

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic safety precautions should always be taken, including the following.

READ ALL INSTRUCTIONS KEEP AWAY FROM WATER

DANGER

— To reduce the risk of electric shock:

- 1) Always unplug this appliance from the electrical outlet immediately after charging 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 the shower. Use only in dry areas.
- 4) Do not place or store appliance where it can fall or be pulled into a tub or sink. Do not place or drop into water or other liquids.

WARNING

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

- 1) Unplug from outlet when not charging and before putting on or taking off parts.
- 2) This massager is not a toy!
- 3) Consult your doctor before using in case of pregnancy, illness, medical condition, or persistent pain.
- 4) Do not use massager in close proximity to loose clothing or jewelry.

- 5) Keep long hair away from massager while in use.
- 6) Do not operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- 7) This appliance should not be used by, on, or near children or individuals with certain disabilities.
- 8) Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by Conair.
- 9) Never operate or charge this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been dropped, damaged, or dropped into water. Return the appliance to a service center for examination and repair.
- 10) Do not carry this appliance by the charging cord or use the cord as a handle.
- 11) Keep the cord away from heated surfaces.
- 12) Never drop or insert any object into the product.
- 13) Do not use outdoors.
- 14) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 15) Ensure that your hands are dry when operating the controls or removing the charging cord.
- 16) To disconnect, remove charging cord from outlet and device and make sure device is turned off.
- 17) This appliance is for household use only.
- 18) Never use while sleeping or drowsy.
- 19) Keep out of the reach of children.

20) Use heated surfaces carefully. Under certain conditions, the heated surface of this massager 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.

- 21) Burns may result from improper use.
- 22) Temperatures sufficiently high enough to cause burns may occur regardless of the control setting. Do not use on an infant, individuals with certain disabilities, or on a sleeping or unconscious person. Check the skin in contact with the heated area of the appliance frequently to reduce the risk of injury.

SAVE THESE INSTRUCTIONS CAUTION

1) Consult your doctor before using in case of illness or medical condition, including but not limited to pacemaker use, pregnancy, cancer, infection, fracture, or persistent pain.

- 2) Do not use on any unexplained pain or swollen muscles or following a serious injury before consulting your physician.
- 3) Do not use if you have any of the following conditions: Diabetes, tuberculosis, benign or malignant tumors, phlebitis or thrombosis, hemorrhages, open or fresh wounds, ulcerated sores, varicose veins, poor circulation, heat sensitivity, or bruised, discolored, burned, broken, swollen, or inflamed skin.
- 4) This product should not be used by any individual suffering from a condition that limits or altogether inhibits the user's capacity to feel or have sensation in any part of the body.

5) 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.

6) Use of this product should be pleasant and comfortable. Should pain or discomfort result, discontinue use and consult your physician.

MAINTENANCE INSTRUCTIONS

- 1) To clean the unit, make sure the massager is unplugged and turned off. Allow the unit to cool and then wipe down with a damp cloth, using soap and water only. Do not use strong chemical cleaners.
- 2) If the charging cord or massager is damaged or does not operate properly, stop use and return massager to an authorized service center. Any required servicing should be performed by a Conair authorized service center.
- 3) Never allow the charging cord to be excessively pulled or twisted. Never wrap the cord around the appliance. Inspect the cord frequently for damage. Stop charging immediately if damage to cord is visible.

OPERATING INSTRUCTIONS

RECOMMENDED MASSAGING TIMES

- Generally, massage should last 10 to 20 minutes on any muscle of the body. The massager may be used once or twice daily.
- As people's metabolisms vary, so do their responses to massage. You will soon know how to adjust the time to suit your particular needs and personal comfort. If you have any doubts regarding treatment, we recommend you consult your physician.

HOW TO USE

Your massager comes with a partial charge so you can try it out right away. It has separate heat and vibration speed settings. You can use them individually or combine them.

1) Press and hold the power ON/OFF button until the massager turns on (green light will come on). The lowest vibration setting (blue indicator light) and the lowest heat setting (white indicator light) will also be on.

2) If you want to enjoy vibration only, you can turn the heat off by pressing the heat button 3 times, until it is no longer illuminated. If you only want heat and no vibration, press the vibration button 3 times, until it is no longer lit up.

- 3) We suggest starting with the lowest settings for vibration and heat.
- 4) After using the low settings for a while, you can switch to the medium settings by pressing the vibration and heat buttons (purple indicator light for vibration and green indicator light for heat).
- 5) Finally, you can try the high vibration and high heat settings on previously treated areas by pressing these buttons again (red light indicates both high vibration and high heat).

6) To turn the massager off completely, press and hold the power button until the green light turns off.

