

# User Manual

WL-JMLB1219



# Preface

Dear Users,

You are welcome to use our air-based treatment suit, WL-JMLB1219. It is used to massage body and expel cold and acidic substances, which can greatly relieve soreness and pain on body. In addition, based on airbag and thermal therapy, it can achieve those results in a safe and effective way. Any improper use will result in adverse outcomes. Therefore, we advise people to read this manual thoroughly and follow the instructions strictly before operation.

We believe our quality product will bring in good returns on your end. Also, you can count on our worry-free after-sales service.

Thank you!

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# Part I

## Introduction

This machine is controlled by micro computer. It is suitable for the treatment of dizziness, headache, neurasthenia, pains on waist and leg caused by disorders of nervous system, blood system, digestive system and endocrine system as well as body detoxification and mental pressure brought by constipation, through which this machine can achieve healthcare purpose. This machine can massage muscles and acupuncture points to relieve physical discomfort such as soreness and fatigue in a safe and effective way. It is convenient and easy to operate with obvious effects. What's more, it is used externally without side effects, providing great level of comfort for users.

### 1. Advantages

1. Use airbag to compress leg and foot by simulating manual squeezing, pressing and kneading.
2. Choose proper treatment based on your own needs.
3. Safe. 36V safe voltage is applied here.
4. The Nixie tubes are used here, making users easily operate this machine and control all parameters.
5. It adopts advanced technique to ensure each air chamber is airtight.
6. Based on advanced technology, this machine can provide humanized treatment for users, in which you can preset this machine for treatment time, treatment parts, treatment direction, and even gentle/heavy/quick/slow massaging technique.
7. There are a total of 24 air chambers in the treatment suit, which guarantees higher treatment efficiency.
8. The treatment suit is made from special material, which makes it durable and easy to wash.
9. Painless and comfortable during the treatment.
10. No consumption, low cost and quick returns.
11. No skin unevenness, bleeding or swelling.

### 2. Working Principles

**Air-based treatment suit:** using the rolling and squeezing force to massage body, it can unblock meridians and collaterals and balance yin and yang. After use, muscles will be relaxed, joints will be more flexible, you will be refreshed and fatigue will be relieved. So, it can play an important role in keeping health.

### 3. Arm Massage

#### (1). Effects

1. Massage arm and relieve soreness
2. Relax muscles and help get rid of fat arm
3. Relieve the condition of flabby arms
4. Promote circulation and unblock meridians
5. Relieve arm's numbness and limpness
6. Make it easier to raise hands

#### (2). Applicable Range

1. Those who have thick arms and don't look good in clothes

2. Those who have flabby arms
3. Those who work before computer and suffer from carpal tunnel syndrome
4. Those who are prone to arm soreness&numbness
5. Those who often hold baby in their arms.

### **(3). Inapplicable Range**

1. Those who have just undergone plastic surgery.
2. Those with hypertension, heart disease, diabetes, severe hyperthyroidism and malignant tumors.
3. Those who are having an allergic reaction, or people with severe sensitive skin.
4. Those with skin trauma or wound.
5. Those who are of advanced years.
6. Those who are pregnant or convalescents.
7. Those with skin disease and other contagious diseases.

### **(4). Do's and Don'ts after Operation**

1. Keep warm after operation. Do not eat cold food.
2. Take shower in 4-6 hours.
3. Drink plenty of warm water to stay hydrated and help detoxification.
4. Do not eat and drink too much or stay up late.
5. Avoid sauna, hot spring or strenuous exercise within one week after operation.

## **4. Abdomen&waist Massage**

### **(1). Effects**

1. Promote metabolism, intestinal peristalsis and relieve constipation
2. Relieve the condition of saggy skin on waist
3. Help get rid of unwanted fat on waist and abdomen
4. Alleviate dysmenorrhea, abdominal pain and irregular menstruation
5. Relax muscles on waist and abdomen to relieve pains

### **(2). Applicable Range**

1. Those who are prone to dysmenorrhea and irregular menstruation
2. Those who have unwanted fat on waist and abdomen
3. Those who have sedentary lifestyle and unsatisfactory waistline
4. Those who suffer from constipation and blocked meridians on waist and abdomen
5. Those who often suffer from soreness on waist and abdominal pains.

