

**trūMedic**<sup>®</sup>  
Products to Live Life Better<sup>®</sup>



## Head and Neck Massager Instructions

**INSTASHIATSU** +<sup>®</sup>  
Your Personal Masseur

Modèle IS-BOT-1000



## Included In Box

- A. truMedic® InstaShiatsu+® Head and Neck Massager
- B. Charging Base
- C. Satin Bag
- D. USB Charging Cable
- E. USB Charging Adapter





## **WARNING**

*PLEASE READ AND OBSERVE ALL SAFETY WARNINGS  
BEFORE USE AND KEEP THIS INSTRUCTION GUIDE HANDY*

- Do not use the truMedic® InstaShiatsu+® Head and Neck Massager while it is charging; please wait for the truMedic® InstaShiatsu+® Head and Neck Massager to completely charge before using.
- Never over-charge your battery; always remove the truMedic® InstaShiatsu+® Head and Neck Massager from the charging base when charging has been completed.
- Only use the provided charging cable and adapter with the charging base.
- Never submerge the truMedic® InstaShiatsu+® Head and Neck Massager in water.
- Do not attempt to repair your truMedic® InstaShiatsu+® Head and Neck Massager or use any spare parts that were not supplied by truMedic®.
- Do not insert any foreign objects into the mechanisms of the truMedic® InstaShiatsu+® Head and Neck Massager.
- If your truMedic® InstaShiatsu+® Head and Neck Massager is damaged or malfunctioning, discontinue use and contact truMedic® for service.

## CAUTION

*Consult your physician before using this product..*

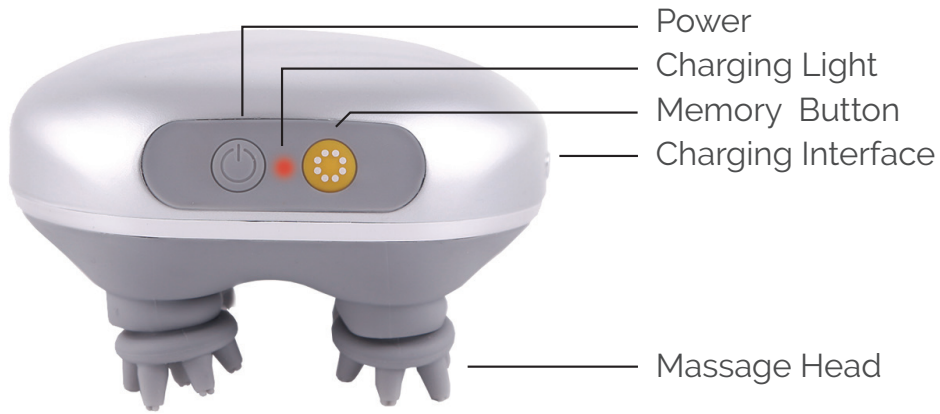
- Children should not use the truMedic® InstaShiatsu+® Head and Neck Massager without supervision.
- Anyone with limited mobility or cognitive disabilities should be supervised when using this unit.
- The truMedic® InstaShiatsu+® Head and Neck Massager is not a medical product and is not intended to be used for medical purposes.
- Consult your physician before using the truMedic® InstaShiatsu+® Head and Neck Massager if you are pregnant, have a blood disorder, are susceptible to skin allergies or infections, or are using a pacemaker or other implanted device.
- Do not use the truMedic® InstaShiatsu+® Head and Neck Massager for too long on one region of the body.
- Do not use the truMedic® InstaShiatsu+® Head and Neck Massager for more than 15 minutes per session. Please wait at least 30 minutes between sessions.
- Do not use the truMedic® InstaShiatsu+® Head and Neck Massager while driving or operating heavy machinery.

