

Purology®

Cordless Hand Massager

User Manual



www.PurologyHand.com

Purology® LXB

Hand Massager



Thank you for choosing Purology®, the industry leader for hand massagers. Prepare to experience the science of reflexology to aid in your whole body health. This unique massage method applies warm compression to multiple pressure points throughout your hand, fingers, and palm to increase blood circulation, relieve pain, relax your hands, and improve your overall health.

Welcome to the Purology® family.

Please read this manual carefully before using the Purology® LXB Hand Massager.

Introduction

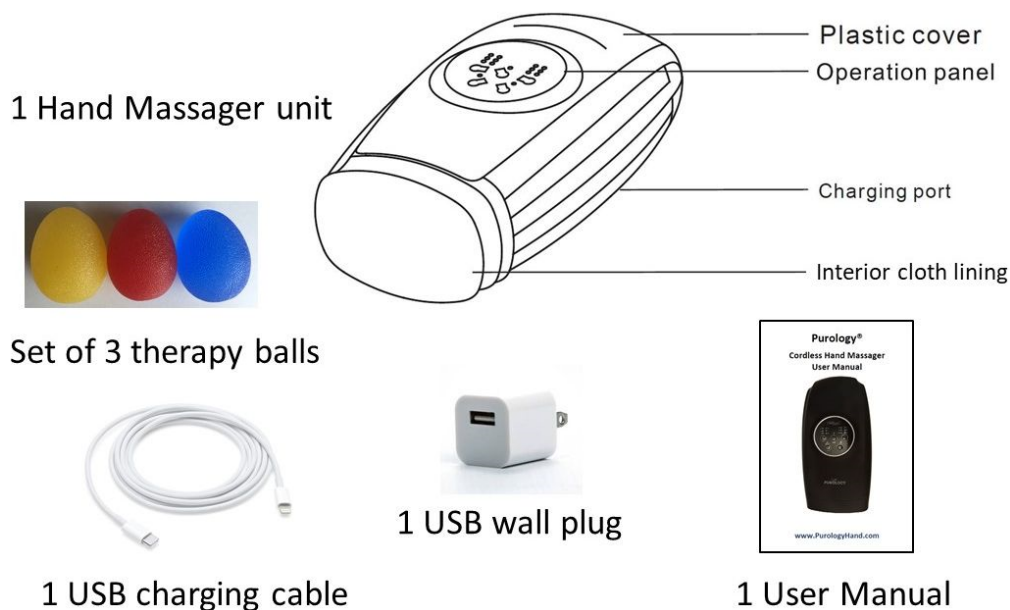
The Purology® LXB Hand Massager works by applying warm compression to multiple pressure points throughout your hand, fingers and palm. Our massage therapists and technicians have designed the most effective massager to comfortably ease the stress and strain of modern lifestyles on hand health. There are no rolling balls to strike sore spots, just swaying waves of warm compression.

The Purology® LXB hand massager has the broadest pressure range available in non-medical compression therapy units. The user-controlled air pressure levels and multiple application modes make this product perfect for a wide range of needs and preferences. The hand massager is ideal for individuals suffering from carpal tunnel syndrome, rheumatoid arthritis, osteoarthritis, and other causes of joint pain.

The cordless technology and long-lasting charge make the Purology® LXB hand massager ideal for use at home, work, or while traveling.

The Purology® LXB Hand Massager is designed as a personal care product. It is not designed to diagnose or treat any health disorder.

What's in the box?



Benefits

With its sleek and ergonomic form, the Purology® LXB Hand Massager is designed to give you the most effective hand massage. You have full control of the air pressure and the massage program to maximize your comfort. The massager is specifically designed with reflexology in mind to pressure specific trigger points in your hand. Using the principles of reflexology, the massager uses warm pressure point therapy to stimulate these trigger points to restore circulation, relieve pain, and relax your hands.

One or two 15 to 30 minute sessions every day can relieve hand and joint pain. So, relax after a long work day or before retiring with a warm, soothing hand massage.

IMPORTANT: As detailed on Amazon, this hand massager is designed to be a high-pressure massager. The pressure is necessary to stimulate blood flow and trigger those pressure points. This may not be achieved with a light pressure massage. Although the Purology® LXB massager offers a low pressure setting, it is important to increase the pressure over time to optimize the benefits.

During your first few massages, you may feel minor discomfort. If the pressure is too high at any time, you can release it by pressing the power button. Then just reset the massager at a lower intensity level.

Most users experience the benefits of the Purology® LXB hand massager after 4 to 6 uses.

If you have any issues with your Purology® LXB hand massager, we are an American based company and very easy to reach.

