

Belifu

MINI MASSAGER

Relaxation, Anywhere, Anytime

ACTIVATE YOUR 24 MONTH WARRANTY & GET SPARE PADS

Register within 2 weeks after receiving
your tens unit

PLEASE VISIT NOW

→ www.belifu.co/warranty

CUSTOMER SERVICE

 support@belifu.co

 [@Belifu](https://www.facebook.com/Belifu)

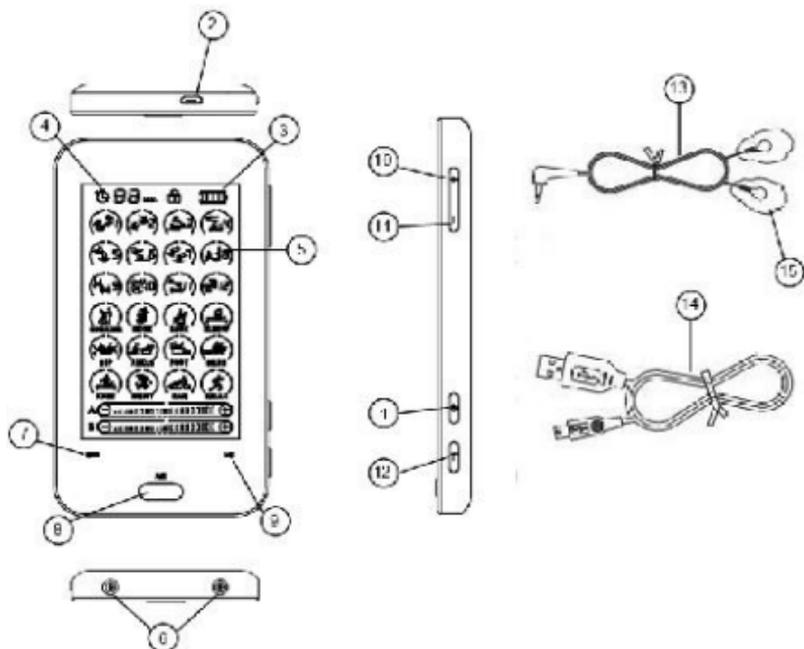
Included in this standard package

- Device × 1pc
 - Large pad × 2pcs
 - Medium pad × 6pcs
 - Small pad × 2pcs
 - Electric wire × 3pcs
- When use 4 line cable, make sure to use at lease 1pc white(positive)+1pc blue line(negative)at the same time.
- USB cable × 1pc
 - Instruction manual × 1pc
 - Bag × 1pc

Features

- 4" touch screen
- 2 output with 24 modes
- 20 level intensity
- 20 minutes default timer, can be adjustable from 10-60 minutes
- Rechargeable lithium battery
- Battery indicator to know when need to recharge battery
- AC adapter 110-240v

Illustrations of the device and accessories



1. On/ off switch
2. USB port
3. Battery indicator
4. Time
5. LCD screen
6. Two output connector
7. Lock
8. A/B Button

9. Pause
10. Intensity adjustment (+)
11. Intensity adjustment (-)
12. Timer
13. Electrode wires
14. USB cable
15. Electrode pads

Modes

There are 24 modes to choose from, there are:

- 1.Tuina
- 2.Acupuncture
- 3.Tapping
- 4.Pressure
- 5.Shiatus
- 6.Cupping
- 7.Guasha
8. Deep Tissue Massage
- 9.Waist
- 10.Body Building
- 11.Weight Loss
- 12.Combination
13. Shoulder
- 14.Neck
- 15.Back
- 16.Elbow
- 17.Hip
- 18.Ankle
- 19.Foot
- 20.Hand
- 21.Knee
- 22.Wrist
- 23.Ear
- 24.Relax

24 Modes Instruction

1. Tuina (TENS): Simulating Tuina is a hands-on body treatment which opens the flow of Qi through the meridians. It's specially effective for joint pain, sciatica, muscle spasms, and pain in the back, neck, and shoulders. It also helps chronic conditions such as insomnia Constipation, headaches, and the tension associated with stress.

2. Acupuncture (EMS): This mode is used for the points on the Chinese meridian pressure point chart to assist headaches, a variety of ailments as well as muscle and joint pain. Particularly good for fast relief of acute pain.

