

IMPORTANT SAFETY INSTRUCTIONS

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

READ ALL INSTRUCTIONS BEFORE USING

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 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 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. Unplug from outlet and turn power off 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 on any unexplained pain or swollen muscles or following a serious injury before consulting your physician.
- 5) Do not use massager in close proximity to loose clothing or jewelry.
- 6) Keep long hair away from massager while in use and remove jewelry before using.
- 7) Do not operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- 8) This appliance should not be used by, on, or near children or individuals with certain disabilities.
- 9) Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by Conair.
- 10) Never operate 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.
- 11) Do not carry this appliance by the charging cord or use the cord as a handle.
- 12) Keep the cord away from heated surfaces.
- 13) Never drop or insert any object into the product.
- 14) Do not use outdoors.
- 15) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 16) Ensure that your hands are dry when operating the controls or removing the plug.
- 17) To turn off, press and hold the power button for several seconds.
- 18) This appliance is for household use only.
- 19) Never use while sleeping or drowsy.
- 20) Keep out of the reach of children.

- 21) Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like. Never operate on a soft surface such as a bed or couch, where air openings may be blocked.
- 22) 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.
- 23) Burns may result from improper use.
- 24) Temperatures sufficiently high 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 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 or bruised, discolored, burned, broken, swollen, or inflamed skin, or heat sensitivity.
- 3) 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.
- 4) Do not use this massager on or near your head, neck, or throat.

- 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.

OPERATING INSTRUCTIONS

USER MAINTENANCE INSTRUCTIONS

- 1) Your massager is designed for household use and is virtually maintenance free. No lubrication is needed. To clean the body of the massager, use a damp cloth with soap and water only. Do not use any strong chemical cleaners.
- 2) If the charging cord or massager is damaged or does not operate properly, return it 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. Inspect the cord frequently for damage. Stop use immediately if cord damage is visible or unit stops or operates intermittently. Never wrap the cord around the appliance.

STORAGE

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

RECOMMENDED MASSAGING TIMES

- Generally, massage should last 15 minutes on any muscle of the body. Treatment may be applied 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

- 1) In addition to reviewing this booklet, please refer to the separate Quick Start Guide included and check out our product videos here.



POWER LEVELS

Your massager has 4 power levels: Low, High, Variable, and Pressure Sense. To increase the power level when the massager is on, press the power button again. Start with the lowest level and increase gradually until you find the level that is most comfortable for you.

Some people find that the slower speeds give them more of a kneading sensation, and the higher speeds feel more like a powerful vibration. The level that is most comfortable for you may change from day to day, with different therapy disks, and when using on different parts of the body. Let your body guide you!

CHANGING THE THERAPY DISKS

Grab the therapy disk by the two small tabs on the sides and pull it off. Choose a different therapy disk and snap it onto the center magnet. Each disk can be attached in 8 different positions (5 positions for the percussion ball), allowing for ultimate customization. Experiment to see what feels best!

- 2) Press the power button and hold for several seconds to turn the unit on (short press).
- 3) Press again to go up to the next power level.
- 4) Press the power button several seconds to turn the massager off. The massager has a 15-minute auto-off feature. If you would like a longer massage, simply turn the massager on again.
- 5) Your massager comes with a partial charge so you can try it out right away. To charge the massager, use the USB-C cord included in the extension handle (remove bottom cover to pull out cord). A full charge with a 2 amp charger takes about 4 hours. Runtime on a full charge is about 2.5 hours.

