

PORODO
LIFESTYLE



Porodo Lifestyle
4-Head Rotating
Muscle Relief Massager

SKU: PDLFSTHX102BK

Table of Contents

Product Overview	2
Specifications	2
Product Features	3
Safety Precautions	4
Package Contents	5
Operation Instructions	6
Charging Instructions	7
Product Maintenance	7
Disposal	8
Warranty	9
Contact Us	9

Product Overview

The Porodo Lifestyle 4-Head Rotating Muscle Relief Massager is designed to provide effective and customizable muscle relief for those looking to alleviate tension and stress. It features four interchangeable heads, each tailored for different types of massage, ensuring a personalized experience for various muscle groups. With four adjustable speed levels, users can choose the ideal intensity to target specific areas of discomfort. The device is cordless and rechargeable, making it convenient for use anywhere, whether at home, at the gym, or on the go. Equipped with a smart auto timer, it ensures safe and efficient use by automatically turning off after a set duration. Whether you're recovering from a workout, relieving everyday stress, or simply looking for targeted muscle therapy, this massager is designed to provide the ultimate relief with its versatile features and ergonomic design.

Specifications

Input	5V/2A
Rated Power	10W
Rated Voltage	7.4V
Battery Capacity	1500mAh
Material	ABS
Recharge Time	2H

Charging Interface	Type-C
Motor Speed	1100-2500RPM
Product Weight	490g
Product Size	70 x 137 x 195mm
Model Number	PDLFSTHX102

Product Features

- 1. Four Interchangeable Heads:** Customize your massage experience with different heads designed for varying muscle relief needs.
- 2. Adjustable Massage Intensity:** Choose from four speed levels to tailor the intensity for targeted relief.
- 3. Cordless & Rechargeable:** Enjoy freedom of movement with a cordless design, and easily recharge the device for convenient use anywhere.
- 4. Smart Auto Timer:** The built-in auto timer ensures the massager turns off after a set duration for safe and efficient use.
- 5. Targeted Muscle Relief:** Focus on specific muscle groups for effective relief from tension, soreness, and fatigue.
- 6. Ergonomic Design:** Designed for comfort and easy handling, allowing you to target muscles with precision.
- 7. Portable & Lightweight:** Ideal for use at home, in the office, or while traveling due to its compact and lightweight structure.

Safety Precautions

Note: To minimize the risk of malfunction, electric shock, injury, fire, or personal harm, please read and follow all instructions and warnings in this manual carefully before using this product.

- 1. Pacemakers & Medical Devices:** Individuals with pacemakers, defibrillators, or central venous catheters inserted through peripheral veins should not use this device.
- 2. Medical Conditions:** Do not use if you have acute or chronic infectious diseases, high fever, acute osteomyelitis, tuberculous arthritis, open wounds, severe diabetes, or recent fractures.
- 3. Circulatory & Cardiac Conditions:** Individuals with venous thrombosis, or a history of cerebral infarction or myocardial infarction should avoid using this product, as vibration can increase the risk of embolism. This also applies to other vibrating massage devices.
- 4. Age & Supervision:** Children under 8 years old should not use this device. For individuals aged 8 to 18, seniors, or those with serious cardiovascular or cerebrovascular conditions, use should be under adult supervision, with gradual intensity increase based on personal comfort.
- 5. Pregnancy & Breastfeeding:** Pregnant or breastfeeding individuals should avoid using the device on the torso, or consult a physician or physical therapist before use.
- 6. Bleeding Disorders:** Individuals with hemorrhagic diseases, such as thrombocytopenia, should not use this device.
- 7. Medical Treatment:** This device is not intended as a substitute for medical treatment. If you are experiencing pain or are undergoing medical treatment, consult your doctor before use.
- 8. Water Exposure:** Do not submerge the product in water. If the device comes into contact with water, inspect it immediately. Keep the device away from fire and heat sources, and avoid dropping it intentionally.
- 9. Damaged Product:** If the device is damaged or produces abnormal sounds, stop use immediately.

