

WIRELESS & HEATING TENS MASSAGER

**8 modes with 20 respective
intensity levels**



INSTRUCTION MANUAL

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To enable you to properly operate this product, please thoroughly read this manual and keep the manual after reading for future reference.

1. INTRODUCTION

Our WIRELESS & HEATING TENS Massager is designed to provide natural, drug-free, and non-invasive relief from menstrual discomfort. Combining the power of Transcutaneous Electrical Nerve Stimulation (TENS) technology with soothing heat therapy, this device helps reduce pain by gently stimulating nerves, delivering electronic impulses to target muscles, and encouraging relaxation.

The WIRELESS & HEATING TENS Massager features TENS 8 modes, 20 adjustable intensity levels, and 3 heat settings, allowing you to tailor your relief to your unique needs. Lightweight, discreet, and easy to use, it empowers women to reclaim comfort and confidence during their cycle.

How TENS Works

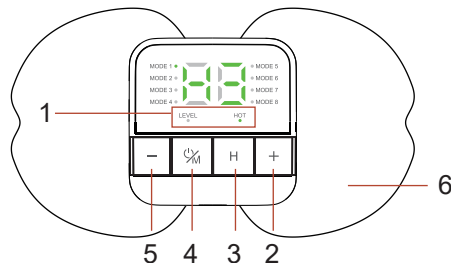
TENS stands for Transcutaneous Electrical Nerve Stimulation. This non-invasive technology uses gentle electrical impulses delivered through the skin to stimulate the nerves. These impulses help block pain signals from reaching the brain, providing relief. At the same time, TENS encourages the release of endorphins, the body's natural painkillers, promoting a sense of relaxation and comfort. Safe and effective, TENS is a trusted method for managing pain without medication.

2. PACKAGE CONTENTS

1. Wireless TENS device x1
2. Electrode x2 pcs
3. USB-C cable x1
4. Instruction manual x1

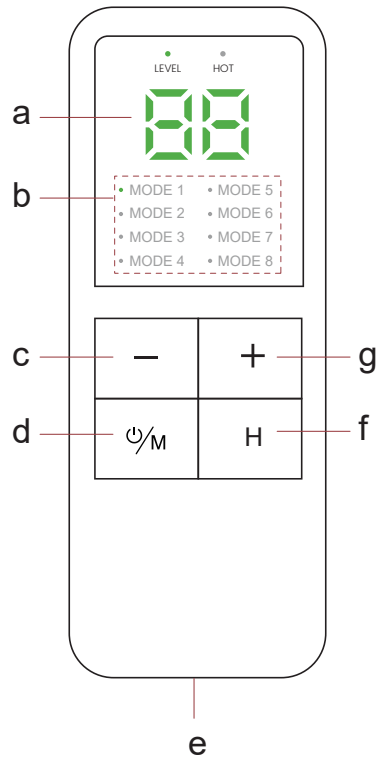
3. DEVICE DESCRIPTION

3.1 MAIN DEVICE



1. Indicators
2. Increase output intensity
3. Temperature adjustable
4. On/Off, Mode switch
5. Decrease output intensity
6. Electrode pad

REMOTE CONTROL



No.	Description
a	Intensity display - Intensity level from 0 to 20. Intensity indication: Indicates the current intensity value of the current device. The display range is 0~20 and "1E" is displayed when the battery is low and turn off automatically after flashes 10s. Heating display level from 38 C/40 C/42 C .
b	Mode display - Option the model display. Mode indication: MODE1~MODE8 indicates the mode number of the current channel, mode range 1~8. Charging indication: from mode 1 to mode 8, the mode indicator lights up when fully charged.
c	Intensity down - Decrease intensity level.
d	Option Mode: Option 1 to 8 mode by pressing 1s
e	Type-C charging port
f	Heating function adjustable for 3 levels.
g	Increasing intensity level

Remark: Pairing mode: After entering pairing mode, all indicators flash , after successful pairing, flash 10 times, one hosts are paired successfully before automatically exiting pairing mode.

3.2 INTENDED USE

Only use the WIRELESS & HEATING MASSAGER On people.

For private use.

- For the purpose it was developed for and in the manner specified in these instructions for use.Any improper use may be dangerous.

For external use.

For home and private use.

- With the original accessories supplied, which can be re-ordered.Failure to do this invalidates the warranty. The manufacturer is not liable for damage resulting from improper or incorrect use.

4. SAFETY AND HEALTH

4.1 WARNINGS



- 1) Please consult with your physician before using this device.
- 2) Make sure you read ALL the instructions carefully before using the product.
- 3) Failure to comply with the instructions presented in this manual may cause fire, electric shock, damage to the product, and serious injury.



