

# Instruction Manual Portable Massager Orion

Model 2309

www.orion-device.ru

## Introduction

Congratulations on your new portable massager Orion.

Orion is a massaging device for daily use. It relieves muscle fatigue, enhances blood circulation, reduces pain, speeds up recovery processes and boosts the immune system.

This message device is simple and safe to use. The weak low-frequency impulses generated by the device are harmless. This massager can be used by all age groups. Its in-built lithium-ion battery can run for 12 hours at a stretch. This therefore makes the device convenient for use at any place. Orion has two independent channels and 6 electrode plates. This makes it possible to work on different parts of the body at the same time in different modes. With this device, you can do massage courses lasting for 10-15 days. The average duration of procedures is 10-30 minutes.

bioactive points – through the nervous system – are directly connected to all the human internal organs, as well as functional systems. A mechanical effect on them is a mediated effect on a particular organ. Acupuncture massage can produce different effects. The choice of a particular point on the body or the intensity of the acupressure can both calm and tone the body. For a detailed map of acupuncture points, please check our website [www.orion-device.ru](http://www.orion-device.ru).

## 3. Tapping massage

It is a massage technique during which any part of the body is tapped quickly and frequently. Such an impact will help develop the muscles, increase joint mobility, improve blood circulation, strengthen the work of internal organs and metabolic processes. After tapping, the person feels deeply relaxed and full of energy. He becomes agile and fast in movement, and his head feels fresh. The strength of tapping is chosen depending on the location of the massage and the sensations that this program causes.

## How to use the device

1. Connect the electrode plates to the electrode cord.
2. Connect the cord to the electrode unit in socket A1 (A2).
3. Remove the protective film from the electrode plates.
4. Fix the plates on the desired area of the body.
5. Turn on the device (ON).
6. Select one of the modes by pressing your finger or stylus on the screen.
7. Add sensitivity (+).
8. In order to involve other group of muscles, connect one more cord to socket B1 or B2.
9. On the screen, press A/B (to switch to channel B).
10. Select a mode.
11. Add impulse current.
12. After the procedure, turn off the device (OFF).

## Precautions

Do not use the massager under the following circumstances:

- If you are using a pacemaker
- Along with other devices
- During sleep
- Intolerance to impulse current
- Malignant tumors
- Pregnancy or menstruation
- Thrombophlebitis
- High temperature or fever
- Acute infectious diseases
- Open tuberculosis
- Epilepsy

## 4. Rest mode

This program is optimal for creating impact on the entire parts of the body. It helps relieve fatigue and has a direct relaxing effect.

## 5. Cupping massage

Cupping massage is very common and popular these days. It incorporates the idea of physical property of any fluid to rush to the zone of higher pressure from the zone of lower pressure. Moreover, the higher the pressure we have, the more fluid flows there, and the greater the pressure of the fluids we receive. This operation mode creates such an area of high pressure where liquids flow to. It eliminates stagnation phenomena and amplifies metabolic processes and skin respiration in the massaged part of the body. The skin becomes elastic, its resistance to temperature and mechanical factors increases, the contractile function of muscles improves – their tone and elasticity increase. Besides, cupping massage increases the mobility of joints and spine, reduces the stiffness

! The channel whose letter flashes on the screen is the active one.

! Channels A1 and A2 are working synchronously.

! Channels B1 and B2 are working synchronously.

## General information

- Don't give the device to children, feeble and frail people.
- Don't place long-use electrodes in the heart area.
- Don't place electrodes on damaged skin areas
- The massage should not exceed 30 minutes on a single part of the body
- Don't drop the device.
- To avoid damage to the gel surface of the electrodes, apply them only on the skin. After use, cover with the film.
- Don't use the device in a sauna, bath or shower

of the muscles of the back and limbs, relieves muscle tension, and strengthens muscle sensitivity. A strong blood flow stimulates metabolic processes in places, where you have excess fat deposits. This softens the structure of adipose tissue and makes it more pliable for subsequent splitting through aerobic training.

## 6. Pressing massage

This program also allows you to exert some effect on bioactive points. Since ancient times, this technique has been used in Asia to work on all the body systems, helping to reflexively help a person. Toning massage is done with greater intensity, and sedative massage is done using a lower impact intensity.

## 7. Kneading massage

Kneading is one of the main massage techniques. It helps to thoroughly massage deep muscular layers. Kneading is intended mainly to impact on the muscles: increases muscle tone and contractility,

## Important notes

Portable massager Orion is certified as a household electric massager for body use.

### Taking care of the electrode plates:

The plates should be washed once after 30 sessions or earlier if they have been severely contaminated or lost adhesion (have bad adhesion).

To remove the electrodes from the body or change the area on the body where they are attached to another place, first disconnect the device or the respective channel.