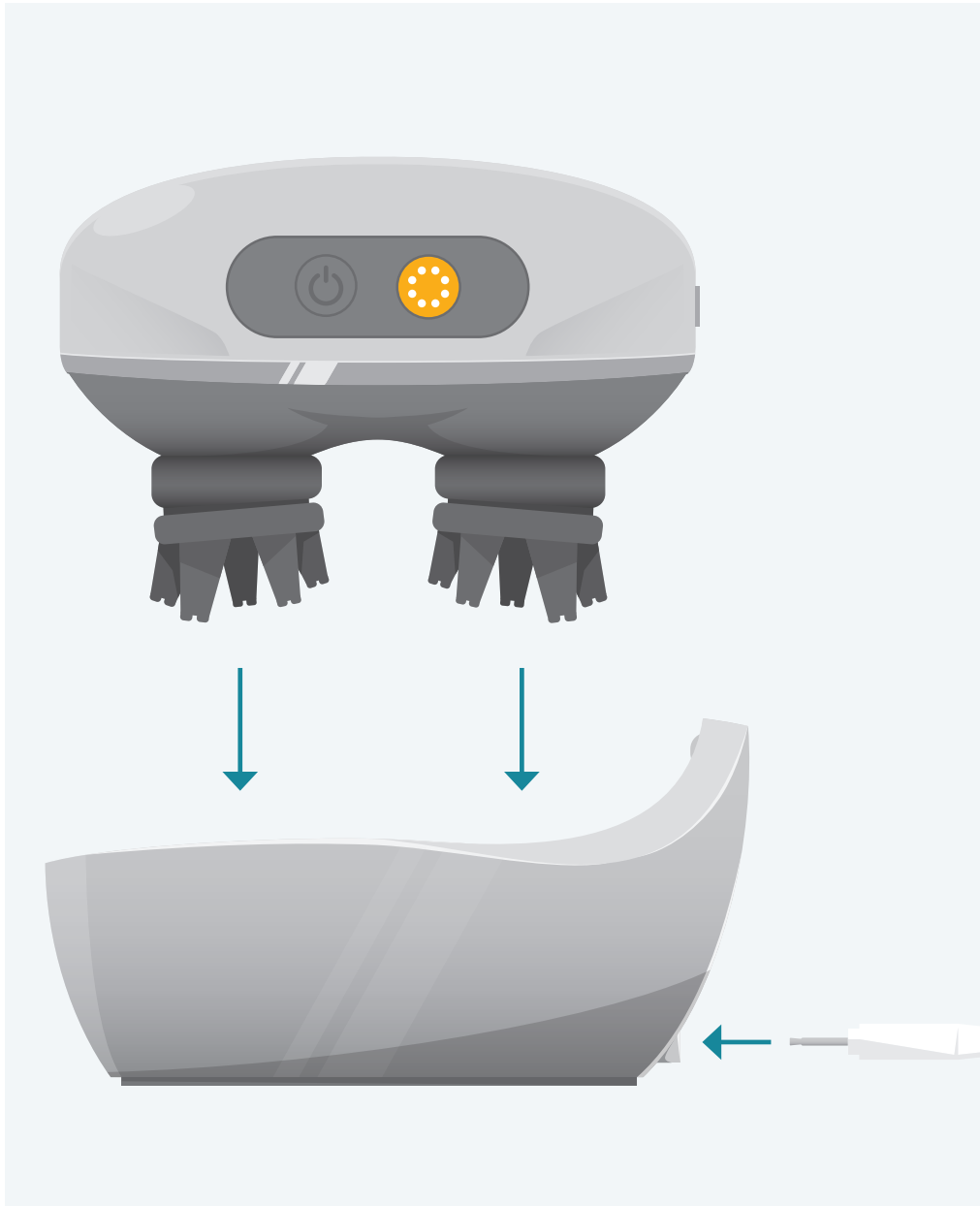


## Features

The truMedic® InstaShiatsu+® Head and Neck Massager allows you to enjoy a stimulating massage that relieves tension. Easily used at home, in the office, or while traveling, this lightweight and wireless massager is there when you need it.