USB-C CORD

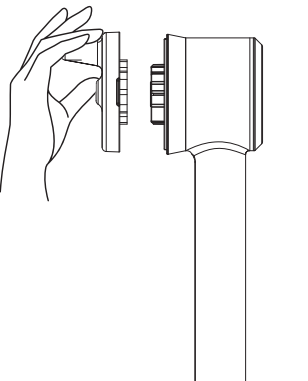
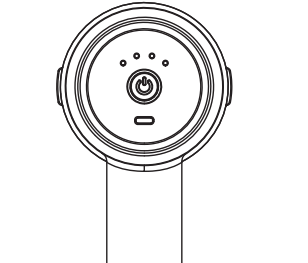
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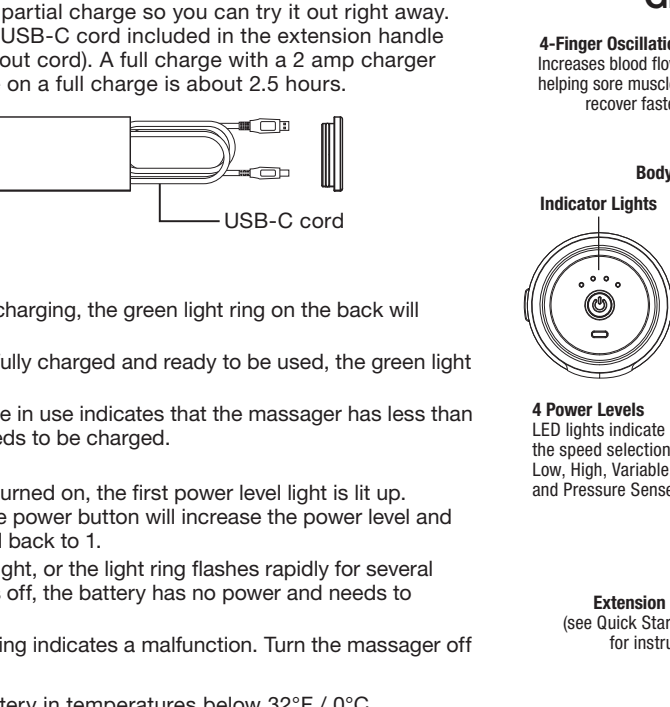
INDICATOR LIGHTS

- 1) Charging:
 - When the massager is charging, the green light ring on the back will flash slowly.
 - When the massager is fully charged and ready to be used, the green light will be steady.
 - A blinking light ring while in use indicates that the massager has less than 10% power left and needs to be charged.
- 2) Power indication:
 - When the massager is turned on, the first power level light is lit up. Repeatedly pressing the power button will increase the power level and eventually loop the level back to 1.
 - If you see no indicator light, or the light ring flashes rapidly for several seconds and then turns off, the battery has no power and needs to be charged.
 - A rapidly flashing light ring indicates a malfunction. Turn the massager off and then on again.

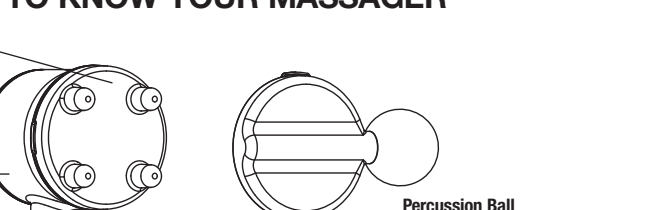
NOTE: Do not charge the battery in temperatures below 32°F / 0°C.



GET TO KNOW YOUR MASSAGER



PRODUCTION INK

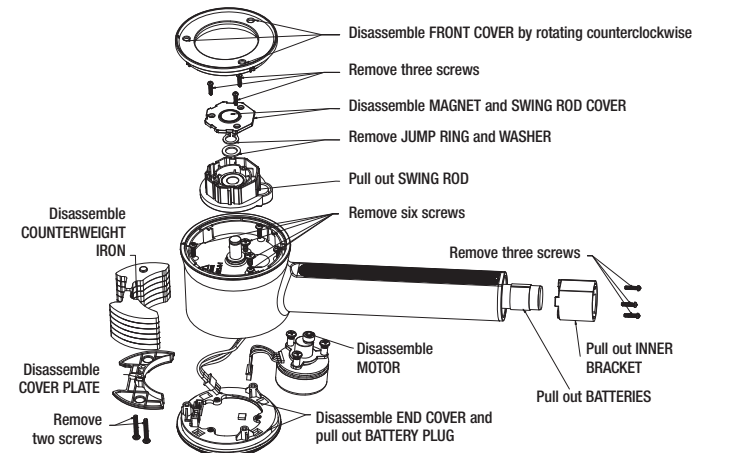


- 4-Finger Oscillation**
Increases blood flow, helping sore muscles recover faster.
- Percussion Ball**
For deep impact, up to 46 times per second.
- 2-Finger Oscillation (Narrow)**
To focus on smaller areas, such as calf muscles, or on the shoulder and neck areas.
- 2-Finger Oscillation (Wide)**
Use on larger areas, like shoulders or hamstrings.
- Pointed Cone Oscillation**
Digs deep into muscle knots and tight spots.

