

USER MANUAL

MINT LAMA

MUSCLE MASSAGE GUN



PRODUCT INTRODUCTION:

PLEASE READ CAREFULLY BEFORE USE

The MINT LAMA MASSAGE GUN is a cordless, lightweight massage device that helps reduce stiffness and tension and relieve sore muscles by promoting blood circulation. The pulsating strokes of the massage gun penetrate deep into the tissue, loosening fascia and connective tissue.

- Cordless/Rechargeable

2600 x 6 mAh Lithium-Ion Battery

- Lightweight Design

2.2 lbs / 1.0 kg

SPECIFICATIONS



ATTACHMENTS (left to right):

- Tree head – For shoulder and bone areas
- Fork head – For neck, spine and Achilles tendon
- Flat head – For all body areas
- Small ball head – For joints, deeper tissues, trigger points
- Round head – For large muscle groups such as arms, back, hips, thighs, calves
- Wedge head – For small areas such as palms, soles of the feet

1. Advanced technology with powerful brushless high-torque motor
2. Interchangeable massage heads
3. Rechargeable lithium-ion battery (more than 4 hours of use when fully charged)
4. Gear indicator
5. Speed levels for optimal pressure
6. Battery indicator
7. AC connection
8. On/Off Switch

USER INSTRUCTION

CHARGING:

1. Connect the DC end of the supplied 26V adapter to the charging port of the battery and plug the AC cable into the outlet. Then turn the power switch to “ON” to start charging.
2. The LED indicators show the battery level in real time. They blink while charging and remain steady when fully charged.
3. The battery can be charged at any time and at any level, but the massage gun does not work during charging.
4. Caution: It is not recommended to completely discharge the battery as this may cause damage.
5. The MINT LAMA massage gun has a runtime of 6–12 hours depending on the speed level. Charging time is approx. 2.5 hours.
6. A spark may occur when plugging the adapter into the socket. This is due to a temporary high current draw. This is normal and not a cause for concern.

OPERATION:

1. Switch the power button at the bottom of the handle to “ON” to turn the massage gun on. Switch it to “OFF” to turn it off.
2. When the massage gun is on, press “+” to increase speed, press “-” to reduce speed. At the lowest speed level, pressing “-” again will turn the device off. The blue LED light shows the speed level.
3. Lightly press the gun on the desired area and slowly move it over the body, then adjust pressure and speed as desired.
4. Do not change attachments while the massage gun is switched on. Turn it off before changing attachments.
5. You may notice a little oil on the massage gun. This is lubricant from inside the gun and it is normal.

MAINTENANCE, CLEANING & STORAGE:

- Use a damp cloth to clean the massage gun, then dry it with a soft cloth.
- To store or carry it, place it in the provided box.
- Switch off when not in use.
- Do not disassemble the massage gun.

CAUTION:

- Do not use in water. Keep away from liquids and hot objects. Keep ventilation clear of dust.
- Do not remove screws or dismantle.
- Unplug the adapter after charging.
- For adult use only. Do not use on injuries. Consult a doctor before use.
- The MINT LAMA massage gun does not operate while charging.

SAFETY INSTRUCTIONS:

WARNING: TO REDUCE THE RISK OF ELECTRIC SHOCK, FIRE OR INJURY, PLEASE OBSERVE THE FOLLOWING SAFETY INSTRUCTIONS:

- This device is intended for adults only.
- Use the massage gun only on dry skin or over clothing. Move it with light pressure for about 60 seconds per area.
- Apply the MINT LAMA massage gun only to soft tissue areas to avoid pain. Do not use it on the head.
- Adjust pressure to achieve the desired result.
- Bruising can occur even with light pressure. Monitor the treated area carefully and stop use if pain occurs.
- Keep hair, fingers, and other body parts away from the handle and moving parts to prevent pinching.
- Do not insert objects into the ventilation openings.
- Do not immerse the massage gun in water and ensure no water enters the ventilation openings.
- Do not drop the device or handle it improperly.
- Charge the massage gun only with the supplied charger.
- Inspect the device carefully before each use.
- Independent disassembly or dismantling is prohibited.
- Do not leave the massage gun unattended while switched on or charging.

IMPORTANT NOTE / DISCLAIMER:

DO NOT USE THE MASSAGE GUN OR OTHER VIBRATION DEVICES WITHOUT PRIOR APPROVAL FROM YOUR DOCTOR IF ANY OF THE FOLLOWING APPLY TO YOU:

- Pregnancy, diabetes with complications such as neuropathy or retinal damage, pacemaker, recent surgery, epilepsy or migraines, herniated disc, spondylolisthesis, spondylosis or spondylitis, recent joint replacement or IUDs (coil), metal pins or plates, or other health concerns.
- Frail individuals and children should be supervised by an adult when using the massage gun.

- These contraindications do not mean that vibration or movement therapy is generally forbidden. However, we strongly recommend consulting a doctor beforehand. Ongoing research is examining the effects of vibration training on certain medical conditions, which may in the future reduce the list of contraindications mentioned above.
- Practical experience has shown that integrating vibration training into a treatment plan can be beneficial in some cases. This should only be done on the advice and under the supervision of a doctor, specialist, or physiotherapist.

LEGAL NOTICE:

All content contains no promises of healing. The diagnosis and treatment of diseases or other physical complaints require treatment by a doctor, alternative practitioner, or therapist. The information provided is for informational purposes only and must not be considered a substitute for personal medical treatment. Each user is responsible for determining, through careful examination and, if necessary, consultation with a specialist, whether the application is suitable for their specific case. Use is at the user's own risk. We explicitly distance ourselves from any healing promises or commitments.