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› Sealy Personal Handheld Deep Tissue Mini Percussion Muscle Massage Gun User Manual

Sealy SEALMA100MMG

Sealy Personal Handheld Deep Tissue Mini Percussion Muscle Massage Gun User Manual

Model: SEALMA100MMG

INTRODUCTION

Thank you for choosing the Sealy Personal Handheld Deep Tissue Mini Percussion Muscle Massage Gun. This device is designed to provide powerful deep tissue massage, helping to relieve muscle tension, soreness, and promote recovery. Its compact and lightweight design makes it ideal for use at home, at the gym, or while traveling. Please read this manual thoroughly before first use to ensure safe and optimal operation.

SAFETY INFORMATION

Important Safety Precautions:

- Always use the massage gun on muscle tissue only, avoiding sensitive areas such as the face, neck, and genitals.
- Do not apply excessive pressure or use the highest speed setting for extended periods.
- Keep the device away from water and do not use it while bathing or showering.
- Always follow the instructions provided with the specific massage head being used.
- Consult a healthcare professional before use if you have any medical conditions or are pregnant.
- Always unplug and allow the device to cool down before storing it.
- This device is not a medical device and is not intended to diagnose, treat, cure, or prevent any disease or health condition.

PACKAGE CONTENTS

Please check the package contents to ensure all items are present:

- Sealy Personal Handheld Deep Tissue Mini Percussion Muscle Massage Gun
- 4 x Interchangeable Massage Heads
- USB-C Charging Cable
- User Manual (this document)



Image: The Sealy Mini Percussion Massage Gun, its four interchangeable heads, and charging cable, neatly packaged in its retail box.

PRODUCT OVERVIEW

The Sealy Mini Percussion Massage Gun features a compact design with intuitive controls and a powerful motor for effective muscle relief. It comes with four specialized massage heads to target different muscle groups and needs.



Image: The Sealy Mini Percussion Massage Gun, black in color, with the spherical ball head attached, ready for use.

Interchangeable Massage Heads

The device includes four unique massage heads, each designed for specific applications:

Ball Head: Ideal for large muscle groups such as arms, back, hips, thighs, and calves. Provides a general, softer massage.

U-Head (Fork Head): Designed for the neck, spine, and Achilles tendon. Use carefully around bones.

Small Flat Head: Suitable for all parts of the body, especially for muscle relaxation and shaping. Good for dense muscle groups.

Tip Head (Bullet Head): Used for deep tissue massage, trigger points, and small muscle areas like feet and joints.



Image: The four distinct interchangeable massage heads: a pointed bullet head, a flat head, a U-shaped head, and a large spherical ball head.

SETUP

Charging the Device

Before first use, fully charge the massage gun. A full charge provides up to 5 hours of battery life.

1. Locate the USB-C charging port on the device.
2. Connect the provided USB-C charging cable to the massage gun.
3. Connect the other end of the USB-C cable to a compatible USB power adapter (not included) or a USB port on a computer.
4. The indicator lights on the device will show the charging status. When all lights are solid, the device is fully charged.
5. Disconnect the charging cable once fully charged.

Attaching Massage Heads

To attach a massage head, simply align the base of the desired head with the opening on the front of the massage gun and push it firmly into place. To remove, gently pull the head straight out.

OPERATING INSTRUCTIONS

Power On/Off

1. To turn on the device, press and hold the power button for a few seconds until the indicator lights illuminate. The device will start at the lowest speed setting.
2. To turn off the device, press and hold the power button again until the indicator lights turn off.

Adjusting Speed Settings

The Sealy Mini Percussion Massage Gun offers 6 different speed settings.

1. Once the device is powered on, short press the power button to cycle through the speed settings.
2. Each short press will increase the intensity to the next level. After the highest speed, it will cycle back to the lowest.
3. The indicator lights will typically show the current speed level.



Image: The Sealy Mini Percussion Massage Gun illustrating its high-frequency vibration, with text highlighting its 6-speed settings, 4 interchangeable heads, 300-minute runtime, and 180-minute charge time.

Using the Massage Gun

Apply the massage gun to the desired muscle area. Move the device slowly over the muscle, applying light to moderate pressure. Avoid pressing too hard, especially on bony areas or joints. For best results, use for 1-2 minutes per muscle group.

deep tissue therapy
MINI MASSAGER

Specifications

- Input Voltage: 5V
- Interface Type: Type-C
- Main Material: ABS Plastic
- Use Environment: -5~40°C Non-Waterproof
- Power Supply Mode: Rechargeable Lithium Battery
- Product Weight: 550g
- Product Size: 132x134x50mm
- Battery Capacity: 1800mAh
- Motor Power: 30W

Features

- 6 Speed High Frequency Vibration
- 4 interchangeable heads for various functions
- Battery Life: 300 minutes
- Charging time: 80 minutes
- 7.4V working voltage, 30W

Contents

- 1x Mini Massager
- 4x Massage Heads
- 1x Type-C Charging cable
- 1x User Manual

AUTOMATIC TRANSMISSION

USB RECHARGEABLE

NOISE REDUCTION RADIO

ADJUSTABLE INTENSITY

FOUR MASSAGE HEADS

LONG-TERM BATTERY LIFE

ball head
mainly used for large muscle groups

u- head
mainly used for the neck and both sides of the spine

small flat head
mainly used for latissimus dorsi muscle and trapezius muscle

tip head
mainly used for shocking deep tissue

Six **SPEED LEVELS**

Extended **BATTERY LIFE**

4 Includes Four **MASSAGE HEADS**

Noiseless **OPERATION**

Image: A person demonstrating the use of the Sealy Mini Percussion Massage Gun on their upper back, targeting muscle soreness.

MAINTENANCE

Cleaning

- Before cleaning, ensure the device is turned off and unplugged from any power source.
- Wipe the surface of the massage gun with a slightly damp cloth. Do not use abrasive cleaners or immerse the device in water.
- For the massage heads, they can be wiped with a damp cloth and mild soap if necessary, then air-dried completely before reattaching.

Storage

- Store the massage gun in a cool, dry place, away from direct sunlight and extreme temperatures.
- Keep it out of reach of children and pets.
- If storing for an extended period, ensure the battery is partially charged (around 50%) to maintain battery health.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Battery is depleted.	Charge the device fully using the provided USB-C cable.
Device stops during use or power cuts out.	Low battery or excessive pressure applied.	Recharge the device. Reduce pressure during use. The device may have an auto-shutoff feature for safety if too much pressure is detected.
Massage head is difficult to attach/remove.	Incorrect alignment or debris.	Ensure the head is aligned correctly. Clean any debris from the attachment point. Apply gentle, firm pressure.
Device makes unusual noise.	Loose head or internal issue.	Ensure the massage head is securely attached. If the noise persists, discontinue use and contact customer support.

SPECIFICATIONS

Feature	Detail
Product Dimensions	5.28 x 1.97 x 5.2 inches
Weight	1.74 Pounds
Model Number	SEALMA100MMG
Power Source	Battery Powered (Rechargeable)
Battery Life	Up to 5 hours
Speed Settings	6 Levels
Interchangeable Heads	4
Color	Black

Feature	Detail
Manufacturer	Sealy

WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the contact details provided with your purchase or visit the official Sealy website. Keep your proof of purchase for any warranty claims.

Online Resources:

- [Sealy Brand Page on Amazon](#)

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ASK A QUESTION ABOUT THIS MANUAL

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

Anonymous

Email

you@example.com

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