

USER MANUAL

BeautyRelax BR-1770 neck massager

TENS EMS SOFT



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Dear customer, thank you for your trust in purchasing our product. Please read all the detailed information in the instruction manual carefully before using it for the first time. Please pay particular attention to the safety warnings. Please use the device exactly as instructed. All of these steps will help to maximize the use of all functions of the instrument. In this manual we will try to give you the best possible idea of the technology used and how to use the instrument to best advantage.

If you encounter any uncertainties while reading the instructions, please do not hesitate to contact us at the following email address: mh@santadria.cz

Keep the instructions for use carefully for later reference.

NOTICE

- Read this manual before first use, review all illustrations and keep the manual for future reference.
- If your skin is affected by a serious skin condition, do not use the device. Consult your general practitioner for first use.
- The device is primarily intended for your personal use. Do not share it with family members or friends. If more than one person is using the device, special attention should be paid to hygiene.
- If the device is damaged, does not work properly or has fallen into the water, never put it into operation.
- If the unit is broken, do not touch the internal parts to avoid electric shock.
- If the device falls to the ground, it may be damaged. In this case, do not continue to use the instrument and contact the dealer's service department.
- Do not use the device near water or in places with increased humidity (bath, shower, swimming pool, etc.).
- The device is not washable. It must not be immersed in water or under a stream of running water.
- Do not leave the device unattended. Always switch off the appliance thoroughly after each use.
- If the device has been moved from a very cold to a very warm environment, wait at least 3 hours before using it.
- The appliance is not intended for use by children or persons whose physical or mental condition does not permit the safe use of the appliance.
- Do not place or use the device on hot heat sources (radiator, stove, fire, etc.)
- Do not attempt to disassemble or repair the device yourself.
- Store the device in a dry environment. Try to keep it protected from dust.
- Do not expose the device to direct sunlight.
- The distributor is not liable for damages caused by improper use contrary to the instructions in this manual. It is not liable for consequences caused by failure to observe the safety warnings.
- The distributor is not liable for any damage to health or property caused by other uses.



SAFETY NOTICE

Please take the time to follow the instructions below to use the device correctly and safely.

DANGER

It is forbidden to use the device if you are using the following devices at the same time:

1. Medical electronic devices (e.g. pacemaker).
2. Medical electronic devices that support vital functions (e.g. artificial heart, lungs, liver, etc.).
3. Other medical devices (e.g. electrocardiograph).

WARNING

If you suffer from the following health symptoms, contact your doctor or medical assistance immediately:

1. Acute problems
2. Heart problems
3. High fevers
4. Pregnancy
5. Malignant tumours
6. Persistent low or high blood pressure
7. Infected wound or similar serious injury
8. Allergic skin problems
9. Undergoing medical diagnostic therapy
10. Unpleasant continuous pain in the muscles due to their excessive overload



**If any of the above points apply to you,
you are prohibited from using the device.**

RISK

1. The device is designed for neck placement only. It is forbidden to place contact electrodes on the heart, neck, head, genital area. Do not use gel electrodes on areas suffering from skin diseases or abrasions.
2. The device must not be used in combination with other medical devices. Do not use creams or sprays before use. Skin damage could occur.
3. Use the device according to the exact instructions in this manual. The device must not be used for any purpose other than to relieve muscle pain and tension.
4. Do not repair, disassemble, or dismantle any of the components of the device yourself. This would void the warranty and we would not accept any liability for any damage to health or property.
5. Do not use the device without first carefully reading this manual.



NOTICE

1. If you feel unwell, become nauseous or experience unexpected health complications while using the device, stop using the device immediately and consult your doctor for further use.
2. To ensure maximum efficiency of the device, switch off any electronic devices you may be using (MP3 player, mobile phone when on the phone).
3. The device must not be used while you are asleep, when you are unable to fully control the device. Serious injury could result.
4. Do not use the device in one place for more than 30 minutes at a time.
5. Ensure that the contact electrodes do not come into contact with conductive metal objects (chains, bracelets, rings, ...) during use.



WARNING

1. Do not use the device in a humid environment
2. Under certain circumstances, the device can only be used with the participation of a physiotherapist
3. The device is intended for external use only
4. Do not dispose of the product in normal municipal waste at the end of its useful life. Dispose of it in an environmentally friendly way in a collection yard near your home.
5. The device may only be used by persons over 16 years of age.

Note: The neck massager is used for restorative massage with a focus on the neck area. The device is not a medical device. If you have had cervical spine surgery or have a really serious chronic condition of the cervical spine muscles, consult your doctor or physiotherapist for the use of the device.

