

Device and controls



Explanation of symbols

IMPORTANT
Non-observance of these instructions can result in serious injury or damage to the device.

WARNING
These warning notes must be observed to prevent any injury to the user.

CAUTION
These notes must be observed to prevent any damage to the device.

NOTE
These notes give you useful additional information on the installation or operation.

The massage device must only be used in enclosed spaces!

Do not use the massage device in damp rooms (e.g. when bathing or showering).

Protection category III

LOT LOT number

Manufacturer

GB Safety instructions

Read the instruction manual carefully before using this device, especially the safety instructions, and keep the instruction manual for future use. Should you give this device to another person, it is vital that you also pass on these instructions for use.



- Only use the appliance for the purpose for which it is intended in accordance with the instructions for use. Any misuse will invalidate the warranty.
- The unit is not intended for commercial purposes or the medical sector.

For power supply

- Before connecting the unit to the power supply, make sure that it is switched off and that the electrical voltage indicated on the label matches your mains voltage.
- Keep the charging adapter, cable and device away from heat, hot surfaces, moisture and liquids.
- Do not touch the charging adapter when standing in water or when your hands are wet or damp.
- The unit must be connected so that the mains plug is freely accessible.
- To disconnect the unit from the mains, never pull on the mains cable but always on the mains plug.
- Do not carry, pull or turn the appliance by the mains cable.
- If the mains cable is damaged, it must only be replaced by the manufacturer, an authorised dealer or a suitably qualified person.
- The unit's cable can become a hazard (strangulation, tripping) if it is not routed correctly. The user must ensure that the power cable is laid safely.

For special persons

- This unit may only be used by persons over 18 years of age.
- Children must not play with the appliance.
- Do not use this device to support or replace medical applications. Chronic ailments and symptoms could be aggravated.
- You should refrain from using the massager or consult your doctor first if:
 - you are pregnant,
 - you have a pacemaker, artificial joints or have electronic implants.
 - you suffer from one or more of the following diseases or medical conditions: Diabetes, circulatory disorders, varicose veins, open wounds, bruises, skin tears, phlebitis.
- If you experience pain or find the massage uncomfortable, discontinue use and speak to your doctor.
- In case of unexplained pain, if you are undergoing medical treatment and/or using medical equipment, consult your doctor before using the massager.

Before using the appliance

- Check the massager carefully for damage before each use. Do not use a defective appliance.
- Do not use the appliance if any damage is visible, if it is not working properly, if it has been dropped or if it has become wet. To avoid hazards, send the unit to the service centre for repair.

When operating the unit

- Do not use the unit when you are sleeping or in bed.
- Do not use the appliance before falling asleep. The massage has a stimulating effect.
- Never use the appliance when driving a vehicle or operating machinery.
- Do not store or keep any electrical appliance in places from where it can fall into the bathtub or sink.
- The maximum operating time for one application is 15 minutes. Prolonged use will shorten the life of the appliance and may cause muscle tension instead of relaxation.
- Excessive use can lead to overheating. Always allow the unit to cool down before using it again.
- Never place or use the device directly next to an electric heater or other sources of heat.
- This appliance should not massage the skin surface directly to avoid damage to the skin. The massage part should be covered with clean, dry clothing or a clean, dry towel. It should be pressed and moved gently. The massage time on the same spot should not exceed 60 seconds.
- Do not leave the appliance unattended when it is connected to the mains or switched on.
- Avoid contact of the unit with pointed or sharp objects.
- Do not cover the unit when it is switched on.
- Never use the unit under blankets or pillows. There is a risk of fire, electric shock and injury.

- **Make sure that no fingers or other body parts get between the receptacle for massage heads and the massage heads. Risk of injury!**
- Do not use the appliance when sprayed from aerosol cans or when oxygen is used at the same time.

For maintenance and cleaning

- The unit is maintenance-free. You may only carry out cleaning work on the unit yourself. In the event of malfunctions or damage, do not repair the unit yourself, as this will invalidate any warranty claims. Ask your specialist dealer and have repairs carried out only by authorised service centres in order to avoid hazards.
- Do not immerse the unit in water or other liquids. Should liquid ever get into the unit, unplug it from the mains immediately.
- Cleaning and user maintenance must not be carried out by children without supervision.

Intended use

The device is used for self-massage of the muscles for relaxation and regeneration. **Do not use the device on the head or other hard or bony parts of the body! Do not use the device on sensitive parts of the body!** The device is not intended for medical-therapeutic use. It is not suitable for clinics, massage practices, wellness studios, etc. The massager is not a medical device and is not intended for the treatment of pain. In case of doubt or uncertainty, ask your doctor before use.

WARNING
Please ensure that polythene packing is kept away from the reach of children! Risk of suffocation!