### **(3). Inapplicable Range**

1. Those with "3 Hs"(hypertension, hyperglycemia, hyperlipidemia) and who have heart disease.
2. Those in pregnancy, menstruation or lactation.
3. Those whose incisions are healing or who are on the road to recovery.
4. Those with epilepsy and severe diabetes and hyperthyroidism.
5. Those with malignant tumors, hemophilia or severe bleeding.
6. Those with skin diseases and infectious diseases.
7. Those with severe gynecological diseases.
8. Those whose gynecological diseases are being treated.

### **(4). Do's and Don'ts after Operation**

1. Do not wear crop top. Avoid getting a cold.
2. Avoid eating and drinking too much. No alcohol, no spicy and greasy food. Staying up late should be avoided. Drink warm water.
3. Keep abdomen warm. Take a bath after 4-6 hours.
4. Sauna, hot spring or strenuous exercise should be avoided within 7 days after operation.
5. Before going to bed at night, you can rub your abdomen clockwise with your hands, so as to help with metabolism for weight loss.

## **5. Leg Massage**

### **(1). Effects**

1. Relieve soreness and pain in legs.
2. Promote blood circulation.
3. Relieve cramp in calf.
4. Promote tissue repair.
5. Alleviate the condition of varicose veins.
6. Slim and shape leg.
7. Improve immunity.
8. Relieve leg swelling.
9. Relieve rheumatic pains and expel cold in leg.

### **(2). Applicable Range**

1. Those who have sedentary lifestyle or take much exercise.
2. Those who are prone to numbness, cramp and soreness in legs.
3. Those who suffer from rheumatic pains and cold in legs.
4. Those who have poor immunity and can't use their legs freely.
5. Those who have mild condition of varicose veins.
6. Those who have ill-proportioned fat legs.

### **(3). Inapplicable Range**

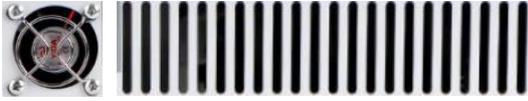
1. women in pregnancy or lactation.
2. People who have "3Hs"(hypertension, hyperglycemia and hyperlipemia), heart diseases or are equipped with pacemakers.
3. Those who have incisions in their legs or who are recovering from operation.
4. Those who suffer from severe damages to legs.
5. Those who suffer from epilepsy, severe diabetes and hyperthyroidism.
6. People with skin diseases or infectious diseases.
7. Those who have unrealistic expectations about the effects.

### **(4). Do's and Don'ts after Operation**

1. Keep warm, do not eat cold food and do not get a cold after treatment.
2. Take a shower in 4-6 hours
3. Drink more hot water to keep hydrated for accelerating metabolism
4. Avoid binge eating and staying up late
5. Do not eat raw and spicy foods. And have enough sleep.
6. Do not wear miniskirts or hot pants.

# Part II

## 1. Detailed Operation



Heating vent, do not cover this area during the treatment, otherwise overheating may cause damages to the machine. This should be given extreme attention.



connect the four-hole end of the air tube to this place of the machine



connect the power cord to this socket



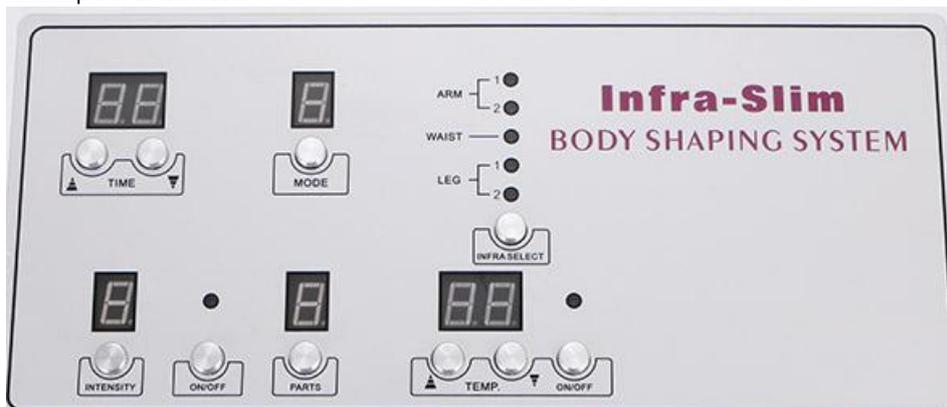
connect each part of the treatment suit to corresponding hole and wear them in a correct way.



