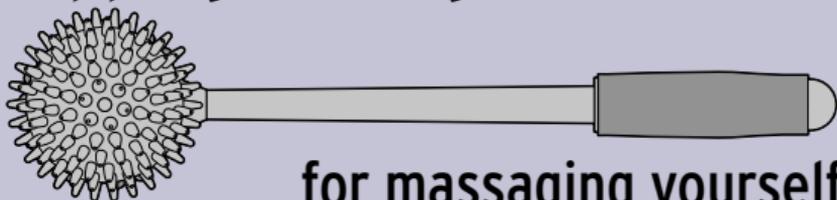




Tapping massage stick



for massaging yourself
and your partner

Dear Customer

Tension in the back, arms and legs can often be relieved with a massage. With your new tapping massage stick, you can target the trigger points of your muscles and access areas that are otherwise difficult to reach. Light, springy tapping action can help to relax your muscles. The two different surfaces enable different massage effects. We hope you enjoy using your new massage stick!

Your Tchibo Team

www.tchibo.de/instructions



Product number: 715 094

Tchibo GmbH D-22290 Hamburg · 149380FV05X07XVI · 2025-07

For your safety

Read the safety warnings carefully and only use the product as described in these instructions to avoid accidental injury or damage.

Keep these instructions for future reference.

If you give this product to another person, remember to also include these instructions.

Intended use

The massage stick is suitable for performing massage exercises by yourself and with a partner in order to increase your feeling of well-being in daily life.

There is no proven medical benefit associated with the use of this product.

The massage stick is not designed to alleviate or treat pain.

You must consult a doctor if you experience any health issues!

If in doubt, consult your doctor before use.

The massage stick is intended for home use.

It is not suitable for commercial use in fitness centres or in medical or therapeutic institutions.

Important information

Consult your doctor!

- **If you already have pain or discomfort, consult your doctor before starting the massage and ask whether and where this kind of massage is suitable for you.**
- Discontinue the massage exercises immediately if you begin to feel pain or discomfort.
- If you are significantly physically impaired, e.g. if you wear a pacemaker, if you have a weak heart, if you suffer from inflammation of the joints or tendons, water retention in the arms or legs, orthopaedic complaints or have recently undergone surgery, then you must have the massage approved by your doctor.
- Stop massaging immediately and see your doctor if any of the following symptoms occur: nausea, dizziness, excessive shortness of breath or chest pain. You should also stop the massage immediately if you experience pain in joints and muscles.

- Not suitable for therapeutic massages or exercise!
- In the case of vein or connective tissue weakness, or varicose or spider veins, the leg massage exercises should only be performed with low intensity and not over the entire length of the muscle at once, but rather in smaller sections. Consult your doctor on the massage type and intensity that is suitable for you.

Do not use the massage stick ...

- ... directly on your head, on your throat, **on bones or joints**, or in the areas around genitals or kidneys.
Be particularly careful around your neck. Do not use the massage stick on your neck if you have already had health problems in this area. Ask your doctor if necessary.
- ... on areas with thrombosis, bruises, joint pain, swollen or irritated skin, or other skin diseases, burns, varicose veins, open wounds, implants (e.g. pacemaker).
- ... if you suffer from blood clots or take an anticoagulant (e.g. Marcumar). Consult your doctor.
- ... while you are pregnant.
- ... on babies or small children! Children, disabled people, the frail, or people in need of care should only use the massage stick under adult supervision.
If you allow children to use the massage stick, instruct them on how to use it correctly and supervise them when using it. The tapping massage stick is not a toy.
If it is misused, damage to health cannot be excluded.

Consult your doctor before use if you have any doubts.

Please note the following

- Never use the product to hit people or animals!
- This product is not a children's toy. Keep it out of the reach of children. Store it out of the reach of children.
- Always inspect the massage stick every time before you use it. Do not use it if it shows any signs of damage.
- Do not use any massage oils with the massage stick as this could adversely affect its material.

