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› EDIFOLLY Cordless Ankle Massager with Heat User Manual

EDIFOLLY XBL-8688

EDIFOLLY Cordless Ankle Massager with Heat User Manual

Model: XBL-8688

Brand: EDIFOLLY

1. INTRODUCTION

Thank you for choosing the EDIFOLLY Cordless Ankle Massager with Heat. This device is designed to provide comfort and relaxation to your ankle through a combination of heat therapy and vibration massage. It features a cordless, portable design, adjustable heat levels, and multiple vibration modes for a personalized experience. Please read this manual thoroughly before use to ensure safe and effective operation.



Image 1.1: The EDIFOLLY Cordless Ankle Massager with Heat applied to an ankle, showing the control panel and heat indicators.

2. SAFETY INFORMATION

WARNING: This product generates heat up to 60°C (140°F) and poses a burn risk if not used properly. Do not leave the product unattended while in use. Keep the product out of reach of children and pets. Do not use the product if you have any skin conditions, injuries, or numbness in the ankle area. Discontinue use if you experience discomfort or pain. Always follow the instructions provided in the user manual for safe operation and storage.

Indications: Ankle pain relief, relaxation, comfort.

Legal Disclaimer: Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

3. PRODUCT FEATURES

- **Cordless and Portable:** Built-in rechargeable battery allows for free movement without cables, suitable for use at work, while sleeping, or during household chores.
- **Adjustable Heat Therapy:** 5 heating levels (40°C/104°F, 45°C/113°F, 50°C/122°F, 55°C/131°F, and 60°C/140°F) with an easy-to-read LCD display for precise control.
- **Vibration Massage:** 3 massage vibration intensity modes (Wave, Continuous, Rhythmic) for targeted ankle relaxation.
- **Intelligent Timing:** Automatic shut-off after 30 minutes of use to prevent overuse.
- **Adjustable Size:** Unique contoured design with adjustable straps to fit most ankle shapes and sizes.
- **Comfortable Material:** Super soft polyester material for an elegant texture and gentle touch, aiding in even heat distribution.
- **Easy to Clean:** Simply wipe the interior with a damp cloth and air dry.

ADJUSTABLE HEATING & VIBRATION

5 Heating Levels

- 40°C
- 45°C
- 50°C
- 55°C
- 60°C

3 Vibration Modes

- Wave
- Continuous
- Rhythmic

Image 3.1: Illustration of the 5 adjustable heating levels and 3 vibration modes available on the device.



Image 3.2: The intelligent timing feature, which automatically turns off the device after 30 minutes of use.

4. PACKAGE CONTENTS

Please check the package for the following items:

- EDIFOLLY Cordless Ankle Massager with Heat (Model XBL-8688)
- USB Type-C Charging Cable
- User Manual



Image 4.1: Contents of the product package, including the ankle massager, USB charging cable, and user manual.

5. SETUP AND CHARGING

5.1 Initial Charging

Before first use, fully charge the device. The ankle massager is equipped with a built-in 1800mAh rechargeable battery.

- Connect the provided USB Type-C charging cable to the charging port on the control panel of the ankle massager.
- Connect the other end of the USB cable to a 5V power source (e.g., a USB wall adapter, computer USB port, or power bank).
- The device will indicate charging status (e.g., a flashing light or specific display icon).
- A full charge typically takes approximately 3 hours. The device will stop working when charged.

Type-C

Charging



It will stop working when charged

1800mAh

Battery

3 Hours

Charging Time

5V

Voltage



Image 5.1: Details of the Type-C charging port, battery capacity (1800mAh), charging time (3 hours), and voltage (5V).

6. OPERATING INSTRUCTIONS

Follow these steps to use your Cordless Ankle Massager:

1. **Step 1: Prepare the Brace.** Take out the ankle brace. Ensure the large opening is positioned in front.
2. **Step 2: Position on Ankle.** Place the brace around your ankle, securing it comfortably with the adjustable straps.
3. **Step 3: Power On.** Press and hold the power button on the control panel for 2 seconds to turn on the device. The LCD display will illuminate.
4. **Step 4: Adjust Settings.** Use the dedicated buttons on the control panel to select your desired heating level (5 options) and vibration mode (3 options). Refer to the display for current settings.

The device will automatically shut off after 30 minutes of continuous use.

EASY TO USE



STEP 1 Take out the brace, large opening in front



STEP 2 Put the brace on the ankle



STEP 3 Press 2s to turn on



STEP 4 Adjust the temperature and vibration levels

Image 6.1: Step-by-step visual guide demonstrating how to put on and operate the ankle massager.

7. MAINTENANCE AND CLEANING

To ensure the longevity and hygiene of your ankle massager, follow these maintenance guidelines:

- **Cleaning:** The interior of the ankle massager can be wiped clean with a damp cloth. Do not submerge the device in water.
- **Drying:** After cleaning, allow the device to air dry completely before storing or using again.
- **Storage:** Store the massager in a cool, dry place away from direct sunlight and extreme temperatures.
- **Battery Care:** To maintain battery health, avoid fully discharging the battery frequently. Charge the device regularly, even if not in use for extended periods.

8. TROUBLESHOOTING

If you encounter any issues with your EDIFOLLY Cordless Ankle Massager, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Device does not turn on.	Battery is depleted.	Charge the device fully using the provided USB cable.
No heat or vibration.	Settings are too low or not activated.	Ensure the device is powered on and adjust heat/vibration levels using the control buttons.
Device turns off unexpectedly.	30-minute auto shut-off activated or low battery.	Restart the device if desired, or recharge the battery if it's low.
Discomfort during use.	Heat or vibration level is too high, or improper fit.	Reduce heat/vibration settings. Adjust the brace for a comfortable fit. Discontinue use if discomfort persists.

If the problem persists after attempting these solutions, please contact EDIFOLLY customer support for further assistance.

9. SPECIFICATIONS

Feature	Detail
Model Number	XBL-8688
Product Dimensions	14.76 x 3.54 x 1.18 inches
Item Weight	8.15 ounces
Material	Polyester
Color	Gray
Battery Type	Rechargeable (1800mAh, 9V included)
Charging Time	Approx. 3 hours
Input Voltage	5V
Heat Levels	5 (40°C/104°F to 60°C/140°F)
Vibration Modes	3 (Wave, Continuous, Rhythmic)
Auto Shut-off	30 minutes

10. WARRANTY AND SUPPORT

EDIFOLLY products are manufactured with quality and performance in mind. For any questions, concerns, or warranty claims regarding your Cordless Ankle Massager with Heat, please contact EDIFOLLY customer support. Our team is dedicated to providing assistance and ensuring your satisfaction.

Please retain your proof of purchase for warranty purposes.

You can visit the EDIFOLLY store on Amazon for more information:[EDIFOLLY Store](#)