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> nooro 3-in-1 Leg Massager Instruction Manual (Model: 3IN1LM-XFA)

nooro 3IN1LM-XFA

nooro 3-in-1 Leg Massager Instruction Manual

Model: 3IN1LM-XFA

Brand: nooro

1. INTRODUCTION

Thank you for choosing the nooro 3-in-1 Leg Massager. This manual provides essential information for the safe and effective use of your device. Please read it thoroughly before operation and retain it for future reference.

The nooro 3-in-1 Leg Massager is designed to provide comfort and stimulate wellness in your legs, calves, feet, and ankles through a combination of advanced technologies.

2. SAFETY INFORMATION

- Always use the massager with clean feet.
- Place your feet on the foot pad and choose your preferred massage mode and intensity level carefully to avoid discomfort or injury.
- Do not use the device if you have any open wounds, skin irritations, or severe circulatory problems.
- Consult a healthcare professional before use if you have pre-existing medical conditions, are pregnant, or have a pacemaker.
- Keep out of reach of children.
- Do not immerse the device in water or use it in excessively humid environments.
- Only use the provided charging cable.

3. PRODUCT FEATURES

Gentle Air Massage

Experience soothing air massage to relieve tension and boost circulation.

360° Total Relaxation

From calves to feet, every inch receives comprehensive attention.

Large Area Warming

Banish cold, fatigued legs with the warming massage function.

Cordless & Lightweight

Perfect for home or on-the-go relaxation, offering portability and convenience.

Adjustable Size for All

Offers adjustable sizing to accommodate a wide range of leg shapes and sizes.

Automatic Timer

Includes a built-in timer function to ensure safety and optimal session duration.

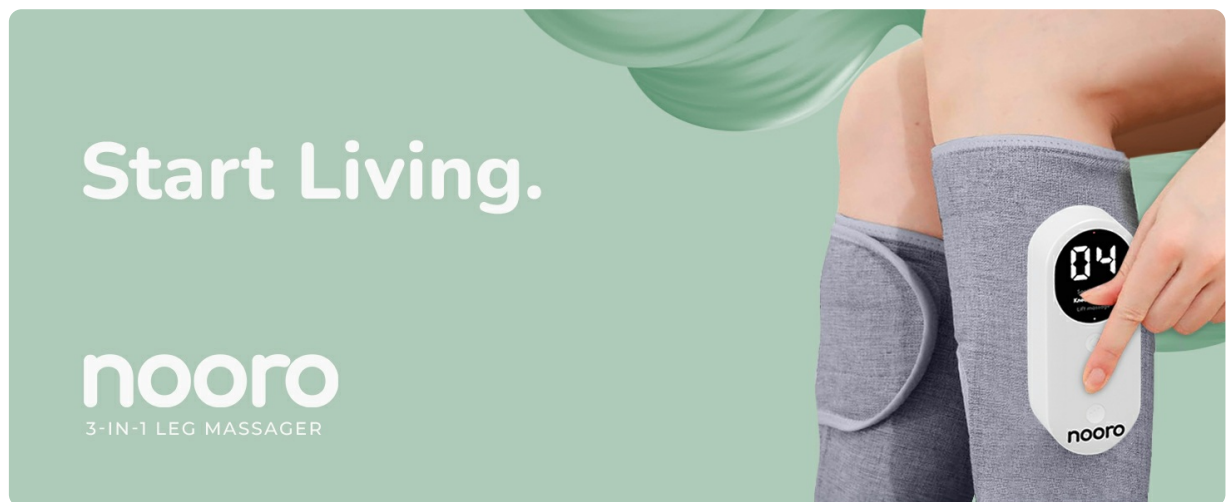


Image: Overview of nooro 3-in-1 Leg Massager features including air massage, relaxation, warming, cordless design, and adjustable size.

4. PACKAGE CONTENTS

- 2 x nooro 3-in-1 Leg Massager Units
- 1 x USB Charging Cable
- 1 x User Manual
- Velcro Strap Extenders (for larger leg sizes)

Portable and Wireless, Ready for Use Anywhere!

Take your wellness journey anywhere with nooro Leg Massager!
Indulge in a rejuvenating massage experience
whenever and wherever you need it.



Image: The nooro 3-in-1 Leg Massager units shown with their retail packaging.

5. SETUP

5.1 Charging the Device

Ensure both massager units are fully charged before first use. Connect the USB charging cable to the charging port on each unit and plug it into a suitable USB power source. The indicator light will show charging status.

5.2 Wearing the Massager

1. Unwrap each massager by releasing the Velcro straps.
2. While seated, place the massager on your leg so that the control unit (host) is on the outermost part of your leg. The longer straps should be at the top.
3. Wrap the longest strap around the back of your leg and secure it as tightly as comfortable.
4. Repeat the process for the smaller strap at the bottom of the massager.
5. If the massager does not fit comfortably, use the provided Velcro strap extenders. Attach them to the existing straps to increase their length, allowing for a customized fit.

HOW TO USE



STEP 01:

Unbox and wrap the massagers comfortably below your knees, securing with velcro straps.