- 10. Moisture Hazard:** Do not use the device with wet hands or near water sources, such as in the kitchen or bathroom.
- 11. Pressure on Massage Head:** Do not apply excessive pressure or obstruct the massage head during use.
- 12. Product Maintenance:** Do not attempt to remove screws or disassemble the product. If the device is damaged, incomplete, or overheats, contact the authorized service center for repairs.

Package Contents



Flat Press
Grinding Head



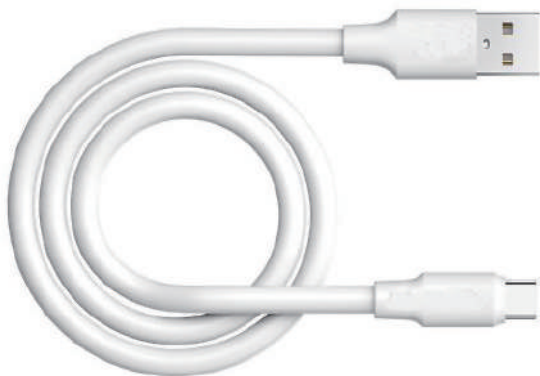
Ring
Massage Head



Acupoint
massage head



Wave
Massage Head



Type-C Charging Cable



Massager

Operation Instructions

Step 1: Choose the appropriate massage head for the area you wish to treat.

Step 2: Install the massage head by aligning it with the bottom of the device and pressing it firmly until it locks into place (as shown in the image). To remove or replace the massage head, simply pull it out directly (as shown in Figure 2).



Step 3: After the massage head is securely installed, press and hold the button to turn on the device.

Step 4: Press the button briefly to adjust the intensity. The lowest setting is gear 1, and the highest is gear 4.

Step 5: Once the desired setting is selected, place the massage head on the soft tissue you wish to target (avoid bones and joints). Move the device slowly along the direction of the muscles, applying gentle pressure as needed. Do not apply excessive force, as it may damage the product.

Charging Instructions

- 1.** This product uses a Type-C charging interface. Connect the Type-C end to the device and the other end to a 5V output charger. The power display indicates the battery level as follows: a steady green light means the battery is 30-100% charged, a steady red light means the battery is 10-30% charged, and a blinking red light means the battery is less than 10% charged.
- 2.** If the power display is steady red or blinking red after turning on the device, it is recommended to fully charge it before use to help extend battery life.
- 3.** During charging, a red indicator means the battery is charging and not yet full, while a green indicator means the battery is fully charged. Once fully charged, unplug the charging cable and disconnect the power supply.
- 4.** Do not use the device while it is charging.
- 5.** It generally takes 2-1 hours to fully charge the device from low power. Once fully charged, unplug the charger to avoid overcharging. Overnight charging should be avoided.
- 6.** If the power display is steady red or blinking red, charge the device promptly to avoid interruption in use.
- 7.** If the device will not be used for a long period, store it fully charged and recharge it every 1-3 months to prevent battery damage from power loss.

Product Maintenance

- 1.** For daily maintenance, use neutral cleaning agents and a soft cloth to wipe the product. Avoid using oils, organic solvents, or other chemicals, and do not rinse the product with water.
- 2.** Always turn off the power switch after use or before cleaning the product.
- 3.** During transportation, ensure the product is secured to prevent violent vibrations, collisions, or falls.

4. Battery damage resulting from prolonged use without charging is not covered under warranty.

Disposal

This product must not be disposed of as unsorted household waste. It is important to separate such waste for proper treatment and recycling, in compliance with local waste management regulations.



Warranty

Products that you buy directly from our **Porodo** website or shop come with a 24-month warranty.

When you buy **Porodo** products from any of our approved sellers, you only get a 12-month warranty. If you want to extend this warranty, go to our website at **porodo.net/warranty** and fill out the form with your information. Don't forget to upload a picture of the product too. After we've checked and accepted your request, we'll send you an email to confirm that your product's warranty has been extended.

For more info, please check:
porodo.net/warranty

Contact Us

If you have any questions about this Privacy Policy, please contact us at:
info@porodo.net

Website: **porodo.net**

Service Support: **support@porodo.net**

Instagram: **porodo**