



caring mill by **aura**



Harmony**Heat** Leg Revival System

Model No. LM20

User Manual



**Thank you for purchasing The Caring Mill by Aura
HarmonyHeat Leg Revival System.**

This exceptional product is designed to provide you with a premium leg healing experience.

Equipped with advanced air compression technology, adjustable intensity levels, and thoughtful features, The Caring Mill by Aura HarmonyHeat Leg Revival System is specifically designed to alleviate sore legs, improve leg circulation, and deliver deep heat therapy.

Discover the benefits of this high-quality leg care system and indulge in ultimate relaxation and rejuvenation for your legs.

Contents

Warning	4
Safety Notes	5
Package Contents	6
Product Components	7
Instructions for Use	8
After-Use Instructions	12
Care Instructions	12
Storage	13
FAQ's	13
Troubleshooting	14
Specifications	15
Customer Service	15
FCC Compliance Information	15

Save this user manual for future reference

If this User Manual is damaged, or if you no longer have the User Manual in your possession, please contact customer service.

Warning

TO REDUCE THE RISK OF BURNS, FIRE, ELECTRIC SHOCK, OR INJURY TO PERSONS, READ THE FOLLOWING IMPORTANT PRECAUTIONS AND INFORMATION BEFORE OPERATING THE AURA WAVE FULL BODY CIRCULATION PLATE.

- If you experience any discomfort or feeling unwell while using the product, discontinue its use immediately and consult a doctor before using it again.
- Avoid using the product in the bathroom or other humid environments.
- Prior to cleaning and maintenance, ensure that the power adapter is unplugged from the socket.
- When not in use, always remember to unplug the power adapter.
- Refrain from walking around while using the product or wearing the wraps.

Safety Notes

- Read this User Manual carefully before use.
- Individuals with any of the following conditions should consult a doctor before using the machine:
 - If you are currently undergoing medical treatment.
 - If you have a pacemaker or other medical devices that are susceptible to electrical interference.
 - If you are suffering from malignant tumors.
 - If you have cardiac diseases.
 - If you have serious peripheral neuropathy dysfunction or sensory disturbances caused by diabetes.
 - If you have any existing body traumas that make you unsuitable for this treatment.
- Please ensure that the machine is kept out of reach of infants, children, and individuals who are unable to use it independently.
- Only use the original power adapter provided with the machine. Do not use any other power adapters.
- Avoid scratching, damaging, excessively bending, pulling, or twisting the power cord of the power adapter. Such actions may result in fire or electric shock hazards.
- Do not use the machine if the power adapter malfunctions or if the plug is loose.
- Never plug or unplug the power adapter with wet hands.

- Avoid placing the controller in the quilt of the wraps.
- Avoid the machine in high-temperature conditions.
- It is prohibited to remodel, disassemble, or repair the machine without seeking professional assistance.



Package content

- 2 x Leg Wraps
- 1x Handheld Controller
- 1x Power Adapter/ DC12V 3A
- 1 x User Manual
- 2 x Extensions
- 1 x Portable Storage Bag