NOTE: The massager has a 15-minute auto-off function. If you prefer to use the massager for more than 15 minutes, simply turn it back on.

HOW TO CHARGE YOUR MASSAGER

Your massager comes with a partial charge so you can try it out right away. To give the massager a full charge, use the USB-C cord included with the device and an ETL- or UL-listed 5V power adapter (not included). Plug adapter into a wall outlet, power bank, or computer USB to charge your unit. It takes about 4 hours for the massager to be fully charged. While charging, the power light will blink red. Once fully charged, the indicator light on the ON/OFF button will be a steady green.

NOTE: You cannot use the massager while it is charging.

Always start on the lowest settings and apply light pressure at first. Only massage where it feels comfortable.

FACIAL MASSAGE

Jaw: Massage along the jaw, from the ear down to the chin.

Cheeks: Massage on cheekbones from the nose out to the ears. You can also make soft circles on your cheeks.

BODY MASSAGE

Chest: Massage from center of chest outward and up toward each shoulder.

Back: Massage from top of spine to bottom, around shoulder blades and from center outward.

Abdomen: Massage from center outward in a gentle, circular motion.

Legs: Begin at calf, moving up in a circular motion. Continue to thighs.

Hands and Arms: Begin by gently massaging palms of hands and fingers, moving upward to forearms in a circular motion, then up to the biceps and shoulder muscles.

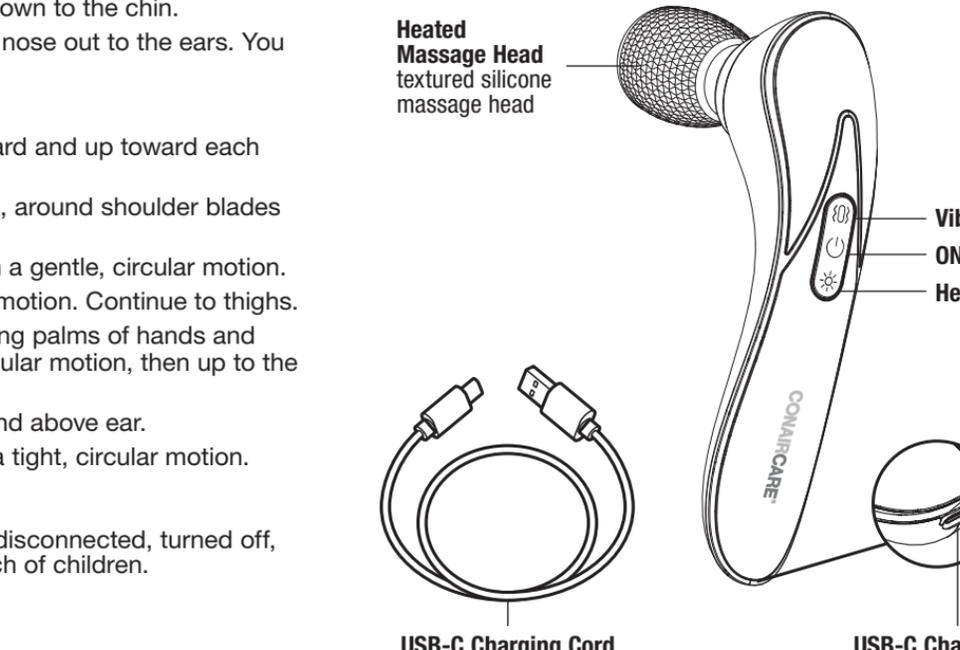
Neck: Work from shoulder up – to behind and above ear.

Feet: Massage from the heel to the toes in a tight, circular motion.

STORAGE

When not in use, your massager should be disconnected, turned off, and stored in a safe, dry location out of reach of children.

GET TO KNOW YOUR MASSAGER



FEDERAL COMMUNICATIONS COMMISSION NOTICE

WARNING: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

SUPPLIER'S DECLARATION OF CONFORMITY

Brand: CONAIRCARE®

Model No.: HM29

Description: HEAT & VIBRATION MASSAGER

Responsible Party: Conair LLC,

1 Cummings Point Road, Stamford, CT 06902

1-800-334-4031

Standards: FCC Part 15 Subpart B, ANSI C63.4-2014

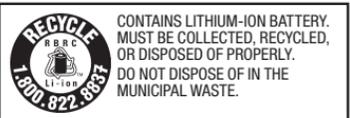
This device complies with Part 15 of the FCC Rules.

Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and

(2) This device must accept any interference received, including interference that may cause undesirable operation.

