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**LiBa BD3481**

# LiBa Back and Neck Massager BD3481 Instruction Manual

Model: **BD3481** | Brand: **LiBa**

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## 1. INTRODUCTION

The LiBa Back and Neck Massager is a versatile trigger point massage tool designed for effective pain relief and self-massage. Its ergonomic design allows users to target various muscle groups from the neck to the feet, helping to alleviate muscle knots, tension, and discomfort. This manual provides essential information on how to assemble, use, and maintain your massager for optimal results.

# Simple Strong & Light

Free **user guide** explains  
all the ways you can use  
the massager

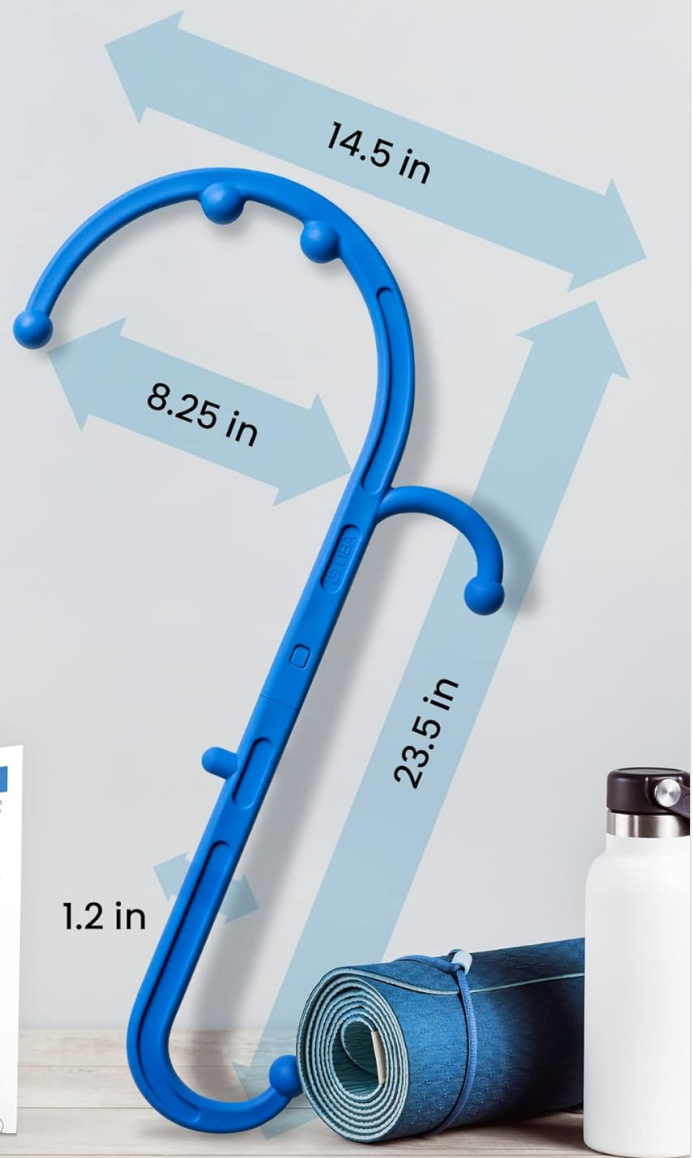


Image: The LiBa Back and Neck Massager, highlighting its dimensions (14.5 in, 8.25 in, 23.5 in, 1.2 in) and the accompanying user guide.

## 2. PRODUCT FEATURES

- **Trigger Point Design:** Sculpted lines and curves with multiple nodes (6 nodes) to target pain trigger points with deep tissue pressure.
- **Full Body Pain Relief:** Effective for relieving muscle spasms, knots, and trigger points in the neck, back, shoulders, arms, legs, and feet. Stimulates blood circulation for faster recovery.
- **Portable and Lightweight:** Weighs less than a pound and can be disassembled into two pieces for easy travel and storage.
- **Durable and Eco-Friendly Material:** Made with fiber-infused, BPA, PBDE, and TBBPA-free plastic, ensuring durability and hypoallergenic properties.
- **Ergonomic Design:** Intuitive design allows for easy self-application to hard-to-reach areas.



## Intuitive **Ergonomic** Design

Use it on every part of the body from your neck to the feet

*Image: The intuitive ergonomic design of the massager allows it to be used on various body parts, from neck to feet.*

### 3. ASSEMBLY INSTRUCTIONS

The LiBa Back and Neck Massager comes in two detachable pieces for convenient storage and portability. To assemble:

1. Align the two sections of the massager.
2. Gently push the male end into the female end until you hear a click, indicating it is securely fastened.

To disassemble for travel or storage, locate the small button on the side of the connection point. Press the button firmly and pull the two pieces apart. A large screwdriver or similar tool may be used to assist in pressing the button if needed.

Your browser does not support the video tag.

*Video: A demonstration of how to assemble and disassemble the LiBa Back and Neck Massager for portability and storage.*

### 4. OPERATING INSTRUCTIONS

The massager features multiple nodes designed to apply pressure to muscle knots and trigger points.

Experiment with different nodes and angles to find what works best for your specific needs.

### General Usage Guidelines:

- Identify the tight or painful muscle area.
- Position one of the massager's nodes directly on the trigger point.
- Apply steady, even pressure. You do not need to press excessively hard; allow the tool to work with your body's natural release.
- Hold the pressure for 10-30 seconds, or until you feel the muscle begin to relax.
- Move the massager slightly to explore surrounding tight areas.