connect each part of the treatment suit to the air tube



power switch



On/off button (when it is at "on" status, you can make adjustments in working time, working mode, energy level and treatment parts)



time display & buttons for adjusting time



mode display & adjusting button

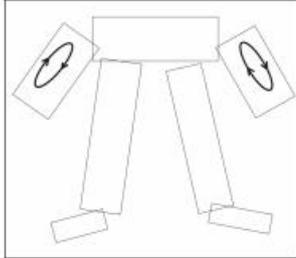


energy level display & adjusting button



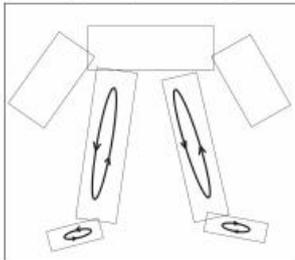
button for choosing body part for treatment  
Four modes available

**“1” : ARMS massage mode**



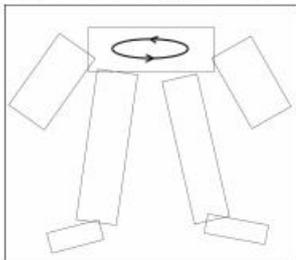
You can feel arms have airwave massage, which tightens the arms muscle and make arms slender.

**“2” : LEGS(FEET) massage mode**



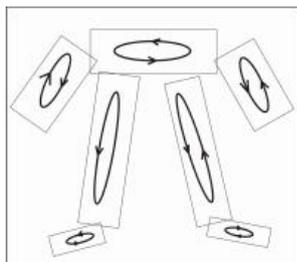
You can feel legs(feet) have airwave massage, which tightens double legs muscle and make legs slim.

**“3” : WAIST massage mode**



You can feel waist have airwave massage, which tightens waist muscle and make waist slim.

**“4” : Circulation mode from ARMS-LEGS-WAIST**



The circulation airwave massage from Arms to Legs, then to Waist, which makes whole body feel the airwave massage and make body relax, tighten body muscle and loss weight.

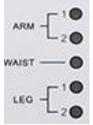
Choose the target part for treatment.



temperature display&adjusting buttons



button for selecting infrared rays



This area on the panel is to indicate which part of the body is under the treatment of infrared rays.



On/off button(when it is at “on” status, you can adjust temperature)

When you don't need the infrared function, the treatment can performed on arm, waist and leg

at the same time. When you want to use the infrared function, press this button  and then use this function on the corresponding part when the light is on.

## 2. Technical Specifications

Voltage: 110V/120V-220V/240V

Frequency: 50 Hz - 60Hz

Power: less than or equal to 500W

Safe voltage output: 36V

Heat output:0 degree centigrade-80 degree centigrade

Material: ABS

## 3. User Contraindications

Some groups of people should be cautious about using this instrument. Please consult a doctor or a professional before using the instrument. The details are as follows:

1. Women in pregnancy or lactation.
2. People who suffer from “3Hs”(hypertension, hyperglycemia and hyperlipemia), heart diseases or are equipped with pacemakers.
3. Those who have incisions in their legs or who are recovering from operation.
4. Those who suffer from severe damages to legs.
5. Those who suffer from epilepsy, severe diabetes and hyperthyroidism.
6. People with skin diseases or infectious diseases.

## 4. Dos and Don'ts

1. The plug with grounding pin must be used before the instrument is used and the power socket of the instrument is properly grounded.
2. Ensure that the voltage of the instrument is suitable. If the voltage of the local power supply is not stable, we suggest that the user add a voltage regulator with matching power between the mains and the instrument.
3. In order to ensure the treatment effect and normal service life of the instrument, please use the specified parts provided or suggested by the original manufacturer.
4. The instrument should not be placed in damp places or near water sources, and should not be directly exposed to sunlight.
5. Do not place the instrument near a strong heat source, as this may affect the service life and normal use of the instrument.
6. Before treatment, please remove all metal objects from the body first so as to avoid unexpected conditions which may influence the effects.
7. Patients who are suffering from illness should consult with a doctor and gain permission from the doctor before use.

