



**soothing heat and
vibration therapy**

massager
with heat



**HM-5000
Instruction Manual**

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Thank you,
for choosing Body Essentials!

Body Essentials™ is a leader in bringing innovative massage appliances to your life. We are dedicated to making your life healthier and more relaxing with creative solutions that combine superior quality with the very latest technology.

The Massager with Heat provides a soothing, rejuvenating massage with the added bonus of penetrating infrared heat for greater comfort and effectiveness.

Six (6) professional attachments provide a variety of massage head surfaces for different spa like experiences.

An adjustable handle allows you to better reach hard to get at areas.

IMPORTANT SAFEGUARDS

When using electrical products, especially when children are present, basic safety precautions should always be followed, including the following:

READ ALL INSTRUCTIONS BEFORE USING.

DANGER: TO REDUCE THE RISK OF ELECTROCUTION

- **Always** unplug the appliance from the electrical outlet immediately after using and before cleaning.
- **Do not** reach for an appliance that has fallen into water. Unplug it immediately.
- **Do not** use while bathing or showering.
- **Do not** place or store appliance where it can fall or be pulled into a tub or sink.
- **Do not** place in or drop into water or other liquids.

***Caution:** In case of pregnancy, diabetes, pacemaker use, illness or any medical condition, consult your doctor before using this massager.*

WARNING: TO REDUCE THE RISK OF BURNS, ELECTROCUTION, FIRE OR INJURY TO PERSONS:

- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use and before putting on or taking off parts or attachments.
- Close supervision is necessary when this appliance is used by, on or near children, invalids or disabled persons.
- **Do not** use outdoors.
- Use this appliance only for its intended use as described in this manual.
- **Do not** use attachments not recommended by Body

Essentials; specifically any attachments not provided with the unit.

- **Do not** carry this appliance by the supply cord or use the cord as a handle.
- **Never** operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return it to Body Essentials' Service Center for examination and repair.
- Keep cord away from heated surfaces.
- **Never** block the air openings of the appliance or place it on a soft surface, such as a bed or couch, where the air openings may be blocked. Keep air openings free of lint, hair, etc.
- **Never** use while sleeping or fall asleep while using the massager.
- **Never** drop or insert any object into any opening.
- **Do not** operate where aerosol (spray) products are being used or where oxygen is being administered.
- **Do not** use on or near eyes or other highly sensitive areas.
- **Do not** operate under a blanket or pillow. Excessive heating can occur and cause fire, electrocution or injury to persons.
- **Do not** use the massager directly on one concentrated area of the body. Massagers are designed to be used in a continuous motion, constantly changing the massage area.
- To disconnect, turn all controls to the "**Off**" position, then remove plug from outlet.
- Periodically straighten cord if it becomes twisted.
- This appliance is designed for household use only.

- Use heated surfaces carefully. May cause serious burns. **Do not** use over insensitive skin areas or in the presence of poor circulation. The unattended use of heat by children or incapacitated persons may be dangerous.

SAVE THESE INSTRUCTIONS

Caution: *Please read all instructions carefully before operating.*

This product is not intended for medical use. It is intended only to provide a relaxing massage. Consult your doctor prior to using this product if:

- You are pregnant
- You have a pacemaker
- You have any concerns regarding your health
- You are diabetic

**NEVER LEAVE THE APPLIANCE UNATTENDED,
ESPECIALLY IF CHILDREN ARE PRESENT.
THIS IS NOT A TOY.**

Never cover the appliance when it is in operation.

- **Do not** continuously use use this product for more than 20 minutes.
- Extensive use could lead to the product's excessive heating and shorter life. Should this occur, discontinue use and allow the unit to cool before operating.
- Never use this product directly on swollen or inflamed areas or skin eruptions.
- **Do not** use this product as a substitute for medical attention.

- **Do not** use this product before bed. The massager has a stimulating effect and can delay sleep.
- **Never** use this product while in bed.
- This product should never be used by any individual suffering from any physical ailment that would limit the user's capacity to operate the controls.
- This unit should not be used by children or invalids without adult supervision.
- To reduce the risk of electrocution, this appliance is equipped with a polarized plug (one blade is wider than the other).
This plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician to install the proper outlet.
- **Do not** change the plug in any way.

Features



Set-Up and Operation

Unit Set-Up:

1. Unpack the massager and make sure that any and all tape and protective wrap is removed from the massager.
2. Select which one of the included six (6) Massage Accessories you would like to use and snap it on to the back of the Massage Head.



Massage

refreshing rollers with acupressure nodes



Suction

generates a slight lifting effect on your skin



Dual Nodes

direct massage waves to two points



Scalp

great for a stimulating scalp massage



Multinodes

directs massage to seven points



Concentrator

directs vibration to a single point

3. You can adjust the angle of the massager for better reach. Simply press the Adjustment Button in the middle of the handle and keep pressing it while you adjust the angle of the handle. Release the button when you reach your desired angle. You can adjust the angle up to a maximum of 90 degrees.



4. Plug into at 120 volt outlet.

Operation:

1. By sliding the Massage Selection Button, you can operate your massager in any one of the following positions:
 - Heat Only
 - Massage Only
 - Heat and Massage
2. Apply the massager lightly to the area you wish to massage. Massage the area for a short period of time and move to another area. Never massage the same spot for longer than 3 minutes.
3. When your treatment is complete, turn the Massage Selection Button to the “**Off**” position.

Caution: *as stated in the “Important Safeguards” section of this manual, never use this appliance near the eyes or other sensitive areas.*

Operation of longer than 20 minutes is not recommended and may cause over-heating to the massager.

To Clean

1. **Always turn the massager off and unplug the massager before cleaning the massager.**

Clean the massager housing by wiping it with a damp cloth soaked with mild soap.

Do not use stronger chemical cleaners as they may damage the rubber material.

2. The Massage Accessories may be hand washed in a sink or in the top drawer of a dishwasher.

Caution: *Do not clean any part of the massager while the massager is plugged in.*

Caution: *Never operate the massager near or in water.*

2 Year Limited Warranty

Body Essentials Company™ warrants that this product is free from defects in materials or workmanship for a period of two (2) years from the date of original purchase.

If the product fails to operate in accordance with our specifications, simply return the product to the retail location where you purchased it or call our toll free number below within two (2) years of the date of purchase. Proof of date of purchase is required. Body Essentials Company™ will, at its option, repair or replace the product at no charge to you.

This warranty does not cover damage resulting from accident, misuse or abuse, lack of reasonable care, the affixing of any attachment not provided with the product, or loss of parts, or subjecting the product to anything but the specified power source.

This warranty is in lieu of any other warranty, express or implied. All implied warranties, including any implied warranty of merchantability or fitness for any particular purpose, are limited in duration to two (2) year from the date of original purchase.

In no event will Body Essentials™ Company be responsible for incidental, consequential, or special damages resulting from the use of this product.

Some states do not allow limitation on how long an implied warranty lasts and/or the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you.

This warranty gives you specific legal rights which vary from state to state.

To speak with a Body Essentials™ representative, please call: 1-866-625-3218 or email us at info@bodyessentialsforyou.com

Thank you for choosing Body Essentials™!