The truMedic® InstaShiatsu+® Head and Neck Massager is water-resistant, and designed to be used in the shower or tub. Do not completely submerge the unit at any time. If the unit appears to display damage, or is not functioning properly, discontinue use and contact truMedic® for service.

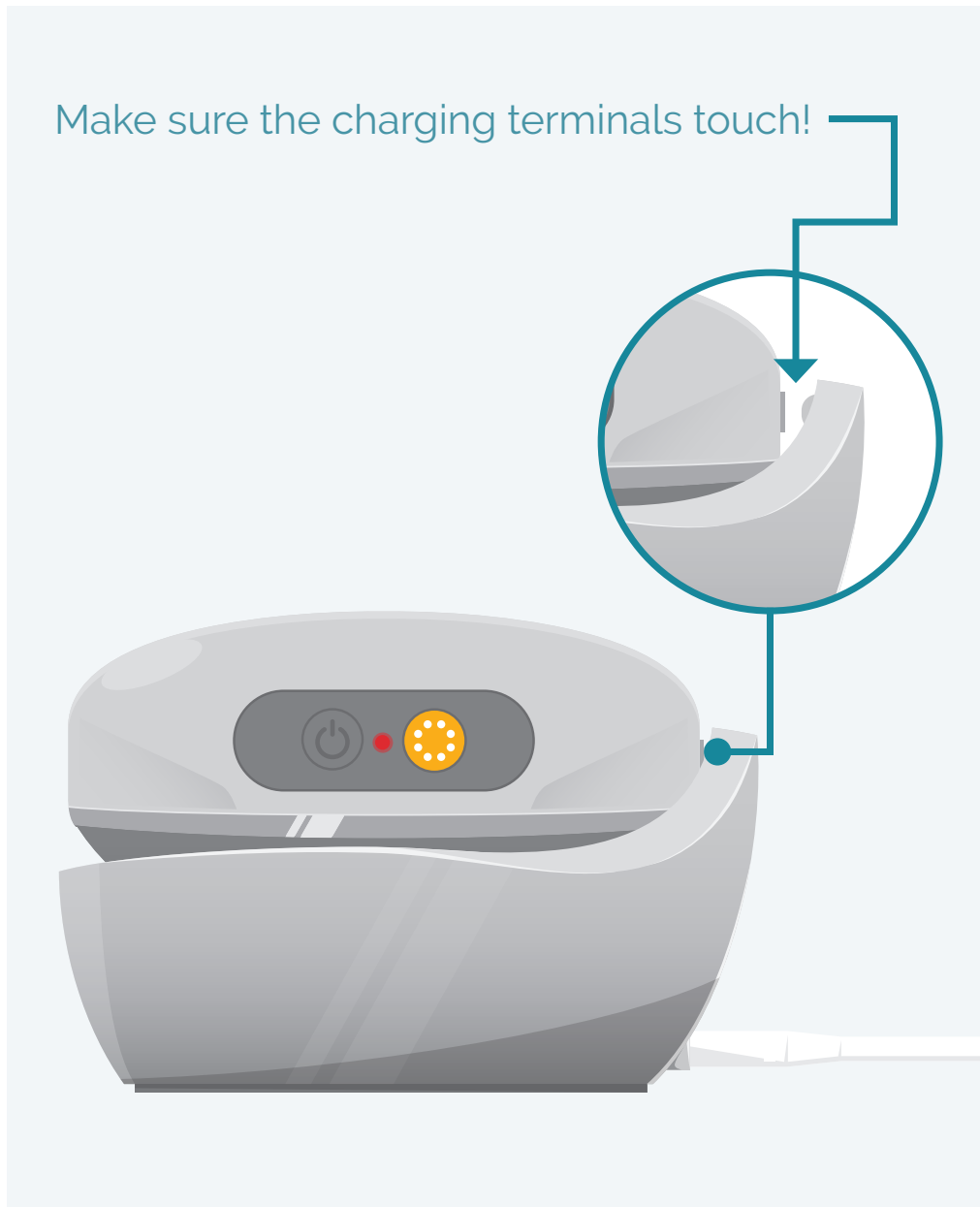




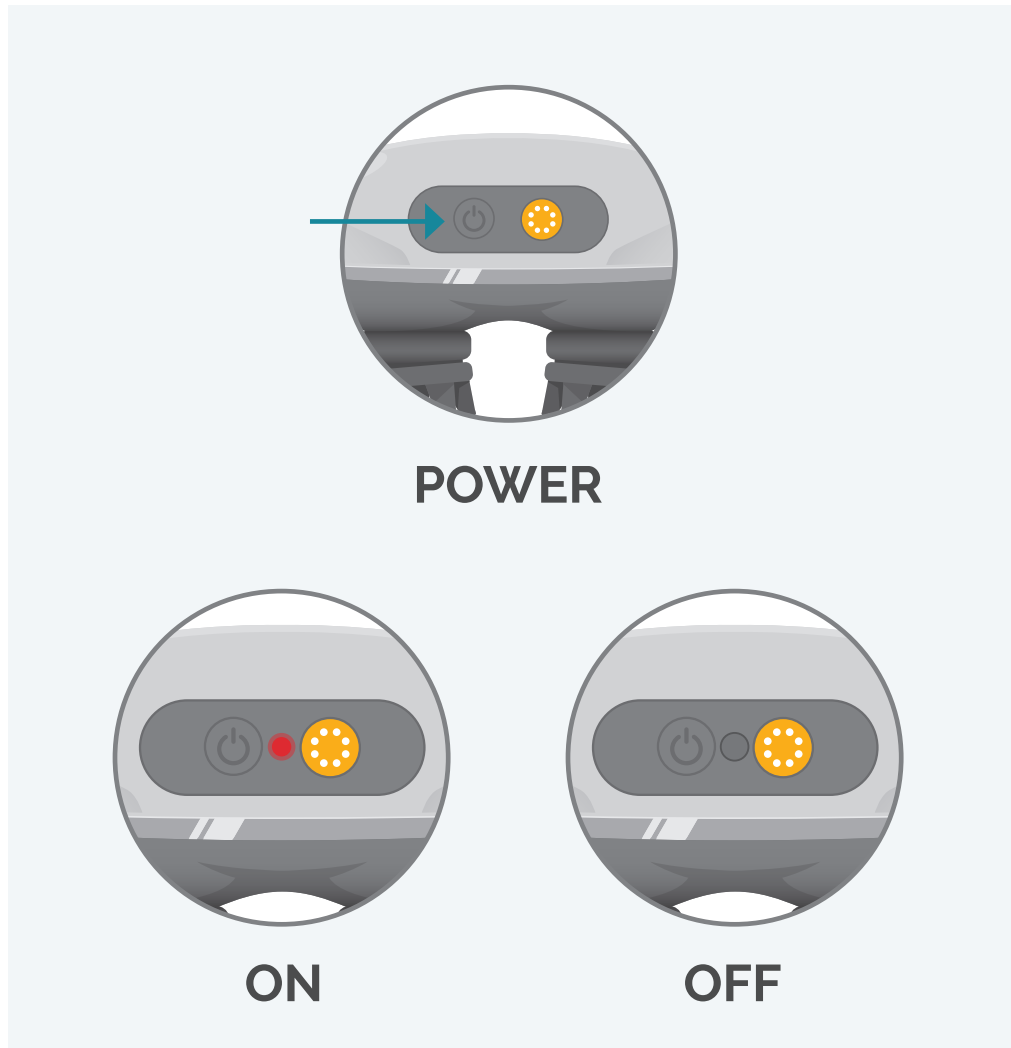
## Operation

1. Place the truMedic® InstaShiatsu+® Head and Neck Massager in the charging base and ensure the charging terminals on the base connects with the massager's terminals. (See diagrams above).





