

# IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using this appliance.

**DANGER** — To reduce the risk of electric shock:

- 1) Always unplug this appliance from the electrical outlet immediately after using and before cleaning.
- 2) Do not reach for an appliance that has fallen into water. Unplug immediately.
- 3) Do not use while bathing or in a shower.
- 4) 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 liquid.

**WARNING** — To reduce the risk of burns, fire, electric shock, or injury to persons:

- 1) 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.
- 2) Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- 3) This appliance should not be used by, on, or near children or individuals with certain disabilities.
- 4) Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by Conair.
- 5) Never operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.

- 6) Do not carry this appliance by supply cord or use cord as a handle.
- 7) Keep the cord away from heated surfaces.
- 8) Never drop or insert any object into the product.
- 9) Do not use outdoors.
- 10) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 11) To disconnect, turn all controls to the off position, then remove plug from outlet.

## SAVE THESE INSTRUCTIONS

### OPERATING INSTRUCTIONS

The Body Benefits™ Massaging Heated Neck Rest has been designed for ease of operation. We have provided an AC adapter, which allows you to enjoy this product at home or in the office by plugging it into a 120 volt outlet. With all the switches in the OFF position, connect the power cord to the control panel to operate the heat option. Insert 4 AA batteries in battery compartment for massage option only (cannot operate heat option with batteries – need adapter). Place massager around neck and choose one of four different arm positions to find a comfortable fit around neck and shoulders. With the easy-to-use control panel, select a combination of heat and/or vibration. There is one switch to activate heat, and a dial to select vibration strength. Slide the heat button to ON position to activate the heat function; slide back to off position to turn OFF. Turn the vibration dial until a comfortable vibration is felt.

To insert the 4 AA batteries into the unit, turn the unit over and unzip the zipper. Pull back the outer fabric to expose the battery insert areas. Once the batteries are in place as indicated on battery compartment, zip up the unit and enjoy your portable massage. Batteries will not operate the heat function.

### NOTE

NOTE: Use only alkaline batteries. Do not mix old and new batteries. Do not mix alkaline, standard or rechargeable batteries.

### CAUTIONS

- Choking hazard. Keep out of reach of children. This is not a toy. Not to be used as a baby or infant pillow. Read instruction booklet before using.
- This massager should not be used in the following cases: Tuberculosis, benign and malignant tumors, hemorrhages, inflammations of the skin, phlebitis and thrombosis, open and fresh wounds, bruises, broken skin or varicose veins, undetermined calf pain, or joint pain.
- If you are undergoing treatment for cancer, check with your physician before using.
- **Consult your physician should you have any questions regarding therapeutic use of this massager.**
- Do not use on any unexplained pain, or swollen muscles, or following a serious muscular injury before consulting your physician.
- Keep away from children.
- Discontinue use of massager if pain increases or swelling occurs after application.
- If you are pregnant, consult your physician before using.
- If you are taking any prescription medications, consult your physician before using.
- Do not sit on this neck massager.
- Do not flex this neck massager. Extend it smoothly with slight force.

### MAINTENANCE INSTRUCTIONS

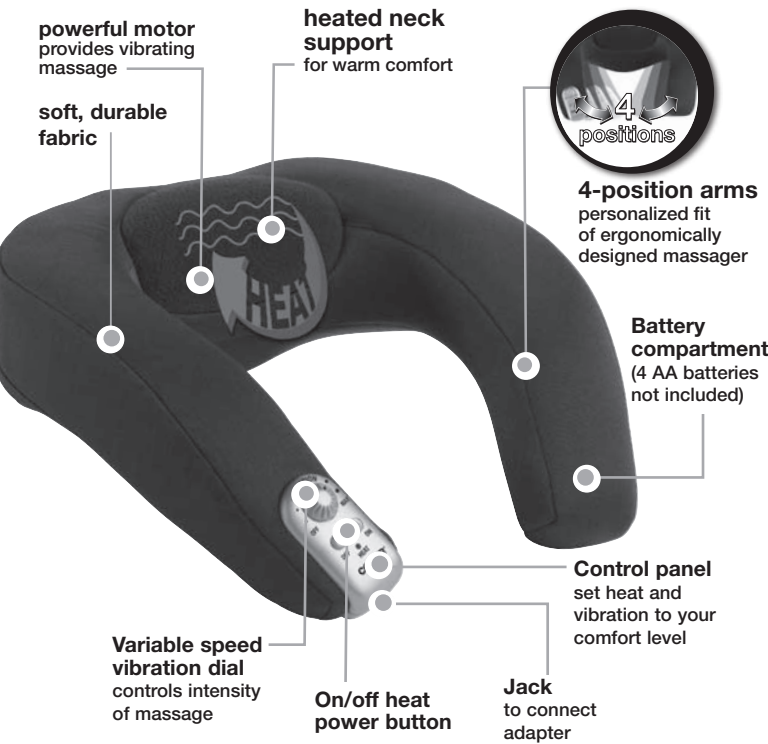
- 1) Store massager in a secure place, away from excessive heat or sharp objects. Do not handle the massager by any of the electrical cords and do not wrap the cord around the unit.
- 2) To clean the unit, make sure the massager is unplugged. Allow the unit to cool and then wipe down with a cloth. Do not use any strong chemical cleaners such as benzene.

### RECOMMENDED MASSAGING TIMES

Generally, massage should last only 15 minutes on any one particular part of the body. Treatment may be applied once or twice daily as desired.

As metabolism varies among individuals, so does their response to massage. You will soon adjust the time to suit your particular needs and personal comfort. If you have any doubts regarding treatment, we recommend you consult your physician.





Contains a UL & CUL Listed Transformer

### LIMITED ONE YEAR WARRANTY

Conair will repair or replace (at our option) your unit free of charge for 12 months from the date of purchase if the appliance is defective in workmanship or materials.

To obtain service under this warranty, return the defective product to the service center listed below, together with your purchase receipt and \$5.00 for postage and handling. California residents need only provide proof of purchase and should call 1-800-366-0937 for shipping instructions. In the absence of a purchase receipt, the warranty period shall be 12 months from the date of manufacture.

**ANY IMPLIED WARRANTIES, OBLIGATIONS, OR LIABILITIES, INCLUDING BUT NOT LIMITED TO, THE IMPLIED WARRANTY OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, SHALL BE LIMITED IN DURATION TO THE 12-MONTH DURATION OF THIS WRITTEN, LIMITED WARRANTY.** Some states do not allow limitations on how long an implied warranty lasts, so the above limitations may not apply to you.

**IN NO EVENT SHALL CONAIR BE LIABLE FOR ANY SPECIAL, INCIDENTAL, OR CONSEQUENTIAL DAMAGES FOR BREACH OF THIS OR ANY OTHER WARRANTY, EXPRESS OR IMPLIED, WHATSOEVER.** Some states do not allow the exclusion or limitation of special, incidental, or consequential damages, so the above limitation may not apply to you.

This warranty gives you specific legal rights, and you may also have other rights, which vary from state to state.

For information on any Conair product call: 1-800-3-CONAIR or visit us on the web at: [www.conair.com](http://www.conair.com)

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07NP037

## massaging heated neck rest

**INSTRUCTION BOOKLET FOR MODEL NM8**  
 For your safety and continued enjoyment of this product, always read the instruction book carefully before using.



NM8  
 IB-7467

**CONAIR**<sup>®</sup>  
 BODY BENEFITS™