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› HoMedics Shiatsu Rechargeable Neck Massager with Heat Instruction Manual

HoMedics NMS-390

HoMedics Shiatsu Rechargeable Neck Massager with Heat

Model: NMS-390 | Brand: HoMedics

INTRODUCTION AND OVERVIEW

The HoMedics Shiatsu Rechargeable Neck Massager with Heat is designed to alleviate tension, rejuvenate sore muscles, and promote relaxation. This cordless and rechargeable device offers deep-kneading shiatsu massage and soothing heat therapy, making it convenient for use at home or in the office.



The HoMedics Shiatsu Rechargeable Neck Massager, shown in a light beige color, features integrated controls and comfort-flex handles for ease of use.

PRODUCT FEATURES

- **Shiatsu Massage:** Deep-kneading shiatsu nodes work to relieve tension and knots, rejuvenating overworked muscles and promoting overall well-being.
- **Easy to Use:** Features flexible handles for proper neck placement and comfort, along with integrated controls for simple operation.
- **Gentle Heat Therapy:** Provides soothing heat that penetrates deep into muscles, helping to melt away aches, tension, and stress.
- **Cordless and Rechargeable:** Designed for portability, allowing for use anywhere without being tethered to an outlet. Offers a 60-minute runtime on a full charge.



This image highlights key features of the massager, including rotating massage heads, soothing heat, shiatsu massage, comfort-grip handles, and its cordless design with a 60-minute runtime.

advanced heat + massage

Heat and shiatsu massage work
in tandem for longer-lasting relief



The massager combines advanced heat and shiatsu massage functions to provide longer-lasting relief.

WHAT'S IN THE BOX

- (1) HoMedics Shiatsu Rechargeable Neck Massager with Heat
- (1) USB Charging Cable

SETUP

1. **Unboxing:** Carefully remove all components from the packaging. Retain packaging for future storage or transport.
2. **Initial Charge:** Before first use, fully charge the massager using the provided USB charging cable. Connect the cable to the massager's charging port and a compatible USB power source. The indicator light will show charging status.

OPERATING INSTRUCTIONS

1. **Power On:** Press the power button located on the massager to turn it on. The massage function will begin automatically.
2. **Adjust Placement:** Place the massager around your neck, shoulders, or other desired areas. Use the flexible comfort-flex handles to position the massager for optimal contact and comfort.
3. **Adjust Intensity:** To increase the intensity of the massage, gently pull down on the comfort-flex handles. Releasing the handles will reduce the pressure. This allows for personalized deep-kneading relief.
4. **Activate Heat:** Press the heat button (indicated by a flame icon) to activate the soothing heat therapy. Press again to turn off the heat.
5. **Duration of Use:** Use the massager for a comfortable period, typically 15-20 minutes per session. Take breaks as needed.
6. **Power Off:** When finished, press the power button again to turn off the massager.

A woman with dark hair is sitting in a light-colored wooden armchair with a white fur throw. She is wearing a light-colored sleeveless top and brown leggings. She has a white cordless neck massager around her neck and is holding its handles. She has her eyes closed and a peaceful expression. To her left is a small wooden side table with a lit candle in a yellow holder. The background shows a window with light coming through. A large teal graphic overlay is on the right side of the image.