8. Please turn off the power switch of the device, and ensure that the total power supply of the device is turned off before the staff leaves after daily use, so as to ensure the safety of the electrical products.
9. Make sure the area to be treated is dry before treatment.
10. Each part of the treatment suit must be wrapped round corresponding area of body before treatment and then you can start it and set energy level.
11. Wear every part of the treatment suit on the corresponding area of body properly and make sure every air tube is connected properly.
12. You should not use this machine within one hour after you have your meal.
13. After treatment, turn off the machine, and disconnect the air tubes from the treatment suit and machine body. Clean, sanitize suit and machine body and finally kept them properly.
14. Use this machine in strict accordance with instructions in the user manual.

## 5. Troubleshooting & Solutions

### 1. The machine can not be started?

- A: Please check whether the power cord is connected to the socket with normal power supply.
- B: Please check whether the power cord is connected to the machine body properly.
- C: It may be because the machine body is broken.

### 2. The machine can be started but the treatment suit doesn't work?

- A. The air duct inside the suit comes off or is bent, just make sure the duct can work properly.
- B. Please check the air tubes are properly connected to the machine body and the treatment suit.
- C. If the methods above can not solve this problems, please contact the product distributor for help.

## 6. FAQs

### 1. Suffer from sleeplessness after the treatment?

A: This is normal. People who experience this have “yang” constitution, which is a concept from the Traditional Chinese Medicine(TCM). After the treatment, one's cells become more active and therefore he/she is in the state of excitement. For this group of people, they don't need to worry about that.

### 2. Feel weakness and limpness after the treatment?

A: this is normal. People who experience this have “yin” constitution, which is a concept from the Traditional Chinese Medicine(TCM). For this group of people, they are prone to suffer from cold hands&feet and other conditions due to poor constitution and resistance. After this treatment, they may feel weakness and limpness. So, this group of people should take this treatment more frequently and their metabolism and resistance will be improved after a period of time.

### 3. Legs experience soreness and limpness the following day after the treatment?

A: If one is weak and he use his legs overly, the blockage of meridians and collaterals may occur. After using this machine, you will see meridians are unblocked and cold and damp in legs are expelled. You will normally experience slight soreness and limpness. The problems in legs form through a gradual process and treating them needs long-term efforts. The treatment time needed also varies, depending on individual constitution. If you keep use it, harmful waste and cold&damp in your body will be gradually expelled from body. And you can see obvious effects in not long future.

### 4. Feet are more prone to perspire than before after a period of treatment?

A: It is a good sign. People who experience that usually have heavy cold damp in their body. After a long time of treatment, feet can perspire heavily because deep cold and damp are being expelled from body. As long as you keep taking the treatment until this condition disappears, cold and damp will be basically eliminated.

#### **5. There is the sensation of itchiness on leg and foot during the treatment?**

A: Skin dryness is one of the contributing factors for itchiness. The main cause is the "wind pathogenic factor" in your body, which is one of the six pathogenic factors in TCM. For people who experience this, they are most likely to suffer from rheumatism or cold in the legs.

#### **6. Why do we need leg treatment?**

A: Legs are prone to cold and damp and people use them most often to take exercise. Lactic acid will be produced when we take exercise, the accumulation of which leads to soreness and pain on legs. Improper sitting position in our daily life also results in leg numbness and even abnormal shape of vertebra. And persistent leg numbness may cause paralysis of both legs. So, we should pay much importance to leg treatment.

## **7. Packing List**

- 1 x Machine Body
- 1 x Power Cord
- 2 Bags x Power Cord for the Treatment Suit
- 2 x Arm Part of the Treatment Suit
- 1 x Waist Part of the Treatment Suit
- 2 x Leg Part of the Treatment Suit
- 2 x Foot Part of the Treatment Suit
- 1 x Instruction Manual