

## SPECIFICATIONS

Product Name	Zeencare Heating & Vibrating Foot & Ankle Massager
Product Model	ZC-ANK-11083-1
Features	6 Heat Levels, 3 Vibration Modes, 3 Timer Settings, Rechargeable
Battery Capacity	3000 mAh
Rated Voltage	DC 5V
Included Components	Foot & Ankle Massager, USB-C Cable, Manual
Product Dimension	7 x 4 x 1.18 in   18 x 10 x 3 cm
Product Weight	12 oz   350 g

## PRECAUTIONS

- This product is for temporary relief only and is not a substitute for medical treatment.
- Do not use on irritated, broken, or surgical skin.
- If you feel discomfort or irritation, stop using the product and consult a healthcare professional.
- Charge the massager when the battery level reaches 20%.
- Do not use the device while charging.
- Do not use or store in wet environments to prevent damage.

# Zeencare

## HEATING & VIBRATING FOOT & ANKLE MASSAGER



# WRAP APPLICATION



Place it around the heel and calf, wrapping the lower leg and ankle area.



Pull Strap 1 across and fasten it to Position 2. Pull Strap 3, cross it over, and fasten it to Position 4.



Secure Strap 5 (heel strap) to Position 6 to stabilize the wrap.



Adjust all straps to ensure a secure yet comfortable fit.

# USAGE GUIDE

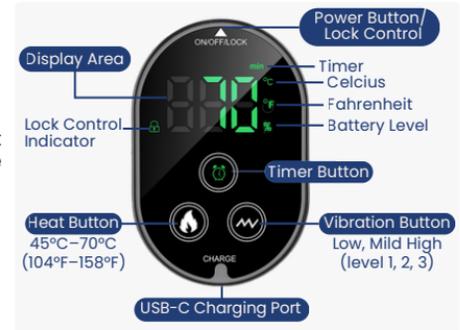
## 1. POWER ON

Long Press the Power Button to turn on the device.

If the device does not turn on, recharge the battery.

## Default settings:

- 50°C heating
- Mild Vibration
- 20-minute timer



## 2. ADJUST VIBRATION

Press the Vibration Button to change intensity: 3 → 0 → 1 → 2. 0 indicates vibration is off.

## 3. SET TIMER

Press the Timer Button to select 20, 35, or 45 minutes.

## 4. SWITCH °C / °F

Long Press both the Vibration + Heat Buttons to switch temperature units.

## 5. LOCK / UNLOCK CONTROLS

Short Press the Power Button once to lock the controls (lock green indicator on). Press again to unlock.

## 6. POWER OFF

The massager will automatically turn off when the timer ends.

To turn it off manually, long press the Power Button until the display shows "OFF."