

JHGXE4HR79Y235H5B

# Generic Meridian Body Brush Instruction Manual

Model: JHGXE4HR79Y235H5B

## 1. INTRODUCTION

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The Generic Meridian Body Brush is designed to provide a soothing and effective massage experience for various parts of the body. This portable tool helps to target meridian points, relieve muscle fatigue, and promote overall well-being. Its soft rubber construction ensures a gentle touch while effectively stimulating the skin.

Key features include:

- **Full Body Stimulation:** Designed to target pressure points across the body for comprehensive relief.
- **Enhanced Scraping:** Activates home care routines, promoting balanced energy flow.
- **Targeted Application:** Effective for thighs, shoulders, neck, waist, arms, back, and legs.
- **Reliable Performance:** Made from soft rubber for a safe and gentle touch, with a non-slip grip for ease of use.



Figure 1: The Generic Meridian Body Brush, a manual tool for body massage and relaxation.

## 2. SETUP

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The Meridian Body Brush requires minimal setup before use.

1. **Unpacking:** Carefully remove the Meridian Body Brush from its packaging.
2. **Initial Inspection:** Inspect the brush for any visible damage or manufacturing defects. If any issues are found, please contact customer support or your retailer.
3. **First Use Cleaning:** It is recommended to clean the brush with mild soap and water before its first use. Rinse thoroughly and allow to air dry.

## 3. OPERATING INSTRUCTIONS

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The Meridian Body Brush is designed for manual use on various body parts. Hold the brush firmly using the integrated handle.

### General Usage Guidelines:

- Apply gentle to moderate pressure, adjusting based on your comfort level.
- Use consistent, rhythmic strokes.
- Can be used on dry skin or with massage oils/lotions.

## Specific Application Areas:

The brush can be used on the back, arms, abdomen, and legs. Refer to the diagrams below for suggested techniques.



Figure 2: Illustrated guide for applying the Meridian Body Brush on different body areas. This includes scraping on the back (dorsal midline first, then sides), arm scraping (to relieve aches), abdominal gua sha (clockwise direction), and leg gua sha (calves first, then backs of calves).

- **Back Scraping:** Begin by scraping along the dorsal midline, then proceed to the sides of the back.
- **Arm Scraping:** Use upward or downward strokes along the arms to help relieve muscle tension.
- **Abdominal Gua Sha:** Apply the brush in a clockwise direction over the abdomen.
- **Leg Gua Sha:** Start by scraping the calves, then move to the back of the calves.



Figure 3: A user demonstrating the application of the Meridian Body Brush on the leg, highlighting its ergonomic design for comfortable use.



Figure 4: The Meridian Body Brush shown in context during a back massage, illustrating its intended use for relaxation and muscle relief.

# Not just for head and neck massage

Covers multiple acupressure points and can also be used for gua Sha



## Scraping on the back

Shave the dorsal midline first and then the sides



## Arm scraping

Relieve Aches and Pains



## Abdominal gua sha

Scrape in a clockwise direction



## Gua sha on leg

Shave the calves first and then the backs of the calves.

Figure 5: A close-up view of the Meridian Body Brush, emphasizing its comfortable soft rubber material designed not to hurt the skin, with features for massage, scraping, moderate hardness, and palm fit.

## 4. MAINTENANCE

Proper maintenance ensures the longevity and hygiene of your Meridian Body Brush.

- **Cleaning:** After each use, wash the brush with mild soap and warm water.
- **Rinsing:** Rinse thoroughly to remove all soap residue.
- **Drying:** Allow the brush to air dry completely in a well-ventilated area before storing. Avoid direct sunlight or excessive heat.
- **Storage:** Store the brush in a clean, dry place away from direct sunlight and extreme temperatures.

## 5. TROUBLESHOOTING

This section addresses common concerns you might encounter with your Meridian Body Brush.

Issue	Possible Cause	Solution
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Issue	Possible Cause	Solution
Skin irritation or redness	Excessive pressure; sensitive skin; dry skin.	Reduce pressure during use. Ensure skin is clean and moisturized. Discontinue use if irritation persists.
Brush feels ineffective	Insufficient pressure; incorrect technique.	Adjust pressure and technique. Ensure proper contact with the skin. Refer to operating instructions for guidance.
Brush is difficult to clean	Residue buildup; improper cleaning method.	Clean immediately after each use. Use mild soap and warm water. A soft brush can help remove stubborn residue.

## 6. SPECIFICATIONS

Detailed specifications for the Generic Meridian Body Brush.

Feature	Detail
Product Name	Meridian Body Brush
Brand	Generic
Model Number	JHGXEV4HR79Y235H5B
Material	Soft Rubber
Dimensions (L x W x H)	14.5 cm x 9 cm x 3.8 cm (approx. 5.71 in x 3.54 in x 1.5 in)
Weight	75 g (approx. 0.17 lbs)
Color	Brown (B6 Thick Model)



Figure 6: Diagram illustrating the dimensions of the Meridian Body Brush, showing its length (14.5 cm / 5.71 in), width (9 cm / 3.54 in), and height (3.8 cm / 1.5 in).

## 7. WARRANTY AND SUPPORT

**Warranty Information:** No specific warranty information is provided with this product. Please refer to the retailer's return policy or contact them directly for details regarding product guarantees.

**Customer Support:** For further assistance, questions, or concerns regarding your Meridian Body Brush, please contact the retailer from whom you purchased the product. They will be able to provide the most accurate and up-to-date support information.

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