Unit and controls

- ❶ Massage modes (15 modes)
- ❷ Accelerate intensity (15 levels)
- ❸ Decelerate intensity (15 levels)
- ❹ ON/OFF button

Scope of delivery

Please check first whether the unit is complete and does not show any damage. If in doubt, do not operate the unit and contact your dealer or service centre.

The scope of delivery includes:

- 1 **medisana** Wireless Handheld Massager **HM 860**
- 7 massage heads, 1 crystal gel massage head
- 1 USB to Micro-USB charging cable
- 1 wall charger
- 1 instruction manual

Massage heads

The following are examples of how to use the massage heads. However, everyone feels the massage of certain points and muscles differently. Try out all the massage heads and find the one that suits you best.

❶	Shiatsu Massage Head Replicates the sensation of finger pressure massage and can be used on most areas of the body.
❷	Round Nodule Massage Head Suitable for most parts of the body, creating a pressing sensation during massage.
❸	6-Edge Hammer Massage Head Designed for pinpoint massage of large muscle groups, such as the limbs, waist, back, and hips.
❹	Acupuncture Massage Head Suitable for stimulating specific areas and tapping densely populated areas, such as the palms, soles of the feet, and acupuncture points.
❺	Round Massage Head Can be used on most areas of the body and simulates a fist pounding massage.
❻	Crystal Gel Massage Head Suitable for use on most areas of the body. This massage head can be used for cold massage therapy
❼	5-Node Protruding Massage Head With a larger massage area, this massage head is ideal for massaging the back, waist, and legs, and can be used for full-body massage.
❽	U-Shaped Multi-point Massage Head Simulating multi-point massage. This massage head is suitable for use on the shoulders, neck, and legs.

Using the unit

Charging the battery

Connect the supplied USB cable to the charging socket ❶ of the unit and the wall charger. Number "88" will be flashing on the display. When the battery is fully charged (after 3 to 5 hours), Number "88" will stop flashing. The unit cannot be used during the charging process.

Operation

1. Hold the ON/OFF button ❹ to switch on the device.
2. Press the Massage Modes button ❶ to switch between 15 massage modes.
3. Press the intensity button ❷❸ to accelerate/decelerate the vibration level.

Switching off the unit

Hold ON/OFF button ❹ to switch off the device. The unit switches off automatically after 15 minutes.

Cleaning and maintenance

- Before cleaning the appliance, make sure that the appliance is switched off. Let the appliance cool down.
- Clean the massager only with a slightly damp sponge. Never use brushes, strong detergents, petrol, thinner or alcohol. Rub the massager dry with a clean, soft cloth. Do not dry on the heater or with a hair dryer.
- Never immerse the appliance in water to clean it and make sure that no water or other liquid enters the appliance.
- Do not use the appliance again until it is completely dry.
- It is best to store the appliance in a safe, clean, cool and dry place.

Disposal

This product must not be disposed of together with domestic waste. All users are obliged to hand in all electrical or electronic devices, regardless of whether or not they contain toxic substances, at a municipal or commercial collection point so that they can be disposed of in an environmentally acceptable manner. Consult your municipal authority or your dealer for information about disposal.

Technical data

Name and model:	medisana Wireless Handheld Massager HM 860
Input voltage:	DC 5V === 1A
Battery:	7.4V, 2000 mAh
Power consumption:	16W
Wall charger:	Input: 100~240V, 50/60Hz Output: 5V
Charging time:	120 - 180 minutes
Dimensions:	Approx. 47 x 16.5 x 11 cm
Weight:	Approx. 765 g
Storage conditions:	clean and dry
Item number:	48236
EAN number:	40155 88 48236 6

In accordance with our policy of continual product improvement, we reserve the right to make technical and visual changes without notice.

Warranty and repair terms

Please contact your dealer or the service centre in case of a claim under the warranty. If you have to return the unit, please enclose a copy of your receipt and state what the defect is. The following warranty terms apply:

1. The warranty period for medisana products is three years from date of purchase. In case of a warranty claim, the date of purchase has to be proven by means of the sales receipt or invoice.
2. Defects in material or workmanship will be removed free of charge within the warranty period.
3. Repairs under warranty do not extend the warranty period either for the unit or for the replacement parts.
4. The following is excluded under the warranty:
 - a. All damage which has arisen due to improper treatment, e.g. non-observance of the user instructions.
 - b. All damage which is due to repairs or tampering by the customer or unauthorised third parties.
 - c. Damage which has arisen during transport from the manufacturer to the consumer or during transport to the service centre.
 - d. Accessories which are subject to normal wear and tear.
5. Liability for direct or indirect consequential losses caused by the unit are excluded even if the damage to the unit is accepted as a warranty claim.