Contact Information

Call or text Joyce at 540-585-1556

Email at joyce@purologyhand.com

Visit our website at www.PurologyHand.com

Before Using Your Hand Massager

- Unpack your hand massager and check for the presence of all parts and accessories.
- Examine the hand massager and accessories for damage.
- Note: The hand massager must be charged before you can use it.

How to Charge Your Hand Massager

Fully insert the charging cable into the charging port on the side of the hand massager. Insert the USB end of the cable into the provided USB wall charger plug or other USB charging device (laptop, multi-port charger).

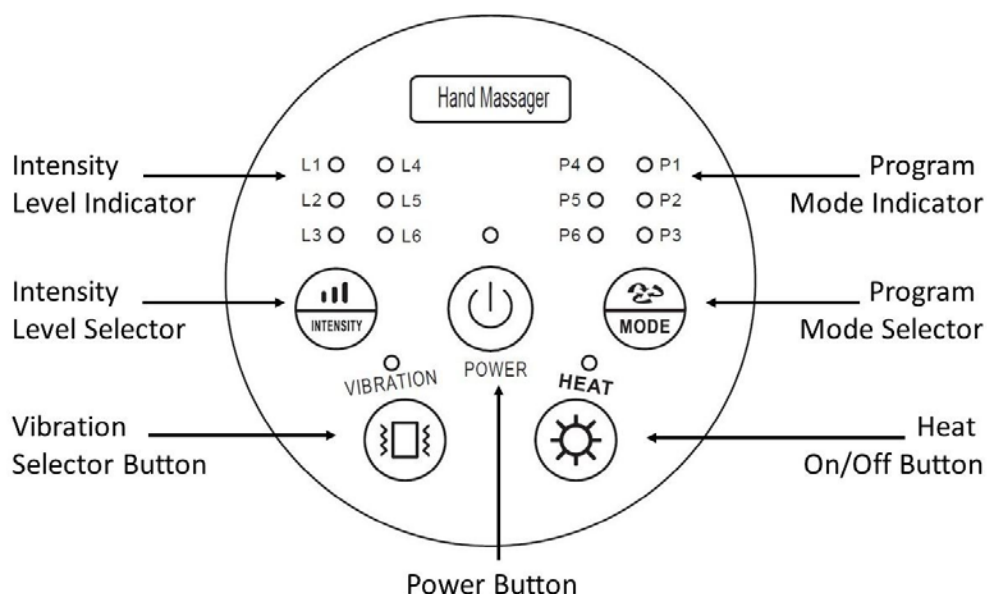
The red power indicator will flash during the charging process. Charging time with the provided USB wall charger (5V/1A) is about 3 to 5 hours. Fully charged units will operate for about 3 hours.

When the unit is fully charged, it will beep twice and the red light will no longer shine.

PLEASE NOTE

**The hand massager will NOT operate while charging
or while the charging cord is plugged
into the unit and USB wall charger.**

The Control Panel



Power Button

To power on: Press the power button for 2 seconds to power up the hand massager. The default massage run time is 15 minutes. The unit will automatically turn off after 15 minutes. You may re-start the cycle immediately to extend the massage time.

To power off: Press the power button for 2 seconds to power down the device. The airbags will rapidly deflate.

Program Mode Selector

After powering on the unit, press the program mode selector button and the hand massager will start to work. The default program mode is P1. There are six different program modes, P1 through P6. Continue to press the Program Mode Selector button to reach the desired program. The Program Mode Indicator will light for the selected mode.

Each program massages and applies pressure on different parts of the hand and wrist in different patterns. Mode P1 alternates pressure and release on the hand and wrist; P2 applies greater pressure to the hand than the wrist; P3 applies a pumping action to the hand and wrist alternately; P4 only treats the wrist; P5 concentrates on the hand with gentle wrist action; and, P6 focuses on treating only the hand and fingers (no

wrist massage). The sensations from these different massage patterns vary with individual hand size and shape. We recommend that you try each program mode to find those that provide the most soothing hand massage for you.

Intensity Level Selector

Your hand massager features six air pressure intensity levels, with L1 being the lightest and L6 being the strongest. The default intensity level is L3. Continue to press the Intensity Level Selector button to reach the desired intensity. The Purology® LXB hand massager has the broadest pressure range available in non-medical compression therapy units. The Intensity Level Indicator will light for the selected mode.

If your hands are very sensitive, painful, or fragile, we strongly recommend that you start with the lowest intensity level, L1, and adjust up from there as is comfortable for you. Remember that you can release the pressure at any time by pressing the power button.

