

[manuals.plus](#) /› [Flowlife](#) /› [Flowlife Flowpression Hand Massager FLHAVX1 User Manual](#)

Flowlife FLHAVX1

Flowlife Flowpression Hand Massager FLHAVX1 User Manual

Model: FLHAVX1

1. INTRODUCTION

Thank you for choosing the Flowlife Flowpression Hand Massager. This device is designed to provide therapeutic air compression and heat to your fingers, palm, and wrist, aiding in recovery, reducing muscle tension, and improving circulation. Please read this manual carefully before use to ensure proper operation and maintenance.

2. IMPORTANT SAFETY INFORMATION

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

- Do not use this device if you have any pre-existing medical conditions affecting your hands or circulation without consulting a physician.
- Keep the device away from water or excessive moisture.
- Do not operate the device if it has been damaged or submerged in water.
- Keep out of reach of children.
- Use only the provided charging cable.
- Do not disassemble or attempt to repair the device yourself.
- If you experience any discomfort or pain during use, discontinue immediately.

3. PACKAGE CONTENTS

Please check the package for the following items:

- Flowlife Flowpression Hand Massager (FLHAVX1)
- USB Charging Cable

- User Manual

4. PRODUCT FEATURES

- **Complete Hand Care:** Targets fingers, palm, and wrist with even air compression.
- **Three Program Modes:** Offers Full-hand, Finger/Palm, and Palm/Wrist specific programs.
- **Adjustable Intensity:** Three pressure levels for customized massage.
- **Built-in Heating Function:** Provides heat up to 42°C to enhance blood flow and relaxation.
- **Rechargeable & Portable:** 2200mAh lithium-ion battery for up to 2 hours of use, lightweight design (550g).
- **Automatic Timer:** Each program runs for 15 minutes.

5. SETUP

5.1 Charging the Device

1. Connect the USB charging cable to the charging port on the device.
2. Plug the other end of the USB cable into a compatible USB power adapter (not included) or a computer USB port.
3. The charging indicator light will illuminate. A full charge takes approximately 3 hours.
4. Once fully charged, the indicator light may change color or turn off, depending on the model. Disconnect the device from the charger.



Figure 1: Side view of the Flowlife Flowpression Hand Massager, highlighting its ergonomic design and control panel.

5.2 Preparing for Use

1. Ensure the device is fully charged.
2. Sit in a comfortable position.

3. Insert your hand into the massager, ensuring your palm and fingers are comfortably positioned within the internal chambers. The device is designed to fit both left and right hands.



Figure 2: Proper hand insertion into the Flowpressure device for optimal massage.

6. OPERATING INSTRUCTIONS



Figure 3: Overview of the control panel buttons.

6.1 Power On/Off

- Press and hold the **Power Button** (●) for 2-3 seconds to turn the device on or off.
- The device will start in a default program and intensity setting.

6.2 Selecting Program Modes

- Press the **Mode Button** (●) to cycle through the three available program modes:

- A. **Mode 1:** Full-hand compression.
- B. **Mode 2:** Finger and palm focused compression.
- C. **Mode 3:** Palm and wrist focused compression.

- Each program runs for 15 minutes.

6.3 Adjusting Intensity Levels

- Press the **Intensity Button** (■) to select one of the three intensity levels:
 - A. **Level 1:** Gentle compression.
 - B. **Level 2:** Medium compression.
 - C. **Level 3:** Strong compression.

6.4 Activating Heating Function

- Press the **Heat Button** (■) to turn the heating function on or off.
- The heat function can reach up to 42°C and works in conjunction with the compression massage.



Figure 4: User demonstrating the Flowpressure Hand Massager in use.

7. MAINTENANCE

7.1 Cleaning

- Ensure the device is turned off and unplugged before cleaning.
- Wipe the exterior of the device with a soft, slightly damp cloth.
- Do not use abrasive cleaners, solvents, or immerse the device in water.
- Allow the device to air dry completely before storing or next use.

7.2 Storage

- Store the device in a cool, dry place, away from direct sunlight and extreme temperatures.
- Keep it in its original packaging or a protective case to prevent damage.

8. TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Low battery or no power.	Charge the device fully. Ensure the power button is pressed and held for 2-3 seconds.
No compression or weak compression.	Incorrect intensity setting or improper hand placement.	Adjust the intensity level. Ensure your hand is fully inserted and positioned correctly.
Heating function not working.	Heating function is not activated.	Press the Heat Button to activate the heating function. Allow a few minutes for the device to warm up.
Device stops unexpectedly.	Automatic 15-minute timer or low battery.	The device has an automatic 15-minute shut-off. Recharge the device if the battery is low.

9. SPECIFICATIONS

- **Brand:** Flowlife
- **Model:** FLHAVX1
- **Battery Type:** Lithium Ion
- **Battery Capacity:** 2200mAh
- **Battery Life:** Up to 2 hours (approx.)
- **Charging Time:** Approximately 3 hours
- **Heating Temperature:** Up to 42°C
- **Product Weight:** 550 g
- **Package Dimensions:** 29 x 21 x 11 cm

10. WARRANTY INFORMATION

The Flowlife Flowpression Hand Massager comes with a standard limited warranty against manufacturing defects from the date of purchase. This warranty does not cover damage caused by misuse, accidents, unauthorized modifications, or normal wear and tear. Please retain your proof of purchase for warranty claims.

11. SUPPORT

If you have any questions, concerns, or require technical assistance, please visit the official Flowlife website or contact our customer support team through the details provided on our website. For the latest information and FAQs, please refer to [Flowlife's official store page](#).

© 2025 Flowlife. All rights reserved.