Pay very careful attention to the level of intensity of the electrical impulses for each area of the body. Always start from the lowest value first, i.e. from **value 1. **Increase the intensity of the massage slowly and gradually!** If you feel that you are uncomfortable with the current intensity setting, **reduce it or switch the device OFF!****

CONTRAINDICATIONS

Under no circumstances should the device be used by persons suffering from any of the following conditions:

- Cancer, epilepsy, diabetes, viral diseases
- In a state of high fever
- Serious kidney or liver disease
- High cholesterol
- Skin diseases
- Fatigue syndrome
- Heart disease, pacemaker, hypertension
- Metal implants in the body
- Vascular disorders or arteriosclerosis
- Pregnancy
- Menstruation
- Persons taking anti-clotting medication
- Patients who have undergone surgery with transplantation
- Persons who require constant supervision may use the device only after consulting a physician



TECHNICAL PARAMETERS

- Heating: yes
- Timer: yes
- Power supply: built-in rechargeable Li-ion battery
- Charging: via USB cable (included)
- Voltage: 3.7V
- Power: 5.5W
- Dimensions: 40x23x16cm
- Weight: 900g

PACKAGING CONTENT

- BeautyRelax TENS EMS SOFT neck massager
- Remote control
- USB charging cable
- User manual

MAIN ADVANTAGES

- Relaxation of the circle, neck and cervical spine
- Helps achieve the desired relaxation of the neck muscles
- Infrared heating significantly eliminates muscle fatigue
- Improving blood circulation to painful areas and metabolism
- Adapts to any neck size
- Control via wireless remote control
- Timer with automatic shut-off function
- 5 massage programs
- 15 levels of massage intensity

PROBLEMS OF CERVICAL SPINE PAIN

The cervical spine is one of the most stressed parts of the spine. Pain can be caused by a variety of activities both during the day and during sleep. Overloading and poor head posture, prolonged sitting with the head bent, sudden stops in the car or poor sleeping position. A short list of the many factors that negatively affect the cervical spine. Dull pain behind the neck can gradually shoot up to the shoulders and on to the shoulder blades. The cervical spine is often the source of headaches. If the pain in the cervical spine is not addressed in any way, it can lead to a blockage.

Fortunately, there are already very effective relaxation devices that can successfully combat cervical spine pain. The BeautyRelax TENS EMS SOFT neck massager combines several technologies at once:

1. EMS massage (electrical pulse therapy)
2. Infrared heating



DEVICE INTRODUCTION

BeautyRelax TENS EMS SOFT is a practical massage device that combines modern technologies for effective and, above all, immediate muscle relaxation in the cervical spine. 2 contact applicators generate electrical micropulses. Infrared heat has a beneficial relaxing effect. The collar adapts to each user. It is made of a pleasant soft material. Function settings via remote control. Wireless use thanks to the high-capacity rechargeable battery.

EMS MASSAGE

Electrical nerve stimulation is the application of an electric current to relieve pain. Electrical pulses are transmitted to the selected area. A mild electric current is passed through the skin. A safe small voltage is used. The low frequency pulses are comparable to natural bioelectricity. It stretches and contracts muscles by stimulating nerve cells. Blood flow is significantly improved. The supply of nutrients necessary for muscle recovery and tension relief is increased. Possibility of setting 15 intensity levels and 5 massage programs.



INFRARED HEATING

Infrared radiation is one of the most effective technologies for warming up muscles. Infrared radiation has a wavelength greater than visible light. It is part of the radiation that the sun emits. This method of heating penetrates deep into the tissue. The heat is not only transferred to the skin, but directly to the muscles. The heat relaxes tight muscles more quickly.

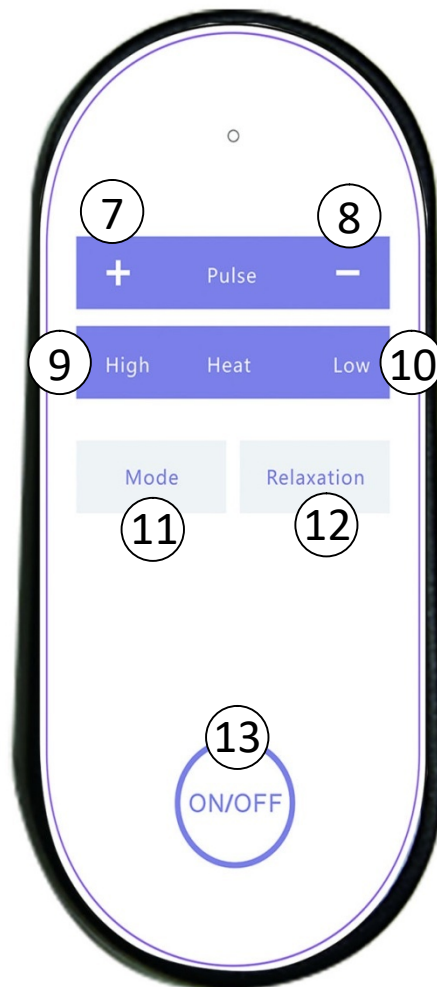


DEVICE DESCRIPTION



1. Neck massager
2. Contact electrodes
3. **ON/OFF** button
4. Power cable input
5. Laces to tighten the collar
6. Remote control