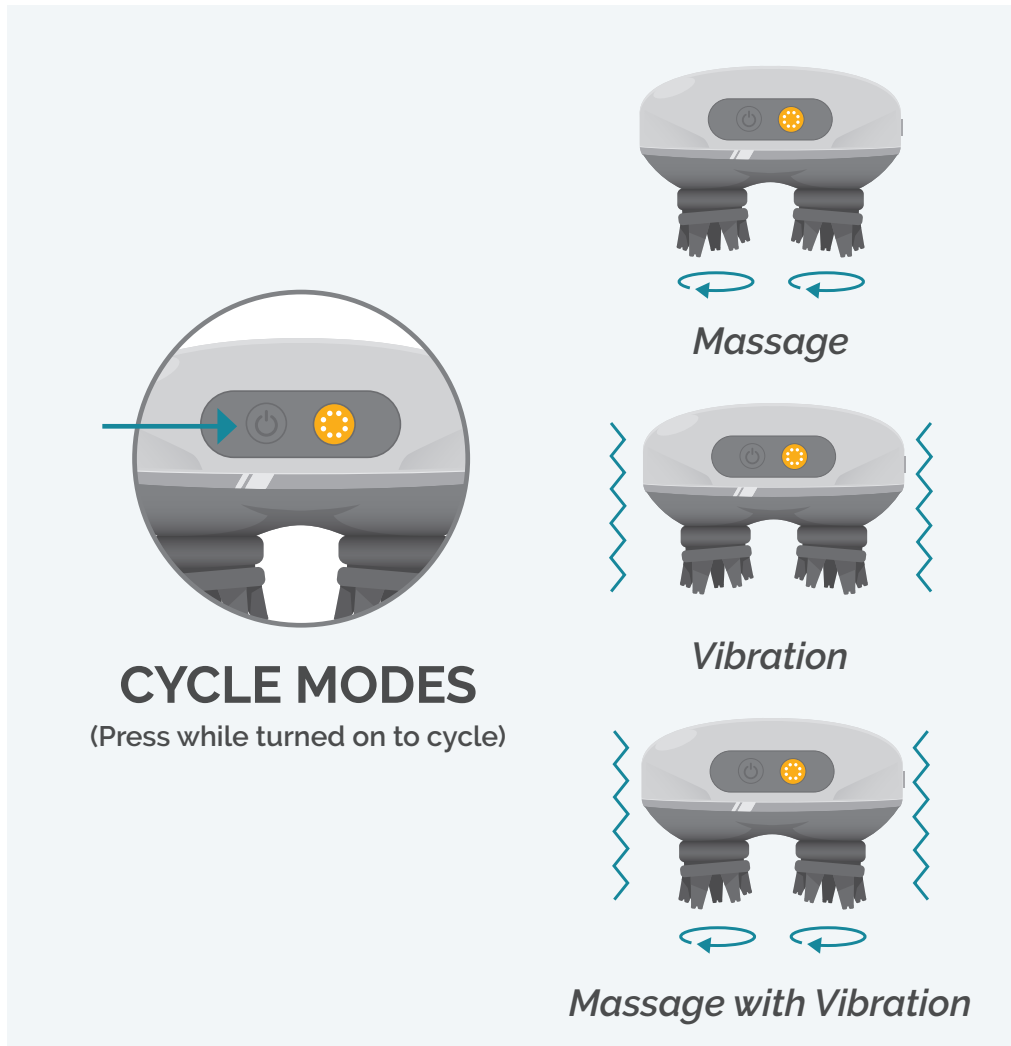
2. Insert the charger's plug into a proper household outlet, and the other end into the charging base. A red LED light will be shown on the truMedic® InstaShiatsu+® Head and Neck Massager until charging has been completed.



