

# FACE & BODY MASSAGER +



**CONAIRCARE®**

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

ALL HM16 MODELS

# 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 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 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) 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) 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 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 power-supply 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 control or removing the plug.
- 16) To disconnect, move control to the OFF position, then remove plug from outlet.
- 17) This appliance is for household use only.
- 18) Never use while sleeping or drowsy.
- 19) Keep out of the reach of children.

# 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. 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) To clean the attachments, remove them from the massager, hand-wash in soapy water, rinse well, and let them dry fully before using them on the massager again.
- 3) If the 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.
- 4) Never allow the power-supply cord to be excessively pulled or twisted. Inspect the cord frequently for damage. Stop use immediately if damage is visible or if unit stops or operates intermittently. Never wrap the cord around the appliance.

# **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**

- 1) Make sure the switch is in the OFF (0) position and hold the main body firmly before plugging the unit into power source. The USB-A cord allows you to use a wall adapter, or you can plug cord into the USB outlet of a laptop or use a powerbank for portable convenience (devices not included).
- 2) Install desired attachment on massager head. Massage areas with the speed controller in LOW (I) position to start. Apply little pressure at first.
- 3) If you desire, after using on the LOW setting for a while, set speed controller to HIGH (II). Apply more pressure and massage previously treated areas. Never press too hard or bend head excessively. Personal massage oil may be used to enhance your massage experience.
- 4) Always finish with a soft massage, with low pressure and low speed.

## **FACIAL MASSAGE**

Always start on the low setting and apply low pressure at first. Only massage where it feels comfortable. Do not massage eyes or near eye sockets.

### **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**

Always start on the low setting and apply low pressure at first. Only massage where it feels comfortable.

### **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 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 and stored in a safe, dry location out of reach of children.

# GET TO KNOW YOUR MASSAGER

**Thumb**  
simulates gentle  
finger pressure



**2 Vibration Speeds**  
to customize your  
comfort

**Lightweight  
Design** for  
comfort and  
control

**Cone**  
digs deeper  
into tissue



**2 Finger**  
helps relieve  
tension and pain  
along the jaw and  
shoulders



**Brush**  
for a soft scalp massage



**Ergonomic  
Handle**  
for easy grip

**USB-A Cord**  
plugs into wall adapter,  
powerbank, laptop, etc.  
(devices not included)



## LIMITED ONE-YEAR WARRANTY (U.S. AND CANADA ONLY)

Conair will repair or replace (at our option) your appliance 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 on back, 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 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.

Please register this product at [register.conair.com](http://register.conair.com)

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](http://www.conair.com)

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**Questions**  
about your massager?  
**800-326-6247**  
[www.conair.com](http://www.conair.com)

A small icon of a smartphone is positioned to the right of the text. The screen of the phone displays the word "CONAIR" in capital letters.

**IB-18518**