

B.Well

Caring for everyone

Instructions for Use

MED-440

Electric massager with soft heating function

Relieving muscle tension and recovering massage

EN



 **B.WELL**
SWISS
CONTROLLED

 PRO

 MED

 TECHNO

1. INTRODUCTION

Thank you for purchasing B.Well electric massager!

B.Well massager MED-440 is designed for a recovering massage of the neck, shoulders, lower back, feet, thighs, shins, buttocks. It is based on a combination of shiatsu and tapping massage. Alternating pressure with palms and thumbs with light pressure on acupuncture (reflexogenic) points helps to effectively deal with the salt deposits, relieves muscle tension and spasms, improves blood flow, helps with fatigue and stress, improves immunity. The massager will help restore strength at home or at work.

2. APPLICATION

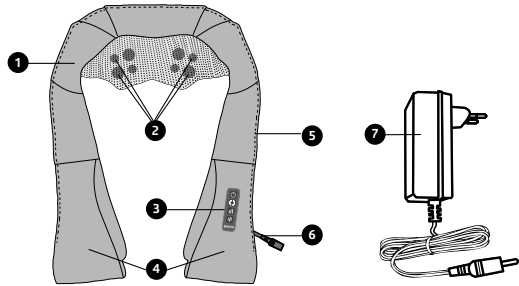
- Device for massage of the neck, shoulders, lower back, thighs, feet, shins, buttocks
- Individual use

3. MAIN BENEFITS

The control panel of MED-440 with functional buttons is located on the left sleeve and is easy to read. You can additionally adjust the depth of the massage by your own efforts. The bigger the tension in the sleeves, the stronger the effect of the rollers on the skin and muscles. At the same time, additional protection installed on the rollers, eliminates the painful effect on the massaged area. Massager B.Well MED-440 is equipped with three speeds to control the intensity of rotation of the massage rollers. The panel with speed changing buttons is located at the bottom of the sleeve and allows you to do it by yourself during the massage. Depending on the speed, different massage phases are activated (see methodical recommendations). Massager B.Well MED-440 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-440 is equipped with a soft heating function, which is necessary for deep muscle work, activation of nerve endings and the release of humoral factors that have a beneficial effect on the human body. Massager MED-440 works quietly, will not disturb surrounding people and will allow you to immerse yourself in the world of massage. The power is 24W. With proper use, the massager will serve you for a long time and will allow you to enjoy massage at home. The recommended time for massage* at home is 15 minutes. A professional massage program is designed for this time. Follow the guidelines developed by B.Well specialists. At the end of the procedure, MED-440 massager will turn itself off so that the effect on the body is beneficial and safe. For your better comfort, the length of the adapter cord has been increased to 2 meters. We recommend to refer to the methodological recommendations in the text of the instruction. The massage scheme and time are recommended by B.Well specialists.

4. PRODUCT, ACCESSORIES

- 1 the main body
- 2 massage heads
- 3 control panel
- 4 handles
- 5 zipper
- 6 power connector
- 7 mains adapter

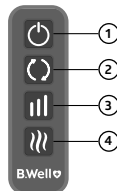


5. INSTRUCTIONS FOR USE

- Plug the appliance adapter into a socket.
- Press the button, and the massager will automatically turn on at III (fastest) speed with the heating function. (Illuminated with warm light).
- The massager has the function of automatically changing the direction of the massage heads: clockwise or counterclockwise. Press the button, if you want to change the direction.
- The massager has three intensity speeds for adjustment, by pressing you can adjust the speed of the massager: low, medium and high.
- Press the button, the warm-up function will turn off, press again, the warm-up function will turn on.
- Press the to turn off the massager. Unplug the appliance from the socket after use.

