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› JICHAMOXY Mini Massager TENS Unit Muscle Stimulator Instruction Manual

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1. INTRODUCTION

The JICHAMOXY Mini Massager TENS Unit is a compact, rechargeable device designed to provide temporary relief from muscle pain and fatigue. It utilizes Transcutaneous Electrical Nerve Stimulation (TENS) and Electrical Muscle Stimulation (EMS) technology to deliver low-frequency electrical pulses, promoting muscle relaxation and improved circulation. This manual provides essential information for the safe and effective use of your device.



Image 1.1: The JICHAMOXY Mini Massager TENS Unit with its two electrode pads, shown both individually and applied to a user's neck.

2. SAFETY INFORMATION

Please read all safety warnings and instructions before using this device. Failure to do so may result in injury or device malfunction.

- Do not use on vital areas such as carotid sinus nerves (front of the neck), chest, or the head.
- Consult a physician before use if you have a pacemaker, heart condition, epilepsy, or are pregnant.
- Do not use on broken or irritated skin.
- Keep out of reach of children.
- Discontinue use if you experience any discomfort or adverse reactions.

3. PACKAGE CONTENTS

Verify that all items are present in your package:

- 1 x JICHAMOXY Mini Massager Device
- 2 x Adhesive Electrode Pads (pre-gelled)
- 1 x USB Charging Cable
- 1 x User Manual
- 1 x Gift Box (packaging)

