

Indicator light in orange

2. Short press the power button to turn off/on the massage roller.

1. Press and hold the power button for 2 seconds to turn on, enter the

low-speed massage, soothing mode and the heating function. the indicator



3. Short press the heating button to turn off the heating function, and the indicator light turns blue; short press again to turn on the heating function, and the indicator light turns orange; long press the heating button to turn off/on the voice prompt.



4. Short press the mode button to switch between soothing mode, vitality mode, strong mode, neck protection mode, and wake-up mode.





7. Press and hold the power button for 2 seconds to shut down (if the voice is on, it will sound, if the voice is off, it will not prompt).

power on.



6. The voice setting has a memory function. If it is set to enable voice/music

before powering off, the voice/music will be turned on by default after the next

power is ≤ 10%, the blue indicator light of the massager will flash for 5 seconds and



Indicator light flashing in blue



8. In the operating state, if the battery power is ≤ 10%, the blue indicator light of the massager will flash for 5 seconds and shut down; in the shutdown state, if the battery

- 1. Please remove personal accessories when using the massager, so as not to affect
- - the massage part. 2. If you feel discomfort during massage, please stop operation immediately.

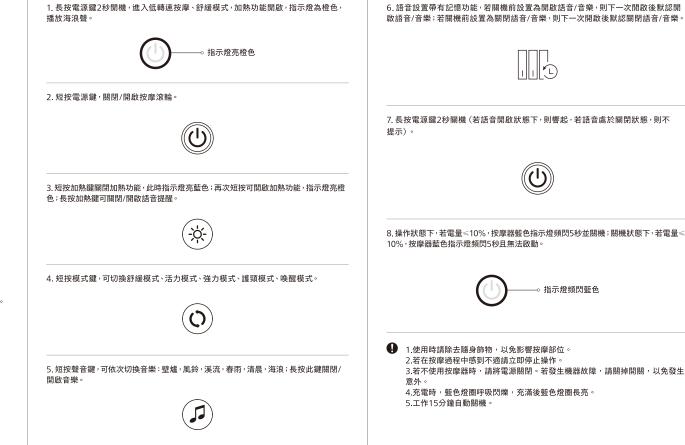
cannot be started

- 3. When the massager is not in use, please turn it off. In case of a malfunction, please turn off the power to avoid accidents.
- 4. When the massager being charged, the blue light ring will be breathing and flashing, when fully charged, the blue light ring will stay on; 5. The massager will be automatically turned off after 15 minutes of operation.

5. Short press the sound button to switch the music in sequence; fireplace, wind chime, stream, spring rain, early morning, ocean waves; long press this button to turn off/on the music. **Quick Start Guide**

快速入門指南





7. 長按電源鍵2秒關機(若語音開啟狀態下,則響起,若語音處於關閉狀態,則不

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