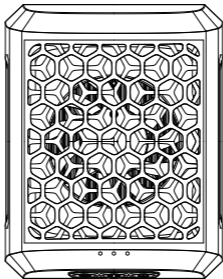


Cold & Heat Recovery Device

User Manual

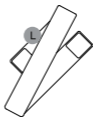
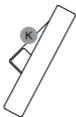
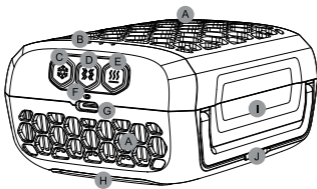


Create wellness, embrace vitality.

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Product Configuration



- | | |
|--------------------------------------|------------------------------|
| A Air Vents(Do Not Cover) | G USB-C Charging Port |
| B Temperature Level Indicator | H Treatment Area |
| C Cold Mode Button | I Grip Area |
| D Vibration Mode Button | J Strap buckle |
| E Heat Mode Button | K Short Strap |
| F Battery Level Indicator | L Long Strap |

Working Modes

Four preset modes for easy operation, with scientific temperature regulation and relief modes.



Hot Mode

24 Minutes

Relieve muscle tightness
and discomfort



Cold Mode

18 Minutes

Relieve joint tightness
and discomfort



Contrast Mode

20 Minutes

Full recovery, discomfort relief



Vibration Mode

Used with cooling or
heating mode

Promote blood circulation, relieve
muscle tension and relieve fatigue

Product Instructions

	1 LED Light	2 LED Lights	3 LED Lights
<p>Hot Mode 24 Minutes</p> <p>Short press the hot button to switch three temperature options.</p>	<p>35 °C 95 °F Default temperature</p>	<p>38 °C 100 °F</p>	<p>42 °C 108 °F</p>
<p>Cold Mode 18 Minutes</p> <p>Short press the cold button to switch three temperature options.</p>	<p>16 °C 61 °F Default temperature</p>	<p>12 °C 54 °F</p>	<p>8 °C 46 °F</p>
<p>Vibration Mode Used with cooling or heating mode</p>	<p>Promote Blood Circulation, Relieve Muscle Tension and Relieve Fatigue</p>		
	Step 1	Step 2	Step 3 & Step 4
<p>Contrast Mode 20 Minutes</p> <p>Simultaneously long press both hot and cold buttons to begin contrast treatment</p>	<p>5 minutes Cold The default temperature is 8 °C. Short press the cold button to switch the three temperature options.</p>	<p>5 minutes Hot The default temperature is 42 °C. Short press the hot button to switch the three temperature options.</p>	<p>Repeat the first two steps</p>

Wear & Use Instructions

Getting started

Powering the device on and off

To start the cold or hot mode, long press the corresponding button. To initiate contrast treatment, long press both the cold and hot buttons simultaneously. You can manually turn off the device by long pressing either the hot or cold button.

Automatic shut off

The device will automatically shut off following the completion of each treatment.

Step 1

Place and secure the device on treatment area

I. The device can be used as a handheld device or securely fastened to the treatment area using the straps provided. (See Figure 1-6) Use the device directly on the skin to maximize benefits or through light clothing if desired. Securely fasten your hair before device use.

II. To use as a handheld device, place the device in the intended treatment area. Grip the device on each side. Do not cover air vents.

