



iReliev[®]

Hand & Wrist Massager



Model # MA-7000-WH
Instruction Manual

Thank you for purchasing the iReliev® Hand & Wrist Massager. Please read this manual carefully before use to ensure proper operation. This manual should be kept in a safe place for future reference.

What's Included?

- Hand & Wrist Massager
- AC Power Adapter
- Micro USB Charging Cable
- Travel Bag



Safety Instructions

- Do not use this product in high moisture, high temperature, or dusty environments to avoid device malfunction.
- Do not use in places that have a high density of gas, paint thinner, alcohol, bleach or other corrosive materials to avoid discoloration, deformation, cracking or malfunction.
- Do not place heavy objects on this device.
- Avoid longterm exposure to direct sunlight.
- Do not plug product into supplementary switch.
- Stop using immediately if you experience extreme pain. Contact our customer support team for assistance.
- Do not place liquid or lotion onto this product or on your hands before or during use.
- This product is not recommended for use by children, pregnant women, or elderly people without doctor's approval.

DANGER

To reduce the risk of electric shock:

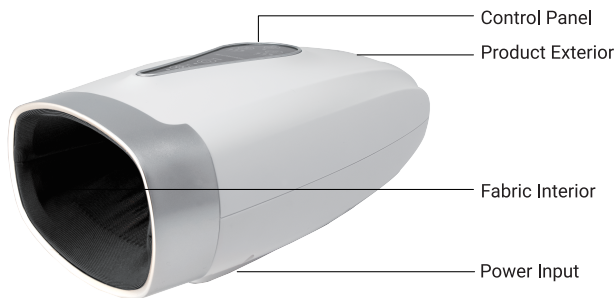
1. Unplug the power adapter before cleaning the product.
2. Unplug the power adapter immediately if dropped into water.
3. Please do not soak the product in water or other liquid.
4. Do not use the product in the bathtub or near other water sources.

WARNING

To reduce the risk of burns, electric shock, or injury:

1. Unplug the power adapter when the product is not in use.
2. Unplug the power adapter immediately if the device is dropped into water.
3. Keep the power cord away from heat.
4. Do not pull the product by its cord or use the cord as a handle.
5. Please keep this product out of the reach of children.

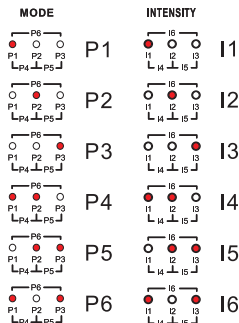
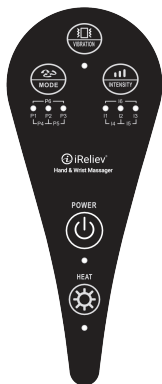
Product Diagram



Product Specification

Product Name	Hand & Wrist Massager
Model Number	MA-7000-WH
Rated Voltage	100V-240V 50Hz/60Hz
DC Input	5V 1A
Default Auto-off Timing	15 Minutes
Recharging Time	5-6 Hours
Battery Type	3.6V, 2500mAh (9Wh), 18650 lithium-ion battery
Use Time	Without Heat/Vibration: 4.5 Hours
	With Heat/Vibration: 1.5 Hours

Control Panel



Mode Descriptions:

P1: Simultaneously and alternately massages fingers, palm, and wrist

P2: Alternately massages fingers, palm, and wrist

P3: Simultaneously massages fingers, palm, and wrist

P4: Massages wrist

P5: Alternately massages fingers, palms, and wrist

P6: Massages palm

Operation Guide

1. Plug the charging cable into the unit. See the product diagram on Pg. 3.
2. Plug the adapter into the wall outlet to begin charging the device. The device will beep once, and the red power light will blink to indicate it is charging.
3. The blinking red light will shut off when the unit is fully charged.
4. **Unplug the charger from the device. IMPORTANT:** *The charger must be unplugged from the device BEFORE use. Attempting to use the device while charging will cause the device to BEEP continuously. The BEEPING sound is an indicator to turn the device off and unplug the charger.*
5. Press the POWER button to turn the device on. The device will beep once, and the red light will illuminate.
6. Press the MODE button to activate the massager. The device will beep once. The red lights for P1 and I3 will illuminate red to indicate the default setting has started.
 - a. To adjust the massage setting, press the MODE button repeatedly to cycle through the massage modes until reaching your preferred setting. Cycle: P1 - P2 - P3 - P4 - P5 - P6 - STOP
 - b. To adjust the intensity level, press the INTENSITY button repeatedly until reaching your preferred setting. Cycle: I3 (Medium) - I4 - I5 - I6 (Highest) - I1 (Lowest) - I2
7. Press the HEAT button once to activate the optional heating mode. The device will beep once, and the HEAT light will illuminate red to indicate it is heating. It takes ~ 5 minutes to reach the optimal temperature. Press the HEAT button again to stop heating.
8. Press the VIBRATION button once to activate the optional vibration mode. The device will beep once, and the vibration light will illuminate red to indicate the default vibration setting has started. Press the VIBRATION button again to increase the setting. The device will beep, and the VIBRATION light will illuminate green to indicate the higher setting. Push the VIBRATION button again to stop the vibration mode.

Important: This device is designed for two-step operation to save battery life. If the power falls below 20%, the POWER light will blink to indicate low battery.

Cleaning & Storage

1. Unplug the device before cleaning.
2. Use a damp sponge to wipe the device.
3. Store the device in a cool, dry place.
4. Fully recharge the device before storing it for long periods.

Troubleshooting

Problem	Solution
Not working	<ul style="list-style-type: none">• Charge the device.• Press the POWER button and then press the MODE button.
POWER light flashing	<ul style="list-style-type: none">• Battery power is below 20%.• The device is not finished charging.

For any issues not described above, please contact iReliev® Customer Service by calling (855) 723-2582 or emailing WeCare@iReliev.com.

Warranty

The iReliev®Hand & Wrist Massager comes with a 1-year warranty from the date of purchase. An additional 1-year warranty is available at no cost when you register your device online at iReliev.com/registration.

The warranty applies to the main device and necessary parts and labor.

The warranty does not apply to damage resulting from failure to follow operating instructions, accidents, abuse, alterations, or disassembly by unauthorized persons.

ExcelHealth Inc. reserves the right to replace or repair the unit at their discretion.

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