

## Careboda CSM01

# Careboda Shiatsu Neck and Back Massager CSM01 User Manual

## 1. INTRODUCTION

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Thank you for choosing the Careboda Shiatsu Neck and Back Massager. This device is designed to provide a relaxing deep tissue massage with soothing heat, targeting the neck, back, and shoulders. Please read this manual thoroughly before use to ensure safe and effective operation.

## 2. IMPORTANT SAFETY INSTRUCTIONS

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**WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons:**

- Always unplug the massager from the electrical outlet immediately after using and before cleaning.
- Do not use while bathing or in a shower.
- Do not place or store appliance 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. Return the appliance to a service center for examination and repair.
- Keep the cord away from heated surfaces.
- Never use while sleeping or drowsy.
- Never drop or insert any object into any opening.

- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use on infants, invalids, or a sleeping or unconscious person.
- Do not use on insensitive skin or on a person with poor blood circulation.
- Do not crush. Avoid sharp folds.
- The heating function temperature is controlled and maintained under 113°F (45°C) to prevent skin damage.
- Consult your doctor before using this product if you are pregnant, have a pacemaker, or have any concerns regarding your health.

### 3. PACKAGE CONTENTS

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Verify that all items are present in the package:

- 1x Careboda Shiatsu Neck and Back Massager
- 1x Car Adapter (12V)
- 1x Wall Adapter (110V-240V)
- 1x User Manual (this document)

## Package included:

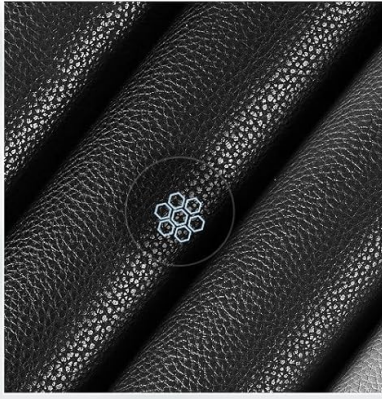
- 1x Back and Neck Massager
- 1x Car Adapter(12V)
- 1x Wall Adapter(110V-240V)
- 1x User Manual



Image: Contents of the Careboda Shiatsu Neck and Back Massager package, including the massager unit, car adapter, wall adapter, and user manual.

## 4. PRODUCT FEATURES

- **3D Deep Kneading Massage:** Features eight bi-directional rotating nodes and three massage intensities to simulate hand kneading.
- **Soothing Heat Function:** Fast-warming feature delivers comfortable heat within 3 minutes, maintained under 113°F (45°C). Can be manually turned on or off.
- **Ergonomic Design:** U-shaped design with a 45° massage angle for comfortable neck curve fit. Longer and wider handle straps (3.9in/10cm longer) for optimal positioning.
- **Durable and Skin-Friendly Materials:** Made of high-quality soft PU leather with unique rhombic patterns for enhanced grip and style. Features skin-friendly Lyera fabric.
- **Low Noise Operation:** Operates at less than 40dB.
- **Versatile Use:** Suitable for neck, back, shoulders, waist, abdomen, and legs. Includes both wall and car adapters for use at home, office, or in a vehicle.



Eco-Friendly  
PU Leather



Skin-Friendly  
Lyera



Low Noise  
<40dB



Image: Illustration of the massager's material features, highlighting Eco-Friendly PU Leather, Skin-Friendly Lyera, and low noise operation (<40dB).

