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## Vodeson HD-01A

# Vodeson HD-01A Therapeutic Hand Massager User Manual

MODEL: HD-01A

## Introduction

The Vodeson HD-01A Therapeutic Hand Massager is designed to provide targeted relief for hands and wrists through a combination of heat therapy and compression. This device is suitable for individuals experiencing stiffness, pain, or fatigue from activities such as typing, crafting, or conditions like arthritis and carpal tunnel syndrome. It features multiple massage modes, intensity levels, and heat settings to customize your experience.

## Safety Information

- Do not use the massager while sleeping.
- Avoid using lotions or creams on your hands immediately before or during use, as this may affect the device's performance or material integrity.
- Always use the massager under supervision, especially if you have pre-existing medical conditions.
- Adhere to the built-in 15-minute auto-shutoff timer to prevent overuse.
- Keep out of reach of children.

## Product Features

- **Targeted Pain Relief:** Ergonomic design molds to palms and joints, providing deep-kneading compression for stiffness and discomfort.
- **Intelligent Heat Therapy:** Rapid 8-10 second warm-up with 4 precise temperature settings (113°F-140°F) and auto-adjusting heat to prevent overheating.
- **360° Compression Massage:** 13 airbags with 5 intensity levels mimic professional massage techniques. Choose from Health, Soothing, or Vitality modes.
- **Premium Construction:** Hypoallergenic PU leather exterior with breathable tech cloth lining for comfort.
- **Safety Features:** 15-minute auto-shutoff to prevent overuse.

## Package Contents

- Vodeson HD-01A Hand Massager Unit

- USB-C Charging Cable
- User Manual
- Velvet Storage Bag

## Setup

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1. **Charge the Device:** Before first use, fully charge the hand massager using the provided USB-C cable and a compatible power adapter. The device includes a P76 battery.
2. **Prepare for Use:** Ensure your hands are clean and dry. Avoid applying lotions or oils.

## Operating Instructions

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1. **Power On:** Press and hold the power button (usually indicated by a universal power symbol) to turn on the device.
2. **Hand Placement:** Insert your hand into the massager, ensuring it is comfortably positioned on the ergonomic contours. The device is designed for both left and right hands; simply rotate it as needed.
3. **Select Massage Mode:** Press the 'M' (Mode) button to cycle through the three available massage modes: Health, Soothing, and Vitality. Each mode offers a different compression pattern.
4. **Adjust Compression Intensity:** Use the intensity button (often indicated by vertical bars) to select one of the 5 compression intensity levels. Pressing the button will cycle through the levels, from gentle to strong.
5. **Activate Heat Therapy:** Press the heat button (indicated by wavy lines) to activate or adjust the heat therapy. The device offers 4 precise temperature settings (113°F-140°F) and warms up in 8-10 seconds.
6. **Enjoy Massage:** The massager will operate for 15 minutes before automatically shutting off.
7. **Power Off:** To turn off the device manually, press and hold the power button.

# Easy to Use

Relax your body & mind, Rejuvenate your vitality

**Heat Button**  
3 heating modes



**Mode Button**  
3 mode programs



**Power Button**

Press and hold to turn on/off



**Barometric Button**

5 intensity levels

Image: Vodeson Hand Massager control panel with clearly labeled buttons for heat, massage mode, intensity, and power.

Your browser does not support the video tag.

Video: Demonstration of the Vodeson Hand Massager in use, highlighting its heat and compression features.

Your browser does not support the video tag.

Video: Close-up view of the Vodeson Hand Massager's controls and how to select different massage modes.

## Maintenance

- Cleaning:** Wipe the exterior of the massager with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- Storage:** Store the massager in the provided velvet storage bag in a cool, dry place away from direct sunlight and extreme temperatures.
- Battery Care:** To prolong battery life, avoid fully discharging the device frequently. Charge it regularly, even if not in use for extended periods.

## Troubleshooting

If you encounter any issues with your Vodeson Hand Massager, please refer to the following common solutions:

- Device not turning on:** Ensure the device is fully charged. Connect it to the charger and wait a few minutes before attempting to power it on again.
- No heat or weak heat:** Verify that the heat function is activated. Allow 8-10 seconds for the heat to reach the desired temperature. If the issue persists, ensure the device is adequately charged.
- Weak or inconsistent compression:** Check that your hand is properly inserted into the massager. Ensure the device is charged. Try cycling through different intensity levels.
- Unusual noises:** If you hear any unusual noises, power off the device immediately and contact customer support.

For further assistance, please contact Vodeson customer support.

## Specifications

<b>Model Number</b>	HD-01A
<b>Product Dimensions</b>	9.84 x 7.87 x 2.99 inches
<b>Item Weight</b>	1.8 Pounds
<b>Power Source</b>	Electric
<b>Battery Type</b>	1 P76 battery (included)
<b>Material</b>	Faux Leather, PE Metal, TPU
<b>Heat Temperature Range</b>	113°F-140°F

## Warranty and Support

Vodeson offers 24/7 technical support for your product. Should any component require attention, our team provides step-by-step troubleshooting guides and replacement parts dispatch within 48 hours (US warehouses). For detailed warranty information, please refer to the product packaging or contact Vodeson customer service directly.