To prevent accidents or cause physical discomfort, people who use the following medical electronic equipment should not use this TENS massager.

- Human implantable medical electronic equipment such as pacemakers and defibrillators.
- Artificial heart-lung machine and other electronic equipment used to sustain life.
- Wearable medical electronic devices such as electrocardiographs, medical implants and infusion sets are prohibited.

Such use could cause electric shock, electrical interference, or death.

People with the following conditions, please do not use heated TENS massager;

- People with heart conditions/disease, abnormal blood pressure, malignant tumors, cancer.

- Those who are accompanied by fever, or who suffer from infectious or acute diseases or during dental treatment.
- People with hemophilia, bleeding disorders, diabetes, lymphatic conditions, deep vein thrombosis (DVT), or facial neuralgia.
- People who have a history of epilepsy.
- Pregnancy
- People suffering from cognitive problems or diseases such as dementia or Alzheimer's disease

4.2 NOTES



1. Do not use this device while driving.
2. Do not use this device while sleeping.
3. Do not use this device under the influence of alcohol or other drugs.
3. Do not use this device in water or areas with high humidity.
4. Keep this device out of reach of children.
5. Stop using this device and consult your physician at once if you feel pain, discomfort, dizziness, or nausea.
6. Do not attempt to move the electrode heads while the device is in operation.
7. Do not use the device on the head, anterior cervical spine (front of neck), near the heart, mouth, genitals, or blemished areas of the skin.
8. Please start from the lowest level of intensity and temperature for the 1st use, and gradually adjust the intensity and temperature.

4.3 NOTES ON USE

- Switch off the Wireless Heating TENS MASSAGER before removing it.
- Wait at least 30 minutes between applications.
- Only use the Wireless Heating TENS MASSAGER as often as you find comfortable. If treatment with the Wireless Heating TENS MASSAGER starts to feel unpleasant, stop using it.
- If the adhesive capability of the gel pads decreases, replace them immediately. Do not use the Wireless Heating TENS MASSAGER again until the gel pads have been replaced, as the uneven adhesion of the gel pads could lead to skin lesions.
- In the event of unpleasant current peaks, switch off the Wireless Heating TENS MASSAGER and move it slightly.
- If you find that using the Wireless Heating TENS MASSAGER causes you to have a much heavier flow, stop using it.

4.4 PRECAUTIONS

Device

- DO NOT touch the USB port during use. The USB port is only used to connect the charger, not to other devices.
- Make sure the host device is snapped well before powering the device on.
- Turn off the device immediately if you feel discomfort or the device is not functioning properly.
- DO NOT use the device for other than its intended use.
- DO NOT drop TENS unit from high place.
- DO NOT immerse TENS unit in water or other liquid.
- Apply TENS unit away from fire or other places with high temperature.

Electrode

- Apply the pad to normal, intact, clean, and DRY skin, avoid the areas mentioned in this manual.
- DO NOT apply pad to open wounds or swollen, infected, or inflamed areas or skin rashes.
- DO NOT move the pad while the device is on.

- Make sure the electrode pad is stuck properly on the applied area.
- Never touch the pad to any metal object, such as a belt buckle, necklace, or other metal accessories under clothing.
- DO NOT leave pad attached to the skin after the therapy.
- DO NOT bend or fold the pad.
- After use, put the pads on the protective film provided.

Electrical safety



- DO NOT use an unauthorized adapter to charge heated TENS massager as there is a risk of electrical safety issues.
- DO NOT attempt to repair the device by yourself. If the device is damaged, contact seller, otherwise there is a risk of electric shock.

5. FEATURES

- 1) Wireless TENS with 8 modes
- 2) 20 levels of intensity
- 3) 8 levels of temperature adjustable
- 4) Load detection
- 5) 20-minute working timer
- 6) Rechargeable

6. BATTERY AND CHARGING

6.1 BATTERY



Wireless & Heating TENS Massager is equipped with a 1200mAh, 3.7V rechargeable lithium battery.

6.2 CHARGING



Please fully charge heated TENS unit before the first use.
Note: heated TENS unit cannot be switched on while charging.
DO NOT charge device over night for the battery duration.

7. USER

The Wireless & Heating TENS Massager is applicable for different users.

1) Women

The Wireless & Heating TENS Massager with comfortable and warm heat can relieve menstrual cramps in girl's period time by warming and stimulating slightly the abdomen or lower back. And it also can be used for low back pain relief in labor .

2) Body Pain

The Wireless & Heating TENS Massager provides painless currents that feel like gentle buzzing pulses to help relieve pain.

8. OPERATION INSTRUCTION

1) Gently peel the electrode from the protective film and apply the electrode on desired area. Snap the TENS device onto the electrode.

