

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

› [Eleels](#) /

› [Eleels M1 EMS Massager Instruction Manual](#)

Eleels M1

Eleels M1 EMS Massager Instruction Manual

Model: M1 | Brand: Eleels

INTRODUCTION

This manual provides essential information for the safe and effective use of your Eleels M1 EMS Massager. Please read it thoroughly before operating the device and retain it for future reference.

The Eleels M1 is a compact, wireless Electrical Muscle Stimulation (EMS) massager designed for full-body use. It features USB-C charging for convenience, offering 5 massage modes and 10 power levels for varied therapeutic and relaxing massages.

SAFETY INFORMATION

Important: Consult your doctor before using this device if you have any medical conditions, including but not limited to:

- Heart conditions or pacemakers
- Epilepsy
- Pregnancy
- Malignant tumors
- Skin conditions or open wounds in the application area

Do not use the device on the head, face, throat, or over the heart area. Keep out of reach of children. Discontinue use if you experience discomfort or adverse reactions.

PACKAGE CONTENTS

Carefully unpack your Eleels M1 EMS Massager and ensure all items are present:

- 1 x Eleels M1 EMS Massager Device (central unit)
- EMS Pads (typically 3 pads: 1 large, 2 small)
- 1 x USB-C Charging Cable
- 1 x User Manual



Image: The Eleeeels M1 EMS Massager central unit with three attached gel pads, showing the complete set of components.

SETUP

1. **Charge the Device:** Before first use, fully charge the Eleeeels M1 central unit using the provided USB-C cable. Connect the cable to the device's USB-C port and a compatible USB power adapter (not included). The charging indicator will show the charging status.
2. **Attach EMS Pads:** The EMS pads are designed with advanced Japanese gel for optimal adhesion. Carefully peel the protective film from the gel pads.
3. **Connect Pads to Central Unit:** Align the magnetic connectors on the EMS pads with the corresponding connectors on the central M1 unit. The large magnetic buttons ensure a secure and easy connection.
4. **Prepare Skin:** Ensure the skin area where you intend to apply the pads is clean, dry, and free from lotions or oils for best adhesion and conductivity.

OPERATING INSTRUCTIONS

1. **Apply to Skin:** Gently press the assembled EMS massager (central unit with pads) onto the desired body area (e.g., neck, back, abdomen, arms, legs, knees, joints). Ensure good contact with the skin.
2. **Power On:** Press and hold the Power button on the central unit to turn the device on. The device will typically start in a default mode and intensity.
3. **Select Mode:** Press the 'M' (Mode) button to cycle through the 5 available massage modes. Choose the mode that best suits your preference or therapeutic need.
4. **Adjust Intensity:** Use the '+' and '-' buttons to increase or decrease the intensity level. There are 10 power levels. Start with a low intensity and gradually increase it until you feel a comfortable yet effective stimulation.
5. **Session Duration:** The device may have a pre-set session timer. Refer to the specific device indicators for remaining time.
6. **Power Off:** After your session, press and hold the Power button to turn the device off.
7. **Remove from Skin:** Carefully peel the device from your skin.



Image: The Eleeels M1 EMS Massager applied to the abdominal area for muscle stimulation and relaxation.

MAINTENANCE

- **Clean the Device:** After each use, gently wipe the central unit with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Care for EMS Pads:** After removing the pads from your skin, reattach the protective film to the gel side to maintain adhesion and prolong their lifespan. Store them in a cool, dry place.
- **Replace Pads:** The gel pads will lose their adhesion over time with repeated use. Replace them when they no longer stick effectively to your skin. Replacement pads are available separately.
- **Storage:** Store the Eleeels M1 in its original packaging or a clean, dry place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Battery is depleted.	Charge the device using the USB-C cable.
No or weak stimulation.	Pads not adhering properly; Intensity too low; Pads worn out.	Ensure pads are clean and firmly pressed onto skin. Increase intensity. Replace old pads with new ones.
Skin irritation.	Allergic reaction to gel; Overuse; Skin not clean.	Discontinue use immediately. Clean skin thoroughly before use. Reduce session duration or frequency. Consult a doctor if irritation persists.

SPECIFICATIONS

Model: M1

Brand: Eleeels

Product Type: EMS Massager (Pad System)

Power Source: Battery Powered (1 Lithium-ion battery included)

Charging Port: USB-C

Massage Modes: 5

Intensity Levels: 10

Application Area: Full Body (Neck, Back, Abdomen, Arms, Legs, Knees, Joints)

Material: Plastic

Color: Black

Dimensions (Device): Approximately 1.55 x 4.3 x 4.3 cm

Weight (Device): Approximately 44 Grams

Special Feature: Rechargeable, Wireless, Compact

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included with your purchase or visit the

official Eleels website. Keep your proof of purchase for warranty claims.

The provided product information mentions "manuel d'utilisation en allemand (français non garanti)", which implies the manual included might be in German. This digital manual is provided in English for your convenience.

