

**PORODO**  
LIFESTYLE



**Porodo Lifestyle**

**POCKET-SIZED  
MUSCLE RELIEF MASSAGER**

SKU: PDLFSTSM451GY

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## Product Overview

The Porodo Lifestyle Pocket-Sized Muscle Relief Massager is a compact and efficient device designed to relieve muscle tension and discomfort. It features four customizable speed levels and a 15-minute auto shut-off function for safety and convenience. The ergonomic grip design ensures comfortable use, while the quiet operation technology provides a soothing experience. With three interchangeable heads, this massager is versatile and perfect for targeting different areas of the body. Its portable design makes it easy to carry, offering on-the-go muscle relief whenever you need it.

## Specifications

Rated Voltage	5V
Charging Interface	USB-C
Battery Capacity	550mAh
Recharge Time	2H
Operating Time	1h (High-Speed), 1.5h (Low-Speed)
Motor Speed	2000RPM-3200RPM
Amplitude	6mm
Timer Function	15-Minute Auto Shut-Off
Massage Heads	U-Shaped, Conical, Round
Product Weight	230g
Product Size	37.6×64× 91.4mm
Material	ABS + Aluminum Alloy + Silicone
Model Number	PDLFSTSM451

## Safety Precautions

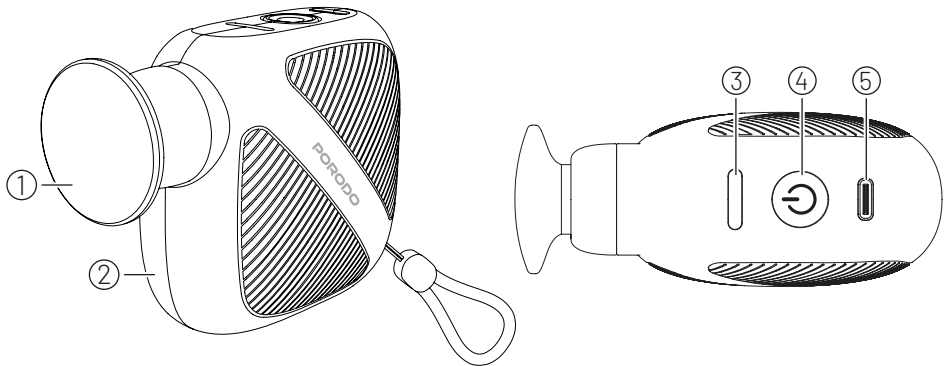
- 1.** Never leave the product unattended when plugged in. Unplug it from the electrical outlet/power source when not in use, and before attaching or detaching any parts.
- 2.** Do not operate the product under a blanket or pillow. Excessive heating may occur, causing fire, burns, electric shock, or injury to individuals.
- 3.** Do not use the product if the electrical outlet/power source is loose.
- 4.** Do not connect or disconnect the power plug/USB cable from the electrical outlet/power source with wet hands.
- 5.** When disconnecting the power plug/USB cable, always hold the plug/USB cable head, not the cord/cable.
- 6.** Do not operate the product if it has a damaged cord or plug/USB cable, a malfunction, a power failure, or if it has been dropped into water. Injury may occur when power is restored unexpectedly. Return the product to the service center for examination and repair.
- 7.** If the power plug/USB cable or power cord is damaged, it must be replaced by a service center or its authorized service agents.
- 8.** Do not carry the product using the power cord/USB cable, and never use the power cord/USB cable as a handle.
- 9.** Keep the product power cord/USB cable away from heated surfaces.
- 10.** Do not place the power cord/USB cable under the product or any heavy objects.
- 11.** Do not wind the power cord/USB cable around the product.
- 12.** Do not operate the product with the air openings blocked. Keep the air openings free from lint, hair, and similar debris.
- 13.** Remove the power plug/USB cable from the electrical outlet/power source immediately if liquid is spilled onto the product, as this may result in electric shock.
- 14.** Do not operate the product where aerosol (spray) products are being used or where oxygen is being administered.
- 15.** To stop using the product, turn off all controls and remove the power plug/USB cable from the electrical outlet/power source.