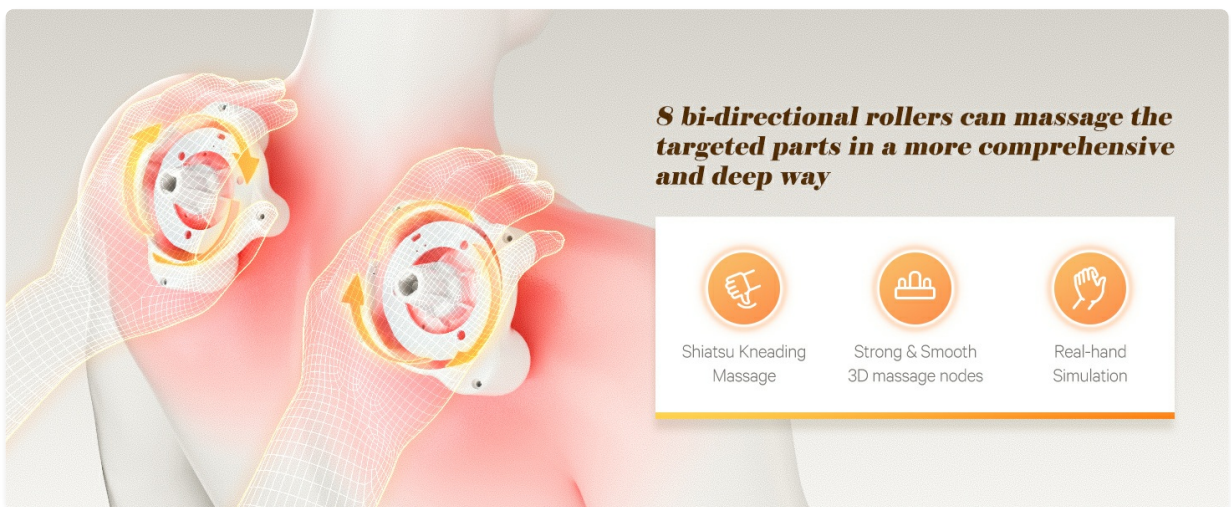


Image: Diagram showing the 8 bi-directional rollers providing Shiatsu kneading massage with 3D massage nodes for a real-hand simulation.

## 5. SETUP

1. **Unpack:** Carefully remove the massager and all accessories from the packaging.
2. **Power Connection:**
  - **For Home/Office Use:** Connect the wall adapter to the massager's power input port. Plug the wall adapter into a standard electrical outlet (110V-240V).
  - **For Car Use:** Connect the car adapter to the massager's power input port. Plug the car adapter into your vehicle's 12V cigarette lighter socket. **Warning: Do not use while driving.**
3. **Positioning:** Place the massager around your neck, shoulders, back, waist, abdomen, or legs as desired. Use the arm straps to adjust the pressure and position for optimal comfort.

