

INFRARED AND E.M.S. PAIN RELIEVING BELT

Item No. 210844

User Guide

Thank you for purchasing the Infrared and E.M.S. Pain Relieving Belt. Please read this manual thoroughly before operating this device.

CAUTION

Do Not Use with Certain Medical Devices

Never use this product simultaneously with the following types of medical electrical devices. Doing so may cause the device to malfunction, leading to significant bodily harm:

- Implanted medical devices, such as pacemakers.
- Medical electrical equipment used to sustain life, such as heart-lung machines.
- Wearable medical devices, such as EKGs.

Consult a Physician Before Use

If you have any of the following conditions, consult a physician before using this product. Failure to do so may cause an accident or harm to your body or skin:

- Persons prone to allergies
- Patients with severe heart disease
- Women who are pregnant or have recently given birth
- Persons with a fever (38°C or above)
- Patients with malignant tumors
- People with impaired limbs
- Children or those who are unresponsive
- Persons with cranial nerve issues [e.g., epilepsy]
- People with perceptual impairments caused by high-level peripheral circulatory disorders
- Persons with acute [painful] conditions, such as spine fractures, sprains, or pulled muscles
- Persons with impaired skin sensation [infection, inflammation, or scratches]
- Persons receiving treatment from a medical institution
- People not sensitive to heat or prone to heat allergies
- People with sensory or mental impairments

Additional Precautions:

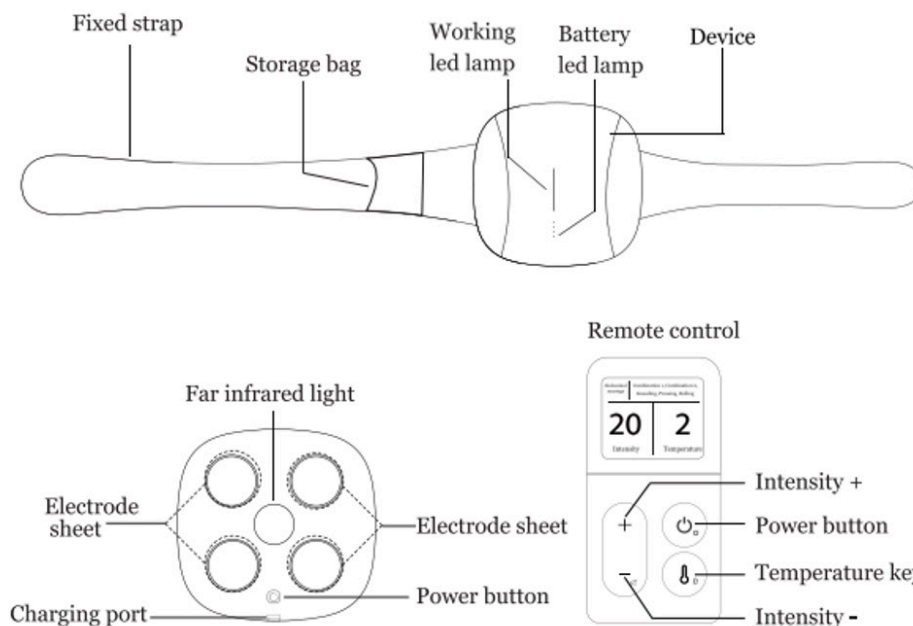
- This product is designed for use on the waist and abdomen only. Do not use it on other body parts.
- It is recommended for people aged 16 years and above.
- During massage, avoid contact with metal objects, such as keys, near the electrode pads to prevent electric shock.
- Do not use this product in environments with high heat, flammability, electromagnetic radiation, or humidity.
- Avoid using the product on the same area for extended periods, as it may cause muscle fatigue or physical discomfort.

SPECIFICATIONS

Rated Power:	10W
Working Time:	15 minutes
Battery Capacity:	2400mAh

WHATS INCLUDED

- 1x Device
- 1 x Remote Control
- 1 x Type-C Charging Cable
- 4 x Gel Pads



CHARGING

NOTE: If this is your first time using the device, the battery may be low. Please charge the unit before use.