3. To turn on your truMedic® InstaShiatsu+® Head and Neck Massager, give the power button a short press. The truMedic® InstaShiatsu+® Head and Neck Massager is intended to be used for 15 minutes per session.

**No Worries! It's Safe  
for the Shower!**

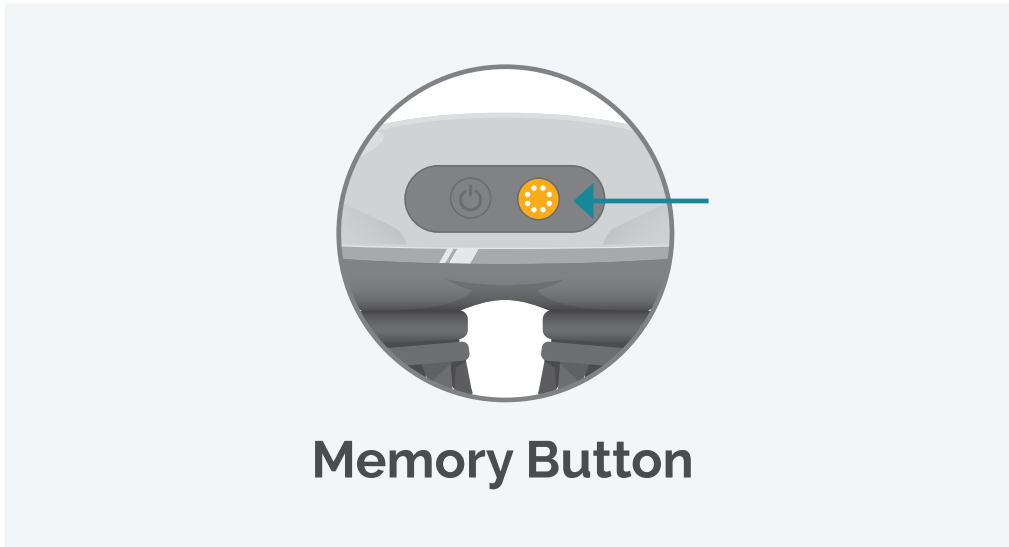
*Its non-slip exterior is great for use while  
taking a shower or relaxing in the tub.*



4. To cycle between the different massage modes give the power button a short press. The modes are as follows:

- A. Massage
- B. Massage with vibration
- C. Vibration

5. Press and hold the power button to shut off the massager and end the massage session



### Using the memory button

1. To have the memory button save the last massage mode you were using, press the power and memory button at the same time
2. To remove the saved massage mode, press and hold the memory button for 3 seconds.

**It Remembers So  
You Don't Have To!**

*The memory button is great for saving time  
and quickly resuming your massage session.*

## Caring For Your truMedic® InstaShiatsu+® Head and Neck Massager

- The truMedic® InstaShiatsu+® Head and Neck Massager is a water-resistant device but should never be submerged in water. Use a damp cloth and gentle detergent to clean the massager; gently wipe it dry afterwards.
- Please keep your truMedic® InstaShiatsu+® Head and Neck Massager safely in its box when not in use. Store it in a cool, dry place out of direct sunlight.
- Do not use any corrosive liquids on your massager or store the device near corrosive liquids.



## Specifications

**Product Name**

truMedic® InstaShiatsu+® Head and Neck Massager

**Product Model**

IS-BOT-1000

**Adapter Input Rate**

100V-240V-50Hz/60Hz

**Adapter Output Rate**

5.0Vm = 1.5A

**Rated Power**

5W

## Troubleshooting

Problem: The truMedic® InstaShiatsu+® Head and Neck Massager will not start.

Solution: Recharge the battery and verify that the unit is connected properly to the charging base.

Problem: The truMedic® InstaShiatsu+® Head and Neck Massager stops running.