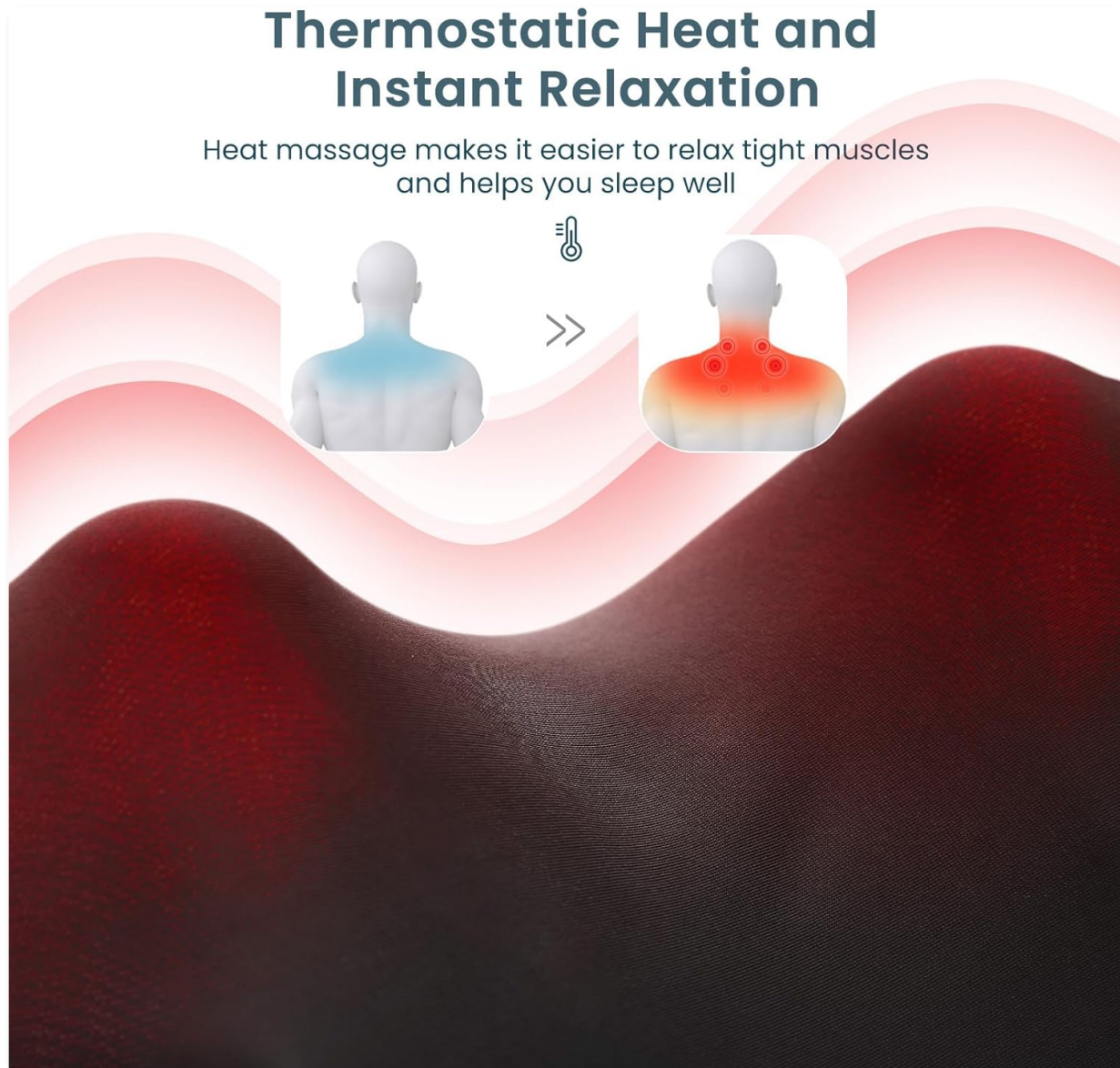


Image: A woman demonstrating the proper positioning of the Careboda massager on her neck and shoulders while seated.

## 6. OPERATING INSTRUCTIONS

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The massager features an intuitive control panel located on one of the arm straps.

# Simple Operation, Easy Adjustment

Elders can also easily grasp the use of the method.

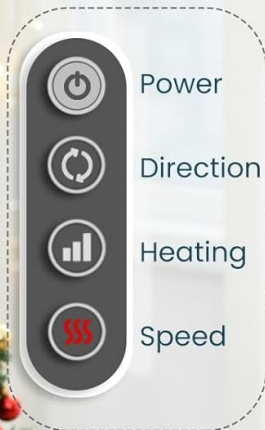


Image: Close-up of the massager's control panel, showing buttons for Power, Direction, Heating, and Speed settings.

1. **Power On/Off:** Press the **Power button** (🔌) to turn the massager on. Press again to turn it off. The massager will automatically shut off after 15 minutes of continuous use for safety.
2. **Massage Direction:** Press the **Direction button** (🔄) to change the rotation direction of the massage nodes (clockwise or counter-clockwise).
3. **Heat Function:** Press the **Heating button** (📊) to activate or deactivate the soothing heat function. The heat will warm up within 3 minutes.
4. **Massage Speed/Intensity:** Press the **Speed button** (SSS) to cycle through three different massage intensity levels (low, medium, high).

**Recommended Usage:** Use for no more than 15 minutes per session. Allow the device to cool down before subsequent uses.

## 7. MAINTENANCE

- **Cleaning:** Always unplug the massager before cleaning. Wipe the surface with a soft, slightly damp cloth. Do not use abrasive cleaners, solvents, or immerse the unit in water.
- **Storage:** Store the massager in a cool, dry place, away from direct sunlight and extreme temperatures. Avoid placing heavy objects on the massager.

- **Cord Care:** Do not wrap the power cord around the massager. Avoid sharp bends or kinks in the cord.

## 8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Massager does not turn on.	Not properly plugged in; Power outlet malfunction; Damaged power cord.	Ensure power adapter is securely connected to both the massager and the power source. Try a different outlet. If cord is damaged, discontinue use and contact support.
Heat function is not working.	Heat function not activated; Device not powered on.	Ensure the massager is on and press the Heating button. Allow a few minutes for the heat to become noticeable.
Massage nodes stop rotating or are weak.	Overheating protection activated; Excessive pressure applied.	Turn off the massager and let it cool down for 30 minutes. Reduce the pressure applied to the massager during use.
Unusual noise during operation.	Internal component issue.	Discontinue use immediately and contact customer support.

## 9. SPECIFICATIONS

- **Model Number:** CSM01
- **Product Dimensions:** 14.17 x 6.69 x 4.72 inches
- **Item Weight:** 2.87 Pounds (1.3 Kilograms)
- **Power Source:** Corded Electric
- **Material:** Faux Leather
- **Manufacturer:** Careboda

## 10. WARRANTY AND SUPPORT

Careboda products are designed for quality and reliability. For warranty information or technical support, please refer to the contact details provided on the product packaging or visit the official Careboda website. Please have your model number (CSM01) and purchase date available when contacting support.