Wear & Use Instructions

Figure 1

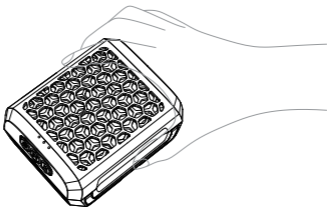


Figure 2



Figure 3

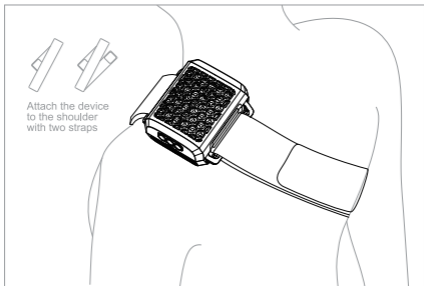


Figure 4

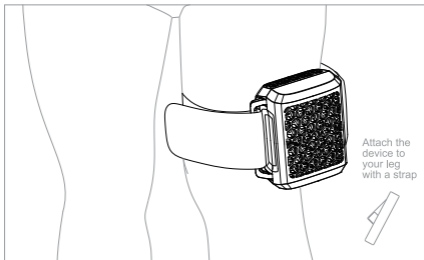


Figure 5

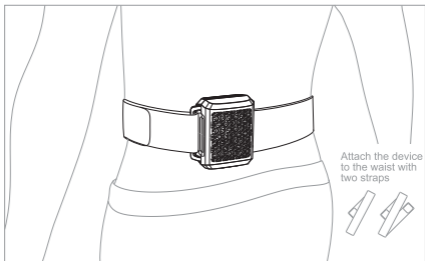
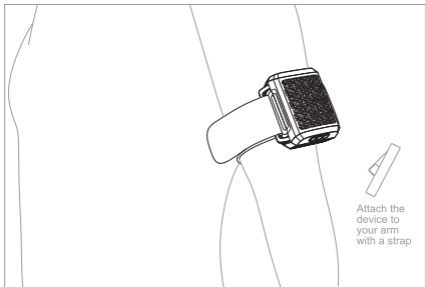


Figure 6



■ After Care & Cleaning

Device maintenance

The following maintenance instructions are important to ensure that your equipment continues to operate as designed. Failure to follow these instructions may cause your equipment to stop working.

Care & cleaning

- I. The device is not waterproof and cannot be washed in a machine. Please ensure that no liquids or water come into contact with the device or its vents.
- II. Before cleaning, make sure the device is turned off.

■ Charging Instructions

- I. Connect one end of the USB-C charging cable to the device's USB-C port, and attach the other end to your preferred Type-C adapter to start charging.
- II. Check the device's battery status using the LED battery level indicator located on the right side of the USB-C port. The indicator colors represent the following battery levels:
 - Orange: Low battery
 - Blue: Medium battery
 - Green: Full battery
- III. The LED battery level indicator will flash while the device is properly connected and charging. The green light is on to indicate charging is complete.
- IV. When charging the device, it cannot be used and the indicator light flashes.

Warnings & Guidance

Important safety information

Read the full warnings and guidance before using the device.

This device is designed for use by individuals in good health. It should not be used by anyone with a history of epilepsy, seizures, or heart conditions.

If you are pregnant or nursing, please consult your physician before using the device. If you experience any discomfort while using the garment, discontinue use immediately.

Precautions:

Due care is required in these circumstances, and the use of the devices may need to be modified. Where appropriate, or if you have any concerns, seek the advice of a medical professional.

- Recent injury or surgery
- Pregnancy
- Hypertension (controlled)
- Abnormal sensations (e.g., numbness)
- Do not wear this device overnight while sleeping
- Sensitivity to cold or heat
- Mild peripheral neuropathy
- This device should be placed securely but should NOT restrict circulation in any way.

Contraindications:

The following conditions represent circumstances where the potential risks may outweigh the benefits. Please consult a medical professional before use:

- Skin rash, open wounds, blisters, local tissue inflammation, infections, bruises, or tumors.
- Uncontrolled hypertension.
- Vascular or arterial diseases, including blood clots, phlebitis, thrombosis (DVT), and varicose veins.
- Acute or severe cardiac, liver, or kidney diseases.
- Severe peripheral neuropathy or sensory impairments from other causes, including medication.
- Direct pressure on recent or healing surgical sites or hardware.
- Allergy to the materials used in the device (plastic, aluminum, neoprene, Velcro, rubberized paint).
- Extreme deformity of the limb or an unusual shape or size that prevents a proper fit.
- Presence of unexplained pain.
- Pregnancy or nursing.
- Cancer or tumors
- Heart disease (cardiopathy)

UNIT WARNINGS

BEFORE USING OR CHARGING DEVICE, READ ALL INSTRUCTIONS AND CAUTIONARY MARKINGS IN THIS MANUAL, ON THE CHARGER, AND THE DEVICE.