DATE OF ISSUE: 1/1/25

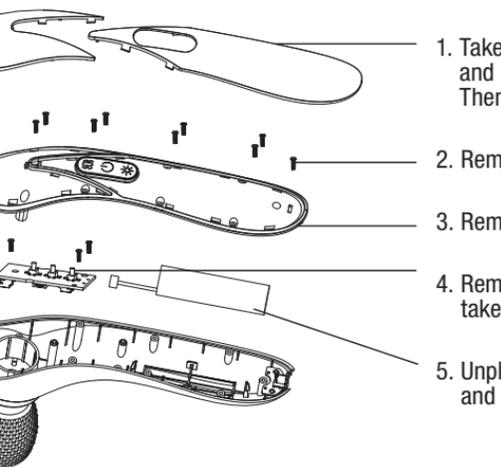


BATTERY SAFETY INFORMATION

1. This device includes one 18650 lithium-ion battery.
2. The battery is not to be removed by the consumer unless instructed by the manufacturer.
3. Since batteries are sensitive to high temperatures, when storing device, keep it in a cool, dry place.
4. Never put batteries into a fire.
5. Switch off device after use.

6. Keep batteries away from children, especially the batteries that are small enough to ingest.
7. If a battery is ingested, seek immediate medical attention. The National Battery Ingestion Hotline is available anytime at (800) 498-8666 or call the Poison Help Line at (800) 222-1222.
8. Never open, crush, puncture, or disassemble batteries.
9. Dispose of battery according to any state and local regulations.
10. Do not dispose of rechargeable battery as solid waste. At the end of its life, please take this appliance to a recycling center, where the battery will be removed by a professional and recycled.

HOW TO REMOVE THE BATTERY FOR RECYCLING



1. Take a flathead screwdriver and run it around the edge. Then pop off the two panels.
2. Remove the screws.
3. Remove the cover.
4. Remove the screws, then take out the circuit board.
5. Unplug the battery terminal and remove the battery.

RECYCLING INFORMATION

Batteries may contain various materials that must be recycled and disposed of properly. Do not dispose of in the municipal waste system. Under various state and local laws, it is illegal to dispose of this battery in the municipal waste stream. The EPA-certified RBRC™ battery recycling seal on this battery indicates Conair is voluntarily participating in an industry program to collect and recycle this battery at the end of its useful life, when taken out of service in the United States or Canada. The RBRC™ program provides a convenient alternative to placing the used battery in the trash or the municipal waste stream, which may be illegal in your area. Please call 1-800-8-BATTERY™ for information on battery recycling and disposal bans/restrictions in your area. Conair's involvement in this program is part of our commitment to preserving our environment and conserving our natural resources. Refer to the Call2Recycle link here for the nearest recycling drop-off location: <https://www.call2recycle.org/locator/>

LIMITED WARRANTY (U.S. ONLY)

Subject to the exclusions and limitations contained herein, Conair LLC ("Conair") warrants that the Conair® HEAT & VIBRATION MASSAGER ("Product") will be free from material defects in materials and workmanship under normal home use conditions for a period of two (2) years beginning on the date the Product was purchased in its original, sealed packaging, unless otherwise specified in this Limited Warranty. This Limited Warranty is only for U.S. consumers (defined herein as purchasers at retail for personal, family, or household use) who originally purchase the Product from Conair or an authorized Conair reseller (if you are unsure whether a retailer or other point of sale is an authorized or unauthorized Conair reseller, contact Conair).

This Limited Warranty does NOT cover:

- Normal wear and tear;
- Any Product purchased by commercial purchasers or for commercial or non-household uses;
- Accessories, parts, or software added to the Product after the system is shipped from Conair;

- Any costs associated with the replacement or repair of the Product, including labor, installation, or other costs incurred by you without prior Conair approval;
- Damage to the Product, defective conditions, or nonconformities due to: (1) external causes, including shipping, accidents, problems with electrical power (Product designed for use with 120-volt outlets), abnormal conditions (such as mechanical or environmental); (2) usage not in accordance with Product instructions; (3) misuse, neglect, unauthorized alteration, unauthorized repair; and (4) acts of god or other events beyond Conair's control;
- Though necessary repairs and maintenance might be performed by any company, damage caused by you or any unauthorized third party may void this Limited Warranty;
- Damage caused by accessories or replacement parts not specifically authorized by Conair may void this Limited Warranty; and
- Any Product where the original Product identification markings (trademark or serial number) have been removed, altered, or obliterated from the Product.

It is recommended that you visit the website <https://conair.registria.com> for a fast, efficient way to complete your product registration. However, product registration does not eliminate the need for the consumer to maintain the original proof of purchase to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this Limited Warranty will be the date of manufacture.