Charging Time

Charging Time	Working Hours*
About 2.5 hours	- Approximately 2.5 hours (when heating level 1)
	- Approximately 1.5 hours (when heating level 2)
	- Approximately 1 hour (when heating level 3)
	- About 720 hours (when heating is off)

Charging Method

Please use a universal 5V 1A mobile phone charger to charge this device. For environmental protection, this device is not equipped with a charger.

1. Insert the TYPE-C charging cable into the charger [ensure the voltage is 5V].
2. Plug the other end of the charging cable into the device's charging port.
3. The charging LED lamp will flash while the device is charging.
4. When fully charged, all four charging LED lamps will stay illuminated.



Battery Installation for the Remote Control:

The remote control uses a universal CR2032 button battery.

To replace the battery:

1. Open the battery cover.
2. Place the battery in the compartment.
3. Close the battery cover.

INSTRUCTIONS FOR USE

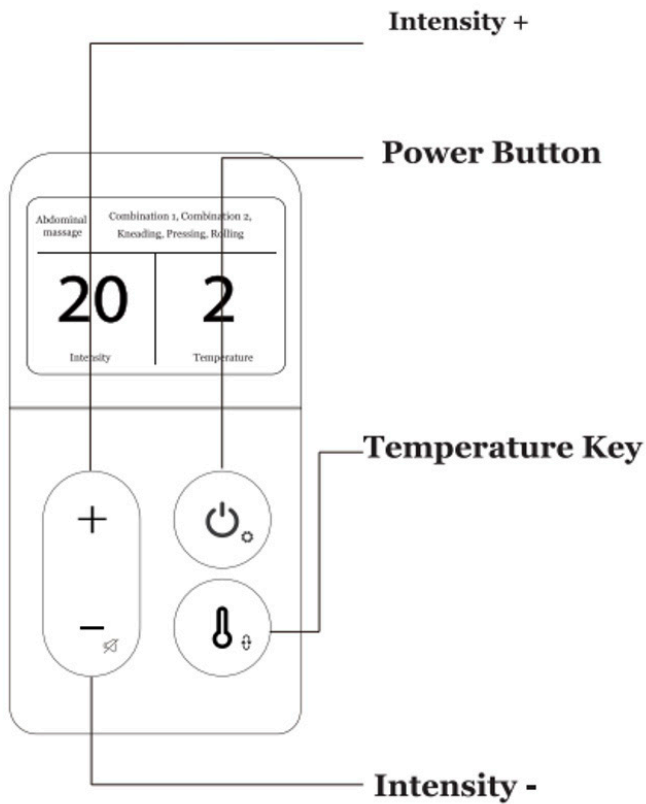
1. Fix the Device with Straps

Attach the device to your back and adjust the height according to your height and body type. Once positioned, wrap the fixing strap tightly to secure the device on your body.

2. Start Using

Turning the Device On/Off:

- Press the device power button to turn on the device. Then, press the remote control power button to start the device.
- To shut down, press and hold the device power button or long press the remote control power button.



Intensity +

- Short press to increase the massage intensity [20 levels of intensity available].

Power Button

- Long press to turn the device on/off.
- Short press to switch between modes.

o **Lumbar Massage:** 6 modes available [Combination 1, Combination 2, Kneading, Pressing, Rolling, Beating].

o **Abdominal Massage:** 5 modes available [Combination 1, Combination 2, Kneading, Pressing, Rolling].

Temperature Key

- **Short press to switch the heating temperature.**

- o Three levels are available: Level one is 38°C, level two is 40°C, and level three is 42°C [Actual temperature may vary depending on the environment].

- **Long press to switch massage parts:**

- o During lumbar massage, the EMS massage method is up and down.
 - o During abdominal massage, the EMS massage method is left and right.

Intensity -

- Short press to reduce massage intensity.
- Long press to mute the device.