- 16.** Do not drop or insert any object or flammable material into any openings of the product. This may result in electric shock, malfunction, or fire.
- 17.** This product can be used by children aged 8 years and above and persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, provided they have been given supervision or instruction concerning safe use and understand the hazards involved. Keep children away from the product while it is in operation.
- 18.** Cleaning and user maintenance of the product should not be performed by children.
- 19.** Do not use or operate the product when your body or hands are wet.
- 20.** Do not use this product outdoors.
- 21.** Do not use the product in an excessively humid or dusty environment, as it may result in malfunction.
- 22.** Do not use the product in temperatures higher than 40°C.
- 23.** Do not expose the product to heaters, stoves, or direct sunlight.
- 24.** Do not cover the product during operation, as this may cause a rise in motor temperature and lead to malfunction or fire.
- 25.** If using the product in a cold room, do not increase the room temperature abruptly. Gradually increase the temperature to a normal level.
- 26.** If the product is brought into a warm environment from a cold place where it was stored, wait for an hour before use to allow any condensation on mechanical parts to evaporate. Using the product under such conditions may result in malfunction.
- 27.** Do not dismantle, drop, or subject the product to shock or vibration.
- 28.** Do not rest or place heavy objects on the product, as this may cause malfunction.
- 29.** Some noise may be heard from the product while in use; this is normal and due to the structure of the product.
- 30.** Do not use the product in combination with other therapeutic equipment or electric blankets, as this may lead to ineffective use or injury.
- 31.** Do not fall asleep while using the product.
- 32.** When using the product for the first time, start with a gentle massage program and low intensity for a short period to understand the features and determine your preferred intensity.

- 33.** Do not use the product if you are not feeling well or under the influence of alcohol.
- 34.** Each auto massage program is designed to last 15 minutes for optimal effectiveness. Ensure the product rests for 10 minutes before being used again to avoid overheating. Continuous use for a long period may activate the overheat protection device.
- 35.** For best results, enjoy your massage regularly while keeping in mind that moderation is key to avoiding excessive stimulation and ensuring a balanced experience.
- 36.** Avoid food intake for at least an hour before massage/usage.
- 37.** Stop using the product immediately if you experience discomfort, and consult your doctor if you experience any abnormal or severe pain.
- 38.** This product is not intended for self-diagnosis or self-treatment of conditions that should be managed by a qualified healthcare provider.

## Schematic View

1. Flat smooth glide head
2. Massage gun
3. Massage intensity
4. Power/massage intensity button
5. USB-C port



## Accessories

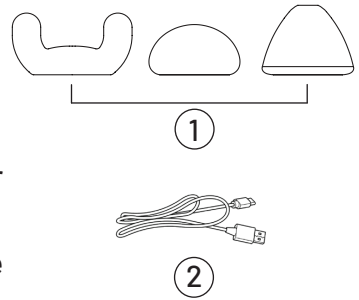
### 1. Silicone massage head attachments

- a. U-shaped target head
- b. Round comfort head
- c. Cone precision head

### 2. USB-A to USB-C cable

**NOTE 1:** Please use the provided USB cable for charging.

**NOTE 2:** Do not use other massage heads that are not intended for this product.



## Charging Instructions

- 1. Ensure the product is fully charged before its first use.
- 2. Insert the provided USB cable into the USB port of the product.
- 3. Connect the USB cable to electronic devices such as laptops, USB wall power adapters, or portable chargers.
- 4. Do not operate the product while it is charging or in a wet environment.
- 5. The product will not work while charging.
- 6. A full charge (approximately 2 hours) provides up to 3 hours of usage. (Usage time may vary depending on massage intensity and environmental temperature.)

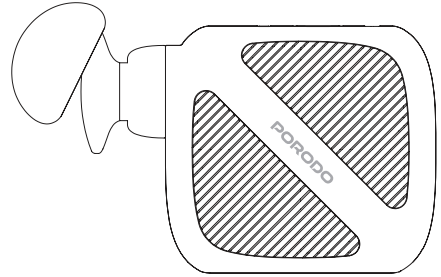
## LED Functions

- 1. When the battery is low, the LED indicator will flash according to the current massage intensity.
- 2. When the battery is fully depleted, the product will automatically shut down.
- 3. While charging, the LED indicator will flash white.
- 4. Once fully charged, the LED indicator will turn off.

## Installing and Replacing Massage Heads

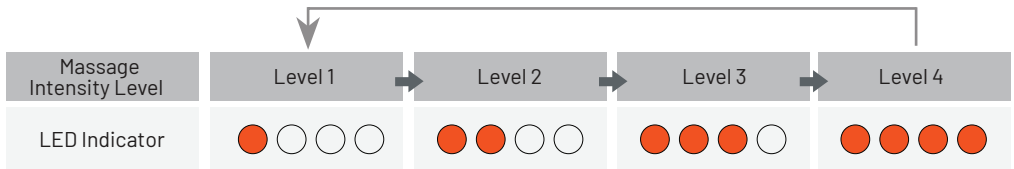
When attaching a massage head, tilt it slightly and align the edges before inserting it fully.

