

# 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. Use only in a dry area.
- 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 on the neck area as intended and 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 Shiatsu neck massager with heat has been designed for ease of operation. We have designed it with a 6-foot long power cord for your convenience. Make sure all switches are in the off position, and plug cord into 120 volt outlet. Place massager around neck and secure elastic strap around button for a comfortable fit around your neck and shoulders. With the easy-to-use control panel select shiatsu massage intensity or heat or a combination of both. There is a slide switch to activate the heat and a separate slide switch for a shiatsu massage. Slide the heat button to the ON position to initiate heat function; slide to off to turn off. Slide the switch first to Lo massage and then to Hi to determine which is most comfortable for you.

Because of the power of shiatsu massage, for your comfort and safety the maximum recommended continuous massage time is 15 minutes. The unit is designed to automatically shut off in between 20-30 minutes of use. The unit will remain off for a rest period and will automatically turn back on in approximately 20 minutes. The heat however, will remain on during the rest period. If you have finished your massage session you should slide both the heat and massage to OFF.

### CAUTIONS

- Consult your doctor before using in case of illness or medical condition, including but not limited to pacemaker use, pregnancy or cancer.
- If you experience pain in a muscle or joint for a prolonged period of time, discontinue use and consult your doctor. Persistent pain could be a symptom of a more serious condition.
- Never use any massaging product on open wounds, discolored areas, or any area of the body that is swollen, burned, bruised, inflamed or where skin eruptions, ulcerated sores or varicose veins are present.
- This product should never be used by any individual suffering from any ailments that would limit or altogether inhibit the user's capacity to feel or have any sensation in the body part that this product is being used for.
- Do not use if you have diabetes, tuberculosis, benign or malignant tumors, phlebitis and thrombosis, or if you have poor circulation, or if any area of your skin is inflamed or has an open wound. Consult a physician before using if you have any kind of fungal infection, swelling, fracture or persistent pain.
- Use of this product should be pleasant and comfortable. Should pain or discomfort result, discontinue use and consult your physician.
- Never use while sleeping or drowsy.
- Ensure that your hands are dry when operating the controls or removing the plug.

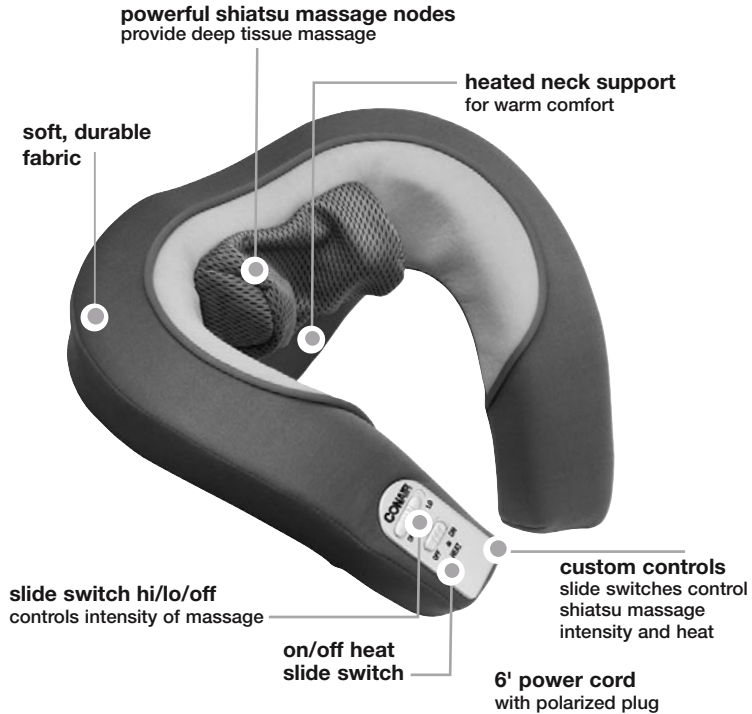
### MAINTENANCE INSTRUCTIONS

- 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, neck massaging should last only 15 minutes. 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.



### 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 \$6.00 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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NM10  
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shiatsu with HEAT  
 neck massager



**CONAIR**

Instruction booklet for Model NM10