- On less sensitive areas, e.g. the thighs or bottom, you can apply varying amounts of tapping pressure in order to vary the intensity of the massage.
However, avoid applying excessive tapping, as too much force may lead to increased muscle tension.
Tap your muscles in such a way that the massage is a pleasant and soothing sensation for you. Do not roll it over your bones or joints!
 - Do not tap massage one area for too long at any one time as this can cause your muscles to tense up again. A few minutes are enough.
 - Wear comfortable clothing. Make sure you have a comfortable environment and that the atmosphere is relaxed.
 - Do not make any modifications to the massage stick.
 - The massage stick must not come into contact with food in any way as the material of the massage stick is not food-safe. It must also not be used for tapping any other materials or for any other purpose.
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Care

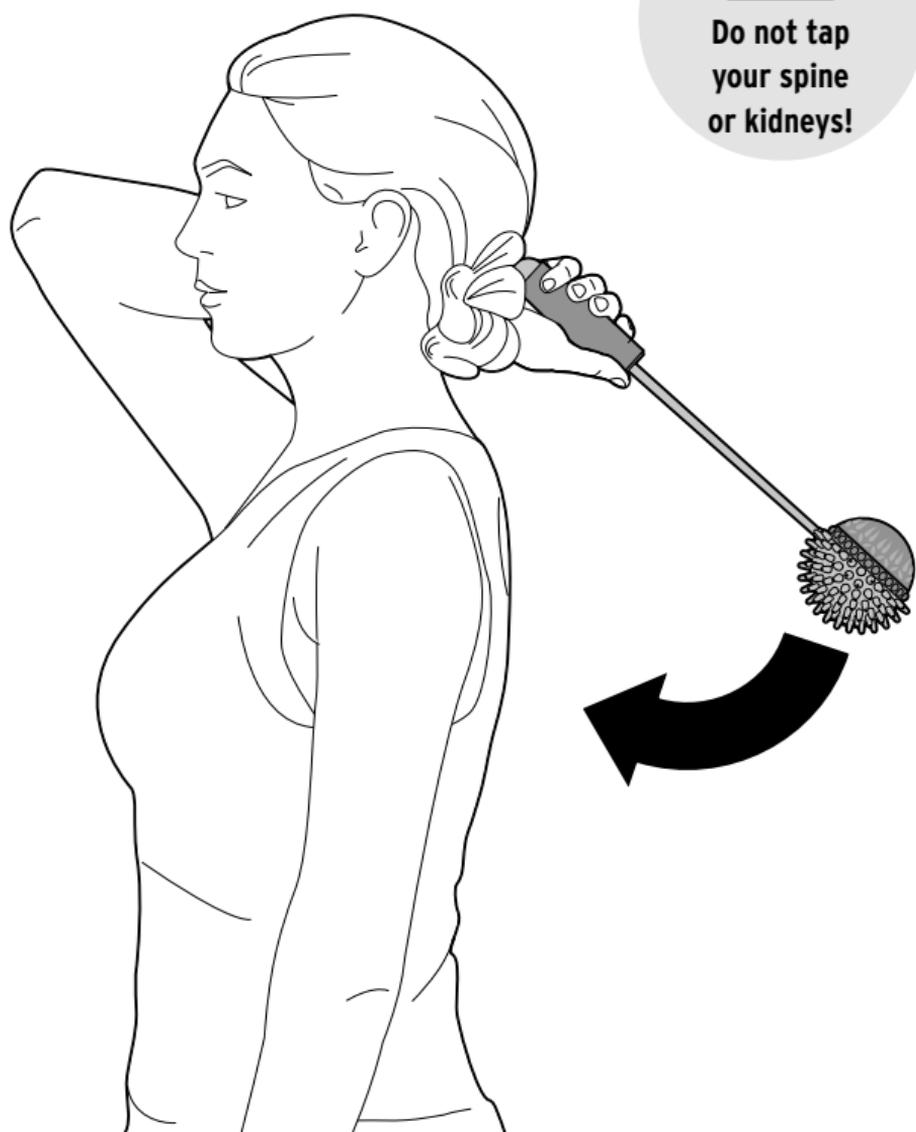
- ▷ Dampen a cloth with water and wipe the product as necessary.
 - ▷ Disinfect the massage stick as required by wiping it with a cloth that has been dipped in ethyl alcohol. Ethyl alcohol is available in pharmacies.
 - ▷ Store the massage stick in a cool, dry place. Protect it against sunlight and pointed, sharp or rough objects and surfaces.
 - ▷ Do not leave the product on sensitive furniture or floor surfaces. Some varnishes, synthetic substances and furniture/floor care products may react adversely with the material of the product and soften it.
To avoid any unwanted stains, store the product in a suitable box or something similar.
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Use

