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› ZENOWELL Luna Wearable Relaxation Device Instruction Manual

ZENOWELL Luna

ZENOWELL Luna Wearable Relaxation Device Instruction Manual

Model: Luna

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1. INTRODUCTION

The ZENOWELL Luna is a wearable relaxation device designed to support better sleep, reduce stress, and restore calm. It utilizes non-invasive transcutaneous auricular vagus nerve stimulation (taVNS) to target the auricular branch of the vagus nerve, activating the body's natural relaxation response. This device offers a drug-free, non-pharmaceutical solution to help balance your body and mind.

The Luna device is designed for ease of use, requiring no apps, Bluetooth, or subscriptions. It features four distinct modes tailored to different needs: SLEEP, RELAX, MEDIT, and RELIEF, each providing targeted benefits to help you feel better and live more.

2. SAFETY INFORMATION

CAUTION: To prevent the risk of electric shock, do not use this product if the cord is damaged. This product is not intended for use by children. Keep out of reach of children.

We recommend that you do not rely solely on the information presented and that you always read labels, warnings, and directions before using or consuming a product.

3. WHAT'S IN THE BOX

Your ZENOWELL Luna package includes the following components:

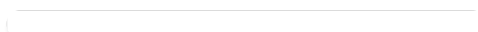


Image: ZENOWELL Luna device, earpiece, charging cable, gel tube, spray bottle, and user manual.

- **ZENOWELL Luna Device:** The main control unit.

- **ZENOWELL Earpiece:** The wearable component for stimulation.
- **Charging Cable:** For recharging the device.
- **Gel Tube:** To enhance conductivity for optimal stimulation.
- **Spray Bottle:** For applying water or gel to the earpiece.
- **User Manual and Brochures:** Additional documentation.

4. SETUP

Follow these steps to set up your ZENOWELL Luna device for first-time use:

1. **Connect the Earpiece:** Plug the earpiece cable into the designated port on the ZENOWELL Luna device.
2. **Activate ZenoWell:** Ensure the device is charged.
3. **Moisten the Earpiece:** Apply a small amount of gel from the gel tube or water from the spray bottle to the silicone tip of the earpiece. This improves conductivity and comfort.
4. **Place the Earpiece:** Gently insert the earpiece into your left ear. Ensure a comfortable and secure fit. The patented ergonomic design with an adjustable silicone tip adapts to various ear shapes.

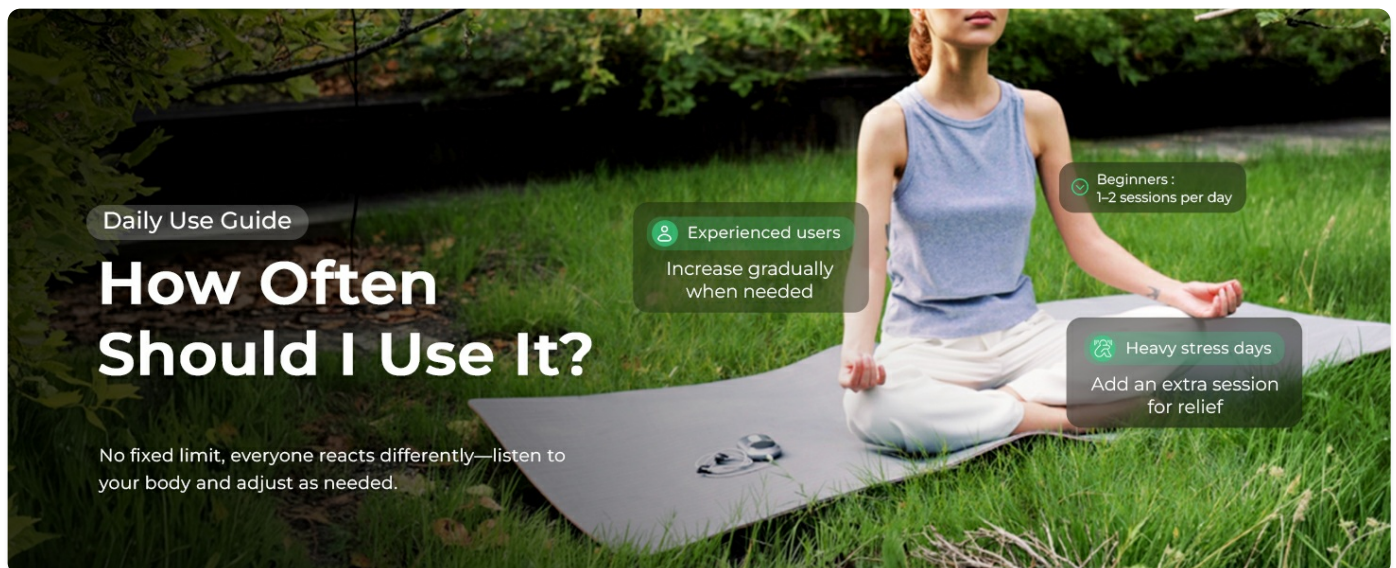


Image: Visual guide for connecting the earpiece, moistening it, and placing it in the left ear.

5. OPERATING INSTRUCTIONS

The ZENOWELL Luna offers four modes and adjustable intensity levels for a personalized experience.