If your device doesn't turn on or the battery indicator displays a low battery level, please charge before first use. The device is intended for over-the-counter use.

This device is not intended to diagnose, cure, or prevent any diseases. We strive to ensure that the device is as safe as possible for its intended use. Please note that this is an advanced mechanical tool with electrical components. Improper use or maintenance of the device and its accessories may pose a risk of fire, electric shock, or injury. To ensure safety while using the device, please always follow these basic precautions:

- I. USE ONLY AS INSTRUCTED.** Use the device as described in the User Manual only. Use only the recommended accessories and replacement parts.
- II. CHARGING LOCATIONS.** Charge the device with a USB-C charger. It should be charged indoors in a well-ventilated, dry location. Do not charge the device outdoors, in a bathroom, or within 10 feet (3.1 meters) of a bathtub, shower, or pool. Do not use the device or charger on wet surfaces, and do not expose the charger to moisture, rain, or snow. Do not use the device or its compatible charger in the presence of explosive atmospheres (gaseous fumes, dust, or flammable materials). Sparks may be generated, possibly causing a fire.
- III. DO NOT OVERCHARGE.**
- IV. DO NOT CRUSH, DROP, OR DAMAGE THE DEVICE OR CHARGER.**
- V. DEVICE DISPOSAL.** The preferred method of disposal is recycling the whole device in an appropriate electronic waste recycling or disposal center.
- VI. SERVICE.** If the device is not working properly, has been dropped, damaged, hit hard, left outside, or has fallen into water, do not use it. Do not try to fix or open the device, as this may cause electric shock or fire.
- VII. USAGE.** If you experience severe pain while using the device, discontinue its use immediately. Should you feel any pain or discomfort that exceeds what is typically felt from an ice pack or a hot shower, stop the treatment and remove the device right away. Also, stop using the device if it overheats or becomes uncomfortably hot. Do not fasten the device straps around your neck. Additionally, please secure your hair before using the device.
- VIII. USB-C CABLE CARE.** Unplug the cable when it is not in use. Always pull the plug, not the cable, to minimize the risk of damaging the electrical plug and cable. Store the cable carefully to prevent it from being stepped on, tripped over, or subjected to damage or stress. Keep the cable away from heated surfaces, oil, and sharp edges. Do not operate this appliance if the cable or plug is damaged, if it is not functioning properly, if it has been dropped or damaged, or if it has fallen

into water. Avoid stretching the charger cable or placing it under strain. Do not handle the cable with wet hands. For long-term storage, make sure the battery is fully charged. We are not responsible for any damages that may occur from the use of third-party chargers.

IX. DO NOT OPERATE UNDER A BLANKET OR PILLOW. Excessive heating can occur and cause fire, electric shock, or injury.

X. STORING THE DEVICE AND CHARGING CABLE. Store the device in a cool dry place. Only charge the device when the temperature is between 0°C (32°F) and 40°C (104°F). Avoid storing the device or charger in areas where the temperature may exceed 40°C (104°F), such as in direct sunlight, inside a vehicle, or in a metal building during the summer.

XI. DEVICE CARE. The device is not waterproof and cannot be washed in a machine. Please avoid placing or storing the device near a tub or sink where it could fall or be accidentally pulled in. Do not drop the device into water or any other liquid. If the device falls into water or comes into contact with it, unplug it immediately. Clean the device following the instructions in the "After Care and Cleaning" section above. Ensure that nothing enters the device or its air vents.

XII. DO NOT DISASSEMBLE. Disassembling or improperly reassembling the device may increase the risk of electric shock or fire. The warranty will become void if the device or charger is disassembled, or any parts are removed.

Product Specifications

Product Name	Cold & Heat Recovery Device	Maximum Input Current	2.0A
Charging Power	10W	Endurance	1 Hour
Working Current	2.6A	Battery Specification	7.4V 1900mAh
Low Power Alarm Voltage	6.2V	Package Method	Color Box +Carton
Product Operating Temperature	0-35°C	Working Power	19.5W
Power Supply	Rechargeable Battery	Working Noise	<60db 30cm
Static Shutdown Current	<20uA		

