

Lifelong LLM576

Lifelong LLM576 Handheld Corded Electric Massager User Manual

Model: LLM576

1. PRODUCT OVERVIEW

The Lifelong LLM576 Handheld Corded Electric Massager is designed to provide targeted massage for pain relief and relaxation across various body parts. Its ergonomic design and multiple massage heads offer a customizable massage experience, promoting improved blood circulation and muscle relaxation.

Package Contents

- 1 x Lifelong LLM576 Handheld Corded Electric Massager
- 1 x Warranty Card
- 4 x Interchangeable Massage Heads
- 1 x User Manual

2. IMPORTANT SAFETY INSTRUCTIONS

Read all instructions thoroughly before using this appliance to ensure safe operation and to prevent injury or damage.

- Do not use the massager near water or in damp environments.
- Always unplug the massager from the electrical outlet when not in use and before cleaning.
- Do not operate the massager if the power cord or plug is damaged. Contact customer support for assistance.
- Keep the massager out of reach of children and pets.
- Consult a medical professional before using this device if you have any pre-existing medical conditions, are pregnant, or have a pacemaker.
- Avoid using the massager on sensitive skin areas, open wounds, swollen areas, or areas with skin

irritation.

- Do not use the massager for more than 15 minutes continuously on a single body part. Allow the device to cool down between uses.
- Do not use the massager directly on the head, face, or directly over joints and bones.
- Ensure that hair, loose clothing, and jewelry are kept clear of the massage heads during operation to prevent entanglement.
- This appliance is for household use only. Do not use for commercial purposes.

3. SETUP GUIDE

Attaching Massage Heads

The Lifelong LLM576 massager includes four distinct interchangeable massage heads, each designed for a specific massage experience. To attach a massage head, align the desired head with the massager's shaft and push firmly until it is securely in place. To remove a head, pull it gently but firmly away from the massager.



Image: The four interchangeable massage heads included with the LLM576 massager.

4. OPERATING YOUR MASSAGER

Powering On/Off and Adjusting Intensity

1. Plug the massager into a standard 220V electrical outlet.
2. Locate the rotary dial power switch on the massager handle.
3. Turn the dial clockwise to power on the massager. Continue turning clockwise to gradually increase the massage intensity.
4. To decrease intensity and power off the massager, turn the dial counter-clockwise until it clicks into the 'off' position.

Using Different Massage Heads

- **Ball Head:** Ideal for general body massage, targeting larger muscle groups such as the back, thighs, and calves.
- **Flat Head:** Provides a broader, softer massage, suitable for more sensitive areas or for a gentle, relaxing massage.
- **Wave Head:** Designed for deep tissue massage and stimulating acupressure points, offering a more intense experience.
- **Scrub Head:** Can be used for exfoliating and stimulating the skin. Use with caution and gentle pressure.

Recommended Usage Areas

The massager can be effectively used on various body parts including the waist, neck, shoulder, arm, hips, thighs, and lower leg abdomen. Always move the massager gently over the desired area. Avoid direct contact with bones or joints.



Image: Example of using the LLM576 massager on the shoulder area for relaxation.

5. CARE AND MAINTENANCE

Cleaning

Always unplug the massager from the power outlet before cleaning. Wipe the unit with a soft, slightly damp cloth. Do not use abrasive cleaners, solvents, or harsh chemicals. Never immerse the massager unit in water or any other liquid.

Storage

Store the massager in a cool, dry place, away from direct sunlight and out of reach of children. Do not wrap the power cord tightly around the unit, as this can cause damage over time. Store the massage heads in a safe place to prevent loss or damage.

6. TROUBLESHOOTING GUIDE

If you encounter any issues with your Lifelong LLM576 massager, please refer to the table below for common problems and their solutions.

Problem	Possible Solution
Massager does not turn on.	Ensure the power cord is securely plugged into a functional 220V electrical outlet. Check if the rotary dial is turned to an 'on' position.
Weak or inconsistent massage intensity.	Increase the speed using the rotary dial. Ensure the chosen massage head is properly attached and not loose.
Unusual noise or vibration.	Discontinue use immediately. Unplug the massager and contact customer support.
Massager feels hot during use.	Unplug the massager and allow it to cool down for at least 30 minutes. Avoid using the massager for extended periods (maximum 15 minutes per session).

7. PRODUCT SPECIFICATIONS

Model Number	LLM576
Power Source	Corded Electric
Voltage	220V
Wattage	25W
Dimensions (LxWxH)	15 x 10.2 x 17.5 cm
Item Weight	820 g
Material	Plastic
Massage Technique	Percussion, Vibration
Included Components	1 Massager, 1 Warranty Card, 4 Massage Heads, 1 Manual
Country of Origin	China

8. WARRANTY AND CUSTOMER SUPPORT

Warranty Information

This Lifelong LLM576 Handheld Corded Electric Massager comes with a **1-year manufacturer's warranty** from the date of purchase. The warranty covers manufacturing defects under normal use. Please retain your original purchase receipt as proof of purchase for any warranty claims.

Customer Support

For any product-related queries, technical assistance, or to initiate a warranty claim, please contact Lifelong customer support using the details below:

Phone: [+91 9711558877](tel:+919711558877)

Email: customercare@lifelongonline.com

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