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› RENPHO Handheld Back Massager with Heat Instruction Manual

RENPHO RP-EM2020W

RENPHO Handheld Back Massager with Heat Instruction Manual

Model: RP-EM2020W

Brand: RENPHO

1. INTRODUCTION

The RENPHO Handheld Back Massager with Heat is designed to provide deep tissue percussion massage, offering relief from stress and muscle tension across various body parts. Its versatile design allows for effective use on the feet, calves, shoulders, neck, back, arms, and legs, making it suitable for relaxation and recovery in the comfort of your home.

This massager features adjustable settings, including multiple modes and speed options, to customize your massage experience. An optional heat function further enhances muscle relaxation. Its compact and portable design ensures you can enjoy a professional-grade massage experience wherever you go.



Figure 1: RENPHO Handheld Back Massager with Heat, showing its ergonomic design and massage head.

2. SAFETY INFORMATION

Please read all instructions carefully before using this massager. Failure to follow these instructions may result in injury or damage to the device.

- Do not use the massager if you have any medical conditions, injuries, or are pregnant, without consulting a doctor.
- Keep the device away from water and high humidity. Do not use in a bathroom or near a sink.
- Always unplug the massager from the power outlet when not in use, before cleaning, or if a malfunction occurs.
- Do not operate the massager if the cord or plug is damaged, or if the device has been dropped or damaged in any way.
- Keep hair, loose clothing, and jewelry away from the moving massage head.
- Do not use the heat function with the silica gel massage heads on the massager. The heat function is intended for use with the primary massage head only.
- Avoid prolonged use on a single area. Limit massage sessions to 20 minutes to prevent overheating and potential skin irritation.
- Do not use the massager directly on bones, joints, or swollen/inflamed areas.
- This appliance is not intended for use by persons with reduced physical, sensory, or mental capabilities, or lack of

experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

3. PRODUCT OVERVIEW

The RENPHO Handheld Massager is designed for ease of use and effective muscle relief. It features a long handle for reaching various body parts and a powerful percussion head.

3.1 Components

- **Main Unit:** The handheld massager body with integrated controls.
- **Percussion Head:** The primary massage head that delivers the percussive action.
- **Interchangeable Massage Heads:** Includes two additional silica gel massage heads for varied massage experiences.
- **Power Cord:** For connecting the massager to an electrical outlet.

3.2 Control Panel

The control panel is conveniently located on the handle for easy access during use.

Key Button Function Introduction



Power Button
(Long press 3 Sec.)



Heat Button



Mode Button



Intensity Button
(5 levels)



Figure 2: Detailed view of the control buttons on the massager's handle.

- **Power Button** (): Long press for 3 seconds to turn the device ON/OFF.
- **Heat Button** (≡): Activates or deactivates the heat function.
- **Mode Button** (M): Cycles through 3 different massage modes.
- **Intensity Buttons** (+ / -): Adjusts the massage intensity across 5 levels.

4. SETUP

Before first use, please ensure all packaging materials are removed and inspect the massager for any damage.

1. **Unpack:** Carefully remove the massager and all accessories from the packaging.
2. **Inspect:** Check the massager, power cord, and massage heads for any signs of damage. Do not use if damaged.

3. **Attach Head (Optional):** If desired, choose one of the interchangeable silica gel massage heads and firmly attach it to the percussion head. Remember not to use the heat function with these heads.
4. **Connect Power:** Insert the power plug into a standard electrical outlet.



Figure 3: The massager, its packaging, and included accessories.

5. OPERATING INSTRUCTIONS

Follow these steps to operate your RENPHO Handheld Massager:

1. **Power On:** Long press the Power button () for 3 seconds to turn on the massager. The default mode is continuous pulse at intensity 3.
2. **Adjust Mode:** Press the Mode button (M) to cycle through the 3 available massage modes:

- Mode 1: Continuous pulse
- Mode 2: 1 pulse per second
- Mode 3: 2 pulses per second

3. **Adjust Intensity:** Use the Intensity buttons (+ / -) to increase or decrease the massage strength. There are 5 intensity levels.
4. **Activate Heat Function:** Press the Heat button (☰) to turn on the optional heat function. The heat will reach up to 131°F (55°C). Press again to turn off. *Remember: Do not use heat with silica gel massage heads.*
5. **Apply Massager:** Gently apply the massage head to the desired body area. Move the massager slowly over the muscles.
6. **Recommended Usage Areas:** The massager is effective for the neck, shoulders, back, arms, legs, feet, and calves.
7. **Auto Shut-Off:** The massager is equipped with a 20-minute auto shut-off feature for safety and to prevent overuse.
8. **Power Off:** Long press the Power button () for 3 seconds to turn off the massager after use.

