

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following. Read all instructions before using this appliance.

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 a shower.
- 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 liquid.

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) Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- 3) This appliance should not be used by, on, or near children or individuals with certain disabilities.
- 4) Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by Conair.
- 5) Never operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been dropped or damaged, or dropped into water. Return this appliance to a Conair service center for examination and repair.
- 6) Do not carry this appliance by supply cord or use cord as a handle.
- 7) Keep the cord away from heated surfaces.
- 8) Never operate this appliance with the air openings blocked. Keep the air openings free of lint, hair, and other particles.

- 9) Never drop or insert any object into any opening.
- 10) Do not use outdoors.
- 11) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 12) To disconnect, turn all controls to the off position, then remove plug from outlet.
- 13) Never operate on a soft surface, such as a bed or couch, where air openings may be blocked.
- 14) Use and handle heated surfaces carefully. May cause serious burns. Do not use over sensitive areas or in the presence of poor circulation. The unattended use of heat by children or incapacitated persons or persons with disabilities may be dangerous.

SAVE THESE INSTRUCTIONS

CAUTIONS

- This massager should not be used in the following cases unless directed by a physician: Tuberculosis, benign and malignant tumors, hemorrhages, inflammations of the skin, phlebitis and thrombosis, open and fresh wounds, bruises, broken skin or varicose veins, or undetermined calf pain.
- Consult your physician, should you have any questions regarding massager's therapeutic use.
- In case of pregnancy, diabetes, or illness, consult your physician before using massager.
- Do not use on any unexplained pain before consulting your physician.
- Massage should be pleasant and comfortable. Should pain or discomfort result, discontinue use and consult your physician.
- Do not fall asleep while using this massager.
- Keep away from children. This unit is not a toy. Children should not use it or play with it.
- When heat is applied, do not use directly on skin. Use clothing over skin or place a towel between the massager and the skin surface and check frequently during use.

MAINTENANCE INSTRUCTIONS

- 1) Your massager is designed for household use, and is virtually maintenance-free. No lubrication is needed. To clean the head and body of the massager, use a cloth only. Do not use any strong chemical cleaners.
- 2) 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.
- 3) 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

To reduce the risk of electric shock, this appliance has a polarized plug (one blade is wider than the other). This plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician to install the proper outlet. Do not change the plug in any way.

STORAGE

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

RECOMMENDED MASSAGING TIMES

- Generally, massage should last 10–20 minutes on any muscle of the body. Treatment may be applied once or twice daily.
- As a person's metabolism varies, so does his or her response to massage, and you will soon 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 position and hold the main body firmly before plugging the unit into power source. Plug the unit in and turn the switch on.
- 2) Massage tight and stiff muscle areas using any of the following setting combinations: Heat, Vibration, Heat/Low Vibration or Heat /High Vibration setting. Apply a little pressure at first.
- 3) Next, after having relaxed the tight spots, apply more pressure and massage previously treated areas. Never press too hard or bend head excessively.
- 4) Always finish with a soft massage with low pressure.

FEATURES

- 1) Your Body-Flex® Massager has two controls – Heat and Massage. You can use them separately or together.
- 2) Body-Flex® Massager offers five (5) massaging surfaces: smooth top for large muscles, 3 textured side surfaces for stronger massage on small muscle groups, and concentrator knobs for intense spot massage.
- 3) Body-Flex® Massager is a multiposition massager. You can turn the top to many angled positions, making it easy to massage your shoulders and upper and lower back. No more hard-to-reach areas. No more straining.



SOME SPECIFIC MASSAGE APPLICATIONS

GENERAL BODY MASSAGE

For general well-being, enjoy a daily once-over light massage. It has a wonderfully soothing and relaxing effect.

NECK

Massage down from the base of the skull, on either side of the spine, for a few minutes.

SHOULDERS

Temporarily relieve minor muscle tension by lightly massaging the shoulders outward from the base of the neck for 4–5 minutes.

