

## Lifelong LLM09

# Lifelong LLM09 Battery Powered Mini Head and Body Massager Instruction Manual

Model: LLM09

## INTRODUCTION

The Lifelong LLM09 Mini Head and Body Massager is a compact, battery-powered device designed to provide targeted massage for various body parts. Its ergonomic design and high-performance vibrator aim to stimulate pressure points, relax stiff muscles, and promote enhanced blood circulation. This manual provides essential information for the safe and effective use of your massager.

## IMPORTANT SAFETY INFORMATION

- Read all instructions before using the massager.
- Keep the massager away from water or excessive moisture.
- Do not use the massager on open wounds, swollen areas, or skin eruptions.
- Consult a physician before use if you have any medical conditions, are pregnant, or have a pacemaker.
- Keep out of reach of children.
- Do not attempt to disassemble or repair the unit yourself. Contact customer support for assistance.
- Ensure batteries are inserted correctly according to polarity markings.
- Remove batteries if the device will not be used for an extended period.

## PACKAGE CONTENTS

Please check the box for the following items:

- 1 x Lifelong LLM09 Mini Head and Body Massager
- 1 x Instruction Manual with Warranty Card



Image: The Lifelong LLM09 Mini Head and Body Massager, brown in color, shown from the front angle.

## SETUP AND BATTERY INSTALLATION

The massager operates on 3 AAA batteries (not included). Follow these steps to install the batteries:

1. Gently twist the top white cap of the massager counter-clockwise to open the battery compartment.
2. Insert three AAA batteries into the compartment, ensuring correct polarity (+/-) as indicated inside.
3. Align the top white cap and twist it clockwise to securely close the battery compartment.

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01

**Relieve  
Shoulder pain**



02

**Relief  
Arms Pain**



03

**Relieve  
Neck Pain**



04

**Relaxing  
Muscles**

Image: A visual guide demonstrating the four steps for battery installation and operation: 1. Turn the top white cap counterclockwise. 2. Put in 3 AAA batteries (not included). 3. Put it 'ON'. 4. Press to work.

## OPERATING INSTRUCTIONS

To use your Lifelong LLM09 Mini Massager:

1. Ensure batteries are correctly installed.
2. Place the massager on the desired body area.
3. Press down firmly on the top of the massager to activate the vibration.
4. Move the massager gently over the area requiring massage.
5. Release pressure to turn off the massager.



Relieving headaches/ improve sleep



Prevent hair loss/ promote hair growth



Relieving fatigue/ deep relaxation



Pet also love our massage

Image: A woman using the massager on her knee, illustrating the 'Press a Key to Start All-in-One' operation. Text describes pressing hard to start and releasing to stop.

## USAGE AREAS AND BENEFITS

The Lifelong LLM09 Mini Massager is versatile and can be used on various parts of the body to help alleviate discomfort and promote relaxation. Its compact size allows for targeted application.

### Recommended Usage Areas:

- **Head:** Can be used on temples and other head points to help reduce drowsiness, fatigue, and improve memory.
- **Neck and Shoulders:** Ideal for relieving stiffness and tension in the neck and shoulder muscles.
- **Arms and Legs:** Effective for soothing tired muscles in the arms and legs.
- **Back:** Can be used for localized back pain relief.

### Key Benefits:

- Stimulates pressure points for instant rejuvenation and relaxation.
- Enhances blood circulation and body metabolism.
- Relaxes stiff muscles and nerves.
- Portable and lightweight for convenient use anywhere.

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**Relief  
Shoulder pain**



**Relief  
Arms Pain**



**Relieve  
Neck Pain**



**Relaxing  
Muscles**



Image: A woman applying the massager to her shoulder, demonstrating its ergonomic design for self-massage.



## BATTERY OPERATED



1. Turn the top white cap counterclockwise



2. Put into 3AAA battery (not included)



3. Put it "ON"



4. Press to work



Image: A woman using the massager on her leg, highlighting its versatility for different body parts.

## MAINTENANCE AND CARE

- Clean the massager with a soft, damp cloth. Do not use abrasive cleaners or immerse in water.
- Store the massager in a cool, dry place when not in use.
- Remove batteries if storing for extended periods to prevent leakage.

## TROUBLESHOOTING

- **Massager not turning on:** Check if batteries are inserted correctly and are not depleted. Replace with new batteries if necessary.
- **Weak vibration:** This usually indicates low battery power. Replace the batteries.
- **Unusual noise:** Discontinue use immediately and contact customer support.

## SPECIFICATIONS

Feature	Detail
Model Number	LLM09
Power Source	Battery Powered (3 x AAA batteries)
Power Consumption	4.5W
Material	Plastic
Color	Stylish Brown
Item Weight	118 g
Product Dimensions (LxWxH)	11 x 10 x 10 cm
Special Feature	Portable
Country of Origin	China



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Image: The Lifelong LLM09 Mini Head and Body Massager with its dimensions indicated as 3.7 inches (width) and 3.3 inches (height).

## WARRANTY AND SUPPORT

Your Lifelong LLM09 Mini Head and Body Massager comes with a **1-year brand warranty** from the date of purchase. Please refer to the included Warranty Card for detailed terms and conditions. For any product-related queries, support, or warranty claims, please contact:

- **Manufacturer:** Lifelong Online Retail Pvt Ltd
- **Contact Number:** +91 9711558877
- **Email:** [customercare@lifelongindia.com](mailto:customercare@lifelongindia.com)
- **Website:** [www.lifelongindiaonline.com/contact-us](http://www.lifelongindiaonline.com/contact-us)