3.Tapping(TENS):Produce a hard thumping sensation that mass age your muscles, which can give you an invigorated and revitalized feeling.

4.Pressur e(TENS): It is the manipulation of superficial and deeper layers of muscle and connective tissue using various

techniques. Can enhance function, aid in the healing process, decrease muscle reflex activity, inhibit motor-neuron excitability, promote relaxation, recreational and well-being.

4. Shiatus (TENS): It is a type of alternative medicine consisting of finger and palm pressure, stretches, and other massage techniques. Shiatsu can help facilitate healing from many minor ailments, such as headaches and back pain to digestive, sinus and skin problems.

5. Cupping(EMS): Simulating cupping, relatively constant stimulation contracts muscles. Cupping is used for relieve back and neck pains, stiff muscles, anxiety, fatigue, migraines, rheumatism, and even cellulite etc.

6. Guasha(EMS): Simulating Guasha with a low frequency setting provides the user with a scratching and kneading sensation. Gua sha releases unhealthy elements from injured areas and stimulates blood flow and healing. Guasha is effective in acute and chronic internal organ disorders. Help relieve pain, stiffness, fever, chill, cough, wheeze, nausea and vomiting etc.

8. Deep Tissue Massage(TENS): Deep tissue massage therapy is similar to Swedish massage, but the deeper pressure is beneficial in releasing chronic muscle tension. It can provide relief from pain and stiffness associated with sports injuries, whiplash, osteoarthritis, muscle spasms, fibromyalgia and strain injuries such as carpal tunnel syndrome.

9. Waist(TENS): For muscle strains, herniated discs, stenosis, spondylosis, spondylolisthesis, and general arthritis pain.

10.Body Building(EMS): Electrical muscle stimulation helps muscle reduction, relaxation of muscle spasms, increase range of motion, injury recovery and post surgery recovery.

11. Weight Loss(TENS+EMS): Combination of acupuncture. It helps lose weight or tone, strengthen and firm muscles at abs, back, thighs and arms etc.

12. Combination(TENS+EMS): Auto combination of several modes for relaxation. Full body relaxation after workout: exercises & fitness or after a day of hard work.

13. Shoulder(TENS+EMS): Using tens unit for shoulder pain or shoulder related injuries is very similar to using it for any other part of the body. Electrodes are placed on or near where you feel the pain and the settings adjusted properly until relief is achieved.

14. Neck(TENS+EMS): It can be used to relieve neck pain. You just need take a few precautions like being careful not to place electrodes close to your head or on the front or sides of the neck.

15. Back(TENS): Use low frequency vibrations to promote circulation of blood and relieve pain. Specifically use for lower back.

16.Elbow(TENS): Inflammation and pain occur on and around the outer bony bump of the elbow where the muscles and tendons attach to the bone. Tens Units to ease pain and improve healing of the tendon. Such as tennis pain, arthritis.

17. Hip(TENS+EMS): Help for bursitis, tendonitis, labral tears, hip impingement (FAI), hip replacements (THA), and general arthritis.

18. Ankle(TENS+EMS): It can be Used for achilles bursitis, sprains, strains, heel pain, bone spurs, tendonitis, ankle impingement, and general arthritis.

19.Foot(TENS+EMS): Help for foot pain caused by plantar fasciitis, scarring, collagen breakdown, and micro-tears, Heel spurs, foot muscles and ligament strains.

20. Hand(TENS+EMS): Help for Carpal Tunnel Syndrome, including numbness, pins and needles, and pain (particularly at night).

21. Knee(TENS+EMS): For traumatic injury, Post surgery, Muscle strain, Tendonitis.

22. **Wrist(EMS):** Help for tenosynovitis, Carpal Tunnel Syndrome.

23. **Ear(TENS):** Auto-combination massage. Can be used for all common muscle pains.

24. **Relax(TENS+EMS):** For all muscles relaxation. Help for muscle knots and muscle tightness caused by strain, overworking of your muscles.

Operating instructions

1. Connect the pads to the wire by snapping them on, then remove the protective film.

Note: adding a few drops of water on the pads will increase their longevity.

2. Place pads where the massage sensations are desired. And plug into one of the ports on the device. For additional relief use the second port and repeat steps 1&2 for two additional pads.