STORAGE AND MAINTENANCE

- Do not use the device on the same area continuously for more than 25 minutes to avoid muscle fatigue or low-temperature burns.
- For optimal use, the device operates in 15-minute cycles. After completing a cycle, the device will automatically shut down. To use it again, simply restart the device.
- Always turn off the device before removing it from your body.
- Clean the electrode pads before storing the device. Be careful not to damage the electrode pads during storage.
- Store the device in the provided storage bag after cleaning to prevent the electrodes from collecting dust or other debris.
- To avoid scratching the electrode pads, wipe them gently with a soft cloth during cleaning.
- When cleaning, remove the device and use a soft cloth soaked in a neutral detergent solution [3%-5% diluted with warm water]. Gently clean the surface, then dry it thoroughly.
- Do not use harsh chemicals such as thinner, gasoline, or alcohol for cleaning.



**Before performing any maintenance, ensure that the power is turned off.
Performing maintenance while the power is on may result in electric shocks.**

FREQUENTLY ASKED QUESTIONS

Q: Can it be used every day?

A: Yes, but it is recommended to use the same area only once a day. Repeated use on the same spot may cause muscle fatigue. If you feel unwell or notice any abnormal skin reactions, stop using the device immediately and seek medical attention.

Q: Which intensity is more appropriate?

A: Start with a lower intensity the first time you use the device and gradually adjust the intensity as you become more accustomed to it.

Q: The skin turns red after use, is this a problem?

A: It is normal for the skin to become red after use. The increased blood flow from the EMS [electrical muscle stimulation] can cause redness, and the tightening of the belt may produce red marks. If the redness is excessive, loosen the belt and try using a lower intensity setting. If redness persists, discontinue use and consult a doctor.

Q: Will using this product cause muscle soreness?

A: Like any exercise, this product may cause muscle soreness, especially in the targeted areas. This is normal and should subside in 1-2 days. Adjust the frequency of use according to your comfort level.

Q: Why does it feel less irritating after using it for a period of time?

A: Over time, your body adapts to the device's stimulation, which may reduce the sensation of intensity. This is normal and not a malfunction. Increase your exercise routine if you feel the need for more stimulation.

TROUBLESHOOTING

Status	Possible Causes	Treatment Measures
The remote control cannot be turned on	Is the remote control battery low?	Please replace it with a new button battery.
The remote control is normal and the device does not respond	Is the device battery low?	Please charge the device.
	Is the charging cable connected?	Check the power source connection. Once connected correctly, the charging light will turn on.
Can't charge or no charge display	Do the electrodes of the device touch the skin?	The electrode must be in direct contact with the skin.
	Is there any clothing where the electrode is in contact with the skin?	Please remove or adjust clothing to ensure direct contact.
The device and remote control are normal, but there is no response or feeling	Is there any adjustment of massage intensity?	The default is level 1 intensity. If you don't feel the intensity, increase it gradually. If there is still no output, touch the electrodes with two fingers to check. If it still does not work, contact after-sales service.
	Are the electrodes of the unit tightly attached to the skin?	Wipe the skin on the abdomen with a damp towel first, then reattach the electrodes.

Tingling	Is the massage time too long?	Limit usage to 15 minutes per session, no more than twice a day.
	Is the massage intensity too strong?	Adjust the intensity to a lower setting.
	Are the electrode pads damaged?	If damaged, stop using the device and contact after-sales service.
	Is the skin allergic to the electrode pads?	Check for skin allergies. For minor allergies, reduce usage time; for severe cases, discontinue use and seek medical advice.
	Is the skin too dry?	Use a damp towel to moisten the skin before using the device.
Stimulus is weak	Is the battery low?	Charge the device before use.
Red spots and blisters after use	Do you have any skin problems?	Stop using the device immediately. Seek medical advice and use the device again only after it has been repaired.

WARRANTY / CUSTOMER SERVICE

This item from SharperImage.com includes a 1-year limited replacement warranty. If you have any questions not covered in this guide, please call our Customer Service department at 1 (877) 210-3449. Customer Service agents are available Monday through Friday, 9:00 a.m. to 6:00 p.m. ET.

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