Note: Ensure the electrode is not overlapping, and that your skin is free from any dirt, oil, or lotion.

2) Power the heated TENS device on by pressing On/Off  button on the main device for 3 seconds. TENS always starts on Mode 1.

3) Short press On/Off  button on the device to switch modes, total of 8 modes.

4) Press "+" or "-" button to increase or decrease the intensity, total of 20 intensity levels.

5) Press the "H" button on the device to perform heating function and switch between three levels of temperature. TENS always starts on the lowest temperature. Heating function can be performed simultaneously, but also can be performed independently.

Heating TENS massager will automatically decrease intensity level to 0 when there is no load and it will automatically power off when load has not been detected for 2 minutes.

9. STORAGE AND MAINTENANCE

1. Fully charge the battery before long-term storage and charge it every two or three months to extend the life of the battery.

2. Use baby wipes to clean any stains or dust on device.

3. Use a damp towel to clean the gel pad and allow it to air dry to maintain pad viscosity.

4. The gel pad needs to be replaced when it no longer adheres to the skin. (approximately 25-30 applications)

5. Store device in original packaging.

Please DO NOT USE or STORE this device under the following circumstances:

- In the sun
- In dusty environments
- Near fire or heat
- In humid environments
- Electromagnetic environments

10. SPECIFICATION

Device name	Wireless & Heating TENS Massager
Model	RL-143
Power supply	1200mAh
Device intensity	20 levels
Battery	1200mAh rechargeable battery
Mode	8 modes
Charging voltage	5V
Fully charged	3 Hours
Pulse frequency	1~110Hz±10%
Pulse width	100~220uS±10%
Waveform	Bi-phase square-wave pulse
Heated temp	Level 1: 38 Celsius, Level 2: 40 Celsius, Level 3: 42 Celsius
Size(L*W)	56*56*18MM

11. SIGNS AND SYMBOLS

The following symbols are used on the device.

	Read the instruction manual carefully
	Technique specification
	Warning notice indicating a risk of injury or damage to health
	Do not use if you have implanted electrical devices
	Important information to note
	Electrical safety

12. TROUBLESHOOTING

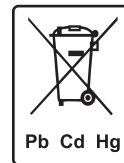
Problem	Possible Cause	Solution
The device does not switch on when the ON/OFF button is pressed.	The battery may be flat.	Fully charge the battery. If it is still not possible to switch the device on, please contact Customer Services
The device does not stick to the body.	The gel pads may be dirty or worn. The treatment area of the skin may not be clean enough.	Clean the adhesive surface of the gel pads using a damp, lint-free cloth. The gel pads must be replaced if they still do not stick securely.
		Clean the skin prior to any application; Do not use skincare lotions or oils prior to treatment. Shaving may increase the life of gel pads
There is no noticeable stimulation.	The gel pads may be dirty or worn. The battery may need charging.	Ensure that the gel pads are in firm contact with the treat-ment area.
		The battery is almost flat.Charge it fully.
An unpleasant sen-sation is experienced where the gel pads are applied.	The gel pads are worn.This may cause irritated skin, as even distribution of the current across the entire area is no longer guaranteed.	Replace the gel pads.

Problem	Possible Cause	Solution
Skin in the treatment area turns red.	If redness under the gel pads disappears quickly, this is not dangerous, and is caused by the locally stimulated, increased blood flow caused by TENS and heat.	Immediately stop treatment and wait until your skin has returned to its normal condition. However, consult your doctor before you continue treatment if the skin irritation persists and if it is accompanied by an itchy sensation or inflammation, as this may be caused by an allergic reaction to the adhesive surface.
The skin under the heat surface turns red.	Reddening under the heat surface of the WIRELESS&HEATING TENS MASSAGER can be explained by the heavily stimulated blood flow in the heated tissue.	The skin should return to its normal condition a few minutes after treatment. However, consult your doctor before continuing to use the heat function if the redness persists and if you experience any itching or inflammation.
The WIRELESS&HEATING TENS MASSAGER becomes too hot.		Press the ON/OFF button to stop the heat function and just continue using the TENS function.

13. DISPOSAL

The empty, completely flat rechargeable batteries must be disposed of through specially designated collection boxes, recycling points or electronics retailers. You are legally required to dispose of the rechargeable batteries. The codes below are printed on rechargeable batteries containing harmful substances:

Pb=battery contains lead,
Cd=battery contains cadmium,
Hg=battery contains mercury.



For environmental reasons, do not dispose of the device in household waste at the end of its service life. Dispose of the device at appropriate collection points in your country. Dispose of the device in accordance with the EC directive on waste electrical and electronic equipment (WEEE). If you have any questions, please contact the local authorities responsible for waste disposal.