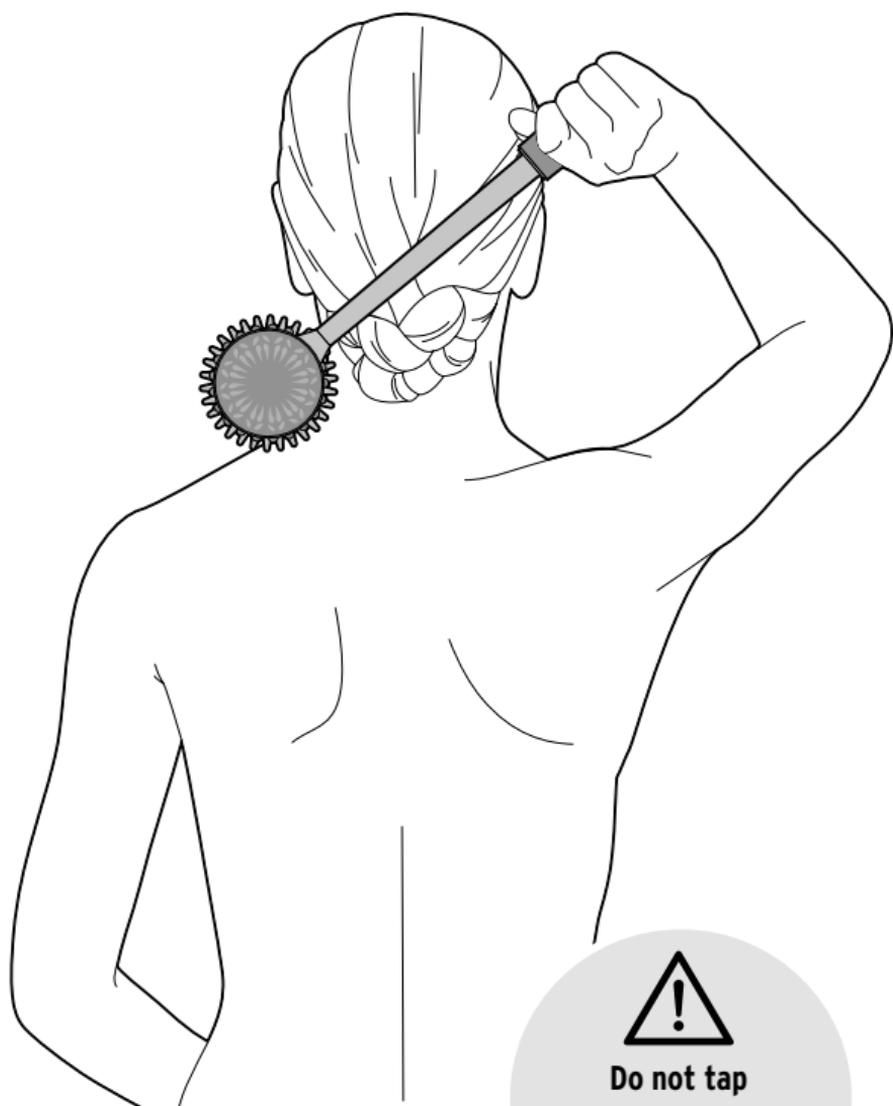
- ▷ Apply the massage ball carefully, start slowly and gently and gradually increase the intensity - but only as far as is comfortable for you.

- ▷ Aim precisely: Only tap on muscles, never directly on bones or joints.
- ▷ Try out both sides of the ball of the massage stick and decide for yourself which you find more pleasant.