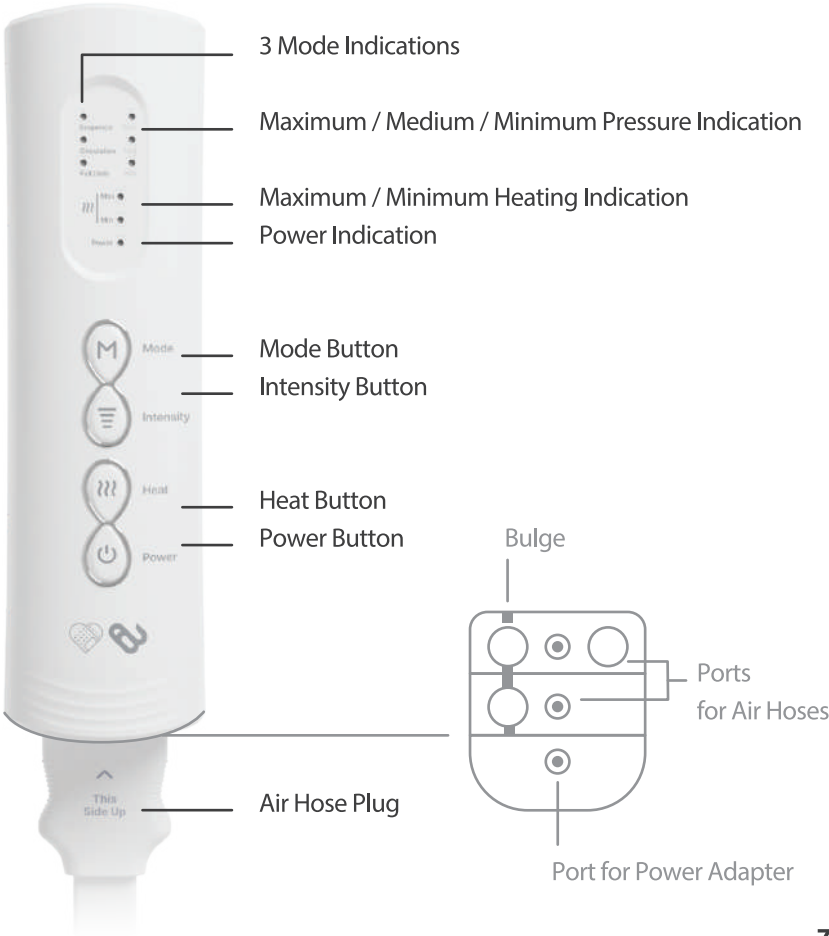
Product Components



Right
Leg Sleeve



Left
Leg Sleeve



Instructions for Use

Please note that there are three modes for use:

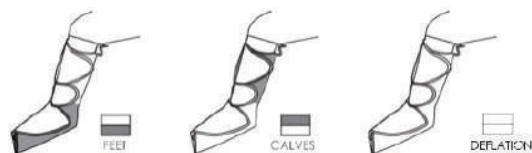
1 Sequence Mode

In this mode, the sleeves will undergo a sequential inflation and deflation process, starting from the lower section and progressing to the upper section.



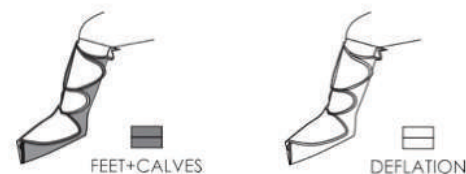
2 Circulation Mode

In this mode, the sleeves will experience a circular inflation and deflation pattern, starting from the lower section and progressing to the upper section.



3 Full Limb Mode

In this mode, the sleeves will be inflated and deflated simultaneously and completely, providing comprehensive compression throughout.



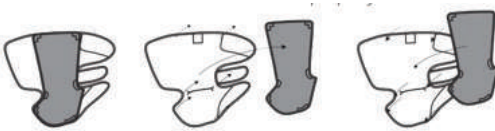
△ **IMPORTANT**

Prior to using the product, it is crucial to thoroughly read and understand the safety precautions provided. To ensure an optimal experience, it is crucial that the sleeves are worn correctly.

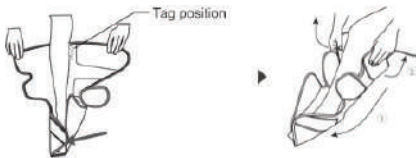
△ **WARNING**

It is advised to use the product in 20 minute intervals.

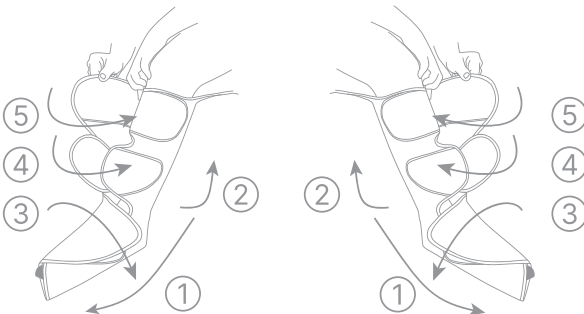
- 1 Ensure proper attachment of inner cover.



- 2 Ensure correct placement of the wraps on your legs.



- 3 Adjust all of the Velcro straps according to your size, ensuring a comfortable fit without wrapping them too tightly. If you have larger calves, utilize the extensions provided for a proper fit.



- 4 Connect the power adapter to the controller and socket on both sides.

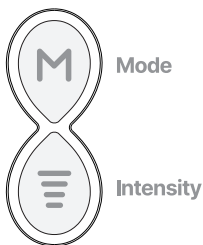


- 5 Properly insert both air hose plugs into the controller.



- 6 To initiate the machine, press the "Power" button on the controller.

- By default, it will start in mode 1 with the lowest strength level.
- After 20 minutes, the machine will automatically shut off (you can manually restart it if desired).
- The heat function is deactivated by default. You can activate it by pressing the "Heat" button, and choose between two heat levels.
- You also have the option to turn off the heat function if it is not required.



Maximum / Minimum Heating Indication
Power Indication



- 7 Press the "Mode" button to switch and enjoy the different modes available. For a detailed understanding of the distinctions between these three modes, refer to Page 8 of the User Manual.



- Sequence
- Circulation
- Full Limb

- 8 Press the "Intensity" button to select the desired intensity level.

