

# MASSAGE ROLLER

## INSTRUCTIONS

ATTENTION!  
PRIOR TO USE PLEASE READ THE INSTRUCTIONS!  
PLEASE TAKE CARE TO FOLLOW THE INSTRUCTIONS!  
THIS PRODUCT IS NOT A TOY!  
KEEP AWAY FROM CHILDREN.

Read the operating instructions carefully and use the product as described in the instructions to avoid injury and damage.

We accept no responsibility for damage resulting from failure to comply with the safety instructions.

Terms used in these safety instructions:



Warns against risk of injury.

The word **DANGER** warns of possible risks of severe or fatal injury.

### Intended use

MASSAGE ROLLER - For decreasing stress and stimulating blood circulation.  
Only for private use. Not for commercial use.

### Safety instructions

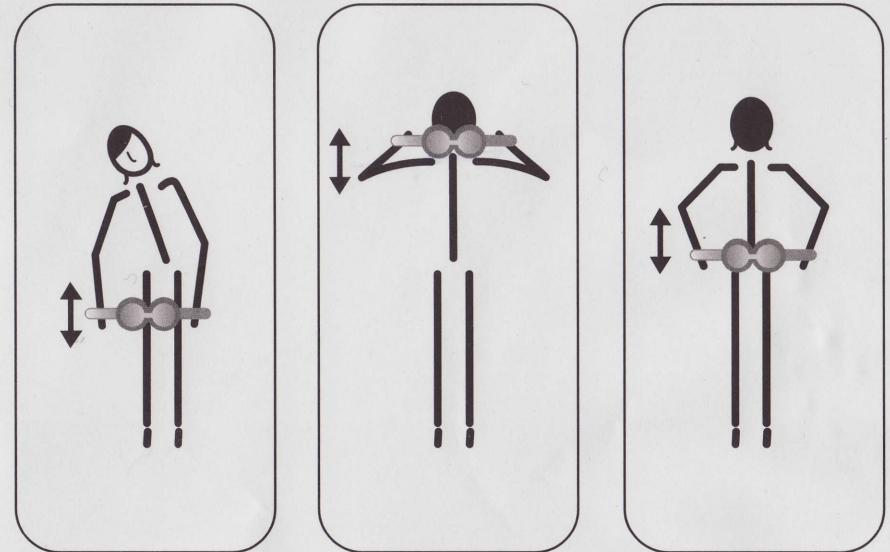


#### **DANGER** of injury

- Avoid the use of massage rollers, if you suffer from one or more of the following conditions: circulation problems, varicose veins, thrombosis or danger of thromboses build-up, atherosclerosis, heart trouble, fever, acute injuries or inflammation, osteoporosis, tumours.  
In these cases, consult your Doctor and discuss an application with him/her.
- Stop the massage immediately if there is any pain. Never perform the massage if you have acute joint or muscle pain.
- This device is not designed for use by persons (including children) with limited physical, sensory or mental capabilities, or lack of experience and/or knowledge, unless they are supervised or instructed in the use of the device by a person responsible for their safety.

### Use

Grip the handle of the massage roller. Place the ball on the area of the body to be massaged and move the massage roller back and forth using a pressure that you feel comfortable.  
The massage roller can be used over the entire body.  
The following diagrams show you a few different applications.



### Cleaning and Care

For cleaning and care, use only a damp, fluff-free cloth.

### Disposal

Dispose of product in accordance with local waste disposal regulations.

### Disposing of the packaging

Dispose of all packaging components in an environmentally friendly manner.