1. Back



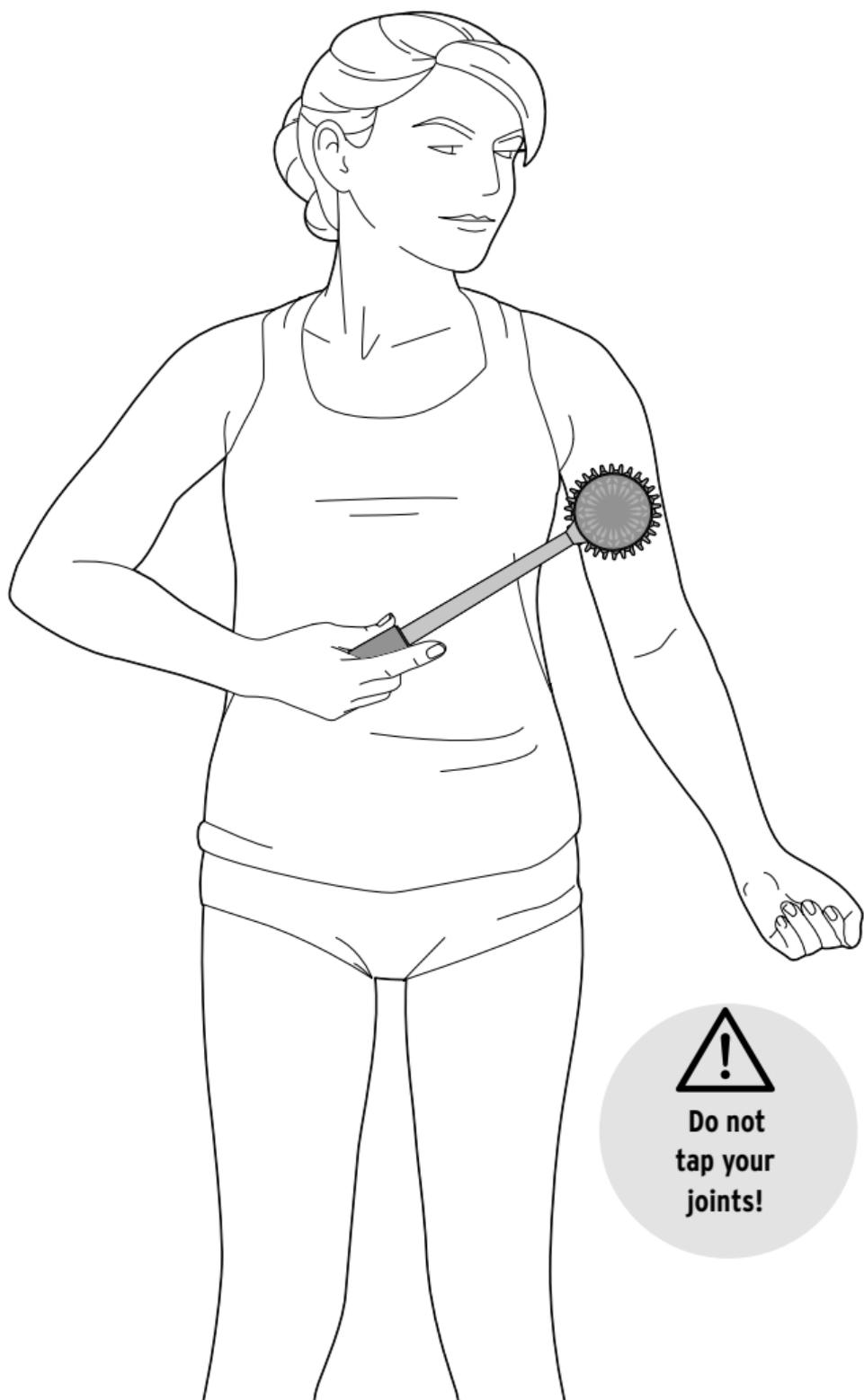
2. Shoulders



**Do not tap
your spine!**

**Be careful on
your neck!**

3. Arm



**Do not
tap your
joints!**

4. Thighs

