



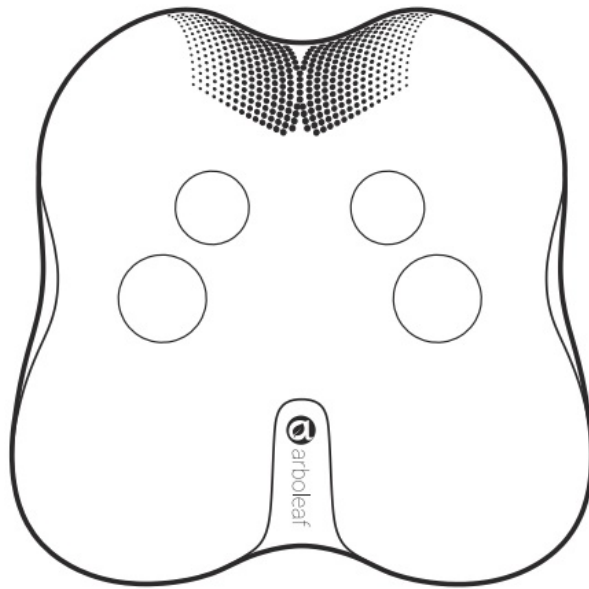
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arboleaf MW10D Back Massager



Product Usage Instructions

Usage

1. Press and hold the power button for 2 seconds to turn on the massager.
2. Select your desired massage mode using the buttons on the device.
3. To activate the heating function, press the heating button.
4. Place the massager on the desired area and adjust as needed for a comfortable massage experience.
5. After use, turn off the massager and disconnect from the power source.

Arboleaf App Download and Usage

1. Download the Arboleaf App from the Google Play Store or the Apple App Store.
2. Turn on Bluetooth on your phone.
3. Connect the device to the app by following the on-screen instructions.
4. You can control and customise the massage functions through the app.

Safety Instructions

- Please read this manual carefully before using the product and keep it properly stored.
- To ensure the correct and safe use of the product and avoid personal injury or property damage, carefully read all instructions and warnings in this manual before use.

WARNING

- This product is not suitable for individuals with insufficient physical, sensory, or mental capabilities, or a lack of experience and knowledge (including children), unless supervised or instructed by a guardian regarding the use of the product.
- Supervise children to ensure they do not use the product as a toy.
- This product has heated surfaces. Users insensitive to heat must exercise caution. During heat therapy, the surface temperature may exceed 43°C. Do not use in direct contact with skin to avoid low-temperature burns.
- Prohibited in flammable or explosive environments such as gas stations, high-dust workshops, and other similar environments.
- Do not use while charging. Disconnect the charging cable after charging is complete.
- This product contains lithium-ion batteries. Do not disassemble, modify, immerse in water, or throw into fire.
- Do not puncture with sharp objects or subject to heavy impact.
- Do not use with the following medical devices, as it may cause malfunction and endanger life:
 - Implantable medical electronic devices (e.g., cardiac pacemakers);
 - Life-sustaining medical electronic devices (e.g., artificial heart-lung machines);

Medical electronic devices (e.g., electrocardiographs).

The following individuals are prohibited from using this product:

- Patients with malignant tumours;
- Patients prone to bleeding;
- Pregnant or postpartum women;
- Patients with acute purulent inflammation;
- Users of cardiac pacemakers;
- Patients with internal metal implants.

The following individuals should consult a doctor before use:

- Patients undergoing medical treatment who feel unwell;
- Patients with cardiac or neurological disorders;
- Individuals with a fever above 38°C;

- Patients with infectious diseases;
- Individuals with skin sensory disorders or abnormalities;
- Patients taking medication;
- Individuals with abnormal blood pressure;
- Individuals are unable to express their will freely;
- Patients with severe peripheral circulatory disorders (e.g., due to diabetes) who have sensory impairments.
- Discontinue use and consult a doctor if discomfort occurs during or after use.
- Do not use near the heart or on areas with skin conditions.
- Do not plug or unplug the charging cable with wet hands, as this may cause an electric shock.
- Recommended daily use: no more than 30 minutes. Avoid continuous use on the same area for over 30 minutes.

