

frida mom

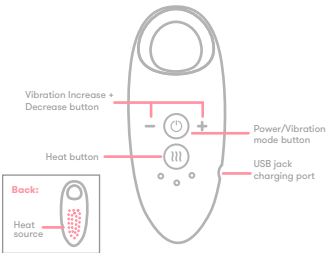
2-in-1 Lactation Massager

Vibration + heat to bust through buildup and get milk flowing



Milk on the move

When the flowing gets tough, give each boob a 10 minute massage with the 2-in-1 Lactation Massager. Use it before breastfeeding to get to the let-down faster (and soften the breast for a good latch). Use it during a feeding or pumping session to get that milk flowing and reduce pumping time. When taking on stubborn ducts, the different sides + ends will give you options to break it all up. Read on for more tips + good vibes.



Technical Data:

Product Name:
2-in-1 Lactation Massager
Model: 127
Input Voltage: 3.7V
Charging voltage: 5V

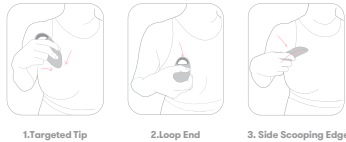
Power Source: USB
Battery life: 80 minutes
Weight: 67g (with battery)
Dimensions: 116mm x 46mm x 32mm

TURN IT OFF:

Press and hold the Power/Vibration button to shut off the unit. This can be done at any time. Heads up, the next time you turn on your 2-in-1 Lactation Massager, the unit will start with whatever setting you previously used. E.g., Mode 2 with Pulse Vibration at its lowest intensity and Heat at its highest. Adjust the levels following the previous instructions to make a change.

Note: The unit will automatically shut off after 20 minutes of continued vibration/heat.

How to Use



1. Use the **Targeted Tip** to work out stubborn clogged ducts and break up the buildup.
2. Move the milk with the **Loop End** by placing over the clogged area and gently pulling.
3. Stimulate the breast with the **Side Scooping Edge** to soften the breast for latching and get milk flowing.

Charging

When the battery level is low, the **Power/Vibration button** will flash red twice after being switched on. Charge the unit by plugging the USB cable jack into the port. Once the battery is full, the **Power/Vibration button** LED will return to white.

Note: The unit **cannot** be charged and used at the same time. If it's plugged in while you're using it, it will automatically shut off the vibration and heat and start charging instead. Don't get stuck at 2am with a dead battery. Charge it up beforehand!

Care and Cleaning

Clean massager after use. Use soapy water and rinse lightly or 70% alcohol swab. Do not submerge. Do not use abrasive cleaning agents, thinners or benzene for cleaning. Naturally air dry and avoid direct sunlight. Store in a clean, dust-free place.

Warning:

- Not a toy. Keep out of reach of children.
- Not to be used while breastfeeding.
- If skin irritation occurs, stop use and contact a doctor immediately.

This product is not intended to diagnose or treat any health problem or disease and should not be used as a substitute for the consultation and advice of a physician or other medical professional.

Operating Instructions

TURN IT ON: Press **Power/Vibration button** for 2 seconds to turn the unit on.






VIBRATION MODE:

When you first turn on your 2-in-1 Lactation Massager, the default is Mode 1 - Constant Vibration. Mode 2 delivers a Pulse Vibration. Mode 3 uses an Oscillating Vibration.

To switch modes:

1. Press the **Power/Vibration mode button** 1x to select Mode 2.
2. Press the button 1x for Mode 3.
3. Press the button 1x to return to Mode 1.

Use the "-" and "+" to pick the intensity of the vibration in any mode.

- Level 1 = 5800 RPM 
- Level 2 = 6800 RPM 
- Level 3 = 8000 RPM 

Troubleshooting

My unit flashes red twice when I switch it on.

- This means your battery is below 20% and the massager needs to be charged.

My unit isn't turning on.

- Make sure that the charging port is plugged into both the unit (be sure to push it in firmly) and the plug all the way and that the power LED is flashing white so you know it is charging.

My unit isn't switching on when it's plugged in to charge.

- The unit is designed not to work when it's charging for safety and to preserve the battery. The white flashing light will turn solid when it's fully charged. Unplug the unit and press the power button to use.

The vibration isn't working.

- When the unit turns on, it will default to the last setting used. So if the vibration was not turned on, it will not start with it on. Press the (+) to turn the vibration on.
- Check that the unit is switched on by holding down the power button for 2 seconds.

- If you see that the unit is on but still do not feel any vibration, press the + button to increase the vibration intensity.

- The battery is dead, plug it in and charge it.

- Make sure that the charging port is plugged into the unit and the wall all the way and that the power button LED is flashing white so that you know it's charging.

The heat isn't working.

- When the unit turns on, it will default to the last setting used. So if the heat was not turned on, it will not start with it on. Press the heat button to turn it on.

- Check that the unit is switched on by holding down the power button for 2 seconds.

- If you see that the unit is on but still do not feel any heat, press the heat button to increase the heat intensity.

- The battery is dead, plug it in and charge it.

- Make sure that the charging port is plugged into the unit and the wall all the way and that the power button LED is flashing white so that you know it's charging.

I don't feel any heat on the top of the unit where the buttons are located.

- The heat pad is only located on the bottom of the unit opposite to the control buttons.

I want to use my lactation massager in the shower, can I?

- Yes, the lactation massager is water resistant and is safe to use in the shower. It is not waterproof, so it cannot be submerged in water.

I only want to use the heat function and not the vibration, is that possible?

- Yes, our lactation massager is designed so that you can use the heat without vibration. To do this, follow steps on the other side.

I only want to use the vibration function without the heat, is that possible?

- Yes, our lactation massager is designed so that you can use the vibration without the heat. To do this, follow steps on the other side.





When I used my lactation massager the first time it was set to low vibration and low heat, but after my second use it's in a different setting?

- Our lactation massager is designed to revert back to your most recent setting so that you do not have to reprogram each time.

HEAT MODE:

The heat mode will be off the first time you turn on your 2-in-1 Lactation Massager. There are three levels of warmth: 105°F (40°C), 110°F (43°C), 114°F (45°C).

To turn heat on:

1. Press the Heat button 1x for low heat. The first light will activate. 
2. Press the button 1x for medium heat. The second light will activate. 
3. Press the button 1x for high heat. The third light will activate. 
4. Press the button 1x to shut the heat off. The lights will turn off. 

USING HEAT ONLY:

1. Press the Power/Vibration button for 2 seconds.
2. Push the "-" button until the vibration switches off.
3. Follow the Heat Mode instructions above to pick the desired heat.

Get tit flowing

Designed in the USA Made in China
for Fridababy LLC, Miami, FL 33137

Love it? Leave a review. [Fridamom.com](https://www.fridamom.com)
Questions? hello@fridamom.com