NOVA
VIBRATION MASSAGE DEVICE
Dear Customer,

Nova Vibration Massage Device is ideal not only for professional therapists but also for everyone who takes care of their own body’s wellness. Nova Vibration Device reduces effectively muscle soreness and stiffness, deep tissue and fascia tensions and improves your mobility and daily life quality. The aim is to relieve the muscles and deep tissues fatigue and achieve an overall feeling of well-being.

We hope you will enjoy discovering and benefiting from our Nova Vibration Massage Device.

Your Hi 5 Team
SPECIFICATIONS

1 Interchangeable Head Attachment
2 Built-in Rechargeable LG Lithium-ion Battery
3 Quiet Brushless High-Torque Motor
4 Speed LED Indicator (3 Speed)
5 Power Switch & Speed Settings Button
6 Battery Level LED Indicator
7 Charging Port
8 Charger / AC/DC Transformer
9 Power Indicator

Interchangeable Head Attachment

Flat  Round  Fork  Bullet  Air Cushion  Spade  Arc

Vibration Frequency:
Level 1 - 30Hz  1800 Times/ Minutes
Level 2 - 40Hz  2400 Times/ Minutes
Level 3 - 48Hz  2900 Times/ Minutes

Charge:
Input: 100-240V  50/60Hz  0.8A  Output: 26VDC  1.0 A
Run Time (Load Free): 11.5 hours (Round head attachment, 0 pressure on attachment)
Run Time (Load Bearing): 4-6 hours (Depending on speed level and pressure applied during use.)

Weight:
2.2 lbs / 1kg
WARNING & CAUTION

DO NOT immerse in water. Keep away from liquids or heat sources. Keep ventilation ports free from dust and debris.

DO NOT remove screws or attempt to disassemble.

DO NOT operate continuously for more than one hour. Allow device to rest for 30 minutes before re-using.

Unplug the charger from device battery after charging or prior to use.

For adult use only. Do not use if injured. Consult your doctor before using this product.

SAFETY INSTRUCTIONS

DANGER: TO REDUCE RISKS OF ELECTRIC SHOCK, FIRE AND PERSONAL INJURY, THIS PRODUCT MUST BE USED IN ACCORDANCE WITH THE FOLLOWING INSTRUCTIONS:

• For adult use only.
• Please keep this device away from children or store it in places where children cannot reach.
• This device is not food. Please do not put the head attachment or any parts into your mouth.
• Use only on the body’s soft tissue as desired. Do not use on head or any hard or bony area of the body.
• Do not apply this device to the following body parts: sex organs, face, eyes, injuries after surgery, any kind of infection part, Infected or damaged skin, Injured bones and joints.
• USE only on a dry clean surface of the body over clothing by lightly pressing and moving across the body for approximately 60 seconds per region.
• In case of pain or other discomfort, please stop using immediately.
• Use only the head attachment which Hi 5 provided and use on applicable body area.
• Bruising can occur regardless of control setting or pressure applied. Check treated areas frequently and immediately stop at first sign of pain or discomfort.
• Please keep fingers, hair or any other body part away from the shaft and backside of the head attachment as pinching may occur.
• Do not place any objects into the ventilation holes of the Nova device.
• Do not immerse in water or allow water to enter the device, transformer or plug.
• Do not drop or misuse the Nova Device.
• Only recharge with supplied 24VDC Hi5 Charger.
• Carefully examine device and battery before each use.
• Do not tamper or alter the device, transformer or plug.
• Never leave the Nova Vibration Massage Device operating or charging unattended.
• The Charger is only allowed to be used when charging this device, and it is forbidden to be used for other purposes. It is forbidden to use other chargers to charge this device.
CONTRAINDICATION

PLEASE DO NOT USE THE NOVA, OR ANY VIBRATION DEVICE WITHOUT FIRST OBTAINING APPROVAL FROM YOUR DOCTOR IF ANY OF THE FOLLOWING APPLY:

Pregnancy, diabetes with complications such as neuropathy or retinal damage, wear of pace-makers, recent surgery, epilepsy or migraines, herniated disks, spondylolisthesis, spondylalisis, or spondylosis, recent joint replacements or IUD’s, metal pins or plates or any concerns about your physical health. Frail individuals and children should be accompanied by an adult when using any vibration device. These contra indications do not mean that you are not able to use a vibration or exercise device but we advise you to consult a doctor first.

Ongoing research is being done to the effects of vibration exercise for specific medical disorders. This will likely result in the shortening of the list of contra indications as shown above. Practical experience has shown that integration of vibration exercise into a treatment plan is advisory in a number of cases. This must be done on the advice of and in accompaniment with a doctor, specialist or physiotherapist.

WARRANTY

IF WITHIN ONE YEAR FROM THE DATE OF PURCHASE, THIS PRODUCT FAILS DUE TO A DEFECT IN MATERIAL OF WORKMANSHIP, Hi5 WILL REPAIR OR REPLACE THE PRODUCT, OR SUPPLY NECESSARY COMPONENTS FREE OF CHARGE.

THIS WARRANTY EXCLUDES:

a) Damage caused by accident, abuse, mishandling, or transport;
b) Units subjected to unauthorized repair;
c) Improper use of this device;
d) Damage exceeding the cost of the product;
e) Deterioration of the delivered product resulting from abnormal storage and/or safeguarding conditions on the client’s premises;
f) Failure to provide the dated proof of purchase.
CHARGING

- Fully charge battery for up to six hours before first use.
- To charge, plug the AC/DC transformer into wall outlets, make sure the LED power indicator is on, connect DC end of side cable into charging port.
- When the light of Power Indicator on the transformer shows green, it means that either the current charging is not being carried out or the charging has been completed. When the transformer indicator shows red, it means that the device is currently being charged.
- When charging, the Battery Level LED Indicator Lights on unit flash to show battery level and indicate active charging. The first indicator is on, which means the current power is 0 - 10%; the second indicator is on, means the current power is 11% - 40%; the third indicator is on, means the current power is 41% - 70%; the fourth indicator is on, which means the current power is 71% - 100%.
- Full charge is indicated when all Battery Level Led Indicator stop flashing and remain fully illuminated.
- Battery may be recharged at any time and at any battery level.
- It is not recommended to fully deplete the battery to the red LED level.
- For safety reasons, when charging, you will not be able to turn on this device.
- The average run-time is 4 - 6 hours depending on speed level and pressure applied during use.