Heat On/Off Button

Press the heat button to turn the heat on. The red indicator light above the selector will shine red when the heat is on. The hand massager provides a gentle heat at about 104°F, just enough to relax your hand and wrist and enhance the benefits of your massage.

Heat is applied in two areas of the hand massager, rapidly over the hand area and more slowly in the wrist area. If you want heat throughout your entire massage, turn on the power and turn on the heat to preheat the massage compartment. Allow 10 minutes for preheating. Turn the unit off before setting your massage program to reset the 15-minute run time.

Vibration Selector Button

Your hand massager has three vibration settings: off, pulse and continuous. Just press the selector button to choose the vibration setting most comfortable for your hand massage.

How to Use your Purology® LXB Hand Massager

- To keep the soft inner lining of your unit clean, we recommend that you wash your hands before using your hand massager. Do not wet this inner compartment.
- Before powering on your hand massager, place your hand into the device with your palm facing down and covering the palm pressure point pad (“ball”) in the middle of the device. Adjust your palm and fingers to find the most comfortable position for you. Your fingers may or may not extend through the front opening depending on the length of your hand. The front opening was created to provide greater comfort, flexibility, and ventilation.
- **NOTE: We recommend that you remove all finger jewelry before using the hand massager, especially any jewelry with sharp edges.**
- Power on the unit by pressing the Power Button for 2 seconds.
- Set the desired program by pressing the Program Mode Selector button to reach the desired program (P1 to P6).
- Set the desired pressure intensity by pressing the Intensity Level Selector button to reach the desired air pressure intensity (L1 to L6).
- If desired, press the Heat Button to turn the heat on.
- If desired, press the Vibration Selector button to turn on and set for intermittent or continuous vibration.
- Relax and enjoy your compression therapy massage.

Care, Maintenance & Cleaning Instructions

Store your Purology® LXB Hand Massager in a cool, dry place when not in use.

Do not place the unit into any type of liquid.

Keep away from all solvents and harsh detergents.

After use, wipe with a soft, damp cloth using non-abrasive cleaners.

Precautions

1. Wash your hands before each use in order to keep the massager clean.
2. You may notice dimples on your hand after the massage treatment. These indicate the distribution of the pressure point therapy. They will disappear within 30 minutes.
3. If you have sensitive or very painful hands, start your massage at L1 intensity to avoid any discomfort.
4. Do not wear finger jewelry while using the hand massager.
5. If you have a medical condition like diabetes, inflammation, suffer from blood clots, recently had surgery and/or are pregnant, suffering from heart disease or osteoporosis, we recommend that you consult your doctor before using the massager.
6. Close supervision is necessary when used by children or those unable to operate the device alone.
7. Do not use the device while driving.
8. Do not use the device more than 30 minutes in a row on the same hand.
9. Never cover the massager while using it, this may result in over-heating of the unit.
10. Do not use the hand massager in a wet/humid room or under high temperature conditions.

How to Use Your Hand Exercise Balls

Your egg-shaped exercise balls are comfortable to handle and easy to hold onto. We encourage you to use them in between your hand massage sessions to boost blood circulation and help with the treatment of carpal-tunnel syndrome and arthritis. Using them can also reduce repetitive strain injuries such as those caused by texting or typing. Made of thermoplastic rubber with a textured surface, they are of 3 different squeeze resistances (soft, medium, firm). Just choose the squeeze resistance right for you and with the egg in the palm of your hand, gently squeeze it as tightly as possible. Hold for five seconds and release. Repeat 10 times. Use frequently during the day – with each hand. Check our website for additional exercises with your hand exercise balls.



