3-D SONIC INTERNAL PROSTATE MASSAGER
Instructions Manual

*Requires a purchase of 2 AA size batteries* (not included due to shipment safety requirements)

**Initial Set Up**
1. Open the battery cap. Install battery with correct polarity.
2. Check each mode: Normal, Soft and Pulse.
3. Wash massager head with soap and warm water.
4. Install head as shown on the picture (pic 1). Just snap it on!

**Diagrams**

![Pic 1](image1.png)

![Pic 2](image2.png)

**Massage Technique**

*Note: Sonic Prostate Massager has 3 operational modes – Normal, Soft and Pulse. For the first session use the Soft mode for 60 sec only. Your body needs at least 36-48hrs to fully recover for the next session. For subsequent sessions you can use either Normal or Pulse modes.*

1. Apply lubrication on massager head and anus opening for ease of insertion. Press the "on" button and slowly insert massager into the anus for 5-9cm (2-3.5 inches). The best body position is shown on Pic 2.
2. Keep massager inserted straight for about 15sec.

**Prostate Massage Benefits**

- Improves blood flow in affected muscles surrounding your anus, prostate gland and lower colon areas
- Improves lymph fluid flow, which is responsible for cleansing of the blood in the affected areas
- Stimulates nerve endings and improve erectile function
- Strengthens and tones the prostate area muscles, which has lost its function due to age
- Reduces and relieves many symptoms of prostatitis and BPH
- Strengthens bladder control, improves urination flow and relieves pain
Anus muscles will relax after 15-20sec.

3. Slowly move massager towards the prostate gland location. Simply move handle up or down, this way you will locate prostate gland and control pressure. You can support massaging head with your fingers in bent area.

Keep the massager gently pressed against the prostate gland for 60-120 seconds.

4. Since the massage area is not visible to you it is advisable to move and hold the massager head around the prostate location 1-2cm (0.4-0.8 inches) in each direction (in/out/left/right) to maximize impacted area.

5. Slowly extract the massager head and rinse under running water with soap.

Note: For best results perform the massage 2-3 times a week.

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**Caution**

Before using the massagers consult with your doctor, to find out if prostate massage is right for you!

Keep battery away from heat.

Battery cartridge is waterproof. Ensure that the battery cover is secure before each use.

**Warranty Policy**

Prostate Health Center covers massagers for 6 month after the date of purchase. Please contact Prostate Health Center before sending a defective product for confirmation (info@prostate-health-center.com).

Prostate Health Center will not cover shipping cost.

If you are not satisfied with our product for any reason we will send money back with no question asked within next 60 days!

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**THANK YOU FOR SELECTING OUR PRODUCT!**