What You Receive

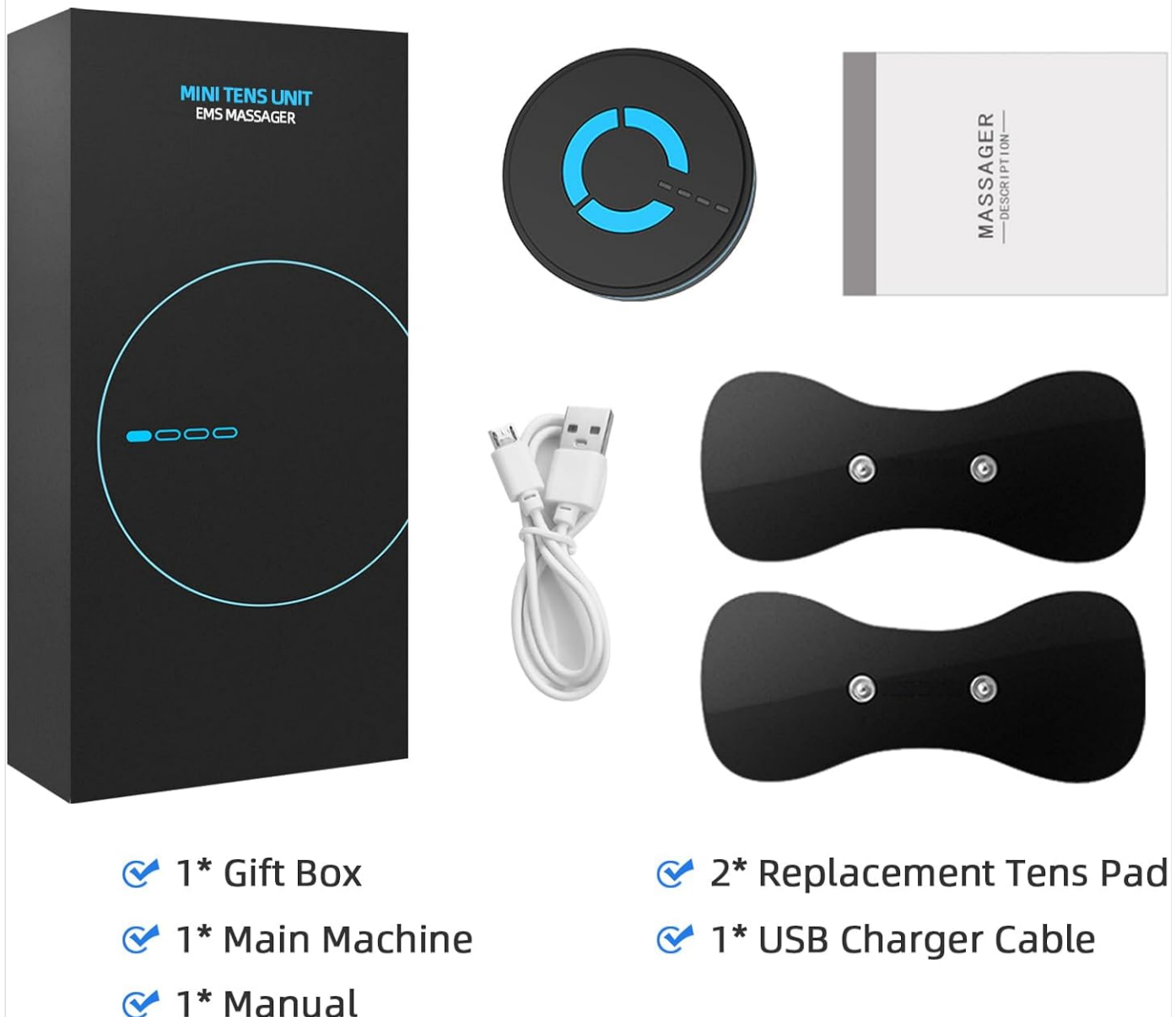


Image 3.1: The complete package contents, including the main device, two electrode pads, USB cable, user manual, and gift box.

4. PRODUCT OVERVIEW

The device uses low-frequency pulses to stimulate nerves and muscles, which can help block pain signals and improve blood circulation. This dual TENS and EMS functionality targets both pain relief and muscle stimulation.

EMS TENS Unit Muscle Stimulator

The electric mini massager uses low-frequency pulses to help improve blood circulation and effectively relieve muscle stiffness and pain.



Image 4.1: An illustration depicting how TENS (Transcutaneous Electrical Nerve Stimulation) and EMS (Electrical Muscle Stimulation) work to relieve pain and stimulate muscles.

5. CHARGING INSTRUCTIONS

Before first use, fully charge the device. A full charge takes approximately 30 minutes.

1. Connect the provided USB charging cable to the charging port on the massager device.
2. Plug the other end of the USB cable into any standard USB power source (e.g., computer, power bank, wall adapter).
3. The blue indicator lights on the device will flash during charging. All four lights will remain solid when fully charged.

Relieve Your Pain

Any Time Any Where

12 Mins Timer



Image 5.1: The massager device shown connected to a micro USB cable for charging, with blue indicator lights visible.

6. SETUP AND APPLICATION

Proper application of the electrode pads is crucial for effective and safe use.

1. **Attach the Device:** Snap the main massager unit onto the two studs on the electrode pad.
2. **Prepare Skin:** Ensure the skin where the pad will be applied is clean, dry, and free of lotions or oils.
3. **Remove Film:** Carefully peel off the protective film from the adhesive side of the electrode pad.
4. **Apply Pad:** Firmly press the adhesive pad onto the desired area of your body. Ensure full contact with the skin.

How to Use

PROGRAM

Press one time to change one mode

ON/INC

Press "ON" button, the First Light on, press "ON" button again. The First Light flash. You can get pulse massage. Press "INC" increase intensity Level.

Press Twice "ON" to start



Press "OFF" button to turn off .
Press "DEC" decrease intensity Level.

OFF/DEC



1.Host and patch combination



2.Rip the film



3.Stick on the body



4.Open then chose mode and intensity

Image 6.1: A detailed view of the reusable electrode pad, illustrating its components (paste cover film, pulse gel, TENS pad) and how it adheres to the skin.



For Full Body Pain

For Stiffness

For Soreness

For Fatigue

TENS & EMS

12 Minutes
Auto-off function

6 MASSAGE MODES

10 INTENSITY

ELECTRODE PADS

DEEP MUSCLE PULSE THERAPY

EMS+TENS Unit

Muscle Massager

15 Minute per day to Relieve
Pain and Massage Muscles

30 MINS FULL CHARGE

Image 6.2: A visual guide demonstrating the four steps of using the device: combining host and patch, ripping the film, sticking on the body, and opening to choose mode and intensity.