Safety Instructions Note:

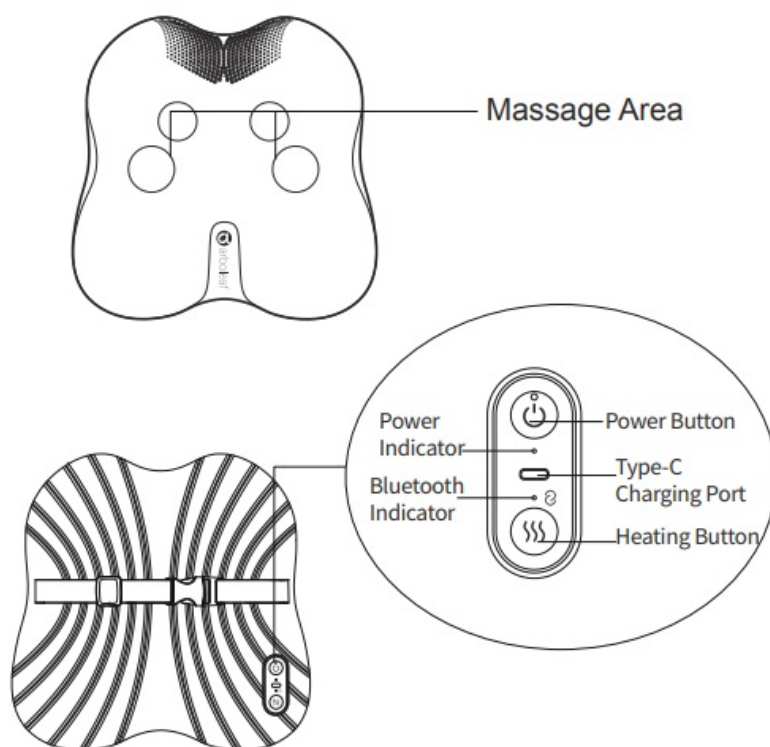
- Before use, ensure there are no hard clothing components (e.g., zippers, buttons) on the massage area.
- Mild redness on the skin after continuous use is normal if no other discomfort is present.
- Store the product out of reach of children.
- Before first use, place the product in a dry, ventilated area to dissipate odours.
- **Tip:** Illustrations of the product, accessories, and user interface in this manual are schematic and for reference only. Due to product updates and upgrades, the actual product may differ slightly from the illustrations. Please refer to the physical product.

Product Introduction

- Product Name: Back Massager
- Model: MW10D
- Dimensions: 324 x 322 x 132mm
- Net Weight: Approximately 1.6 kg
- Rated Input: 5V 2A
- Battery Capacity: 2000mAh 7.4V
- Charging Time: Approx. 3.5 hours

Product Description

- Massage Area: Shoulder & Neck, Lumbar, Leg, Back
- Power Indicator
- Bluetooth Indicator
- Power Button
- Type-C Charging Port
- Heating Button



Accessories List



Type-C Charging Cable



User Manual



Dustproof Cover

Massage Area



Shoulder & Neck Massage



Lumbar Massage



Leg Massage



Back Massage

Operating Instructions

- Power On/Off: Long-press the power button for 2 seconds to turn the device on / off.
- Mode Selection: When the device is powered on, short-press the power button to cycle through the 4 default modes: Relax, Rest, Awaken, and Custom Mode.
- Heat Therapy Adjustment: After powering on, short-press the heat button to toggle the massage heads' heat settings: Low Heat / High Heat / Off.
- Massage Duration Adjustment: Connect the massager to the Arboleaf App to adjust the duration of each mode via the app. Note:
 - The default single-session duration for both device modes and App modes is 15 minutes. After 15 minutes of continuous use in a single mode, the device will automatically shut off. Switching modes during use will reset the timer. Custom Mode duration follows user settings (maximum 30 minutes).
- Default Startup Mode Setup: Connect the massager to the Arboleaf App to set the default startup mode via the App.
- Factory Reset: Perform a factory reset through the relevant page in the App after connecting the massager.

Indicator Light Status Description

Indicator Light	Indicator Light Status	Massager Status
PInodwiceartor	Solid white	Fully charged Charging
	Breathing white	Low battery
	Flashing red	
	Breathing red	Charging (low battery)
BInIduiectaotootr	Solid blue	Bluetooth connected
	Flashing blue	Bluetooth pairing

	Off	Bluetooth disconnected
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Massage Mode Introduction

