

# IMPORTANT SAFETY INSTRUCTIONS

When using a battery-operated massager, basic precautions should always be followed, including the following:

## READ ALL INSTRUCTIONS BEFORE USING.

## KEEP AWAY FROM WATER

**WARNING** – To reduce the risk of burns, fire, electric shock, or injury to persons:

- 1) Do not use while bathing or in a shower. Use only in a dry area.
- 2) Never use while sleeping or drowsy.
- 3) This massager is not intended for use by, on, or near children or people with certain disabilities.
- 4) Use this massager only for its intended use as described in this manual.
- 5) Keep the massager away from heated surfaces.
- 6) Never drop or insert any object into the massager.
- 7) Do not use near any sharp objects to prevent massager from being punctured.

8) Never operate this massager if it is damaged, if it is not working properly, or if it has been dropped into water. Return the massager to an authorized service center for examination and repair.

9) **CAUTION: CHOKING HAZARD.** This is not a toy. Not to be used as a baby or infant pillow. The beads in this product can cause suffocation if ingested. If beads are ingested, drink plenty of water. Do not induce vomiting. Get medical attention immediately. Do not open this massager for any reason. If this massager is damaged or opened, discard immediately out of reach of children.

## SAVE THESE INSTRUCTIONS

# OPERATING INSTRUCTIONS

## Insert Batteries

Before using your massager you must insert 2 AA batteries (not included). Unzip cover to access the battery compartment. Insert batteries. Align positive (+) and negative (-) as indicated inside the battery compartment. Close zipper.

**Note:** Use only alkaline batteries. DO NOT MIX old and new batteries. DO NOT MIX alkaline, standard (carbon-zinc) or rechargeable (nickel cadmium) batteries. Replace all batteries of a set at the same time. Clean the battery contacts and also those of the device prior to battery installation. Remove used batteries promptly. Remove batteries when storing massager for an extended period of time.

Place the massager around the neck, utilizing the elastic strap for a snug fit.

**To activate vibration massage:** The Body Benefits™ All-in-One Soothing Neck & Back Massager with Hot & Cold Pack has been designed for ease of operation. Press the On/Off button once for each massage zone: neck, upper back and/or lower back. While the button is at the Off position, you may use the unit without vibration. Place gel pack in freezer for cold or microwave for heat.

To get a nice, soothing, vibrating massage, simply press the On/Off switch on the side of the neck rest.

## CAUTIONS

- 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 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.
- 7) Never use while sleeping or drowsy.
- 8) Do not use while bathing or showering. Use only in a dry area.
- 9) Keep out of reach of children.

## MAINTENANCE INSTRUCTIONS

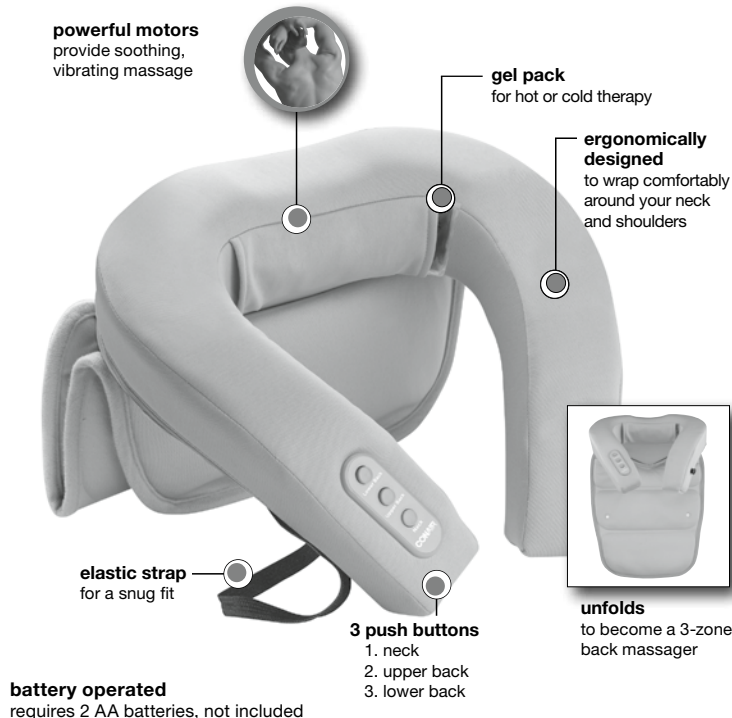
- 1) Store massager in a secure place, away from excessive heat or sharp objects.
- 2) To clean the massager, use a slightly damp cloth. Avoid using excess water or harsh detergents. Do not machine wash. Do not rub excessively.

## RECOMMENDED MASSAGING TIMES

Generally, massage should last only 15 minutes on any one particular part of the body. Treatment may be applied once or twice daily as desired.

As metabolism varies among individuals, so does their response to massage. 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.

## GET TO KNOW YOUR MASSAGER



## LIMITED ONE-YEAR WARRANTY

Conair will repair or replace (at our option) your All-in-One Soothing Massaging Neck & BackRest free of charge for 12 months from the date of purchase if the massager is defective in workmanship or materials.

To obtain service under this warranty, return the defective product to the service center listed below, together with your purchase receipt and \$7.00 for postage and handling. California residents need only provide proof of purchase and should call 1-800-366-0937 for shipping instructions. In the absence of a purchase receipt, the warranty period shall 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: [www.conair.com/registration](http://www.conair.com/registration).**

### SERVICE CENTER

Conair Corporation  
Service Department  
7475 N. Glen Harbor Blvd.  
Glendale, AZ 85307

Visit us on the web at: [www.conair.com](http://www.conair.com)

©2011 CONAIR CORPORATION

NM12  
11PS122679

IB-10848

three-in-one soothing neck & back massager



### INSTRUCTION BOOKLET FOR ALL NM12 MODELS

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

**CONAIR**