REMOTE CONTROL DESCRIPTION



- 7. Button (+) to increase massage intensity
- 8. Button (-) to reduce the intensity of the massage
- 9. Heating button - **HIGH**
- 10. Heating button - **LOW**
- 11. **MODE** button
- 12. **RELAXATION** button
- 13. **ON/OFF** button

USING SONOGEL

There are 2 contact surfaces on the inside of the device. These oval electrodes are in contact with the skin. The main purpose is to transmit electrical pulses. Muscle stimulation by means of EMS electrical pulses is a non-invasive technology. When using the technology, it is necessary to increase the moisture of the skin. For skin hydration, the use of a thin layer of sonogel is optimal. The contact gel creates the necessary bonding layer between the contact electrodes and the skin. As a last resort, you can apply a small amount of water. However, contact gel is better because it does not run off the skin. You can buy contact gel, called SONOGEL, at any medical supply store (it can also be bought at a pharmacy).



HOW TO USE

1. When using the remote control for the first time, insert a CR2032 battery. Remove the cover on the back of the remote control. For maximum massage effectiveness, the neck massager should always be sufficiently charged.
2. Always wash and dry your skin thoroughly before using the device. Place the device on the neck.
3. Long press the **ON/OFF** button located on the neck massager. The device will switch on. You can switch the device off at any time by pressing the **ON/OFF** button for a long time.
4. Press the **ON/OFF** button on the remote control. Use the **MODE** button to select the massage programme. A total of 5 massage programmes are available. Choose the one you are most comfortable with for the massage. The difference is the different frequency and tempo of the electric pulses. Use the **RELAXATION** button to activate one of the massage modes directly.
5. During the massage, you can adjust the intensity level of the electric pulses at any time using the **(-)** decrease and **(+)** increase buttons. A total of 15 levels are available. Always start from the lowest value.
6. Use the **HIGH** and **LOW** buttons to turn on the high (HIGH) or low (LOW) heat level.
7. After a few minutes, the device automatically switches off. If you want to continue the massage, set the massage programme and the intensity of the electric pulses.
8. The red light on the side of the device flashes when the battery is low. In this case, charge the instrument. If the remote control does not work, replace the CR2032 battery located on the back of the remote control.

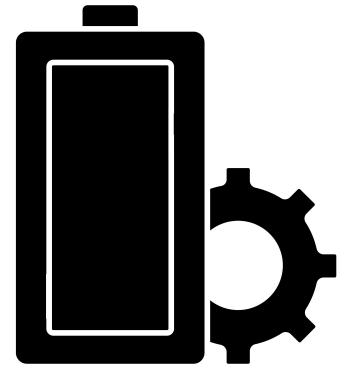
BATTERY CHARGING

The neck massager has a built-in rechargeable battery.

Note: Do not connect the charging cable to a 220V mains adapter. This could damage the battery and void the warranty. Use only the USB port of your computer or laptop as a power source.

Charging procedure:

1. Insert the USB cable into the charging input location in the neck massager.
2. Connect the other end of the cable to a USB port on your computer or laptop.
3. The battery charging progress is indicated by a red light.
4. Once the battery is charged, the indicator light turns green.
5. The length of the charging process depends on the state of discharge of the battery.
6. The battery life is approximately 2 to 3 hours (the longest battery life per charge is always at the lowest intensity of electrical pulses).



CLEANING AND MAINTENANCE

If you are using the neck massager with a contact sonogel application, always wipe the gel of the contact electrodes carefully when you are finished. Dry the contact electrodes thoroughly. In the long run, this will significantly extend their lifetime. Do not use any aggressive cleaning agents to clean the main unit of the instrument. Maintain the surface only with a slightly dampened cloth. Wipe all moisture dry with a curtain.



DISPOSAL OF USED ELECTRONIC EQUIPMENT



This symbol on products or in accompanying documents means that used electrical and electronic products must not be added to normal municipal waste. For proper disposal, refurbishment and recycling, take these products to the designated collection points. Alternatively, in some European Union or other European countries, you can return your products to your local retailer when purchasing an equivalent new product. By properly disposing of this product, you will help conserve valuable natural resources and help prevent potential negative environmental and human health impacts that could result from improper waste disposal. For further details, contact your local authority or nearest collection point. This symbol is valid in the European Union. If you wish to dispose of this product, please obtain the necessary information on the correct disposal method from your local authorities or your dealer.

CERTIFICATION



The product is approved for use in European Union countries and bears the CE mark. The declaration of conformity and all documentation is available from the importer.

IMPORTER

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If you have any questions about the product, please do not hesitate to contact us:

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