5.1 Power On/Off

- To power on the device, press and hold the power button until the screen illuminates.
- To power off, press and hold the power button again until the screen turns off.

5.2 Selecting a Mode

The device features four distinct modes:

- **SLEEP Mode:** Designed to ease you into a restful state for deep sleep.
- **RELAX Mode:** Helps calm your nervous system, reduce stress, and restore serenity.
- **MEDIT Mode:** Promotes mental clarity and focus.
- **RELIEF Mode:** Provides targeted relief for tension.

Press the **Mode (M)** button to cycle through the available modes. The selected mode will be displayed on the screen.



Image: The ZENOWELL Luna device screen showing the "RELAX" mode and intensity level.

5.3 Adjusting Intensity

The device offers 30 finely tuned intensity levels. Use the '+' and '-' buttons to increase or decrease the stimulation intensity. Start with lower levels, especially in SLEEP Mode, and gradually increase until you feel a light, clear sensation without discomfort. Higher levels are not always better; consistency and comfort are key.

5.4 Setting the Timer

To set a session duration:

- Press and hold the **Mode (M)** button for 3 seconds.
- The device will cycle through preset durations: 20, 40, or 80 minutes.
- Release the button when your desired duration is displayed. The device will automatically shut off after the selected time.

5.5 Daily Use Guide

There is no fixed limit to how often you can use the device, as everyone reacts differently. Listen to your body and adjust as needed.

- **Beginners:** Start with 1-2 sessions per day.
- **Experienced Users:** Increase gradually as needed.
- **Heavy Stress Days:** Add an extra session for relief.

What's in the Box

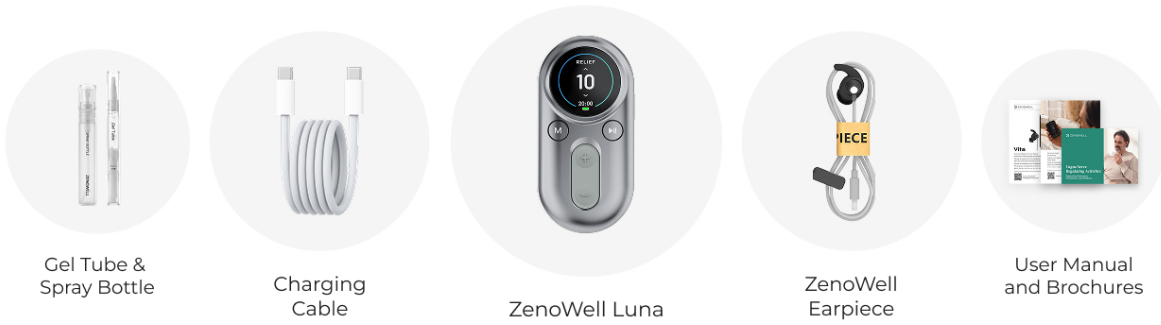


Image: A woman meditating with the ZENOWELL Luna, illustrating daily use guidelines.

6. MAINTENANCE

Proper maintenance ensures the longevity and optimal performance of your ZENOWELL Luna device.

- **Cleaning the Earpiece:** After each use, gently wipe the silicone tip of the earpiece with a soft, damp cloth. Ensure no gel or water residue remains.
- **Device Cleaning:** Wipe the main device unit with a dry, soft cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the device and its accessories in a cool, dry place, away from direct sunlight and extreme temperatures. Use the provided case for protection when not in use.
- **Charging:** Charge the device using the provided charging cable. Avoid overcharging.

7. TROUBLESHOOTING

If you encounter issues with your ZENOWELL Luna, refer to the following common solutions:

- **Device Not Turning On:**
 - Ensure the device is fully charged. Connect it to the charging cable and allow sufficient time to charge.
 - If charged and still unresponsive, try resetting the device by holding down the power button for 10 seconds.
- **No Sensation or Weak Stimulation:**
 - Check if the earpiece is securely connected to the main unit.
 - Ensure the earpiece tip is adequately moistened with gel or water. Dry skin can reduce conductivity.
 - Increase the intensity level using the '+' button.
 - Verify the earpiece is correctly placed in your left ear, making proper contact.
- **Discomfort During Use:**
 - Decrease the intensity level.
 - Ensure the earpiece is properly moistened and positioned.
 - If discomfort persists, discontinue use and consult a healthcare professional.

Your browser does not support the video tag.

Video: A troubleshooting guide for the Pulsetto device, which may offer general insights into similar wearable stimulation devices. This video is provided by the seller.

8. SPECIFICATIONS

Model	Luna
Brand	ZENOWELL
Manufacturer Reference	B001-1
ASIN	B0FM6SN3H8
Power Source	Corded Electric
Battery Type	1 C battery (included)
Item Weight	1.32 Pounds (598.74 g)
Material	Plastic
Color	Dark Green
Parcel Dimensions	21.5 x 15.8 x 6.9 cm

9. WARRANTY & SUPPORT

Specific warranty information for the ZENOWELL Luna device is not provided in this manual. For details regarding warranty coverage, product support, or to contact customer service, please refer to the documentation included in your product packaging or visit the official ZENOWELL website.

You can also visit the [ZENOWELL Store on Amazon](#) for additional product information and support resources.