Troubleshooting Your Purology® LXB Hand Massager

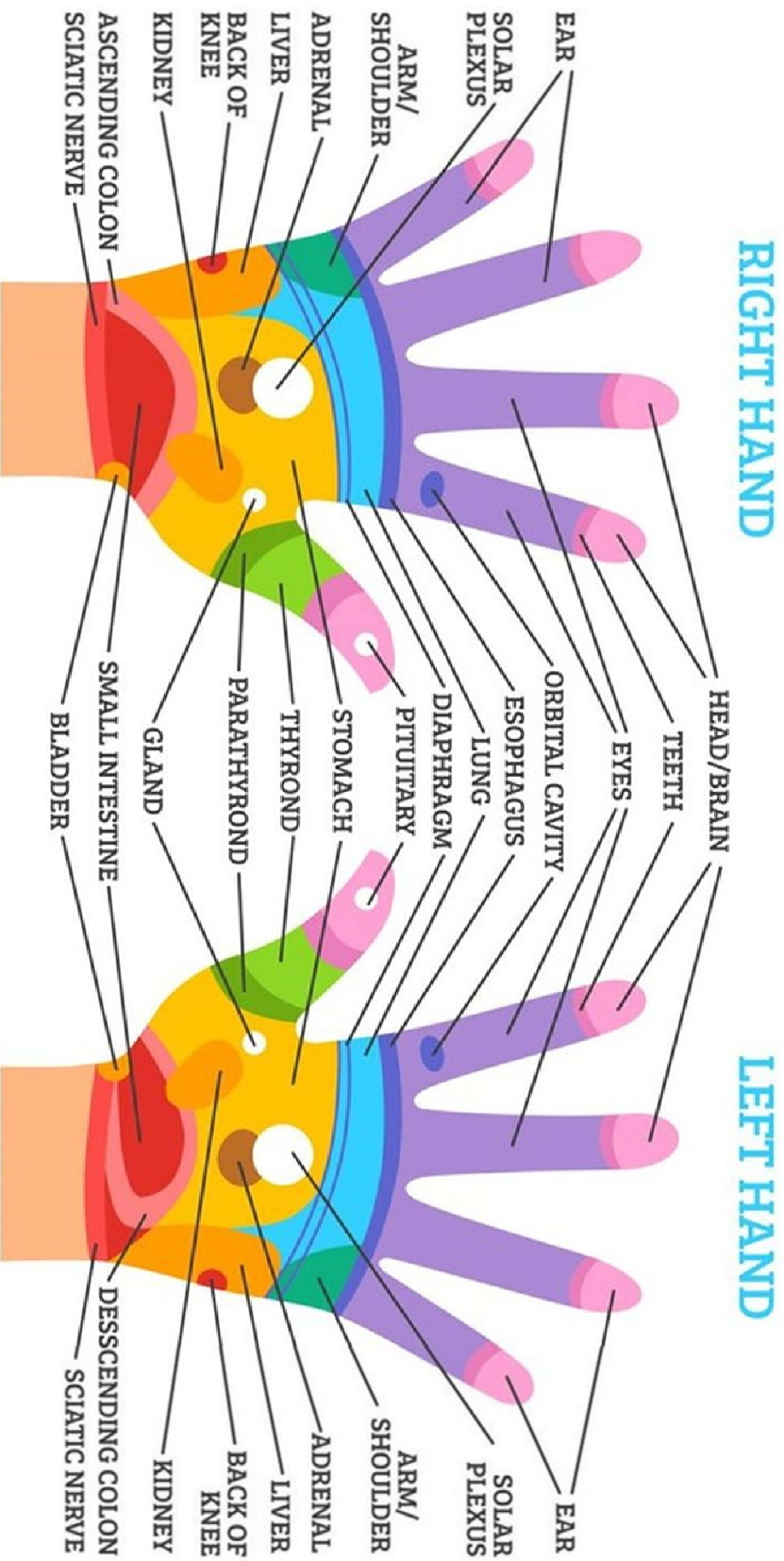
WARNING: Do not attempt to repair the unit. Please contact us for assistance.

PROBLEM	POSSIBLE CAUSE	POSSIBLE SOLUTION
Product does not start	Unit did not start correctly. Battery is low. Unit is connected to power.	Press the power button for 2 seconds. Recharge the massager. Disconnect the USB charging cord.
Weak or slow heat in the hand area. Weak air pressure.	Battery is low.	Recharge the unit.
Massage intensity is too high	Intensity level setting is too high. Hands are not correctly positioned in the unit.	Use the lowest intensity setting and adjust up as is comfortable to you. Turn the unit off and adjust your hand to a more comfortable position.
Hand massager suddenly stopped working.	Massage timer has reached 15 minute limit. Longer than usual working time has overheated the motor which has shutoff to protect from overheating.	Reset program for additional massage time. Allow the motor to cool before continuing the massage therapy.
Faint sound while using the device.	Air pump working normally.	Normal.
Dimples on hands after massage treatment.	Normal indication of pressure point contact.	Normal, will disappear within about 30 minutes.

If you have any trouble or questions, please contact us by phone or text at 540-585-1556 or email at joyce@purologyhand.com for immediate service.

The Purology hand massager stimulates multiple reflexology pressure points to increase blood flow and decrease hand pain and contribute to overall health.

HAND REFLEXOLOGY CHART



Specifications

Product name	Purology® Hand Massager
Model	LXB
Power	5W
Dimension	11.8 x 6.3 x 4.7 in 30 x 16 x 12 cm
Weight	2.5 lbs 1.1 kg
Voltage	DC 5V
Working time	15 minutes



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