- **Soothing Mode:** Low-speed unidirectional massage to relieve tension and fatigue.
- **Rest Mode:** Medium-speed bidirectional massage (direction changes every 2 minutes) for fatigue recovery.
- **Awakening Mode:** Dynamic speed/direction changes every 2 minutes with progressive stretching to energise body & mind.
- **Recovery Mode:** High-speed bidirectional massage (every 2 minutes) + high-grade heat therapy to alleviate soreness.
- **Vitality Mode:** Speed variation every 2 minutes (fixed direction) for sustained comfort.
- **Relax Mode:** Low-speed bidirectional massage (every 2 minutes) for muscle relaxation.
- **Key Notes:**
 1. The device offers 4 preset modes: Soothing, Rest, Awakening, and Custom Mode (preloaded with Recovery Mode). The Arboleaf App provides 3 additional modes: Recovery, Vitality, and Relax.
 2. Users may create 3 custom modes via the App. Connected devices can overwrite the default Custom Mode with Vitality, Relax, or user-defined configurations for offline use.

Troubleshooting

TPrhoeunbolemsheno otning	Possible Reason	Solution
Mtuarsnsoanger cannot	Battery exhausted	Charge and use Unplug the charging

	Charging Battery exhausted/	cable and use
Mstaospssager suddenly Weak massage	IRoewacphoews eprreset	Charge and use
	tOimeer of moaduesing v load c	Restart and use
	bmlotcokrapgeroatnecdtisot anrting	Manodveretshtearhteanvdy uosbeject
intensity	Low battery	Charge and use
Atoptphecamnansostac goenrnveiact Bluetooth	The massager was not turned on	Porewses rabnudthtoonldtohtturn on

Maintenance & Care

- Always disconnect the power supply before cleaning. Do not touch the plug with wet hands.
- Wipe the product with a dry cloth. Avoid water contact with the control panel.
- For surface cleaning, use a damp cloth. Do not rinse directly with water.
- Keep away from fire sources, grease, corrosive liquids, and harsh environments.
- Store in a dry, ventilated area away from direct sunlight, high temperatures, and humidity. Suitable for transport by car, train, ship, or airplane. Avoid compression, violent shocks, collisions, or drops during transit.
- If unused for extended periods, recharge before reactivation. Discontinue use and contact customer service if the product shows overheating, deformation, swelling, or battery leakage during storage.

Arboleaf App Download and Usage

Step One:

- Scan the QR code below with your smartphone for direct download.
- Search for Arboleaf in the Google Play Store or Apple App Store to download and install the Arboleaf App(hereinafter referred to as the App).



Step Two: Connect the Device and Use the App to Control the Device

1. Turn on Bluetooth on your phone.
2. Press and hold the power button for 2 seconds to turn on the power, and the white light will turn on indicating the device is on.
3. Enter the “Arboleaf” App, select the waist massager, click to connect, and wait for the connection to succeed.
4. The function operation of the waist massager can be carried out on the App operation page.

Warranty

Your Arboleaf Back Massager is covered by a one-year-warranty from the date of purchase, safe guarding against defects. Proof of purchase is required.

FCC Statement

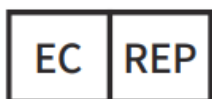
This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

1. This device may not cause harmful interference, and
2. this device must accept any interference received, including interference that may cause undesired operation. Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, under Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used according to the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver. Connect the equipment to an outlet on a circuit different from that to which the receiver is connected. Consult the dealer or an experienced radio/TV technician for help.
- The device has been evaluated to meet general RF exposure requirements.
- The device can be used in portable exposure conditions without restriction.

CONTACT INFORMATION



E-CrossStu-GmbH Mainzer Landstr. 69 60329 Frankfurt am Main Mail: E-CrossStu@web.de



YH Consulting Limited C/O YH Consulting Limited Office 147, Centurion House, London Road, Staines-upon-Thames, Surrey, TW18 4AX H2YHUK@gmail.com

- Manufactured by Shenzhen Yolanda Technology Co., Ltd. Address: Room 201, Jinfulai Building, No.49-1, Dabao Road, Dalang Area, Xinan Street, Baoan, Shenzhen, China

FAQs


Q: How long should I charge the massager for the first time?

A: Approximately 3.5 hours for a full charge before first use.

Q: Can I use the massager while it’s charging?

A: It is recommended to disconnect the massager from the power source before use for safety reasons.

Documents / Resources

	arboleaf MW10D Back Massager [pdf] User Manual 2ANDX-MW10D, 2ANDXMW10D, MW10D Back Massager, MW10D, Back Massager, Massager
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References

- [User Manual](#)

2ANDX-MW10D, 2ANDXMW10D, arboleaf, Back Massager, massager, MW10D, MW10D Back
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