

## ARG AROGYA AROGYA 360

# ARG Arogya Leg & Thigh Massager

MODEL: AROGYA 360

User Instruction Manual

## 1. INTRODUCTION

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Thank you for choosing the ARG Arogya Leg & Thigh Massager. This device is designed to provide comprehensive massage therapy for your legs, thighs, calves, soles, and feet, incorporating air compression, heat, kneading, and shiatsu functions to promote relaxation and relieve discomfort. Please read this manual thoroughly before use to ensure safe and effective operation.



*Image 1.1: The ARG Arogya Leg & Thigh Massager, showcasing its ergonomic design.*

## 2. SAFETY INFORMATION

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**WARNING: Please read the entire user manual before operating this product.**

- Always disconnect the massager from the power outlet immediately after use and before cleaning.
- Do not use while bathing or in a shower.
- Do not place or store the massager where it can fall or be pulled into a tub or sink.
- Do not place in or drop into water or other liquid.
- Never use pins or other metallic fasteners with this appliance.
- Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water.

- Keep the cord away from heated surfaces.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, turn all controls to the OFF position, then remove plug from outlet.
- This appliance is designed for household use only.

### 3. PRODUCT COMPONENTS AND FEATURES

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The ARG Arogya Leg & Thigh Massager is equipped with various components designed for a comprehensive massage experience.



*Image 3.1: Key components including the handle for portability, the control panel for settings, the fabric cover for comfort, and the support stand for stability.*



Image 3.2: Rear view of the massager, highlighting the power switch and electric cord connection point.

## Adjustable Design

## MULTI ANGLE ADJUSTABLE



Image 3.3: The massager features a multi-angle adjustable design, allowing it to adapt to various leg and thigh positions for optimal comfort and coverage.

## 4. SETUP AND OPERATION

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### Setup

1. Place the massager on a stable, flat surface.
2. Ensure the power switch (located at the rear) is in the OFF position.
3. Connect the electric cord to a suitable power outlet (DC 12V 2A).
4. Adjust the massager to your desired angle using its multi-angle adjustable feature.

### Operation

To use the massager, follow these steps:

# **LEG & THIGH**

"Say goodbye  
to the pain"

## MASSAGER - ARG 360



*Image 4.1: Proper posture for using the massager, ensuring legs and thighs are comfortably positioned.*

1. **Positioning:** Place your legs and feet comfortably into the massager, ensuring the 28 airbags are aligned with your calves, thighs, and feet for optimal coverage.
2. **Power On:** Turn on the massager using the power switch.
3. **Control Panel:** Use the control panel to select your desired settings.

# CONTROL PANEL

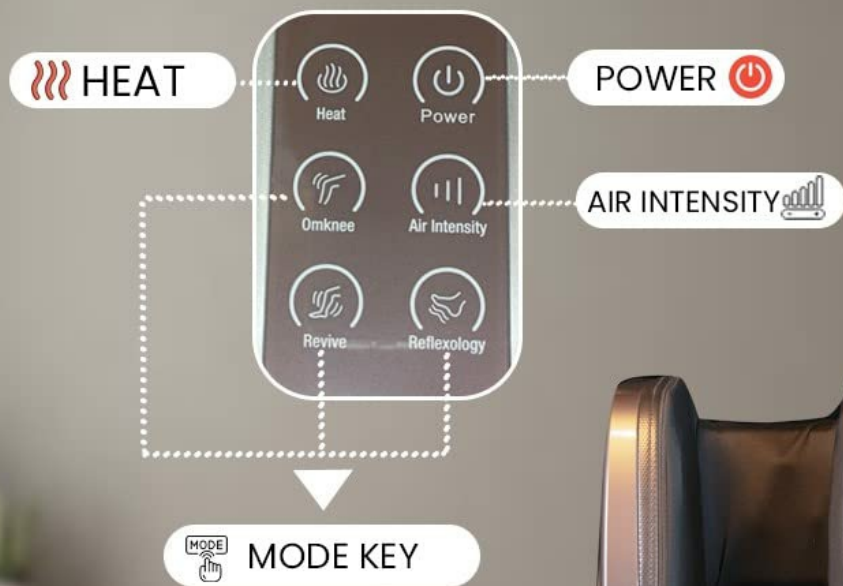


Image 4.2: The control panel allows for precise adjustment of massage settings.

# FAR INFRA RED HEAT



3 LEVEL OF  
INTENSITY

Image 4.3: The Far Infra Red Heat function provides soothing warmth.

- **Air Pressure Intensity:** The massager offers 3 levels of air compression intensity using 28 airbags. Adjust to your comfort level.
- **Massage Modes:** Choose between Kneading or Shiatsu massage modes.
  - *Kneading Massage:* Helps relieve muscle knots and stiffness.
  - *Shiatsu Massage:* Uses rhythmic, circular motions to target pressure points and improve overall muscle relaxation.
- **Heating Function:** Activate the heat therapy function to help relieve pain, relax sore muscles, and reduce stiffness. Temperature settings are 45/55 degree Celsius (Low-High).
- **Time Setting:** The massager has an automatic shut-off feature after 20 minutes for safety and convenience.

