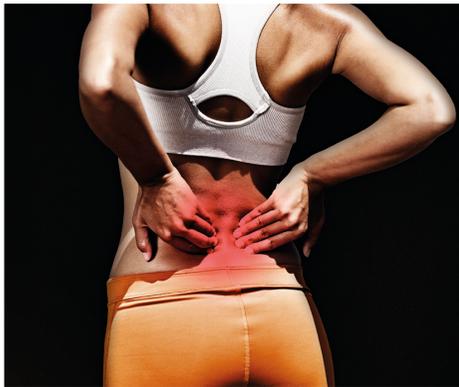


iNTENS8[®]
deep tissue percussion massager

Information
for Users





Welcome

THANK YOU FOR CHOOSING THE INTENS8® DEEP TISSUE PERCUSSION MASSAGER.

Your new Intens8® Deep Tissue Percussion Massager is a portable health and wellbeing device that can enhance the effects of percussion massage therapy with five different massage attachments, each designed to provide relief to all muscle groups.

Your Intens8® Deep Tissue Percussion Massager uses vibration therapy to deliver deep tissue relief. It can be used to:

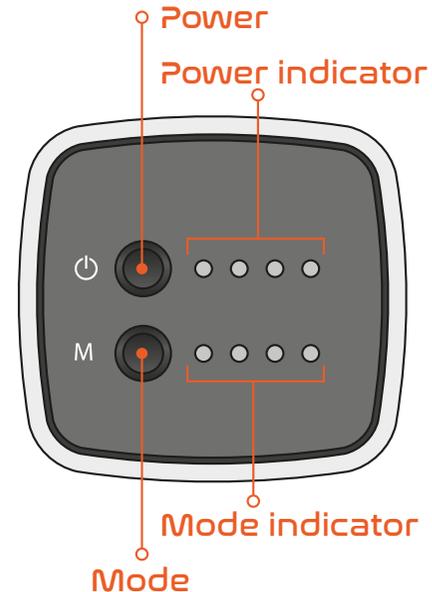
- » Ease soft tissue pain
- » Accelerate muscle recovery
- » Improve blood circulation
- » Improve muscle responsiveness
- » Release lactic acid
- » Stimulate muscle growth

Please ensure you read this user manual thoroughly before use.

How to Use Your Intens8®

1. Charge your Intens8® Deep Tissue Percussion Massager before use.
 - 1a. With your massager switched off, connect the power adapter to the bottom of your Intens8® Deep Tissue Percussion Massager and plug into the wall.
 - 1b. The light on the plug will be red when charging, and green when fully charged. You can now disconnect your massager from the power adapter.
2. To turn your Intens8® Deep Tissue Percussion Massager on, flip the switch to the 'on' position at the bottom of the handle.
3. Push the power button to see the charge of your device indicated by the LED lights.
4. Push the mode button to select your optimal speed.
5. To turn off your Intens8® Deep Tissue Percussion Massager, flip the switch to the 'off' position at the bottom of the handle.

Read on to select your massage



Charge time:	3 hours
Use time:	2 - 3 hours

Which Massage is Right for You?

Bicep Tendonitis



How to use:

Place your Intens8® on top of the bicep and gently move up and down for 30 seconds. Move the Intens8® around the front of the entire shoulder for 30 seconds. Use light to moderate pressure.

Spinal Pain



How to use:

Gently treat the upper spine for 15 seconds, moving slowly in vertical motions. Move to the lower spine and treat for a further 15 seconds. Use light to moderate pressure.

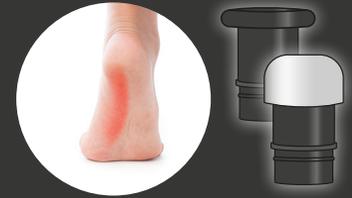
Carpal Tunnel



How to use:

Lightly treat the forearm for 30 seconds. Slowly move towards the wrist whilst opening and closing the hand. Repeat the motion 3-4 times on the forearm and wrist. Use light to moderate pressure.

Plantar Fasciitis



How to use:

Place your Intens8® on the heel and move in a circular motion for 20 seconds. Slowly move towards the ball of the foot. Treat the ball of the foot for 15 seconds, moving towards the arch of your foot for 30 seconds. Use light to moderate pressure.

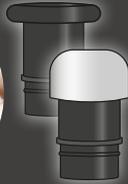
Shin Splints



How to use:

Place the Intens8® at the top of the shin and slowly move down towards the foot for 30 seconds. Work up and down the shin muscle 5-10 times and then gently treat the shin bone. Use light to moderate pressure.

Tech Neck



How to use:

Slowly move your Intens8® from the side of your chest up towards your armpit and onto the front of the shoulder for 30 seconds. Slowly move the Intens8® back and forth from the base to the top of the shoulder for 30 seconds. Use light to moderate pressure.

Tennis Elbow



How to use:

Gently move the Intens8® around the entire elbow for 10 seconds. Place the Intens8® on the site of pain for 10 seconds and slowly move outwards and around the elbow. Stretch the joint whilst using light to moderate pressure.

Tight Shoulders



How to use:

Slowly move the Intens8® along the entire upper shoulder for 30 seconds. Repeat on both sides. Use light to moderate pressure.

Intens8® Deep Tissue Massager Attachments



Ball Head

For large muscle groups, such as the thigh and buttock muscles



Conical Head

For pain point massage, such as elbow pain



Spinal Head

For spinal massage



Flat Head

For muscle massage relaxation



Domed Metal Head

For muscle massage relaxation
(Can also be cooled to provide further relief)

HOW LONG SHOULD I USE MY INTENS8® FOR?

We recommend using your Intens8® for a minimum of 15 seconds and a maximum of 2 minutes per muscle group. A full-body session should not exceed 15 minutes. You can use your Intens8® 2-3 times per day.

Pre-Workout = 30 Seconds

Gently use your Intens8® to activate and 'wake up' the muscles you intend to exercise.

During Workout = 15 Seconds

Re-energise your muscles, relieve spasms and fatigue, and keep your muscles active during your workout by using your Intens8 for 10-15 seconds on the muscle group.

Post Workout = 2 Minutes

For pain relief and to aid recovery, gently use your Intens8® to reduce soreness and provide pain relief for 2 minutes on muscle groups.

Safety Information & Cautions

- » Do not use the Intens8® Deep Tissue Percussion Massager whilst charging.
- » Do not insert or touch the gap between the massage head and the unit with your fingers or other objects during use.
- » Keep out of reach of children.
- » Do not attempt to disassemble or modify this machine.
- » Do not use the Intens8® Deep Tissue Percussion Massager for more than 15 minutes per full body session to avoid physical discomfort.
- » Only use the original power adaptor to charge the machine.
- » Stop use immediately if you experience pain or discomfort.
- » If pain persists, seek advice from a healthcare professional.

DO NOT USE THE INTENS8® DEEP TISSUE PERCUSSION MASSAGER IF:

- » You suffer from osteoporosis.
- » You have a heart problem or wear an electronic medical device.
- » You are pregnant.
- » You have any physical trauma or any other medical complications.

Product Specifications

Rated voltage	DC25.2V
Rated power	20-220W
Rated frequency	20-55Hz
Duration	2.7H



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