

CONTRAINDICATIONS

Not to be used by children, if you have recently had surgery or broken bones or a pacemaker fitted.

Not to be used during pregnancy (definitely not on the abdomen area and you should take advice from your doctor if it is safe to use elsewhere on the body).

Not to be used by cancer patients that are receiving chemotherapy or radiotherapy treatment.

Not to be used if you have haemophilia.

Avoid massaging areas with localised skin infections, deep bruising or varicose veins.

If you suffer with thrombosis or are susceptible to it, then you should always consult your doctor or physician before using the machine, as you should if you have a health condition not listed above.

CAUTION

- Read the manual fully before using the machine.
- Do not use with wet hands or in a damp environment.
- Do not use on your head or your face.
- Do not cross over the spine with the massage heads.
- Do not use the machine immediately after eating.
- Should a problem occur, turn the power off, unplug the machine and contact your supplier.

CLEANING AND MAINTENANCE

CLEANING

Before cleaning, please make sure that the switch is in the off position, and the power plug has been pulled out from the socket. Please use a dry cloth to clean the product.

! ATTENTION

Please make sure that you do not use benzene or thinner, and other aggressive detergents to clean product, otherwise the product colour may fade.

IMPORTANT SAFETY INSTRUCTIONS

When using the product, all instructions and basic precautions should always be followed, including:

CORRECT DISPOSAL OF THE PRODUCT	
	This marking indicates that this product should not be disposed of with other household waste at the end of their working life. To prevent possible harm to the environment or human health from uncontrolled waste disposal please recycle it responsibly to promote the sustainable reuse of material resources. Alternatively use return and collection systems or contact the retailer where the product was purchased from and they can take the product for environmental safe recycling.

SPECIFICATIONS

Name	Reviber Hot & Cold Massager
Model Number	ER12
Material	ABS
Voltage	12V DC
Power Consumption	30W
Rated time	15 minutes
N.W.	1.2KG
G.W.	2.2KG
Size(mm)	W370xL170xH170

CONTACT US

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JOIN THE REVIBER COMMUNITY to access the latest advice and exercises for your product. Ask and answer questions about the products, share your progress and engage with other like-minded users of the **REVIBER** collection of health and fitness products.

You can also contact our support team and service department for lost or missing parts, accessories and manuals.

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HOT AND COLD MASSAGER

INSTRUCTION MANUAL



HOW TO OPERATE

1. After plugging the adaptor into the power socket the light of the power button will go red, this is a standby status and all other functions can't work.
2.  Press the power button once, the light will change to blue, this is a ready status, now you can use all the machine's functions.
3.  Pressing the cooling button once will start the cooling function. If you would like to reduce the temperature even further then press and hold the cooling button for 3 seconds. The cooling button will begin to flash indicating that it is reducing its temperature to the minimum possible. To stop the cooling mode press the button again.
4.  Pressing the heating button once will start the heating function. If you would like to increase the temperature even further then press and hold the heating button for 3 seconds. The heating button will begin to flash indicating that it is increasing its temperature to the maximum possible. **WARNING:** This mode is warm! Only use this function when the basic heat mode is not enough. To stop the heating mode press the button again.
5. Cooling and heating mode can be turned on alone, and can also be used together with the vibration function.
6. Cooling and heating mode cannot exist together. When one mode is started, the other one will automatically stop.
7.  Press the speed button. You can choose 5 speed levels to see which is best for you.

CONFIGURATION



1. Grip
2. Intensity indicator
3. ON/OFF
4. Cooling mode button
5. Heating mode button
6. Speed adjustment button
7. Handle
8. Massager nodes
9. DC interface
10. Adapter

WHEN TO TREAT WITH COLD

Cold therapy (or cryotherapy) is the treatment of choice for acute injuries (injuries that have occurred within the last 48 hours). **Our advice is to only use the vibration on level 1 or 2 whilst using the cold therapy, as too much vibration will counteract the cooling benefits.**

With any sprain, strain or bruise there is some bleeding into the underlying tissues. This may cause swelling, pain and delay healing. During immediate treatment, the aim is to limit the body's response to the injury. It does this by reducing further bleeding into the injured tissues, preventing or reducing swelling, and reducing muscle spasm and pain. Cold reduces pain by numbing the area and by limiting the effect of swelling which causes pain.

When applied immediately after an injury, cold treatment reduces tissue damage by reducing the metabolic rate and decreasing the production of metabolites and metabolic heat which result from the body's inflammatory response to the injury. Cold therapy relieves muscle spasms, reduces post-exercise soreness, and stimulates circulation in areas of chronic discomfort. Cold treatment may be used in both the immediate treatment of soft tissue injuries and in later rehabilitation.



WHEN NOT TO USE COLD

Do not use over sensitive skin or in the presence of poor circulation. Elderly people, young children, and people with diabetes must be very careful with cold treatments. If you have any questions about cold therapy, ask your health care practitioner for advice.

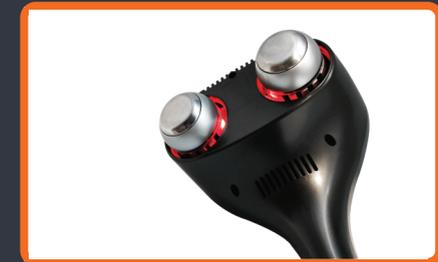
WHEN TO TREAT WITH HEAT

Heat treatment (or thermotherapy) relieves stiffness and chronic aches, facilitates relaxation, and stimulates circulation. It works by increasing tissue temperatures and blood flow, thereby drawing extra nutrients into the area to assist in the recovery and healing process.

Heat treatments should be used for chronic injuries or injuries that have no inflammation or swelling. Heat applied to chronic conditions helps relax and loosen tissues, and to stimulate blood flow to the area.

When an injury is older than 48 hours, heat can be applied. Heat causes the blood vessels to open which brings more blood into the area. It also has a direct soothing effect and helps to relieve pain and spasm.

Sore, stiff, nagging muscle or joint pain is ideal for the use of heat therapy. Athletes with chronic pain or overuse injuries may use heat therapy before exercise to increase the elasticity of joint connective tissues and to stimulate blood flow. Heat can also help relax tight muscles or muscle spasms.



WHEN NOT TO USE HEAT

Heat should not be used on acute injuries. Wait for the swelling to reduce. Heat draws fluids into tissues and can increase swelling and inflammation. Do not use heat over swollen tissues or redness except under the supervision of your doctor or physiotherapist. Do not use heat before vigorous exercise. Your muscles may be too relaxed for peak performance and safety.