### Specific Applications:

- **Neck and Shoulders:** Use the curved ends to reach over your shoulders or around your neck. The dual nodes can be effective for targeting muscles on either side of the cervical spine (avoid direct pressure on the spine).
- **Back:** Utilize the longer curves and various nodes to reach mid-back and lower back areas. Apply pressure by leaning against a chair or wall if needed.
- **Legs and Feet:** The smaller hooks and individual nodes are ideal for massaging calves, hamstrings, and the soles of your feet (foot reflexology).

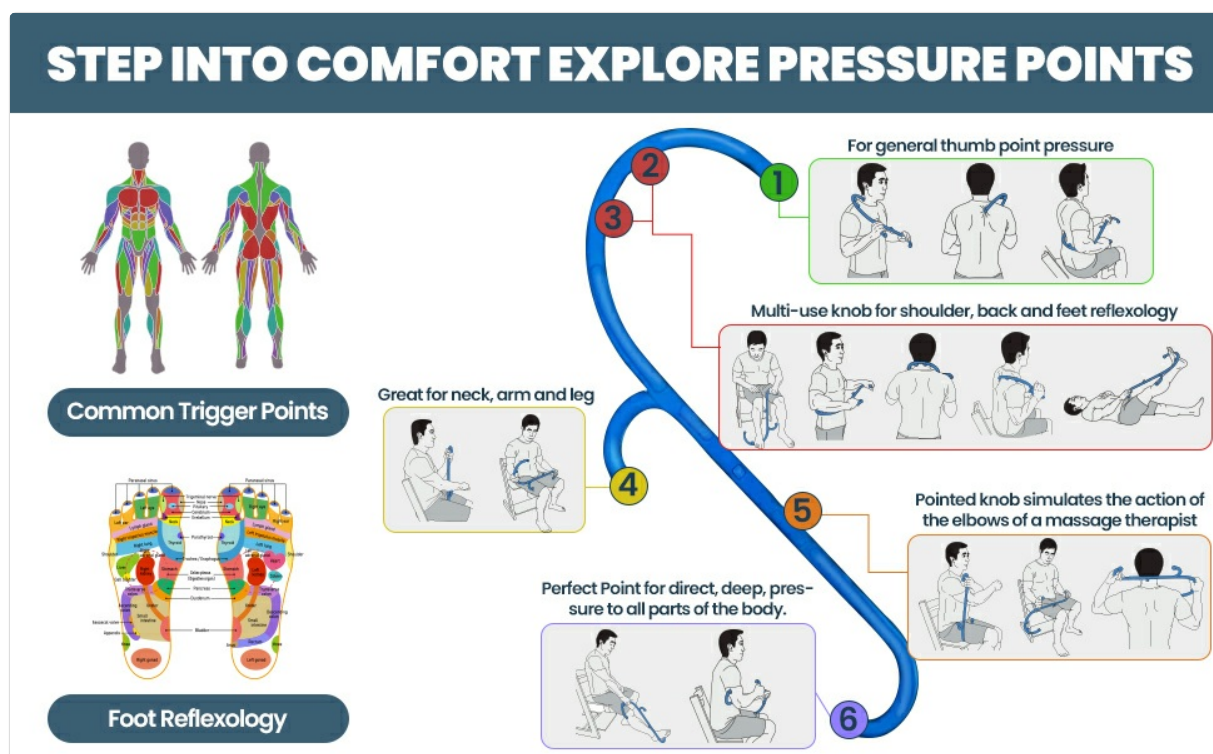


Image: A user demonstrating the application of the massager to the back for targeted relief.

Your browser does not support the video tag.

Video: A user demonstrating various ways to use the massager on different parts of the body, including the neck, shoulders, and back.

## 5. SAFETY PRECAUTIONS

- **DO NOT** apply direct pressure on your spine or any bony prominences.
- **DO NOT** use on the sciatic nerve (which runs from the lower back, through the buttocks, and down the

leg).

- Avoid using on inflamed, broken, or irritated skin.
- If you experience increased pain or discomfort, discontinue use immediately.
- Consult a medical professional if you have any pre-existing medical conditions or concerns about using this product.
- This product is not water resistant. Avoid prolonged contact with water or use in the shower/bath.

## 6. CARE AND MAINTENANCE

- **Cleaning:** Wipe the massager with a damp cloth and mild soap. Rinse thoroughly and air dry.
- **Storage:** Store in a cool, dry place away from direct sunlight and extreme temperatures. Disassemble into two pieces for compact storage if desired.
- **Durability:** The massager is made from durable, fiber-infused plastic designed to withstand regular use. Avoid excessive force or bending that could compromise its structure.

## 7. SPECIFICATIONS

Feature	Detail
Product Dimensions	14.5 x 10.25 x 1.4 inches
Item Weight	1.46 Pounds
Model Number	BD3481
Material Type	Plastic (Fiber-infused, BPA, PBDE, TBBPA free)
Power Source	Manual
Target Use Body Part	Whole Body
Water Resistance Level	Not Water Resistant

## 8. TROUBLESHOOTING

- **Difficulty Assembling/Disassembling:** Ensure the button is fully depressed when separating the two pieces. If stuck, try wiggling gently while pressing the button.
- **Increased Pain/Discomfort:** Stop using the massager immediately. Re-evaluate your technique and ensure you are not applying pressure directly to bones or nerves. If pain persists, consult a healthcare professional.
- **Massager Feels Too Hard:** Start with lighter pressure and gradually increase as your muscles adapt. You can also use it over clothing to reduce direct skin contact.

## 9. WARRANTY AND SUPPORT

For any questions, concerns, or warranty information regarding your LiBa Back and Neck Massager, please contact LiBa customer support through the retailer's platform or visit the official LiBa website. Please retain your proof of purchase for warranty claims.

This product is made with eco-friendly components that are BPA, PBDE, and TBBPA free and is also hypoallergenic. It is not water resistant and should be kept away from water. Statements regarding dietary

supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.