Thyroid Massager User Guide

A Step-by-Step Guide to Maximize Results

Step 1: Gather Components

When you open your device, you'll find:

- The Thyroid Massager device
- USB charging cable
- User guide

Step 2: Charge the Device

Before your first use, fully charge your device using the provided USB cable.

- Plug the cable into a standard 5V USB adapter or computer port.
- The indicator light will blink while charging.
- A full charge takes approximately 2–3 hours.

Step 3: Power On the Device

- Press and hold the Power button for 2 seconds until the light indicator turns on.
- The device will start in CLEAN mode by default. The term clean indicates that the lowest setting targets the superficial portions of your skin. The clean mode is ideal for use on the face. In this state, the following therapies are activated: Red light + Vibration.
- Press the power button again to activate EMS. This state is ideal for use on the thyroid gland. In this state, the following therapies are activated: Red light + Vibration + EMS.

- Press the power button again to activate HOT. This state is ideal for use on the thyroid gland. In this state, the following therapies are activated: Red light + Vibration + EMS + Heat. We recommend using this state to support your thyroid.
- You can cycle through the modes by short-pressing the Mode button. As you cycle through the therapies, please be aware that the therapies stack on top of each other, so even if you don't see EMS or CLEAN indicated on the device, these therapies are still activated during your session if you are on the HOT setting.
- **Note: You may notice that your device generates some level of heat even if you aren't in the "HOT" mode. This is normal and just a byproduct of all of the therapies, but to get the therapeutic heat, ensure that you hit the power button 3 times.*

Step 4: Understand the Modes

CLEAN Mode

Purpose: Cleansing of the skin and superficial tissues with red light and vibration. This setting is ideal for use on the face. When in CLEAN mode, the following therapies are active: Vibration + Red Light (660 nm).
How to use:

- You may feel light vibration or warmth; this is normal.

EMS Mode

Purpose: To improve circulation around the thyroid area, reduce swelling and fluid retention, and support local muscle tone in the neck. This setting is ideal for use on the neck and thyroid gland. When in EMS mode the following therapies are active: Vibration + Red light (660 nm) + EMS.
How to use:

- Notes: You may feel mild tingling or pulsing; reduce intensity if uncomfortable.

HOT Mode

Purpose: Promotes circulation and enhances absorption of creams and serums. This is our recommended setting for use on the thyroid gland and neck area. When in HOT Mode the following therapies are active: Vibration + Red light (660 nm) + EMS + Heat.
How to use:

- Notes: The device will feel warm but not hot. Stop use if it becomes uncomfortable.

Step 5: Suggested Use Routine

- Use 3–5 times per week. Use CLEAN mode on the face and EMS or HOT mode on the neck and thyroid gland.
- Typical session length: 6–8 minutes.
- Consistency is key for ideal results to the thyroid, neck, and skin.

Using the Thyroid Massager on the Neck

1. Positioning the Device:

- Sit or stand comfortably with your shoulders relaxed.
- Hold the device so that the metal treatment head lies flat against your skin. If using T2 Cream, apply before use of the Thyroid Massager.
- Begin just above the collarbone, where the skin is soft and the thyroid gland sits behind the center of your lower neck.

2. Motion and Technique:

- Move the device in slow, **upward or downward strokes** from the collarbone toward the jawline.
- Treat the entire front and sides of the neck evenly. Treatment should start on the side of the neck underneath your ears and extend from one side of your neck to the other.
- Use **light pressure**; the device should glide easily without dragging the skin.
- Avoid pressing deeply into the center of the neck or directly over any visible thyroid nodules or sensitive spots.

3. Recommended Duration:

- Spend about **2–3 minutes** per side of the neck.

- For targeting the neck and thyroid gland, use the following modes:

    1. EMS (3–5 minutes)

    2. HOT (2–3 minutes)

4. What You May Feel:

- A gentle warmth or light vibration is normal.

- In EMS mode, you may feel mild tingling or muscle contractions under the chin and along the neck.

- Stop use if you experience pain, burning, or dizziness.

5. Benefits:

- Supports blood flow and lymphatic drainage in the thyroid region.
- Promotes the release of thyroid hormones from the thyroid gland.
- Promotes the circulation of nutrients in and out of the thyroid gland.
- Helps reduce puffiness, tightness, and tension.
- Promotes a feeling of relaxation and improved muscle tone.

Using the Thyroid Massager on the Face

1. Preparation:

- Cleanse your face thoroughly and apply a **water-based toner or serum**.

- Make sure your face is slightly moist if using CLEAN or EMS mode to help conductivity.

2. Motion and Technique:

- Begin at the **center of your chin** and glide the device upward toward the ear along the jawline.

- Move in **slow, sweeping motions**, following the natural contours of your face.

- Next, move from the **corners of the mouth toward the temples**, then from the **sides of the nose upward toward the hairline.**

- For the forehead, glide **upward from the brows toward the hairline** using gentle pressure.
- Avoid the eyelids and direct contact with the eyes.

3. Recommended Duration:

- Treat each section of the face (jawline, cheeks, forehead) for **1–2 minutes**.
- Total treatment time for the face: **5–8 minutes.**
- Combine modes for best results:
    - CLEAN → EMS → HOT sequence if your skin tolerates it well.

4. What You May Feel:

- Mild warmth and tightening sensations are normal.
- The EMS mode may cause slight muscle pulsing or twitching, especially near the jawline; this is expected and safe.

5. Benefits:

- Improves facial tone and firmness.
- Reduces thyroid-related facial swelling and edema.
- Enhances circulation and nutrient delivery to the skin.
- Helps reduce puffiness and tension in the jaw and cheeks.
- Promotes a healthy glow and smoother skin texture.

Step 6: After Each Use

- Power off the device and wipe the treatment head with a dry cloth.
- Do not rinse under water or submerge the device.
- Store in a cool, dry place away from direct sunlight.

Step 7: Safety Information

- For external use only.
- Do not use on broken or irritated skin.
- Avoid use if you have a pacemaker, defibrillator, or other implanted medical device.
- Do not use while pregnant unless approved by your healthcare provider.
- Stop use if you experience pain, burning, or redness.

Step 8: Troubleshooting

Device won't turn on: Charge for at least 30 minutes, then hold Power for 2 seconds.
Weak vibration or heat: Ensure full charge and skin contact.
No sensation during EMS: Apply more conductive gel or water-based solution.

Best Practices

- Frequency: 3–5 times per week.
- Combine with a thyroid-safe serum (T2 Cream) or moisturizer for enhanced results.
- Keep skin clean and hydrated before each session.
- Consistency is key; regular use yields the best results.

Questions or concerns? Reach out to us at hello@restartmed.com.