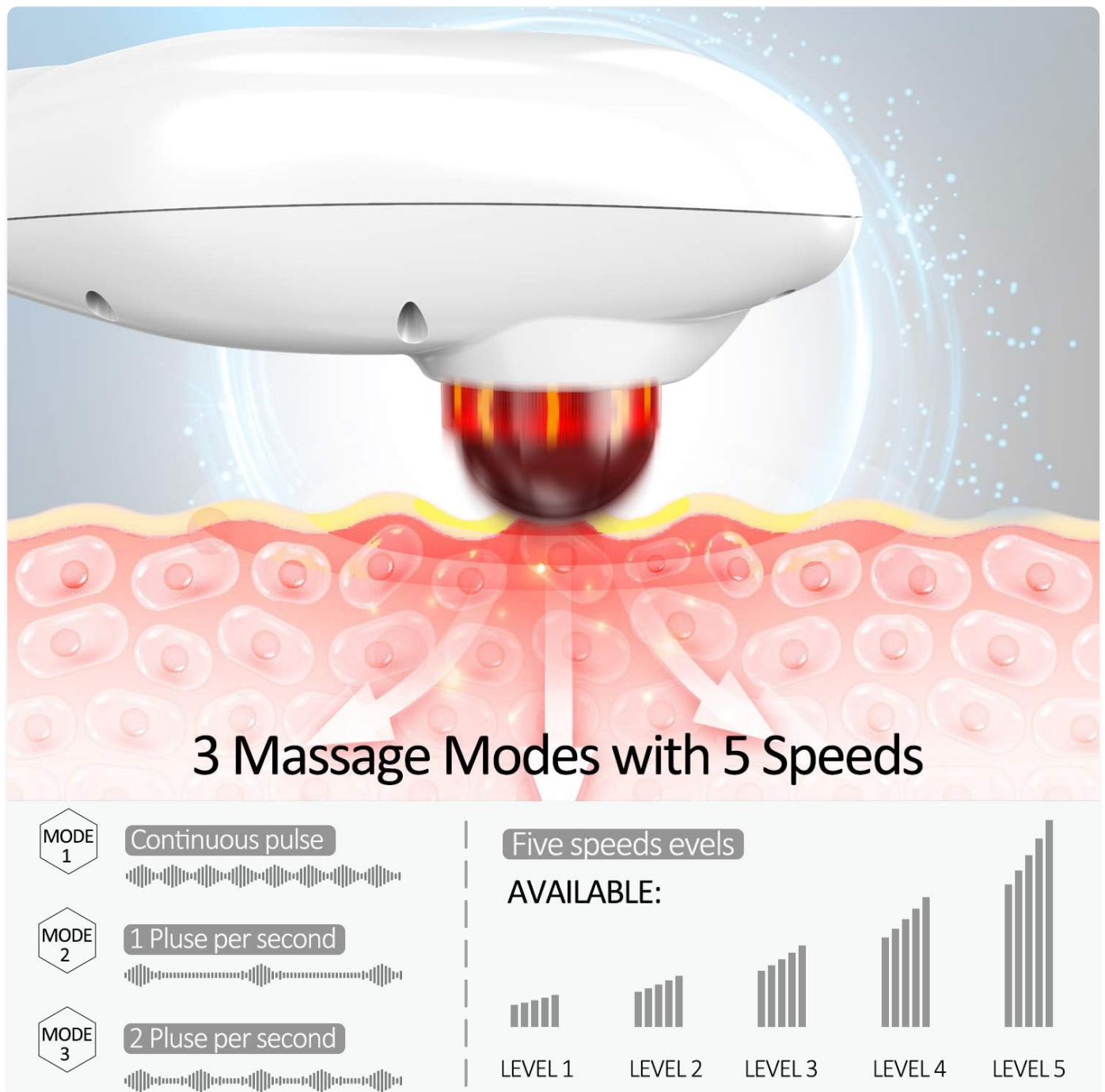


Figure 4: Illustration of the 3 massage modes and 5 speed levels.

HEAT FUNCTION

Relieve the Exertion Soreness.



DO NOT use the heat function with the silica gel massage heads on the massager

Figure 5: Demonstrating the heat function in use on the shoulder.

Whole Body Relaxation and Discomfort Relief



Figure 6: Areas of the body suitable for massage, including shoulder, back, waist, thigh, and calf.

6. MAINTENANCE

Proper maintenance ensures the longevity and optimal performance of your massager.

- **Cleaning:** Always unplug the massager before cleaning. Wipe the surface of the massager with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the massager in a cool, dry place, away from direct sunlight and extreme temperatures. Keep it out of reach of children.
- **Cord Care:** Do not wrap the power cord tightly around the massager, as this can damage the cord. Avoid sharp bends or kinks in the cord.

7. TROUBLESHOOTING

If you encounter any issues with your RENPHO Handheld Massager, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Massager does not turn on.	Not plugged in correctly; Power button not pressed long enough; Power outage.	Ensure the power cord is securely plugged into both the massager and the outlet. Long press the Power button for 3 seconds. Check your power supply.
No heat from the heat function.	Heat function not activated; Silica gel head attached.	Press the Heat button to activate. Ensure no silica gel massage head is attached when using the heat function. Allow a few minutes for the heat to build up.
Weak or inconsistent massage.	Intensity level too low; Incorrect mode selected.	Increase the intensity using the '+' button. Try different massage modes using the 'M' button.
Massager suddenly stops during use.	Auto shut-off activated; Overheating.	The device has a 20-minute auto shut-off. If it stops before 20 minutes, unplug it and let it cool down for 30 minutes before resuming use.

If the problem persists after trying these solutions, please contact RENPHO customer support for assistance.

8. SPECIFICATIONS

Feature	Detail
Product Dimensions	16.38 x 4.84 x 3.74 inches
Item Weight	2.36 Pounds
Model Number	RP-EM2020W
Material	Plastic
Color	White
Special Feature	Heat (up to 131°F / 55°C)
Massage Modes	3 (Continuous pulse, 1 pulse/sec, 2 pulses/sec)
Intensity Levels	5
Auto Shut-Off	20 minutes

9. WARRANTY AND SUPPORT

RENPHO products are designed with quality and customer satisfaction in mind. For warranty information, technical support, or any questions regarding your massager, please contact RENPHO customer service through their official website or the contact details provided in your product packaging.

Please retain your proof of purchase for warranty claims.

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Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

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After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question