STEP 02:

Power on and cycle through modes using the control buttons. Opt for warmth with the heating option if desired.



STEP 03:

Begin a 15-minute session for soothing relief and relaxation as the massagers gently compress and warm your legs.

Image: Visual guide demonstrating the three steps to correctly wear the nooro 3-in-1 Leg Massager.



LEG MASSAGER FEATURES



Gentle Air Massage



360° Total Relaxation



Large Area Warming



Easy Hand-Touch
Controls



Cordless & Lightweight



Adjustable Size for all



Image: A user wearing the nooro 3-in-1 Leg Massager on their calves, demonstrating proper placement.

Your browser does not support the video tag.

Video: Demonstration of how to wear and operate the nooro 3-in-1 Leg Massager, including heat, compression, and rechargeable features.

6. OPERATING INSTRUCTIONS

6.1 Power On/Off

To power on the massager, hold the middle power button for 3 seconds. The screen will light up. To power off, hold the power button again for 3 seconds.

6.2 Selecting Modes

Once powered on, tap the power button once to cycle through the three available massage modes:

- **Soothe Relax:** Gentle massage for relaxation.
- **Knead Activate:** More active kneading massage.
- **Lift Massage:** Designed to provide a lifting sensation.

6.3 Adjusting Heat Level

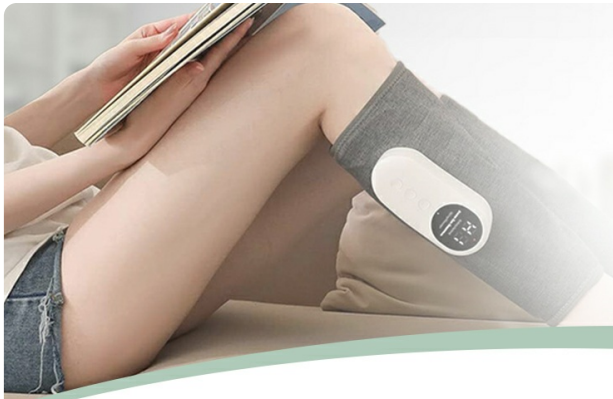
Tap the top heat button to select your desired heat level. There are three available heat levels, with each level being hotter than the last. Please note that heating requires approximately 2 minutes to warm up. It is recommended to start with the lowest heat setting to assess comfort before increasing.

6.4 Adjusting Intensity

Tap the bottom intensity button to select the desired massage intensity. There are three available intensity levels, with each level being more intense than the last.



Image: Detailed view of the massager's control panel, showing buttons for power/mode, heat, and intensity.



nooro 3-IN-1 LEG MASSAGER



SWITCH BUTTON & MODE BUTTON

Long press to turn ON the switch.
Quick press to adjust mode.



HEATING BUTTON

Help relax muscles and enhances
the massage experience.



INTENSITY BUTTON

Adjusts the strength
of the massage.

Image: The nooro 3-in-1 Leg Massager highlighting its adjustable intensity and heating massage features.



Gentle Air Massage

Feel the soothing air massage, crafted
to relieve tension, boost circulation



360° Total Relaxation

From calves to feet, every inch gets
the pampering it deserves



Large Area Warming

Banish cold, fatigued legs with
our warming massager



Cordless & Lightweight

Perfect for home or on-the-go
relaxation



Adjustable Size for all

Offers adjustable sizing for all
leg shapes and sizes

Image: The massager actively stimulating calves to promote comfort in the lower body.

7. MAINTENANCE

7.1 Cleaning

To clean the massager, wipe the surface with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water. Ensure the device is completely dry before storage or next use.

7.2 Storage

Store the massager in its original box or a clean, dry place away from direct sunlight and extreme temperatures. Ensure the Velcro straps are neatly secured to prevent damage.

8. TROUBLESHOOTING

If you experience any issues with your nooro 3-in-1 Leg Massager, please refer to the following common solutions:

- **Device not turning on:** Ensure the device is fully charged. Press and hold the power button for 3 seconds.
- **No massage sensation:** Check that the massager is securely fastened to your leg. Adjust the intensity level.
- **No heat:** Ensure the heat function is activated. Allow 2 minutes for the heat to build up.

- **Discomfort during use:** Loosen the straps, reduce intensity, or lower the heat level. If discomfort persists, discontinue use.

For further assistance, please contact nooro customer support.

9. SPECIFICATIONS

Feature	Detail
Product Dimensions	7.5 x 3 x 2 inches; 2.6 Pounds
Item Model Number	3IN1LM-XFA
Batteries	1 Lithium Polymer batteries required. (included)
Manufacturer	nooro
Use for	Feet, Calves, Legs
Power Source	Battery Powered
Material	Plastic, Fabric
Item Weight	1.18 Kilograms

10. WARRANTY & SUPPORT

The nooro 3-in-1 Leg Massager comes with a standard manufacturer's warranty. Please refer to the product packaging or the official nooro website for specific warranty details and terms.

For technical support, troubleshooting, or any inquiries regarding your product, please visit the official nooro support page or contact their customer service team directly. Contact information can typically be found on the product packaging or the brand's website.