- There are three pressure levels available. It is recommended to start with the lowest level initially.
- You can modify the tightness of the wraps to achieve a suitable strength according to your preference.
- If you find the intensity too high, gently press the "Power" button to stop it.



- Max
- Mid
- Min

- 9 Press the "Power" button to turn off the device.

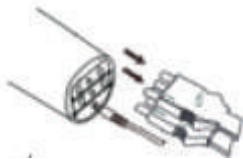


After-Use Instructions

- 1 Disconnect the power adapter from the socket.



- 2 Carefully pull out the plugs of the power adapter and air hoses from the bottom of the controller.



Care Instructions

- **Cleaning Instructions:** If the controller, wraps, or hoses become dirty, use a soft cloth moistened with a soap solution to gently wipe them clean.
- **Avoid Harsh Liquids:** Refrain from using gasoline, alcohol, diluents, or other irritating liquids to clean the machine, as they may cause malfunction or damage and discolor the components.
- **Prevent Foreign Matter:** Take precautions to prevent foreign objects from entering the hoses.
- **Velcro Maintenance:** Use a toothpick to carefully remove any hair or debris attached to the Velcro, ensuring its proper functionality.

Storage

- Keep the product out of the reach of children.
- Do not attempt to disassemble the machine on your own.
- Avoid placing it in high-temperature and high-humidity conditions.
- Keep the product dry and away from direct sunlight.
- Take care to prevent needles or sharp objects from puncturing the airbags and hoses.
- Do not place heavy objects on top of the machine.

FAQ's

- How does this product deliver its therapeutic benefits?
 - This product utilizes a system of airbags that undergo inflation and deflation, creating a sensation that mimics the soothing actions of human hands. By employing this technique,
 - the product promotes muscle relaxation, enhances blood circulation, and offers relief from discomfort.
- What should I do if I have larger calves?
 - If you have larger calves, please utilize the provided extensions to expand the size of the wraps and accommodate your leg size accordingly.
- What should I do if I have bigger feet?
 - To accommodate bigger feet, unbutton the top of toe area to create additional space.

Troubleshooting

Problem	Solution
The product does not work and the indicator light is off	Verify that the power adapter is securely connected, and then press the power button on the controller to activate the device.
The product does not work, but the indicator light is on	Proper functionality requires both air hoses to be connected to the controller: Ensure that both air hoses are correctly inserted into the controller, paying attention to the "UP" mark for guidance.
Unexpected interruption of device's operation	Check to see if the power adapter or air hoses have become disconnected; reattach them securely to ensure proper functioning.
	The device is designed to operate for a duration of 20 minutes before automatically shutting off.
Wraps are excessively loose or overly tight	You have the option to choose from three different levels according to your preference.
	Achieve the perfect pressure level tailored to your preferences by effortlessly adjusting the strap to your desired fit.
	If you find the pressure to be too intense, it is recommended to turn off the machine and discontinue use.
The controller gets hot	It is normal for the controller to become warm after extended periods of use. To ensure optimal performance and safety, we recommend shutting it down for a duration of 10 minutes to allow for cooling.
There is no heat being emitted from the device	The heating function is initially deactivated. To activate it, simply press the "Heat" button and wait for approximately 3-5 minutes. It is important to ensure that both air hoses are correctly and completely inserted into the controller for proper functioning.
Temperature is too hot	For your comfort and safety, consider using the lower temperature setting or turning off the heating function if you find the current temperature to be too high.
The controller is producing sound	The sound you hear is a result of the working air pump located inside the controller. It functions to continuously supply air to the airbags in the wraps, ensuring their proper operation. Please note that this sound is a normal and expected feature of the device's operation.

Specifications

Model No LM20

Name: The Caring Mill by Aura HarmonyHeat Leg Revival System

AC/DC Adapter:

AC Input: 100-240 Volts, AC 50/60Hz, DC Output: 12V 3A

Power Rating: 36W

Operating Conditions:

Temperature Range: 41°F to 104°F

Humidity Range : 1% to 90% (non-condensing)

Atmospheric Pressure Range : 70 kPa to 106 kPa

Storage Conditions:

Temperature Range: 5°F to 131°F

Humidity Range: 5% to 90% (non-condensing)

Atmospheric Pressure Range : 50 kPa to 106 kPa

Manufactured for:

Aura Medical LLC

2 Skillman St.

Suite 512

Brooklyn, NY 11205

Caring Mill by Aura

Customer Service

For support or inquiries please contact us at:

support@aura-medical.com

FCC Compliance Information

The Caring Mill by Aura HarmonyHeat Leg Revival System LM20

FCC Compliance Statement

This device complies with part 15 of the FCC Rules.

