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› ZAIREG XBL-8688 3-in-1 Wireless Heated Ankle Foot Massager Instruction Manual

ZAIREG XBL-8688

ZAIREG XBL-8688 3-in-1 Wireless Heated Ankle Foot Massager Instruction Manual

Model: XBL-8688

INTRODUCTION

Thank you for choosing the ZAIREG XBL-8688 3-in-1 Wireless Heated Ankle Foot Massager. This device is designed to provide targeted relief and relaxation through a combination of heat, vibration, and compression therapy. Please read this manual thoroughly before use to ensure safe and effective operation.

SAFETY INFORMATION

Important: Always follow basic safety precautions when using electrical appliances to reduce the risk of fire, electric shock, and injury.

- Avoid using the massager on sensitive areas of the body.
- Exercise caution when using heat and vibration settings, especially if you have sensitive skin or medical conditions.
- Do not use if you have open wounds, skin irritations, or swelling in the area to be massaged.
- Consult a physician before use if you have any pre-existing medical conditions, including but not limited to diabetes, neuropathy, circulatory issues, or are pregnant.
- Keep out of reach of children.
- Do not immerse the device in water or other liquids.
- Unplug the device when not in use and before cleaning.
- Do not attempt to disassemble or repair the device yourself. Contact customer support for assistance.
- The statements regarding this product have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

WHAT'S IN THE BOX

Upon opening your package, please verify that all components are present and in good condition.

3 in 1 Foot Massager

What's in the Box



Image: The package contents include the ZAIREG XBL-8688 foot massager unit, a USB Type-C charging cable, and the user manual.

- ZAIREG XBL-8688 Foot Massager Unit (1 or 2 PCS, depending on purchase)
- USB Type-C Charging Cable
- User Manual

PRODUCT FEATURES

The ZAIREG XBL-8688 massager offers advanced features for comprehensive foot and ankle relief:

Triple Method Therapy

Heat, Vibration, Compression



Image: This diagram highlights the three core therapies: heating, vibration, and compression, working together for comprehensive relief.

- **3-in-1 Therapy:** Combines heating, vibration, and compression for targeted comfort.
- **Adjustable Settings:** Features 3 vibration modes and 5 heat levels for personalized intensity.
- **Wireless & Portable:** Lightweight design with a rechargeable 1800mAh battery for on-the-go use.
- **Fast Charging:** USB Type-C charging with an LED status indicator.
- **Comfortable Design:** Made with breathable diving fabric and an ergonomic wraparound fit for the ankle and sole.
- **Smart Control:** Equipped with a smart chip for safe heat control and a 30-minute auto-off function.

Customizable Intensity

3 Massage + 5 Heat Levels

3
MASSAGE
LEVELS

E3 E2 E1

5
HEAT
LEVELS

40° | 55° | 60°

E1 40°
E2 45°
E3 50°
60° 60°



Image: This graphic illustrates the customizable intensity options, including three vibration levels and five distinct heat settings.

Breathable
Diving Fabric

Heating
Coil Layer

Vibration
Nodes

Anti-Slip
Inner Lining

Engineered for Comfort & Relief

Image: An exploded view reveals the internal structure, including the breathable diving fabric, heating coil layer, vibration nodes, and anti-slip inner lining, all engineered for comfort.

SMART CHIP

SAFE HEAT CONTROL & 30 MIN AUTO-OFF



Image: This image highlights the integrated smart chip, which ensures safe heat control and includes a convenient 30-minute auto-off feature.