Note: Make sure both pads on the skin and not overlapping. Make sure your skin is free from any dirt, oil or lotion.

TIPS: When you use two pads (one channel) or four pads(two channels) at the same time, make sure you have placed all the pads on your body, otherwise it won't work.

3. Turn the device on by pressing the on/ off switch on the

top of the unit. The unit will be now activated and start in Model 1.

4. Touch the screen to choose modes. Then touch center button on the screen to control A/B channel. Remember the strength will default to the lowest setting with each mode selection.

5. Once you select a mode, gradually increase the intensity by pressing the + button; decrease it by pressing - button on the side of main device.

6. Adjust the tens using time by pressing the T button on the side of the tens. The timer can be increased by 10 minute intervals and the tens will automatically turn off after the set time has finished.

7. Turn the device off by pressing the on/ off switch on the right side of the unit. If you need to turn off the device during massaging.

8. When battery is low, recharge the battery with 5V-0.5A USB charger 40 minutes.

Precautions

1. Do not apply the massage pads near the heart, on the head, above the neck, in the pubic region, over Scarred areas, on the throat or over the mouth.

2. Avoid touching the pads when the unit is on.

3. Pregnant women must avoid using this massager.

4. Do not use this massager if you are using pacemaker or

other life support equipment such as an artificial lung or respirator.

5. Should not be used while driving, operating machinery, or during any activity in which involuntary muscle contractions may put the user at undue risk or injury

6. Do not use if you have following medical conditions:

Acute disease, trauma or surgical procedure in past six month

Cardiac dysfunction

Epilepsy

High blood pressure

High fever

cancer

Infectious disease

Malignant tumors

Recent surgery

Skin problems

Pregnancy

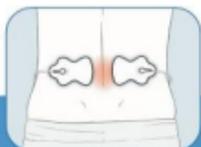
Maintenance and care

1. When you are finished using the device, turn it off and take off the pads. Store the unit in a cool, dry place until next use.

2. After usage, please cover the pads with the protective film. Applying a few drops water before and after usage will increase the longevity of the pads.

3. Charge the unit at least every 3 month in event it is not used regularly.
4. Please replace the pads after using 15-20 times (Varies widely depending on use, body type and care)
5. Do not apply pads to the same area more than 30 minutes at a time.

Recommend massage points



Lower Back

Attach both pads on the lower back with the backbone in the center. Do NOT place on the backbone or spine.



Sciatic

Attach one pad below and above the region in pair, both on same side (NOT on spine).



Hip/Thigh

Attach both pads on either side of the area where you feel pain.



Deltoid

Attach one pad in front and one pad in back of the muscle.



Upper Arm

Attach both pads on either side of the area where you feel pain.



Elbow

Attach both pads on either side of the joint with pain.



Knee

Attach both pads above the knee or above and below the joint with pain.



Calf

Attach both pads on the calf/leg where you feel pain. (Do NOT place electrode pads on both legs at the same time).



Ankle/Foot

Attach pads per the illustration on the left for pain on the outside of your ankle/foot. Attach pads per the illustration on the right for pain on the inside of your ankle/foot.

Troubleshooting

Problem	Cause	Solution
During the massage, the skin feels a painful burning sensation or the stimulation becomes weakened.	Adhesive gel pads are not adhering firmly to the skin. Or the gel pads are too dry.	Apply a few drops of water to adhesive surface of each pad and make sure the pads are pressed firmly to the skin during application.
Unit is on, but no sensation is felt in the pads.	Both pads are not firmly on the skin. Or there is a loose connection. Or the intensity level needs to be increased.	Make sure both pads are firmly pressed to the skin. Make sure all connections are secure from the unit to the wires and the wires to the pads. Increase the intensity level.
Adhesive gel pads do not stick to skin even after cleaning and moistening the gel pad.	Adhesive gel pads need to be replaced.	Replace the set of pads. Pads can be purchased from local distributor.
Unit does not turn on or the screen is dim.	Battery is low.	Recharge the battery.
Does not provide adequate pain relief.	Not using it long enough. Not lying down then massaging neck.	Use your massager 20-30 minutes at a time, 3-6 times per day. Lie on your back for neck support when you need relief for headaches or neck pain.



This device complies with part 15 of the FCC rules