Sit back and relax while the massager provides its therapeutic benefits.

## 5. BENEFITS OF USE

Regular use of the ARG Arogya Leg & Thigh Massager can provide numerous health benefits:



# LEG & THIGH MASSAGER- ARG 360



RELIEVES FOOT AND LEG PAIN



TO IMPROVE  
QUALITY OF SLEEP



IMPROVE THE FLEXIBILITY  
OF MUSCLE



STIMULATE  
BLOOD CIRCULATION



EASE THE PAIN  
AFTER EXERCISE



Image 5.1: Visual representation of the key benefits provided by the massager.

- **Relieves Muscle Tension and Pain:** Effectively alleviates discomfort in legs, calves, and feet.
- **Improves Blood Circulation:** Enhances blood flow, which can help reduce swelling and fluid retention.
- **Reduces Stiffness and Fatigue:** The combination of heat, kneading, and shiatsu techniques targets muscle soreness.
- **Promotes Relaxation:** Provides a soothing, spa-like experience that helps relieve stress and promote overall well-being.
- **Enhances Muscle Flexibility:** Regular massage can contribute to improved muscle suppleness.
- **Aids Post-Exercise Recovery:** Helps ease pain and fatigue after physical activity.
- **Improves Sleep Quality:** Relaxation induced by massage can lead to better sleep.

## 6. SPECIFICATIONS

Detailed technical specifications for the ARG Arogya Leg & Thigh Massager:

Feature	Specification
Brand	ARG Arogya
Model Number	AROGYA 360
Power Input	DC 12V 2A
Power Consumption	24W
Temperature Setting	45/55 degree Celsius (Low-High)
Airbags	28 Air Bags
Air Pressure Levels	3 Levels
Massage Techniques	Kneading, Shiatsu, Air Compression, Roller Therapy
Foot Size Range	26cm - 36cm
Calf Circumference Range	42cm - 55cm
Thigh Circumference Range	53cm - 75.5cm
Time Setting	20 minutes auto shut-off
Product Dimensions (LxWxH)	45 x 40 x 40 cm
Item Weight	20 kg
Material	Plastic + Rexine
Country of Origin	China



Image 6.1: A comparison chart illustrating features across different ARG Arogya leg massager models.

## 7. MAINTENANCE

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

- **Cleaning:** Always unplug the massager before cleaning. Wipe the exterior surfaces with a soft, damp cloth. Do not use abrasive cleaners, solvents, or harsh detergents.
- **Storage:** Store the massager in a cool, dry place when not in use. Avoid direct sunlight and extreme temperatures.
- **Cord Care:** Do not wrap the power cord around the appliance. Avoid sharp bends or kinks in the cord.
- **Regular Inspection:** Periodically check the power cord and plug for any signs of damage. If any damage is found, discontinue use and contact customer support.

## 8. TROUBLESHOOTING

If you encounter any issues with your massager, please refer to the following common troubleshooting tips:

Problem	Possible Cause	Solution
Massager does not turn on	Not plugged in; Power switch off; Power outlet issue	Ensure power cord is securely plugged in; Turn power switch ON; Test outlet with another device.
Air compression is weak	Low intensity setting; Airbags not properly aligned	Increase air intensity level on the control panel; Adjust positioning of legs to ensure proper airbag coverage.
Heat function not working	Heat function not activated; Overheating protection	Ensure heat button is pressed; Allow unit to cool down if it has been running for an extended period.
Unusual noises during operation	Normal operation sounds; Internal component issue	Some operational sounds (e.g., air pump) are normal. If noise is excessive or unusual, discontinue use and contact support.

If the problem persists after attempting these solutions, please contact customer support.

## 9. WARRANTY AND CUSTOMER SUPPORT

### Warranty Information

The ARG Arogya Leg & Thigh Massager comes with a **1 Year Brand Warranty**. This warranty covers:

- Manufacturer defects
- Mechanical or electrical failure
- Accidental damage

**Warranty Exclusions:**

- Physical damage / liquid spillage
- Rat bite damage

Terms and conditions are applicable all over India. Warranty terms may differ for commercial and personal use. To claim warranty service, the customer will send the product to the company's service center. Both sides' courier charges will be paid by the company during the warranty period. After the warranty period, services will be offered on a chargeable basis, depending on the product.

### Customer Support

For any further assistance or queries, please feel free to reach us at:

**Email:** [customersupport@arghealthcare.info](mailto:customersupport@arghealthcare.info)

**Phone:** +91 97185 60729