7. OPERATING INSTRUCTIONS

The device features 6 massage modes and 10 intensity levels. Each session has an automatic shut-off function.

- Power On:** Press the "ON/INC" button once. The first blue light will flash, indicating the device is in standby. Press "ON/INC" a second time to start the pulse massage.
- Change Mode:** Press the "PROGRAM" button to cycle through the 6 available massage modes (Shiatsu, GuaSha, Percussion, Acupuncture, Kneading, Thrashing).
- Adjust Intensity:**
 - Press "ON/INC" to increase the intensity level (1-10).
 - Press "OFF/DEC" to decrease the intensity level.

Note: For first-time users, start with the lowest intensity level (1) and gradually increase to a comfortable sensation.

Due to variations in body sensitivity, it is recommended to test the gear from the first gear.

4. **Automatic Shut-off:** The device will automatically turn off after 15 minutes of continuous use to ensure safety.
5. **Power Off:** Press and hold the "OFF/DEC" button to turn off the device manually.

6 Modes & 10 Level Intensities

Meet Your Multiple Massage Demands



Image 7.1: An illustration detailing the six massage modes (Shiatsu, GuaSha, Percussion, Acupuncture, Kneading, Thrashing) and how the 10 intensity levels correspond to different massage experiences (Leisure, Relieve Muscle Fatigue, Relieve Shoulder and Neck Stiffness).

USB RECHARGABLE



Only take 30 Mins For full Charge



Micro USB



4 blue lights flash when charging

30mins

Charge time

15mins

Per time

15times

Available times

Image 7.2: An overview of the device's features including TENS & EMS, 12-minute auto-off, 6 massage modes, 10 intensity levels, electrode pads, and the recommendation of 15 minutes per day for pain relief and muscle massage.

8. MAINTENANCE

Proper care of your electrode pads will extend their lifespan.

- **Cleaning Pads:** If the adhesive pads lose their stickiness, gently wash them with warm, soapy water. Allow them to air dry completely before reattaching the protective film.
- **Storage:** Store the pads with their protective film reattached in a cool, dry place.
- **Replacement:** Electrode pads are consumable items. Their stickiness will diminish over time (typically 20-40 uses). Replace pads when they no longer adhere effectively to the skin. Replacement pads can be found by searching for B0D422DJ4V.
- **Device Cleaning:** Wipe the main massager unit with a soft, damp cloth. Do not submerge the device in water.

9. TROUBLESHOOTING

If you encounter issues with your device, refer to the following common solutions:

- **Device Not Turning On:** Ensure the device is fully charged. Connect it to a USB power source and check if the charging indicator lights activate.
- **No Sensation/Weak Sensation:**
 - Check if the electrode pads are firmly attached to clean, dry skin. Poor contact reduces effectiveness.
 - Increase the intensity level using the "ON/INC" button.
 - Ensure the pads are not worn out; replace them if they have lost their adhesive quality.
- **Pads Not Sticking:** Clean the adhesive pads as described in the Maintenance section. If cleaning does not restore stickiness, replace the pads.
- **Device Shuts Off Prematurely:** The device has a 15-minute auto-shutoff. If it turns off before this time, ensure it is fully charged. If the issue persists, contact customer support.

10. SPECIFICATIONS

Feature	Specification
Product Dimensions	5.5 x 3.5 x 0.8 inches
Product Weight	2.4 ounces
Manufacturer	JICHAMOXY
Power Source	Rechargeable Battery (USB)
Charging Time	Approx. 30 minutes
Massage Modes	6
Intensity Levels	10
Auto Shut-off	15 minutes

11. WARRANTY AND SUPPORT

For warranty information or customer support, please refer to the contact details provided with your purchase documentation or visit the official JICHAMOXY website. Keep your purchase receipt for warranty claims.

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