6. CONTROL SCHEME, RECOMMENDED MASSAGE AREAS

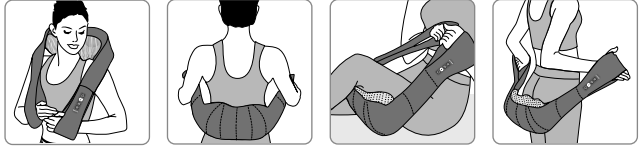
- 1 ON/OFF button
Turns on at the fastest (III) speed with heating
- 2 Change the direction of the massage heads button
- 3 Speed change button
Three massage speeds (low, medium, high)
- 4 Heating button



* We recommend to do a massage in clothes

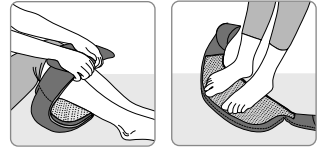
We recommend doing a massage, focusing on the following images:

- neck and shoulder massage
- lower back massage
- thighs and shins massage
- massage of the buttocks
- foot 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. Properly done massage allows you to achieve health on several levels: mental, emotional and mental. B.Well massager combines a gentle effect on reflexogenic zones or acupuncture points and a deep kneading effect that allows you to effectively deal with stress and fatigue, relieve muscle tension, improve blood flow, reduce heaviness and swelling. This methodological recommendation was developed by B.Well specialists in order to achieve maximum massage efficiency. We suggest using MED-440 functions in the following sequence:



1. Warm-up stage:

Take a comfortable position, turn on the massager. The massage heads will rotate at the fastest (III) speed with heat. Massage for 2 minutes. Then turn off the heat and massage for another 2 minutes. Thus, the body will be prepared for the main (active) phase of the massage. The muscles will be warmed up, nutrients and oxygen will begin to flow to them, which increases physical endurance. Every minute the massager changes the direction of movement of the massage heads – this is done to get as close as possible to manual massage. The total warm-up time is 4 minutes.

2. Active phase of massage:

When your body is prepared, the stage of a deeper relieve of the muscles and acupuncture zones begins. Switch to the slowest (I) speed. Massage for 2 minutes. Muscles are worked out deeper, reaching trigger zones. Turn on the heating mode to activate the nerve endings. Massage for 2 more minutes. Switch to medium (II) speed. Massage for 2 minutes. During this time, humoral factors are actively connected to relax and work out the problem areas. Turn off the heat and massage for 1 more minute. Further increase the pressure on the acupuncture points by stretching the sleeves. Because of a specially built spring mechanism, your acupuncture zones will receive enough pressure to improve the tone and energy of the whole body. The total massage time in the active phase is 7 minutes.



3. Relaxing-final stage:

Return to the fastest (III) speed to complete the massage. Massage for 2 minutes. Then turn on the heating. This will allow the muscles to relax and return to their original state. Close your eyes, spend the last 2 minutes of the session with recovery and relaxation. The total time of the final stage until the massager is completely turned off is 4 minutes.

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;

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 device, repeat the procedure after 10 minutes.
Sudden stop during massage session	Power turned off accidentally
	The product has a 15 minute automatic timer, the time limit has been reached.

10. TECHNICAL SPECIFICATIONS

Name:	Electric massager with heating function
Model:	MED-440
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:	8
The direction of rotation of the massage heads:	clockwise and counterclockwise
Number of speeds:	3
Heating function:	Yes, 40-45 °C
Auto power off:	Yes, 15 minutes
Package size:	39×16,3×22 cm
Shipping weight:	1.8 kg
Number of adapters:	1 (from the network – length 200 cm)
Protection against electric shock:	class II
Degree of protection against electric shock (leakage currents):	type B

Equipment:

- Massager – 1 pc.
- Mains adapter – 1 pc.
- Non-woven bag – 1 pc.
- Instruction manual with warranty card – 1 pc.

11. NOTES

- The massager has a heating function, note if there is 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, please 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 must contact the technical service department for a 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

The product must be disposed of in accordance with accepted regulations and not disposed of with household waste.

The date of manufacture – the first four digits of the LOT number of the device – is indicated on the box.

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

14. GUARANTEE OBLIGATIONS

The 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

LOT NUMBER (LOT): _____

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		OPERATION CONDITION. TEMPERATURE 0 to 45 °C		MANUFACTURER'S NAME
	CE MARK		STORAGE CONDITION. TEMPERATURE -15 to 55 °C		ARTICLE NUMBER
	RoHS MARK		USE INDOORS		LOT NUMBER
	RECYCABLE		CLASS OF PROTECTION AGAINST ELECTRIC SHOCK (CLASS II)		KEEP DRY
	DISPOSAL FOR SEPARATE COLLECTION		POLARITY OF D.C. POWER CONNECTOR		

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Electric massager B.Well MED-440

DEVICE IS NOT A MEDICAL PRODUCT

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