

PORODO
LIFESTYLE



Porodo Lifestyle
Multi-Head Deep Massage Gun
SKU:PDLFSTNS066BK

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Overview

The Porodo Multi-Head Deep Massage Gun offers a high-performance solution for muscle recovery and stress relief. With 30 adjustable speed levels, it allows you to customize your massage intensity, from gentle relaxation to deep tissue therapy. The LCD touch display makes operation easy, while six interchangeable heads target specific muscle groups for a personalized experience. Whether you need relief for large muscles or sensitive areas, the gun provides effective deep tissue relief to reduce soreness and stiffness. With Type-C fast charging, it's always ready for use, and its lightweight, portable design makes it perfect for home, gym, or travel. Combining modern design and advanced technology, it ensures comfort and reliability for a professional-grade massage wherever you go.

Specifications

Input	DC 5V/2A
Battery Capacity	1500mAh
Motor Speed	3200-1600RPM
Recharge Time	3H
Working Time	3H
Massage Stroke	6mm
Noise Level	55dB
Charging Interface	Type-C
Net Weight	0.74kg
Product Size	176 x 66 x241mm
Model Number	PDLFSTNS066

Package Contents



Product Design



Instructions for Installing/Switching Massage Heads



Press the massage head into the bottom

Pull out and remove the massage head

Different Massage Heads

1. Round Head: Ideal for relaxing sensitive muscles, including the back, legs, and waist.
2. Long Taper: Targets deep tissue pain, especially in areas like the knees, joints, palms, and soles.
3. Spade Head: Perfect for relaxing the hamstrings and glutes, while improving flexibility.
4. Big Fork: Designed to massage the wrists and alleviate hand and forearm soreness.
5. Flat Head: Best for massaging larger muscle groups in the back.
6. U-Shape: Relieves stiffness along the spine and helps soothe the Achilles tendons.



Safety Precautions

1. Do not immerse the device in water. Keep it away from liquids or heat sources.
2. Ensure the air outlet remains clear of dust and debris.
3. Never remove screws, attempt to disassemble, or tamper with the device in any way.
4. Do not operate the device continuously for more than one hour. Allow it to rest for 30 minutes before reuse.
5. Always unplug the charger after charging or prior to use.
6. For adult use only. Do not use if injured. Consult a doctor before use.
7. Do not use the device while it is charging.
8. Use only over dry clothing, applying light pressure while moving the device across the body for approximately 60 seconds per area.
9. Avoid using the device on hard or bony areas of the body. Only use the massage gun on soft tissue without causing pain or discomfort.
10. Use only the applicators that provide the desired effect.
11. Bruising may occur regardless of the control setting or pressure applied. Check treated areas frequently and stop immediately if any pain or discomfort occurs.
12. Keep fingers, hair, or any body part away from the shaft and backside of the massage head to prevent pinching.
13. Do not insert any objects into the air outlet of the device.
14. Avoid dropping or misusing the massage gun.
15. Only recharge using the original charger provided.
16. Examine the device and battery carefully before each use.
17. Never leave the massage gun operating or charging unattended.

Operation Guide

1. Start/Stop the Machine:

To power on the machine, press and hold the () for approximately two seconds. The touch display screen will activate, indicating that the device is **in standby mode**. To power off, press and hold () for another two seconds.

2. Adjust Speed Settings:

Tap the + icon to increase the speed, which can be adjusted from level 1 to 30.

3. Massage Settings:

Begin massaging the desired body area at a lower speed for a gentle experience. Gradually increase the speed and pressure as needed to target specific areas more effectively.

Important Safety Notices

1. **Charging Warning:** This massage gun cannot be used while charging. Please ensure it is unplugged before use.
2. **Pressure Caution:** Avoid applying excessive pressure during use, as it may lead to muscle damage.
3. **Automatic Pause:** The device will automatically pause after 20 minutes of continuous use. To resume, simply press the + icon.
4. **Charging Issues:** If the device isn't charging, check the connection between the USB cable and the device. Ensure you're using a 5V-2A charger for proper charging.

Charging Instructions

1. **Initial Charge:** Charge the battery for up to 4 hours before the first use.
2. **Charging Process:** Connect the round end of the Type-C cable to the port at the bottom of the LCD screen, then plug the other end into a wall outlet.
3. **Battery Maintenance:** To preserve battery health, ensure the battery is charged before it is completely drained.
4. **Long-Term Storage:** For extended periods of not using the device, fully charge the battery before storing.

Disclaimer

Always consult with a doctor before using this massage gun or any vibration device. This device may not be suitable for individuals who are pregnant, diabetic, have neuropathy, retinal damage, or a pacemaker, have recently undergone surgery, suffer from migraines, or have epilepsy, among other conditions.

Frequently Asked Questions

1. What are the benefits of a massage gun?

Massage guns help improve overall wellness by enhancing range of motion, increasing athletic performance, promoting mental clarity, boosting blood circulation, relieving back and muscle pain, reducing stress, and aiding muscle recovery after workouts.

2. How often should you use a massage gun?

Frequency depends on individual needs. However, overuse, applying direct pressure to bones, or prolonged use in one area can worsen the issue. If you're new to massage guns, start by using it once a day and assess your tolerance.

3. Can you use a massage gun for neck pain?

Yes, but with caution. Start by assessing your tolerance level. Avoid applying excessive pressure, as this could potentially worsen neck pain.

4. Can I use a massage gun while pregnant?

DISCLAIMER: If you are pregnant, consult with your doctor before using a massage gun or any other therapeutic device.

5. Can a massage gun help lower back pain?

Yes, a massage gun can be effective for relieving lower back pain. However, always consult your doctor before use.

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**