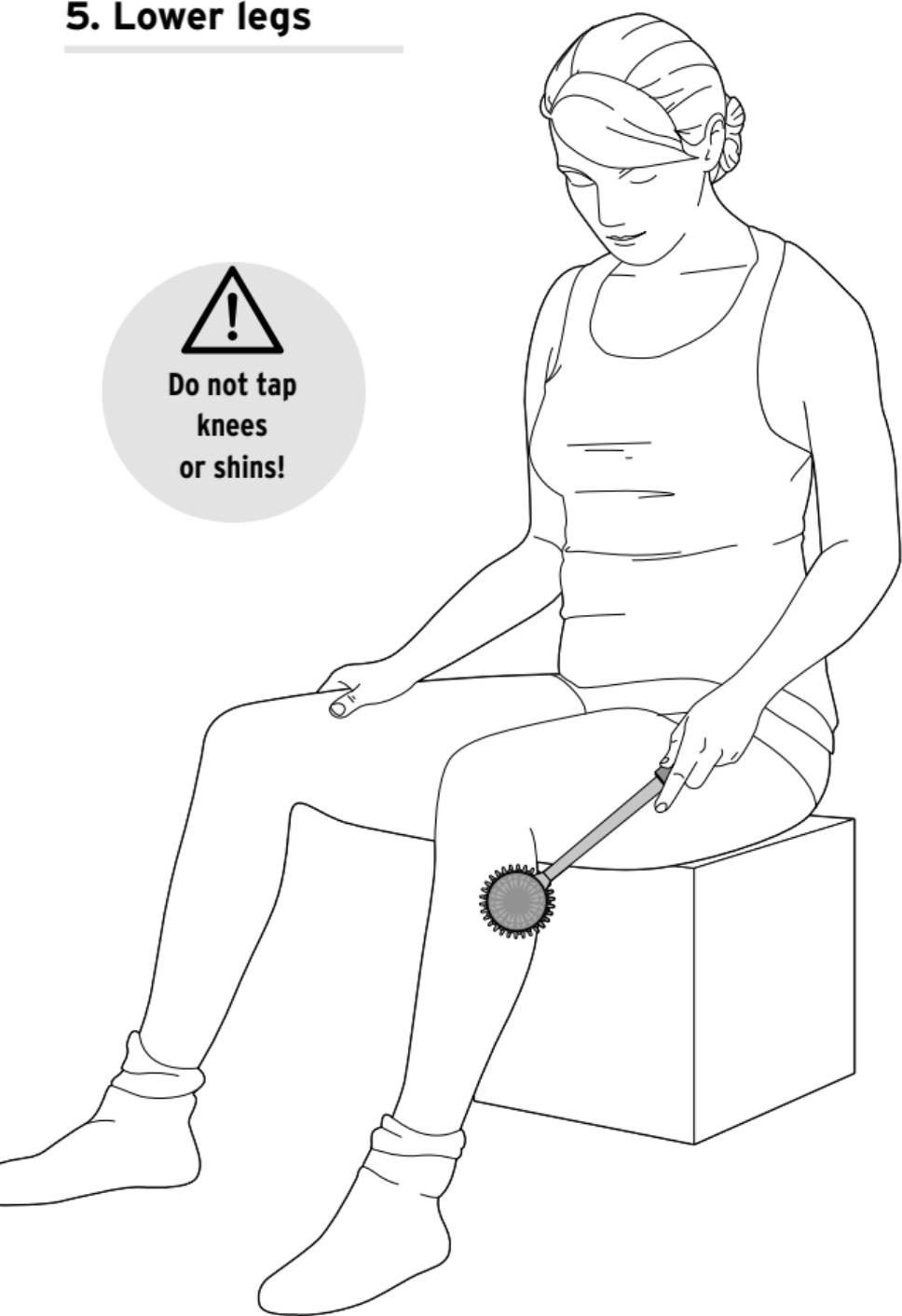


**Do not tap
hipbones
or knees!**

5. Lower legs



**Do not tap
knees
or shins!**



Made exclusively for:
Tchibo GmbH, Überseering 18, 22297 Hamburg, Germany