

CARMEN C82019

Carmen C82019 Cordless Deep Tissue Massager

USER INSTRUCTION MANUAL

Introduction

Thank you for choosing the Carmen C82019 Cordless Deep Tissue Massager. This device is designed to provide effective muscle relief and aid in recovery. Featuring 8 speed settings and 5 interchangeable massage heads, it delivers up to 3200 percussions per minute to target various muscle groups, alleviate stiffness and tension, improve blood circulation, and accelerate muscle healing.

This manual provides essential information for the safe and efficient operation of your massager. Please read it thoroughly before first use and keep it for future reference.

Important Safety Information

To reduce the risk of electric shock, burns, fire, or injury, always follow these basic safety precautions:

- Do not immerse the device in water or other liquids.
- Keep away from heat sources and direct sunlight.
- Do not operate if the device or charger is damaged.
- This device is not a toy. Keep out of reach of children.
- Consult a physician before use if you have any medical conditions, are pregnant, or have a pacemaker.
- Do not use on open wounds, swollen areas, or areas with skin irritation.
- Avoid using on the head, face, or directly over bones.
- Do not use for more than 15 minutes on a single muscle group.
- Use only the provided charger.

Package Contents

Please check the package for the following items:

- Carmen C82019 Deep Tissue Massager
- Spherical Massage Head
- U-shaped Massage Head
- Conical Massage Head
- Cold Compression Massage Head
- Tooth Massage Head
- Charging Cable (USB-C)
- Carry Case
- User Manual

Product Features



Image: Carmen C82019 Cordless Deep Tissue Massager with Cold Compress Head, highlighting its key features.

- **Powerful 8 Speed Settings:** Delivers up to 3200 percussions per minute for deep muscle treatment, relieving stiffness and tension, improving blood circulation, and aiding faster recovery after intense workouts.
- **Five Interchangeable Massage Heads:** Equipped with a Spherical head, U-shaped head, Conical head, Cold Compression head, and Tooth head to target different body areas for precise relief and enhanced recovery.
- **Cold Compression Head:** Contains cryogel that can be refrigerated before use to accelerate pain relief and reduce muscle soreness.
- **Up to 2 Hours Runtime:** Enjoy extended use with a single charge, providing multiple pain relief sessions.
- **LED Display:** Bright LED display shows the selected speed setting for ease of use.
- **Includes Carry Case:** Provides convenient storage and portability for on-the-go muscle relief.

Setup

1. Charging the Device

Before first use, fully charge the massager. Connect the charging cable to the massager's charging port and plug the other end into a suitable USB power adapter (not included). The LED indicator will show charging status and battery level. A full charge provides up to 2 hours of runtime.

2. Attaching Massage Heads

To attach a massage head, gently push the desired head into the front opening of the massager until it is securely seated. To remove, pull the head straight out. Ensure the device is turned off before changing heads.



Includes Carry Case

The included carry case is perfect for storage & ideal to take with you when travelling

Image: The five interchangeable massage heads and their recommended uses.

- **Spherical Head:** Ideal for large muscle groups like arms, back, hips, thighs, calves.
- **U-shaped Head:** Suitable for neck, spine, and Achilles tendon.
- **Conical Head:** For deep tissue, trigger points, and small muscle areas like feet and palms.
- **Cold Compression Head:** Can be refrigerated for post-exercise pain relief and muscle soreness reduction.
- **Tooth Head:** Designed for impacting deep tissues, relaxing and shaping all muscle groups, and deep stimulation of legs.

Operating Instructions

1. Power On/Off

Press and hold the power button (usually located near the LED display) for a few seconds to turn the massager ON or OFF. The LED display will illuminate upon activation.

2. Adjusting Speed Settings

Once powered on, short press the power button to cycle through the 8 available speed settings. The LED display will indicate the current speed level. Start with a lower speed and gradually increase to a comfortable intensity.

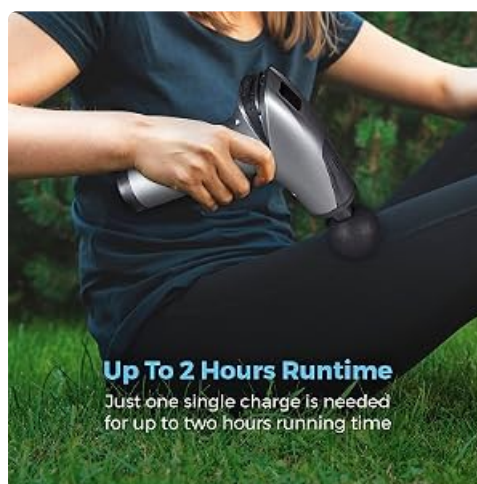


Image: Overview of the 8 speed settings and their recommended applications.

- **Settings 1-2:** Muscle arousal, gentle stimulation.
- **Settings 3-4:** Fascia relaxation, light massage.
- **Settings 5-6:** Decomposition of lactic acid, moderate intensity.
- **Settings 7-8:** Deep massage therapy, intense muscle relief.

3. Using the Massager

Apply the massager to the desired muscle area. Move it slowly and gently over the muscles. Do not press too hard or hold it in one spot for too long. For optimal results, use for 1-2 minutes per muscle group, and no more than 15 minutes in total per session. The ergonomic design and LED display ensure comfortable and intuitive use.



Image: The LED display showing the active speed setting.

Maintenance

Cleaning

Turn off the device and disconnect it from the charger before cleaning. Wipe the massager body with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water. The massage heads can be cleaned with a mild soap solution and then rinsed and air-dried.

Storage

Store the massager and its accessories in the provided carry case in a cool, dry place, away from direct sunlight and extreme temperatures. Ensure the device is fully charged before long-term storage to preserve battery life.

Troubleshooting

- **Device does not turn on:** Ensure the device is fully charged. Press and hold the power button for a few seconds.
- **Low power/weak percussion:** The battery might be low. Recharge the device.
- **Massage head falls off:** Ensure the head is pushed in firmly until it clicks into place.
- **Unusual noise or vibration:** Turn off the device immediately and contact customer support. Do not attempt to repair it yourself.

Specifications

Feature	Specification
Model Number	C82019
Power Source	Battery Powered
Material	Plastic, Silicone
Speed Settings	8 levels (up to 3200 percussions/minute)

Massage Heads	5 (Spherical, U-shaped, Conical, Cold Compression, Tooth)
Runtime	Up to 2 hours
Display	LED
Dimensions (L x W x H)	19.8 x 6.6 x 15.5 cm
Weight	740 grams
Waterproof Level	Not waterproof

Warranty and Support

The Carmen C82019 Deep Tissue Massager comes with a standard 1-year manufacturer's warranty. An extended 2-year warranty is available upon product registration online, totaling a 3-year warranty period.

For technical support, warranty claims, or further assistance, please refer to the contact information provided on the Carmen official website or your purchase documentation.

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