HASSLE-FREE WARRANTY

If the Product that is the subject of this Limited Warranty fails during the warranty period for reasons covered by this Limited Warranty, Conair will, at its option, repair the Product, replace the Product with another identical or reasonably equivalent product, or if Conair is unable to repair or replace the Product, refund the purchase price, less the amount directly attributable to the consumer's prior usage of the Product. To obtain a return shipping label, email us at <https://www.conair.com/en/CustomerSupport?lang=en> US#cs-warranty, or call our Consumer Service Center toll-free at 1-800-3-CONAIR to speak with a representative.

Upon receipt of the Product, Conair will inspect the Product and, if required under this Limited Warranty, attempt to repair, replace, or refund the Product within

thirty (30) days. However, there may be delays beyond Conair's control, in which case that time period may be extended as reasonably necessary.

IMPORTANT: If the nonconforming Product is to be serviced by someone other than Conair's Authorized Service Center, please remind the servicer to call our Consumer Service Center at 1-800-3-CONAIR to ensure that the problem is properly diagnosed, the Product is serviced with the correct parts, and the product is still under warranty.

CALIFORNIA RESIDENTS ONLY

The two (2) year Limited Warranty period begins on the date the Product was delivered, which may be different than the date the Product was purchased. California residents also have the option of obtaining the benefits of this Limited Warranty by bringing the Product to (A) the store where it was purchased or (B) another retail store that sells Conair products of the same type. The retail store shall then, according to its preference, either repair the Product, refer the consumer to an independent repair facility, replace the Product with another identical or reasonably equivalent product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the Product. California residents may also, according to their preference, return nonconforming products directly to Conair for repair or, if necessary, replacement with another identical or reasonably equivalent product by calling our Consumer Service Center toll-free at 1-800-3-CONAIR. Conair will be responsible for the cost of such repair, replacement, and/or shipping and handling for such nonconforming products under warranty.

THIS LIMITED WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE OR BY JURISDICTION. IN THE EVENT THIS LIMITED WARRANTY IS BREACHED, YOU MAY HAVE CLAIMS FOR REPLACEMENT, DAMAGES, OR OTHER PENALTIES.

This Limited Warranty is issued by:
Conair LLC
1 Cummings Point Road
Stamford, CT 06902
1-800-3-CONAIR

LIMITATIONS OF LIABILITY/ADDITIONAL LIMITATIONS AND EXCLUSIONS
ALL EXPRESS AND IMPLIED WARRANTIES ARE LIMITED IN DURATION TO THE LIMITED WARRANTY PERIOD. NO WARRANTIES APPLY AFTER THAT PERIOD. CONAIR'S RESPONSIBILITY UNDER THIS OR ANY OTHER WARRANTY, IMPLIED OR EXPRESS, IS LIMITED TO REPAIR, REPLACEMENT, OR REFUND, AS SET FORTH ABOVE. THESE REMEDIES ARE THE SOLE AND EXCLUSIVE REMEDIES FOR ANY BREACH OF WARRANTY. TO THE MAXIMUM EXTENT PERMITTED BY LAW, CONAIR IS NOT RESPONSIBLE FOR ANY DIRECT, INDIRECT, SPECIAL, INCIDENTAL, OR CONSEQUENTIAL DAMAGES RESULTING FROM ANY BREACH OF WARRANTY OR UNDER ANY OTHER LEGAL THEORY (INCLUDING, BUT NOT LIMITED TO, LOST PROFITS, DOWNTIME, LOSS OF GOODWILL, DAMAGE TO OR REPLACEMENT OF EQUIPMENT AND PROPERTY, AND ANY COSTS OF RECOVERING, REPROGRAMMING, OR REPRODUCING ANY PROGRAM OR DATA STORED IN OR USED WITH A SYSTEM CONTAINING THE PRODUCT), EVEN IF CONAIR HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES. SOME STATES (OR JURISDICTIONS) DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU. ALL EXPRESS AND IMPLIED WARRANTIES ARE LIMITED IN DURATION TO THE LIMITED WARRANTY PERIOD. NO WARRANTIES APPLY AFTER THAT PERIOD. SOME STATES (OR JURISDICTIONS) DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THIS LIMITATION MAY NOT APPLY TO YOU.

This Limited Warranty is issued by:
Conair LLC
1 Cummings Point Road
Stamford, CT 06902
1-800-3-CONAIR

Escanee aquí para obtener el libro de instrucciones en español.



Service Center
Conair LLC
Service Department
7475 North Glen Harbor Blvd.
Glendale, AZ 85307
Visit us on the web at www.conair.com.
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24PS000043

Questions
about your massager?
800-326-6247
www.conair.com

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HEAT & VIBRATION MASSAGER



CONAIRCARE®

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

ALL HM29 MODELS

IB-18854