Solution: Ensure the battery is charged, or wait at least 15 minutes to restart the massage cycle.

Problem: The truMedic® InstaShiatsu+® Head and Neck Massager is making noises

Solution: While operating, the massager will make steady noise as the motor functions. If any sudden or unusual noises occur please contact truMedic® for service.

*Have Questions? Call our toll-free hotline at **(888) 264-1766** or visit **support.trumedic.com***

## Warranty

truMedic® warrants this product against defects in materials and/or workmanship for a period of 6 Months from the date of purchase by the original purchaser. In the event of a valid claim within the Warranty Period, truMedic® will repair the defect or replace the unit at no charge, using new or refurbished replacement parts at its discretion. Proof of purchase is required prior to receiving service under this warranty.

Warranty service is available by calling truMedic® service at 888.264.1766 or via email at [service@truMedic.com](mailto:service@truMedic.com). Repairs/replacements must be authorized by truMedic® before service will be provided. You are responsible for delivery and the cost of delivery of the product to and from a truMedic® service center for replacement or repair as, per our instructions.

This warranty does not cover damage caused by failure to follow instructions, or damage caused by accident, abuse, misuse, fire, floods, earthquake or other external causes or damage caused by unauthorized repairs.



truMedic® SHALL NOT BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES RESULTING FROM THE USE OF THIS PRODUCT, OR ARISING OUT OF ANY BREACH OF THIS WARRANTY. TO THE EXTENT PERMITTED BY APPLICABLE LAW, truMedic® DISCLAIMS ANY AND ALL STATUTORY OR IMPLIED WARRANTIES, INCLUDING, WITHOUT LIMITATION, WARRANTIES OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE AND WARRANTIES AGAINST HIDDEN OR LATENT DEFECTS. IF truMedic® CANNOT LAWFULLY DISCLAIM STATUTORY OR IMPLIED WARRANTIES, THEN TO THE EXTENT PERMITTED BY LAW, ALL SUCH WARRANTIES SHALL BE LIMITED IN DURATION TO THE DURATION OF THIS EXPRESS WARRANTY.

Some states disallow the exclusion or limitation of incidental or consequential damages or how long an implied warranty lasts, so the above exclusions or limitations 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.



**FREE WARRANTY UPGRADE**  
GO TO <http://www.RegistertruMedic.com>

**YOU MUST REGISTER YOUR PRODUCT WITHIN 10 DAYS TO QUALIFY FOR A FREE UPGRADE TO YOUR WARRANTY FROM 6 MONTHS TO ONE FULL YEAR AT NO COST!**

When you register, you become a VIP member and get these exclusive benefits:

- ✓ **FREE** Extended Warranty from 6 months to one full year at **NO CHARGE!**
- ✓ Discount on new product releases

**HAVE QUESTIONS? Give us a call on our toll-free hotline 888-264-1766**

*Thank you! We Look forward to welcoming you into the VIP User's Group today!*

*Team truMedic®*

## FCC Statement:

**CAUTION:** Modifications not approved by the party responsible for compliance could void user's authority to operate the equipment.

**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.

# IMPORTANT SAFETY INSTRUCTIONS

## ***Read all instructions before using this household appliance***

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

## DANGER

### ***To reduce the risk of electric shock:***

- Always unplug this appliance from the electrical outlet immediately after using and before cleaning.
- Do not reach for an appliance that has fallen into water. Unplug immediately.
- Do not use while bathing or in a shower.
- 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:***

- 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.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.

- Do not carry this appliance by supply cord or use cord as a handle.
- Keep the cord away from heated surfaces.
- 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 the air openings may be blocked.
- Never drop or insert any object into any opening.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Do not use massager in close proximity to loose clothing or jewelry.
- Keep long hair away from massager while in use.

***SAVE THESE INSTRUCTIONS***





**TruCore Distributors, Inc.**

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WEBSITE: [www.truMedic.com](http://www.truMedic.com)

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