SPECIFICATIONS

- **Model Name:** 3-In-1 Foot Massager
- **Model Number:** XBL-8688
- **Material:** ABS + Advanced Diving Fabric
- **Color:** Gray
- **Rated Voltage:** 3.7V
- **Rated Power:** 7W
- **Input Voltage:** 5V
- **Input Current:** 1A
- **Input Power:** 5W
- **Battery:** 1800mAh

- **Charging Time:** Approximately 3 hours
- **Usage Time:** Approximately 3 times (30 minutes per time) per full charge
- **Power Supply:** USB Charging Type-C
- **Temperature Settings:** 40°C, 45°C, 50°C, 55°C, 60°C (5 levels)
- **Product Dimensions:** 34 × 17 × 3 cm / 13.4 × 6.7 × 1.2 inches
- **Item Weight:** 230 Grams (8.11 ounces)

SETUP

1. **Unpack:** Carefully remove all components from the packaging. Retain packaging for future storage or transport.
2. **Inspect:** Check the massager unit and charging cable for any signs of damage. Do not use if damaged.
3. **Initial Charge:** Before first use, fully charge the device. Connect the USB Type-C cable to the massager's charging port and the other end to a compatible USB power adapter (not included). The charging indicator light will display "LL" while charging and "HH" when fully charged. A full charge takes approximately 3 hours.
4. **Placement:** The massager is designed to wrap around the ankle and foot area. Ensure a snug but comfortable fit.

OPERATING INSTRUCTIONS

Familiarize yourself with the control panel on the massager unit.



Comfort That Fits Your Lifestyle

Image: A user is shown comfortably wearing the ZAIREG XBL-8688 foot massager on their ankle, highlighting its ergonomic design and ease of use in a home setting.

1. **Power On/Off:** Press and hold the power button (usually indicated by a circle with a vertical line) for a few seconds to turn the device on or off. The display will illuminate.
2. **Select Vibration Mode:** Press the vibration button (often depicted as wavy lines or a vibration icon) to cycle through the 3 available vibration modes (E1, E2, E3). The current mode will be displayed.
3. **Adjust Heat Level:** Press the heat button (often depicted as a flame or sun icon) to cycle through the 5 temperature settings (40°C, 45°C, 50°C, 55°C, 60°C). The current temperature will be displayed.
4. **Compression:** The massager provides gentle compression through its design. No separate button for compression adjustment is typically available.
5. **Automatic Shut-off:** For safety and energy conservation, the device is equipped with a 30-minute auto-off timer. It will automatically power down after 30 minutes of continuous use. You can restart it if further use is desired.

CHARGING INSTRUCTIONS

- Connect the provided USB Type-C cable to the charging port on the massager.
- Plug the other end of the USB cable into a standard USB power adapter (5V/1A recommended) or a computer USB port.
- During charging, the display will show "LL".
- Once fully charged, the display will show "HH".
- A full charge takes approximately 3 hours and provides about 90 minutes of wireless use (3 sessions of 30 minutes).

MAINTENANCE

- **Cleaning:** Ensure the device is powered off and unplugged before cleaning. Wipe the surface with a soft, damp cloth. Do not use abrasive cleaners or immerse in water.
- **Storage:** Store the massager in a cool, dry place, away from direct sunlight and extreme temperatures. Keep it in its original packaging if possible to protect it from dust and damage.
- **Battery Care:** To prolong battery life, avoid fully discharging the battery frequently. Charge the device regularly, even if not in use for extended periods.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not turn on.	Battery is depleted.	Charge the device fully (approx. 3 hours).
Heat function is not working or too weak.	Low battery; incorrect heat setting.	Ensure device is fully charged. Cycle through heat settings to select a higher temperature.
Vibration is weak or inconsistent.	Low battery; incorrect vibration mode.	Charge the device. Cycle through vibration modes to select a stronger setting.
Device turns off automatically.	30-minute auto-off timer activated.	This is a safety feature. Restart the device if further use is desired.
Charging indicator shows "LL" but doesn't change to "HH".	Charging cable or adapter issue; battery fault.	Try a different USB Type-C cable or power adapter. If the issue persists, contact customer support.

WARRANTY AND SUPPORT

ZAIREG products are manufactured with quality and reliability in mind. For specific warranty information, please refer to the documentation included with your purchase or contact the retailer where the product was purchased.

If you encounter any issues or have questions regarding your ZAIREG XBL-8688 Foot Massager, please contact our customer support team for assistance. Please have your model number (XBL-8688) and purchase details ready.

Manufacturer: ZAIREG