feel
better

Cordless for a
massage anywhere,
any time — plus,
you control the
intensity



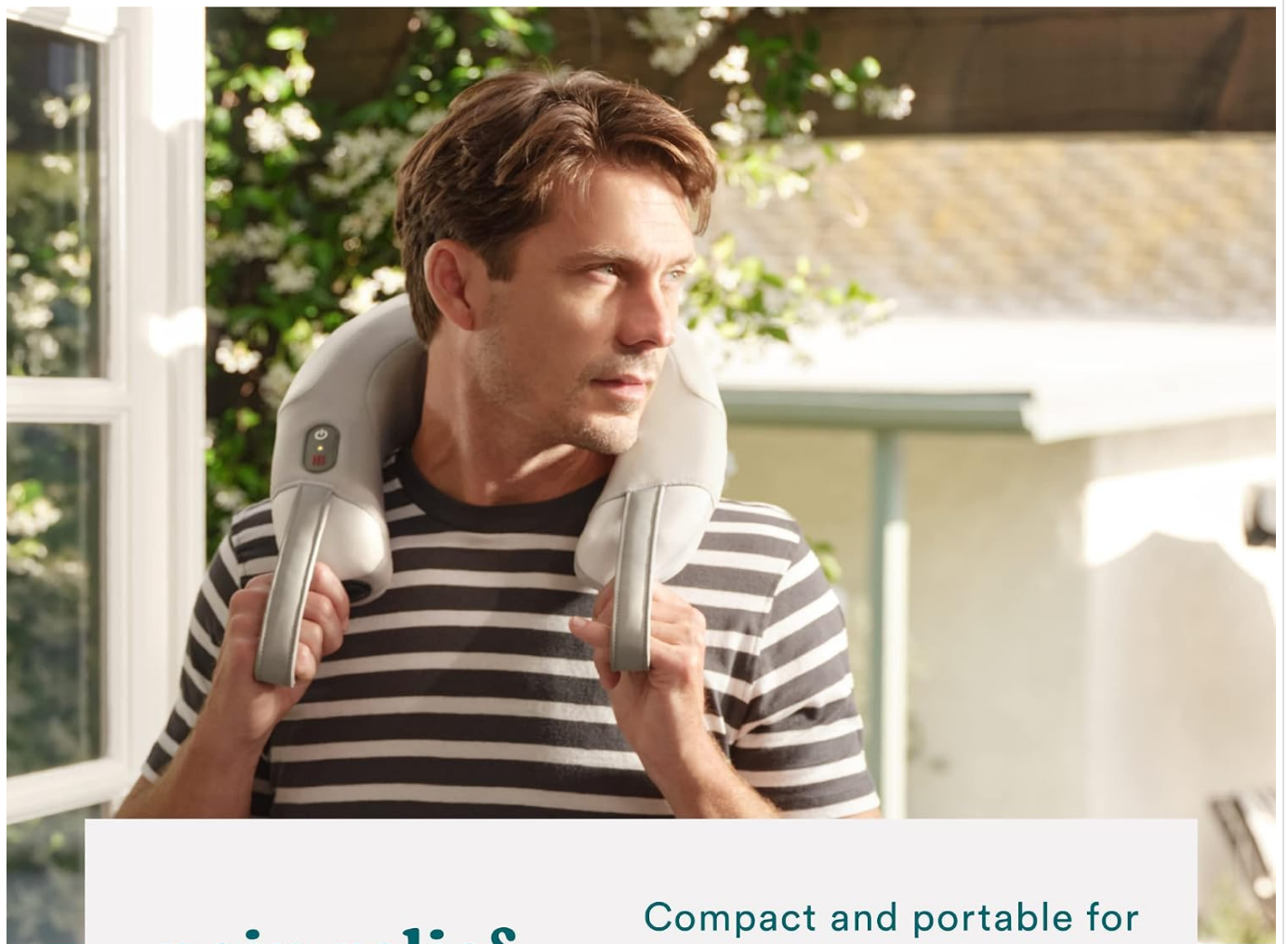
A user enjoying the cordless massager, highlighting its portability and ease of use for relaxation anywhere.

easy to use

Pull down on the comfort-grip handles for a light or more intense massage—you decide



The massager is easy to use; simply pull down on the comfort-grip handles to adjust massage intensity.



pain relief on the move

Compact and portable for
a warm, deep-kneading
massage anywhere,
anytime

The compact and portable design allows for warm, deep-kneading massage anywhere, anytime, providing pain relief on the go.



relax well,
be well

Get that ahhh feeling on
your neck, back, arms,
and legs. Relaxation for
your entire body

Achieve full body relaxation with the massager, suitable for neck, back, arms, and legs.

MAINTENANCE

- **Cleaning:** Disconnect the massager from the power source before cleaning. Wipe the surface with a soft, damp cloth. Do not use abrasive cleaners or immerse the unit in water.
- **Storage:** Store the massager in a cool, dry place when not in use. Avoid placing heavy objects on the massager.

TROUBLESHOOTING

- **Massager Not Turning On:** Ensure the unit is fully charged. If the battery is low, connect it to the USB charging cable and allow it to charge for at least 30 minutes before attempting to power on again.
- **Heat Function Not Working:** Verify that the heat button has been pressed. Allow a few minutes for the heat to build up. If still not working, ensure the massager has sufficient charge.
- **Massage Feels Too Weak/Strong:** Adjust the pressure by pulling or releasing the comfort-flex handles. The

intensity of the shiatsu massage is directly controlled by the tension applied through the handles.

- **Unusual Noises:** If the massager produces unusual noises, discontinue use immediately and contact customer support.

SPECIFICATIONS

Attribute	Detail
Product Dimensions	11.81 x 11.81 x 6.3 inches
Item Model Number	NMS-390
Item Weight	3.04 Pounds (1.38 Kilograms)
Manufacturer	Homedics
Power Source	Battery Powered
Use For	Neck (also suitable for back, arms, legs)
Color	Beige
Country of Origin	China

SAFETY INFORMATION

To reduce the risk of electric shock, burns, fire, or injury to persons, please read all instructions before using this appliance.

- Use the massager only in dry environments. Avoid use in bathrooms or other damp areas.
- Discontinue use immediately if experiencing discomfort, pain, or any adverse reaction. Consult a healthcare professional if symptoms persist.
- Ensure proper power source compatibility when charging. Use only the provided USB charging cable.
- Keep out of reach of children. 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.
- Do not operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Never use pins or other metallic fasteners with this appliance.
- Never use while sleeping or drowsy.

LEGAL DISCLAIMER

Statements regarding this product have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. This product is intended for non-medical use only, to provide a soothing massage.

WARRANTY AND SUPPORT

This HoMedics product is covered by a manufacturer's warranty. For detailed warranty information, please refer to the warranty card included with your product or visit the official HoMedics website. For technical support, troubleshooting

assistance, or to inquire about replacement parts, please contact HoMedics Customer Service through their official channels.

Please retain your proof of purchase for warranty claims.