OPERATING

- To turn on the vibration function, press and hold the Power Switch & Speed Setting Button for 2 seconds until the level 1 indicator light is on.
- To turn off the vibration function, press and hold the Power Switch and Speed Setting button for 2 seconds until the Speed Led Indicator and Battery Level LED Indicator are off.
- To increase intensity & vibration frequency, press the Power Switch & Speed Settings Button once more for level 2, and further more for level 3. Pressing the Power Switch & Speed Settings Button again will turn the device off. The Speed LED Indicator (3 Speed) will indicate the corresponding speed.
- Remove head attachments while unit is OFF by pulling and slightly twisting.
- Insert head attachments while unit is OFF by pressing in firmly until fully seated.
- According to the thickness of the body muscle tissue and the will of the massaged person, it is appropriate to adjust the vibration frequency to the comfort of the massaged person to avoid any pain or other discomfort.
- For safety reasons, the device will automatically shut down after 20 minutes of continuous use.

MAINTENANCE, CLEANING & STORAGE

- Use a slightly damp towel to clean device and dry with a soft cloth.
- For storage or travel, remove battery and store in supplied carton box.
- Please do not use alcohol or alcohol detergent to wipe this product.
- It is allowed to use a small amount of neutral detergent to wipe the product, and any liquid shall not penetrate into the equipment.
BACK MASSAGE

The person receiving the back massage should keep relaxed and lie on a comfortable massage table or soft surface on the floor.

Select Fork Head Attachment, put both ends of this attachment along both sides of the spine, vibrate and massage along the whole spinal area. Level 1 vibration speed is recommended. Please avoid to vibrate on spine directly.

Select the Arc Head attachment and massage the left and right waist gently and repeatedly. Level 2 - 3 vibration speed is recommended. The effect of this vibration device on the treatment of kidney stone disease has not been verified by clinical trials. Please consult your doctor before use.

Select the Flat or Air Cushion Head Attachment, vibration massage on scapula and back. Level 1 vibration speed is recommended.

Select the Spade or Round Head Attachment, massage the muscle tissue on both sides of the lower waist. Level 2 - 3 vibration speed is recommended.
FULL BODY MASSAGE

NECK MASSAGE

Round, Air Cushion and Flat Head Attachment are recommended for neck and shoulder muscles. Please avoid to vibrate on skull. We recommend to use air cushion attachment for thin or less muscled area to avoid pain or discomfort.

ARM & PALM

Round, Air Cushion and Flat head attachment are recommended for arm muscles massage. For thinner clients, please use air cushion head on Level 1 vibration speed to avoid pain or discomfort. For overweight or clients with well developed muscles, using round head attachment on Level 2 - 3 speed to improves the treatment effect.

 Bullet Head Attachment is recommended for treatments of palm area, especially on small muscle tissues and joint parts. Level 1 - 2 is recommended.
FULL BODY MASSAGE

LEG & FEET

Round, Flat and Spade Head Attachment are recommended for hip muscles on Level 2 - 3 speed to improve treatment effect. Please avoid to vibrate on spine or tailbone.

Round, Flat and Arc Head Attachment are recommended for thigh muscles on vibration speed level 2 - 3.

Above mentioned head attachments are also appliable for deeper massage on back thigh and calf muscles.

Bullet Head Attachment is recommended for soleplate, small muscle tissues on arch and joint parts. Vibration speed level 1 - 2 is therefore recommended.
FULL BODY MASSAGE

ABDOMEN

During vibration massage on abdomen, please stay standing posture, do not overpress the vibration device. Level 3 vibration speed is recommended for abdomen area. The point is to use the fast shockwaves to vibrate adipose tissue under the skin. Do not use the vibration device on abdomen continuously more than 5 minutes to prevent adverse reaction of the digestive system. Usage on abdomen is to achieve passive exercise, weight loss and body shaping treatment. Vibration massage on abdomen is recommended after sport.

Arc head attachment is recommended on abdomen area and adipose tissue on stomach.

Please do not massage your abdomen immediately after dinner.

KNOWLEDGE ABOUT VIBRATION MASSAGE

No matter which head attachment, shockwaves of this device are able to vibrate through skin and surface tissues. During the treatment, adding extra pressure on the massage device will increase the intensity and depth of shockwaves and therefore improve the treatment effect without influencing on vibration frequency.

To increase the intensity and depth of shockwaves, it is recommended to hold the muscle parts around the treating area steady by hands. By preventing the diffusion of shockwaves through skin and surface tissues, vibration device can achieve a deeper effect on muscle parts.

We are constantly researching the various treatment methods and improving the effect of vibration massage. We hope the above-mentioned treatment method will inspire you. Meanwhile, your precious feedback and experiences are always welcome to hi5@mingtenghealth.com
PACKAGE OPTIONS

COLOR OPTIONS

Red   Silver   Purple   Black   Blue

MASSAGE KIT OPTIONS

1+4 Massage Kit   1+6 Massage Kit   1+7 Massage Kit

PACKAGE OPTIONS

4 Color Cardboard Box   Aluminum Box   Nylon Bag
Hi5
Relieve. Recover. Restore

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