All prints black
Other Instructions:
Hi res in place
Bleed edges

HOW TO REMOVE THE BATTERIES FOR RECYCLING

1. Disassemble the unit as shown in the below diagram.
2. Remove the batteries.
3. **DO NOT** throw the batteries into the normal municipal waste system.



BATTERY SAFETY INFORMATION

1. This device includes two 18650 lithium-ion batteries.
2. Batteries are 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 the Poison Help Line at (800) 222-1222.
8. Never open, crush, puncture, or disassemble batteries.
9. Dispose of batteries according to any state and local regulations.
10. Do not dispose of rechargeable batteries 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.

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 these batteries in the municipal waste stream. The EPA-certified RBRC™ battery recycling seal on these batteries indicates Conair is voluntarily participating in an industry program to collect and recycle these batteries at the end of their useful life, when taken out of service in the United States or Canada. The RBRC™ program provides a convenient alternative to placing the used batteries 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 Call to Recycle link below for the nearest recycling drop-off location: <https://www.call2recycle.org/locator/>

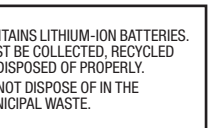
FEDERAL COMMUNICATIONS COMMISSION NOTICE

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.



Intertek

SUPPLIER'S DECLARATION OF CONFORMITY

Brand: Therapy by ConairLabs™
Model No.: HM21
Description: MYO-THERAPY OSCILLATING AND PERCUSSION 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: December 30, 2023

LIMITED TWO-YEAR WARRANTY (U.S. and Canada Only)

Conair will repair or replace (at our option) your appliance free of charge for 24 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, together with your purchase receipt. California residents need only provide proof of purchase and should call 1-800-3-CONAIR for shipping instructions. In the absence of a purchase receipt, the warranty period will be 24 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 24-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.

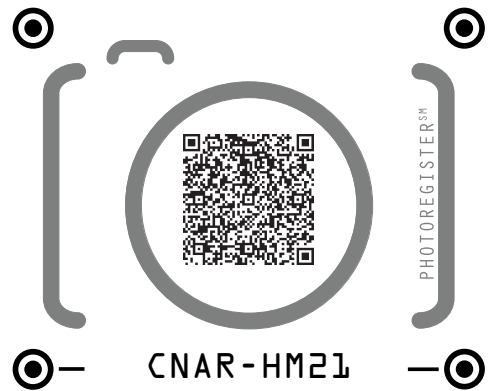
IN NO EVENT SHALL CONAIR BE LIABLE FOR ANY SPECIAL, INCIDENTAL, OR CONSEQUENTIAL DAMAGES FOR BREACH OF THIS OR ANY OTHER WARRANTY, EXPRESS OR IMPLIED, WHATSOEVER. Some states do not allow the exclusion or limitation of special, incidental, or consequential damages, so the above limitation may not apply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

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

Please register this product at register.conair.com

Register Your Product Now

Register in two easy steps to receive premium customer service, special offers, and more.



Step 1
Take a photo of the camera icon at left

Step 2
Text photo to 71403 using your smartphone (US ONLY)

You can also register via the web: Go to register.conair.com

Need Help? Visit photoregister.com/help or text HELP to 71403.
Important: Failure to complete and submit this form does not diminish your warranty rights.

Escanee aquí para obtener el libro de instrucciones en español.



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

Visit us on the web at www.conair.com
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 23PS089280

IB-18208

MYO-THERAPY

massage done better



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

THERAPY
 by
CONAIRLabs

INSTRUCTION BOOKLET FOR MODEL HM21