclockwise). An automatic change of direction is programmed with a frequency of 1 minute for better relieving and kneading of trigger points.

Massager B.Well MED-420 has two speeds: fast and slow. At a fast speed there is heating and kneading. On the slow – a deep muscle workout and relaxation. Massager B.Well MED-420 is equipped with a soft heating function, which is necessary for deep muscle workout, activation of nerve endings and the release of humoral factors that have a beneficial effect on the human body.

The recommended time for massage\* at home is 15 minutes. A professional massage program is designed for this time. Follow the instructions developed by B.Well specialists. MED-420 will turn itself off at the end of the procedure, so that the effect on the body is beneficial and safe.

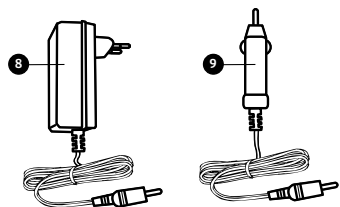
We recommend to refer to the scheme of the manual. The massage scheme and time are recommended by B.Well specialists.

### 4. PRODUCT, ACCESSORIES



Front side





Back side



- 1 main body
- 2 switch on/off, changing the rotation of massage heads button
- 3 speed changing and heating button
- 4 massage heads
- 5 belt for fixing the device in the car

- 6 zipper
- 7 power connector
- 8 mains adapter
- 9 car adapter

### 5. INSTRUCTIONS FOR USE

- Connect the massager to a power source.
- Press the button  to start the massage session. The button adjusts the direction of movement of the massage heads.
- Press the button  to change the direction of the heads.
- The button  for the main massage allows you to adjust the speed of the massage heads, turn on and off the heating function for the main massage procedure.
- Sequentially press the button  to change the speed of rotation of the massage heads and turn on / off the heating function.

\* We recommend to do a massage in clothes

## 9. TROUBLESHOOTING AND SOLUTIONS

**⚠ NOTE, in the event of a malfunction, it is necessary to disconnect the massager from electricity and let it cool for 60 minutes.**

Possible problems	Cause, troubleshooting
Does not turn on	Make sure the massager is plugged in
	Connect the appliance to a different power socket
	Turn off the massager, repeat the procedure after 10 minutes
Sudden stop during the massage session	Power turned off accidentally
	The massager has a 15 minute automatic timer, the time limit has been reached

## 10. TECHNICAL SPECIFICATIONS

Name:	Electric massager with soft heating function
Model:	MED-420
Power (W):	24W
Electrical parameters:	100-240 V (AC), 50/60 Hz, 0.6 A (max); direct current 12V(DC), 2.0 A
Number of massage heads:	4
Direction of rotation of massage heads:	clockwise and counterclockwise
Number of speeds:	2
Heating function:	Yes, 38-42 °C
Autoswitch off:	Yes, in 15 minutes
Package size:	32 × 10,5 × 20 cm
Weight in package:	1.4 kg
Number of adapters:	2 (from mains – 200 cm length; from car – length 185 cm (including adapter))
Protection against electric shock:	Class II
Degree of protection against electric shock (leakage currents):	Type B

### Set:

- Massager – 1 pc.
- Mains adapter – 1 pc.
- Car adapter – 1 pc.
- Instruction manual with warranty card – 1 pc.

## 11. NOTES

- The massager has a heating function, note if there is an increased sensitivity to heat.
- Children should use this massager under the supervision of their parents.
- Immediately stop the session and consult a doctor if severe redness appears on the skin.
- If you feel any discomfort during use, stop using the massager immediately and consult with a doctor.
- After use, turn off the switch, disconnect the power plug.
- We recommend drinking 500 ml of water or hot tea after the massage to accelerate the body's metabolism.
- If the power cord is damaged, you should contact the maintenance department for replacement or purchase from the manufacturer.

## 12. COMPLIANCE WITH STANDARDS

The submitted sample of the above equipment fulfil the requirements of following directives:

- Low Voltage Directive 2014/35/EU
- Electromagnetic Compatibility Directive 2014/30/EU

## 13. DISPOSAL

Products should be disposed of according to accepted standards and should not be disposed of together with household waste.

*The production date – the first four digits of the serial number of the device – is indicated on the warranty card and the box.*

*The first and second digits are the week number, the third and fourth are the year of production.*

## 14. GUARANTEE OBLIGATIONS

Warranty period for the massager is 2 years.

The policy of the company B.Well provides constant improvement of products. Therefore, the company reserves the right to make complete or partial changes to the products without prior notice and in accordance with production requirements.

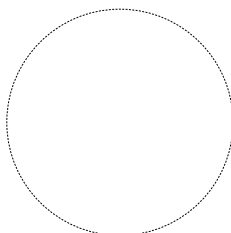
## 15. WARRANTY

Serial number (SN): \_\_\_\_\_

Date of sale: \_\_\_\_\_

Seller's signature: \_\_\_\_\_

Seal of seller's company: \_\_\_\_\_



## 16. DESCRIPTION OF THE SYMBOLS USED ON THE PACKAGE

	REFER TO THE INSTRUCTION MANUAL BEFORE USE		OPERATING CONDITION, TEMPERATURE 0 to 45 °C		MANUFACTURER'S NAME
	CE MARK		STORAGE CONDITION, TEMPERATURE -15 to 55 °C		ARTICLE NUMBER
	RoHS MARK		USE INDOORS		SERIAL NUMBER
	RECYCLABLE		CLASS OF PROTECTION AGAINST ELECTRIC SHOCK (CLASS II)		KEEP DRY
	DISPOSAL FOR SEPARATE COLLECTION		POLARITY OF D.C. POWER CONNECTOR		

Last revision 2023-W17

## Electric massager B.Well MED-420

DEVICE IS NOT A MEDICAL PRODUCT