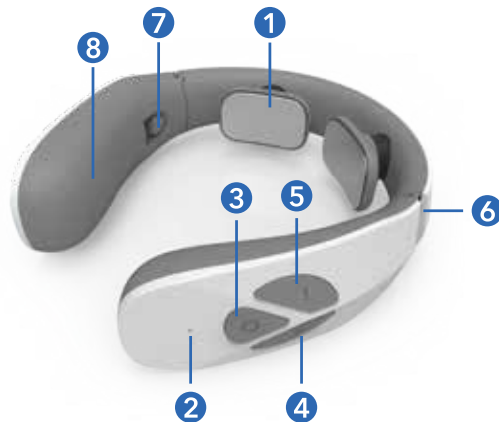


## INSTRUCTION MANUAL



### Product Overview



- 1 TENS Electrodes Pads
- 2 Working Indicator LED
- 3 Power/Mode Button
- 4 + Increase Massage Intensity
- 5 - Decrease Massage Intensity
- 6 Spring-loaded Moveable Arm
- 7 Removable Battery Door
- 8 Battery Compartment  
(2 AAA Batteries Not Included)

### How to Use

#### Powering NeckRelax



Place 2 AAA batteries in the battery compartment. Ensure the batteries are inserted correctly with the right polarity before turning on your device.



Only use fresh AAA batteries. Do not mix old and new batteries.

#### Using NeckRelax



Use a damp towel to moisten the contact points and skin that will touch the device.



Remove any electronic wearable/ neck jewelry and clear clothing/ hair and or any foreign object that might be in the path before use.



Place the device at the center of back of your neck. Adjust the position if necessary to fine-tune the TENS micro current flow for your comfort level.



Long press the Power Button for 3 seconds to turn the device ON/OFF. Short press the Power Button to select the mode. Each press goes to the next mode.



Increase and decrease the intensity of your NeckRelax by pressing the "+" and "-" buttons on the side of the device. NeckRelax offers 15 intensity levels. Each press of the button increases or decreases intensity by one level.

**Suggested duration:** *Two 15 minute sessions or 30 minutes per day. NeckRelax is programmed to shut off automatically after 15 minutes.*

## Tips for Care

- Store in a cool, dry place. Avoid direct sunlight.
- Power down and remove the batteries before cleaning. Use lukewarm water and a soft towel to clean your NeckRelax. Air dry completely before use.

- To clean the TENS electrodes, use a 75% alcohol wipe. Air dry completely before use. Do not use alcohol to clean any other parts of the device.

## Product Features

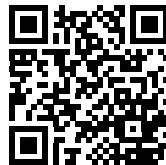
- TENS massage with 15-minute auto-shutoff function
- 12 modes
- 15 intensity levels
- Compact and portable

## Specifications

- Size: 160 x 145 x 50 mm
- Weight: 177 g
- Powered by 2 AAA batteries (not included)

## Get In Touch

Have questions about our products? You can contact our helpful customer service team by going to [support.buyneckrelaxofficial.com](https://support.buyneckrelaxofficial.com) Or by scanning the QR code. We're always happy to help!



Activate your warranty at [buyneckrelaxofficial.com/warranty-registration.html](https://buyneckrelaxofficial.com/warranty-registration.html)



## Warnings and Precautions

- This is not a medical device. This device is not FDA evaluated and should never be used to replace medical treatment.
- Before you start using this device, consult your physician to ensure this type of device is suitable for you from a health perspective.
- Do not use this device if you have a pacemaker or any medical device with electromagnetic sensitivity/interference.
- Do not use this device if you are in poor health, pregnant, have cardiac health issues, or have pre-existing vascular and dermatitis conditions.
- Do not use this device if you have sensitivity to the electronic pulse.
- Do not use this device if you have open wounds on your neck.
- Stop using this device if any skin allergies appear.
- Do not open or modify this device.
- Do not use this device if it is damaged or emits any abnormal sounds, smells, or overheats.
- This device is not waterproof. Do not use this device if it is wet or has been submerged in water.