

[Manuals.plus](#) /

› [MERACH](#) /

› MERACH Vibration Plate for Lymphatic Drainage Instruction Manual

MERACH B0FNR7D6XD

MERACH Vibration Plate for Lymphatic Drainage Instruction Manual

Model: B0FNR7D6XD

1. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using the MERACH Vibration Plate. Retain this manual for future reference.

- Consult a physician before starting any new exercise regimen, especially if you have pre-existing medical conditions.
- Do not use if pregnant, have a pacemaker, or any other medical implant.
- Keep out of reach of children.
- Use only as directed in this manual.
- Ensure the device is fully charged before first use.

2. PRODUCT OVERVIEW

The MERACH Vibration Plate is a portable, cordless device designed for full-body massage and lymphatic drainage. It features multiple intensity levels and a versatile design for targeted application.



Figure 2.1: Main view of the MERACH Vibration Plate.

What's in the Box:

- MERACH Vibration Plate (Fascia Ring)
- USB-C Charging Cable
- User Manual (this document)

3. SETUP AND CHARGING

3.1 Initial Charge

Before first use, fully charge the device. Connect the provided USB-C charging cable to the device and a suitable power source (e.g., USB wall adapter, computer USB port). A full charge typically takes approximately 2 hours and provides up to a full day of runtime.



Figure 3.1: Connecting the USB-C charging cable to the device.

3.2 Attaching the Device

The device comes with a dual-sided hook-and-loop strap for secure attachment to various body parts. Ensure the strap is adjusted to fit snugly but comfortably around the desired area for effective and targeted massage.

4. OPERATING INSTRUCTIONS

4.1 Power On/Off and Intensity Adjustment

Press and hold the power button to turn the device on or off. Short presses of the power button will cycle through the 6 adjustable intensity levels. These levels are grouped into 3 modes:

- **Levels 1-2:** Warm-Up (Gentle massage)
- **Levels 3-4:** Deep Relief (Moderate intensity)
- **Levels 5-6:** Power Boost (Deep relaxation)



Figure 4.1: Device display indicating intensity levels and modes.

4.2 Recommended Usage

The MERACH Vibration Plate is designed for versatile use across various body parts to promote lymphatic drainage, muscle relaxation, and targeted toning. It is recommended to use the device for approximately 10 minutes daily for optimal results.

- **Targeted Areas:** Waist, legs, arms, back, neck, and feet.
- **Post-Workout:** Soothes tense muscles.
- **Sedentary Relief:** Alleviates lower back stiffness.
- **General Relaxation:** Provides massage-like comfort.

One Gun=Six Massages



Figure 4.2: Example of device application on the waist, illustrating its multi-area use.

The **simpler** way to lose fat

Use 10 mins Daily



Yoga for 2 hours



Swimming for 1 hour



Figure 4.3: The device can be used during various activities like reading or watching TV.

4.3 Pinpoint Massage Features

The device incorporates different granule types on its surface to provide varied massage sensations and target specific areas effectively.

Pinpoint Massage

Exactly Where You
Need It



Figure 4.4: Illustration of different granule types for targeted massage.

4.4 Automatic Shut-off

For energy conservation and to ensure efficient workout routines, the device features a smart auto-off function that activates after 15 minutes of continuous use.

5. MAINTENANCE

5.1 Cleaning

Wipe the device with a soft, damp cloth after each use. Do not use abrasive cleaners or immerse the device in water. Ensure the charging port is dry before connecting the charging cable.

5.2 Storage

Store the device in a cool, dry place away from direct sunlight and extreme temperatures. Keep it away from moisture and dust. Its compact and lightweight design (approximately 1 pound) makes it easy to store or carry.

Ultralight & Portable

1.02lbs



36%
Lighter

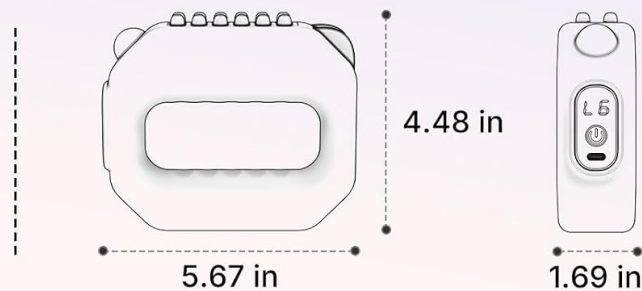


Figure 5.1: The device's compact size for easy storage and portability.

6. TROUBLESHOOTING

If you encounter any issues with your MERACH Vibration Plate, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Device does not turn on or hold charge.	Low battery; charging cable not properly connected; faulty charger.	Ensure the device is fully charged. Check the USB-C cable connection and try a different power adapter. If issues persist, contact customer support.
Vibration feels weak or ineffective.	Incorrect intensity level selected; improper placement on the body.	Increase the intensity level. Adjust the device placement and strap tightness to ensure good contact with the target area.

Problem	Possible Cause	Solution
Strap does not fit securely or is too short.	Strap size limitations for certain body dimensions.	Ensure the strap is correctly adjusted. If the strap is consistently too short for your needs, please contact MERACH customer support for assistance or potential replacement options.
Device is noisy during operation.	Normal operational noise; device not securely fastened.	While the device is designed to minimize noise, some operational sound is normal. Ensure the device is securely fastened to reduce any rattling. If the noise is excessive or unusual, contact support.

7. SPECIFICATIONS

Feature	Detail
Brand	MERACH
Model	B0FNR7D6XD
Item Weight	1.4 Pounds
Color	Grey
Material	Plastic
Product Dimensions (D x W x H)	5.67"D x 4.84"W x 1.69"H
Controls Type	Push Button
Number of Resistance Levels	6
Power Source	Hybrid (Battery-powered, USB-C rechargeable)
Included Components	Fascial Ring, USB-C Charging Cable

8. WARRANTY AND SUPPORT

8.1 Warranty Information

The MERACH Vibration Plate comes with a one-year worry-free warranty from the date of purchase. This warranty covers manufacturing defects and ensures product quality.

8.2 Customer Support

For any questions, concerns, or assistance with your product, please contact MERACH customer support. We offer 24/7 technical support to ensure a superior customer experience. A free replacement service is available for any discomfort caused by the belt fit.

Contact Information: Please refer to the contact details provided on the MERACH official website or your purchase platform for the most up-to-date support channels.

9. PRODUCT VIDEO

Watch the official product video for a visual guide on the MERACH Multifunctional Full-Body Fascia Ring.

Your browser does not support the video tag.

Video 9.1: Official MERACH video demonstrating the Multifunctional Full-Body Fascia Ring.