BACK

Massage along length of spine and shoulder blades to help temporarily relieve minor muscular backache. The multiposition handle has been specifically designed for these areas.

ARMS

Stroke smoothly up from wrist to shoulder on inside and outside of arms, including palms, for 4-5 minutes.

LEGS AND FEET

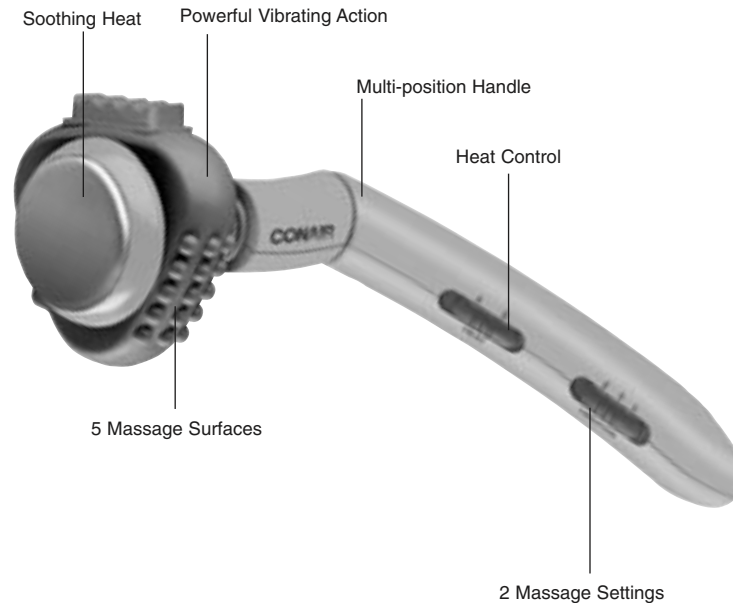
Massage the ball and heel of the foot to temporarily relieve tired, aching muscles. Use even, upward strokes over all the leg surfaces.

SPORTS MASSAGE

Ideal for pre-sport massage to loosen and prepare muscles for activity. Use to aid in relief of sports injuries such as aches, pains, strains or cramped muscles.

Use your Body-Flex® massager as described in these instructions and you will enjoy the benefits and relief you would get from a masseuse.

GET TO KNOW YOUR HEATED BODY-FLEX® MASSAGER



LIMITED ONE YEAR WARRANTY

Conair will (at our option) repair or replace 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 nearest you, together with your purchase receipt and \$5.00 for postage and handling. 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 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.



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Conair Corporation
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7475 North Glen Harbor Blvd.
Glendale, AZ 85307

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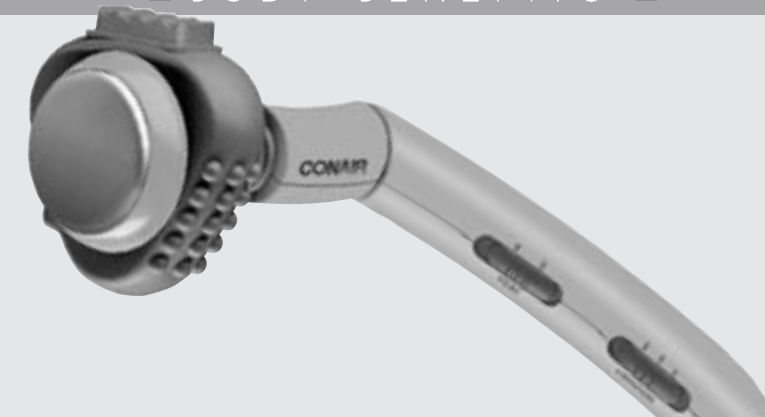
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IB-6522

WM200
05NP277

CONAIR®

■ BODY BENEFITS® ■



heated body-flex®
massager

INSTRUCTION BOOKLET FOR MODEL WM200

For your safety and continued enjoyment of this product,
please read instruction booklet prior to using