

# CONGRATULATIONS ON YOUR PURCHASE OF THE ICE THERAPY MASSAGE BALL.

Please read all instructions and warnings  
prior to use.

Keep this manual as it contains important  
information for future reference.

SHARPER IMAGE® NAME AND LOGOS (INCLUDING  
THE 77 LOGO AND TOMORROW'S TOMORROW)  
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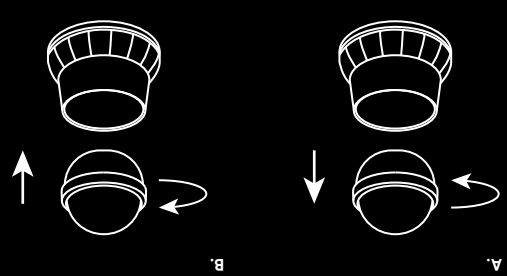


SHARPER IMAGE®

ICE THERAPY MASSAGE BALL  
ROLLER WITH MOUNT

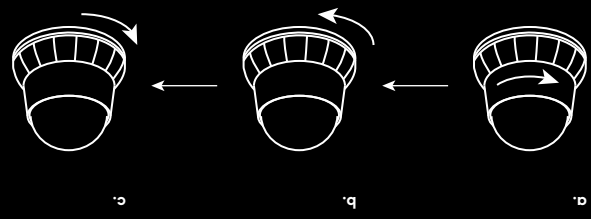
## GETTING STARTED

1. The Ice Therapy Massage Ball can be used at room temperature immediately or cooled for a revitalizing chill.
2. To fully chill, place the Ice Therapy Massage Ball in the freezer for approximately 2 hours.  
Note: The ball may frost when taken out of the freezer, which can lead to condensation and moisture on the ball surface. Wipe clean with a soft cloth as needed to avoid drips.
3. For handheld use, grip the top ring, twist counterclockwise and lift to remove the ball and handheld grip from the suction mount base (Figure A).
4. To reattach to the suction mount base, align the handheld grip with the base, press in and twist the top ring clockwise until secure (Figure B).



**IMPORTANT:** Do not leave Ice Therapy Massage Ball mounted to walls when not in use. Do not mount on walls above unprotected floors. You can help protect the area underneath the wall-mounted roller with a yoga mat, thick blankets or cushions.

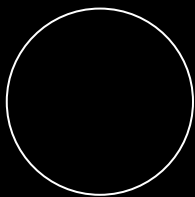
**NOTE:** The ball is highly polished and may become scratched through regular use. Light scratches are normal and do not impact the performance of the Ice Therapy Massage Ball.



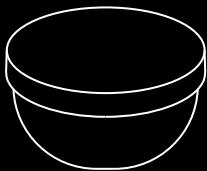
5. To mount to a wall or floor:  
a. First make sure the handgrip is locked into place by twisting the top ring clockwise.  
b. Then, twist the bottom ring counterclockwise until the arrow aligns with the unlocked icon.  
c. Press the suction mount base against a smooth, flat surface and then twist the bottom ring clockwise until the arrow aligns with the locked icon.  
d. Make sure the suction mount base is secure before letting go of the Ice Therapy Massage Ball.
- TIP:** Clean the base and area you are mounting it for a secure grip.

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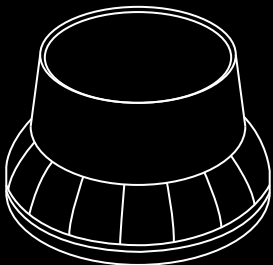
ICE THERAPY MASSAGE BALL  
HANDHELD GRIP  
SUCTION MOUNT



ICE THERAPY MASSAGE BALL



HANDHELD GRIP



SUCTION MOUNT

# FEATURES

- Rolling massage at room temperature or with a revitalizing chill.
- Liquid-cool core to remain chilled for several hours.
- Handheld comfort grip.
- Suction mount for use on smooth, flat surfaces.

# CARE INSTRUCTIONS

- Spot clean only. Wipe with a soft, damp cloth as needed.
- Do not use detergent or soap when cleaning.

# DESIGNED FOR ALL BODY AREAS

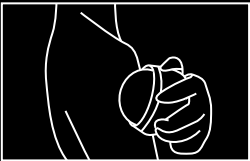
## ⚠ CAUTION:

Never continue cold treatment for more than 20 minutes at a time. If skin becomes bright pink or red, stop use immediately.

NECK + SHOULDERS



ARMS



BACK



LEGS



FEET



# SAFETY WARNINGS

- Not a children's item. Keep out of reach of children.
- Do not use this item if you are pregnant or have an injury or illness. Consult your physician if you have a medical condition that may prevent safe use of this item.
- Never apply to an area of the body where it is difficult to perceive cold temperatures.
- Never apply to areas of the body where skin is damaged or in poor condition.
- Do not use cold therapy if you have an infection.
- Do not use attachments of any kind other than those that may be included.
- The base is intended only to temporarily mount the massager while in use. Never leave the base mounted to walls when unattended.
- Base mount strength and duration may vary on different surfaces. Test the hold frequently and remount as needed.
- The base may become dislodged during more assertive use. Do not allow massager to drop.
- Do not mount above unprotected tile or hardwood surfaces. Floors may be damaged if massager is dislodged, or floors may cause damage to the massager.
- Be careful to ensure proper footing and stability when using the massager against a wall. Do not overextend. Mount may become dislodged and is not designed to support full bodyweight.
- Thoroughly inspect product before every use. If the product appears worn, frayed/splintered, cracked, or broken in any manner, discontinue use and discard immediately.
- Use cold massage ball only on clothed areas. Do not use cold ball directly on moist skin or other body parts. May freeze or adhere, which could cause injury.