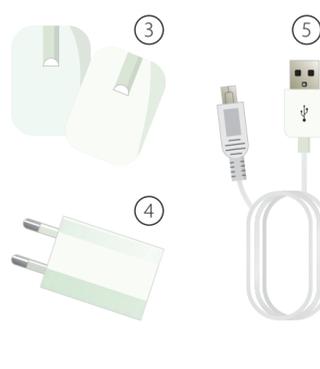
## Device description 1/3

1. Electronic unit – 1 pc.
2. Electrode cord – 3 pcs.
3. Electrode plates – 6 pcs.



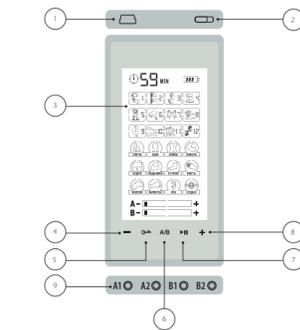
## Device description 2/3

4. Power adapter for the device – 1 pc.
5. USB adapter cable – 1 pc.



## Device description 3/3

1. Mini USB port
2. Power on/off
3. Mode selection
4. Reduce impulse current
5. Screen lock
6. Switching between A/B channels
7. Pause
8. Increase impulse current
9. Electrode cord ports



## 11. Weight loss

This anti-cellulite massage is performed locally. It normalizes metabolic processes in the problem area, reduces volume (removes intercellular fluid), has a lifting (tightening) effect, and improves the external condition of the skin.

This massage features special techniques that have special effects on tissues. It facilitates body cleansing, excretion of metabolic products and excess extracellular fluid. When you apply this kind of massage to achieve weight loss, you are sure to get an excellent steady result.

## 12. Combo mode

Under this mode, all the available programs in the device are used by turns.

## Programs

1. Rubbing massage
2. Acupuncture
3. Tapping massage
4. Rest mode
5. Cupping massage
6. Pressing massage
7. Kneading massage
8. Combo mode
9. Deep massage
10. Bodybuilding
11. Weight loss
12. Combo mode



## 1. Rubbing massage

Rubbing exerts a deep effect on the body. During the process, the skin is displaced or stretched in different directions along with the underlying tissues. This massage technique is quite widely used. Rubbing dilates blood vessels and boosts blood circulation. At the same time, the local temperature of the skin increases. All this facilitates saturation of tissues with oxygen and nutrients. It ensures quick removal of metabolic products from the body. Rubbing has a beneficial effect on both the muscles and the joints. The rubbing technique is typically used when massaging those parts of the body that are poorly supplied with blood – the outer surface of the thigh, the sole, and spots where the joints and tendons are located. Rubbing provides relief in cases of joint problems, bruises, sprains, dislocations, and sports injuries.

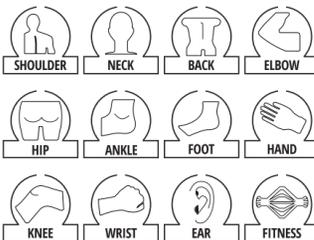
## 2. Acupuncture

Acupuncture is a traditional Chinese technique, which involves inserting needles through the skin in order to relieve pain and tension and maintain vital energy.

These effects are achieved by stimulating specific acupuncture points below the skin surface. According to Chinese specialists, there are 365 special acupuncture points on the human body. These points form 12 lines (meridians). Exerting some impact on these points helps to eject harmful substances from the body and boost vital energy. When exposed to the influence of this device, acupuncture points are not stimulated by the needles, but by weak electronic impulses.

The main idea behind acupuncture massage is to irritate bioactive points on the human body, where many nerve endings are concentrated. Exerting impact on them also has a positive effect. This happens thanks to elementary mechanical irritation of tiny areas on the body surface. These

## Additional programs



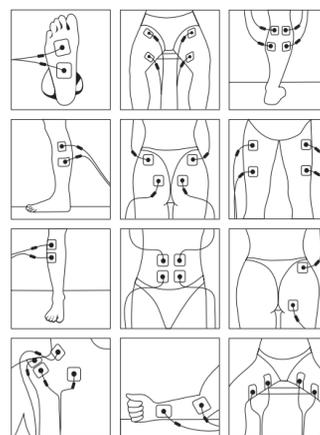
ty, improves blood circulation, and relieves muscle fatigue. It involves continuous grasping, pulling and squeezing of tissues. With kneading technique, your entire muscular system is massaged. Kneading is similar to passive exercise in terms of its effects on muscles. Kneading massage stretches muscle fibers. It increases muscle strength by giving regular prolonged effect on muscles.

## 10. Bodybuilding massage

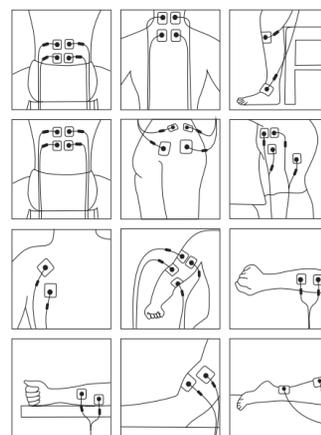
In this mode, the massage penetrates into the deeper layers of the skin and contracts muscles that are not easily impacted in regular workouts. Frequent and powerful impulses activates weaker muscles. The effect of such an impact appears very quickly.

In some cases, even after the first session, the waist size may decrease by a few centimeters. However, one should not relax. In order to consolidate the results obtained, we recommend that you should continue to train the muscles and balance your diet. Bodybuilding massage allows you to improve your body contour, get rid of cellulite and increase muscle tone.

## Areas of application 1/2



## Areas of application 2/2



## Specifications

- Name:** Portable massager Orion 2309
- Power source:** Lithium-ion battery
- Generated frequencies:** 0-100 Hz
- Current:** 190 mA
- Size:** 6,5 x 12,2 x 1,0 cm
- Weight:** 90 g
- Rated voltage:** < 9 B

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