**Warning:** Do not attempt to remove or change the massage head while the massage gun is working. always switch off the device first.

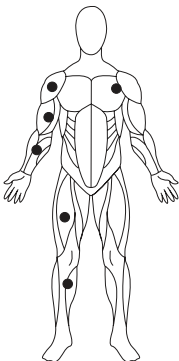


## Starting the Massage Gun

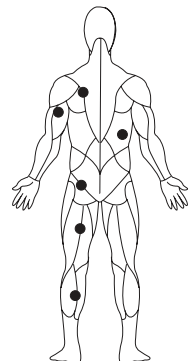
1. Press and hold the power button to turn on the product on level 1 intensity.
2. Press the power button again to cycle through different levels of massage intensity.
3. Press and hold the power button to turn off the product.
4. Auto timer is set to 15 minutes.



## Recommended Muscle group areas

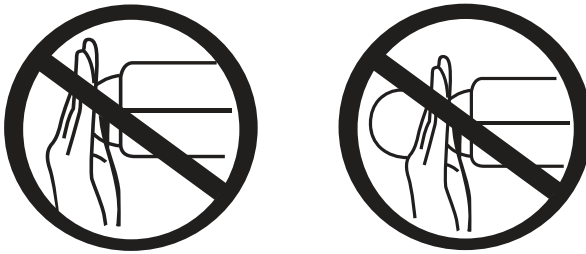


**Note:** Do not massage one area more than 30 seconds.



## Operation Instructions

1. Do not massage any muscle group for more than 10 minutes.
2. It is recommended to start with low intensity and gradually increase to maximum intensity after the muscle group has “loosened up.”
3. Do not use the product on the neck, head, or any hard areas of the body. Avoid using it on bones; use it only on soft tissue.
4. If you have or have had any medical condition, please consult your doctor or another qualified health professional before using the product.
5. Stop using the product immediately if you experience any discomfort.
6. It is recommended to wear proper workout attire when using the product.
7. To avoid injury, do not touch the parts shown below while the product is in operation.



## Storage

1. Environmental factors can significantly affect the product physically and mechanically.
2. Do not expose the product to direct sunlight or place it in areas with extreme heat or near air-conditioning vents, as this can cause the material to dry out, crack, or cause the color to fade.
3. If the product is not going to be used for a long period, cover it with a dust cover.

## Cleaning

1. Before cleaning, ensure the main switch is turned off and the cable is disconnected from the product.

- 2. Clean the Product Regularly Using a Dry Cloth
- 3. The massage head of the product is usually exposed to natural body oils. Regularly clean the product with a soft, dry cloth to wipe off dust and dirt.
- 4. Microfiber cleaning materials or gloves are ideal for routine maintenance and are available in most DIY shops.
- 5. Do NOT Use Wet Elements for Cleaning
- 6. The product consists of electrical components and mechanical parts that are highly sensitive to moisture.
- 7. Under no circumstances should the product be exposed to any form of water or moisture.
- 8. Do not use any cleaning agents, such as benzene or thinner, to clean the product, as this may cause the color to fade.

## Repairing

If you see the product malfunction, Do not attempt to repair the product yourself, and call a qualified expert.

## Troubleshooting

If you encounter problems, do not attempt to repair the product yourself.

Problem	Possible cause / solution
The product does not start.	<ul style="list-style-type: none"><li>a. Press and hold the power button for 2 seconds.</li><li>b. the battery level is low. Recharge the battery before attempting to use the product again.</li><li>c. Make sure that the product is not in charging mode.</li></ul>

<p>The massage stops midway.</p>	<ul style="list-style-type: none"> <li><b>a.</b> Press and hold the power button for 2 seconds.</li> <li><b>b.</b> the battery level is low. Recharge the battery before attempting to use the product again.</li> <li><b>c.</b> Make sure that the product is not in charging mode.</li> </ul>
<p>The product gets hot in your hand.</p>	<ul style="list-style-type: none"> <li><b>a.</b> Stop using the product immediately. The over-current protection device may have been activated.</li> <li><b>b.</b> Turn off the product and allow it to cool down for at least 30 minutes before touching it again.</li> <li><b>c.</b> If the same problem persists, contact the service center immediately.</li> </ul>

## 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 **<https://www.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:  
**<https://www.porodo.net/warranty>**

## **Contact Us**

If you have any questions about this Privacy Policy, please contact us at:

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