



caring mill by **aura**

Revroll. Heated Vibrating Foam Roller



User Manual



Foam rolling has become an essential aspect of training for people of all fitness levels. Now you can enjoy all of the benefits of foam rolling and vibration technology together with the **Revroll Heated Vibrating Foam Roller**. Use your roller before or after your workout as part of your warm-up or recovery routine to gain more flexibility and to help prevent soreness and injuries.

Deep compression of muscle fibers and tissues (self-myofascial release) combined with the roller vibration technology breaks up muscle knots and relaxes tight muscles and fascia. If you are recovering from an injury, **Revroll Heated Vibrating Foam Roller** is a great tool for at-home rehabilitation because it helps reduce pain, improve circulation, and increase blood flow. It's like having your own personal deep-tissue masseuse.

Redefine your workouts and experience the transformative power of the **Revroll Heated Vibrating Foam Roller**.

Increase workout effectiveness

Reduce muscle soreness and speed up recovery.

Prevent injury, improve muscle flexibility and performance.

Recover from injury

Decrease pain and inflammation.

Break down scar tissue and loosen stiff joints.

Find pain relief

Loosen knots, trigger points, and tightness in your muscles and fascia.

Boost circulation, manage chronic pain caused by tendinitis, bursitis, carpal tunnel, and more.

Boost immune system

Improve sleep, reduce stress, increase serotonin and decrease cortisol.

Check out the information in this manual for ways to get started using your **Revroll Heated Vibrating Foam Roller**.

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In the box

- Vibrating Foam Roller
- Bluetooth Control
- Heated Sleeve
- Battery Charger

Unpacking Your Revroll

- Remove your roller from the shipping box and remove all packaging from the unit and accessories.
- Read carefully through this user manual and all safety instructions before using the **Revroll** and heating pad.
- See **Operating Instructions** section, in this manual, for information about how to use your **Revroll Heated Vibrating Foam Roller**.

Warranty

The Caring Mill by Aura creates quality, durable health and wellness products and we stand by that quality with a one year warranty on all of our products. If your **Revroll** ever breaks (and we doubt it will), we'll send you replacement parts and show you how to repair it.

If your roller cannot be repaired, we'll replace it, free of charge. Register your product at www.aura-well.com/warranty to activate your warranty within 14 days of purchase.

Customer Support

If you have any questions about setting up your **Revroll Heated Vibrating Foam Roller**, we're here to help. Call or email us and an experienced customer support representative will be happy to assist you: 888.433.6916 or support@aura-medical.com

Parts of the Revroll

Heated
Sleeve



Bluetooth Remote

With adjustable wrist strap and speed button



Power and Speed Button

Press to power the Suger Pro on/off. Then press to toggle through the 5 speed levels

Diamond Pattern

The specialized pattern intensifies deep-muscle stimulation



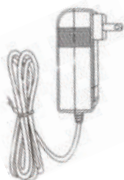
Vibration Speed and Battery Level Indicators

Indicators show current battery level and current vibration speed levels (1-5)

Special Foam

For durability and vibration transfer

**Charging
Port**



**Charging
Adapter**

Operation Instructions

Please read the operating instructions before using the **Revroll Heated Vibrating Foam Roller**.
Keep this manual for reference.

Charging the battery

To charge, connect the AC charging adapter to the indicated port on the foam roller and to a wall outlet.

Fully charge your roller, for up to 2 hours, before using it for the first time.

After the first charge, your foam roller will take about 3 hours to charge.

The Caring Mill by Aura Heated Vibrating Foam Roller may be recharged at any time, regardless of battery level.

The battery must be charged at least once every 3 months.
Do not completely drain the battery before charging.

Average run-time is 2 hours per charge at the highest speed level and 4 hours per charge at the lowest speed level. The power indicator will flash during charging. When the battery is fully charged, the battery indicator will remain lit.





USB Output Port

Plug the heating pad's USB cable into the USB output port to turn it on. The USB Output port can also be used to charge your cellphone or other USB-charging devices

Ventilation Ports

Do not block ventilation ports.

Using Your Revroll

- Press the Power/Speed button on the end of the **Revroll** to power on the device. The Power indicator LED will light up.
- Press the Power/Speed button to toggle through the 5 vibration speed levels: press once for speed level 1, twice for speed level 2, three times for speed level 3, four times for speed level 4, and five times for speed level 5.
- Press the Power/Speed button a sixth time to turn off vibration.
- At the desired vibration speed, roll a muscle group across the The Caring Mill by Aura Foam Roller. Apply pressure as needed.
- The unit will auto shutdown after 10 minutes of use. To continue using, just press the Power/Speed button

to power on the unit again.

- Always power off the unit after each use.

Using the Bluetooth Remote Control

- The remote control has an adjustable wrist strap so you can wear it around your wrist for hands-free use.
- Press the Speed button on the remote control five times rapidly to connect it to the **Revroll Heated Vibrating Foam Roller** via Bluetooth.
- Press the Power/Speed button on the roller to turn it on.
- Press the Speed button on the remote control to toggle through the five vibration speed levels: press once for speed level 1, twice for speed level 2, three times for speed level 3, four times for speed level 4, and five times for speed level 5.
- Press the Power/Speed button on the **Revroll** to turn off the device.

Vibration Speed Options

Five different massage speeds allow you to choose the right intensity for a particular muscle group or trigger point.

Each speed offers a different vibration frequency (Hz) and percussions per minute (RPM).

Speed	Frequency	RPM
1	25 Hz	1,500 RPM
2	36 Hz	2,160 RPM
3	45 Hz	2,700 RPM
4	53 Hz	3,180 RPM
5	81 Hz	4,860 RPM

Using the Heating Pad

- Connect the heating pad's USB cable to the USB output port on the **Revroll**.
- Press the Power/Speed button on the **Revroll** to turn it on and the heating pad will begin to heat.
- Allow the heating pad to pre-heat for about 20-30 seconds.
- Lay on the heating pad to warm up your muscles.

- Begin your massage with the **Revroll Heated Vibrating Foam Roller**.
- Press the Power/Speed button on the roller to turn it and heating pad off immediately after use.

NOTE :

- **The heating pad temperature is 122°F.**
- **The heating pad can only be used with the Revroll. Do not connect the heating pad's USB cable to any other USB output port.**

Tips for Using Your Revroll

- Start with speed level 1 to get your muscles familiar with the roller.
- Slowly roll your body back and forth along the The Caring Mill by Aura Foam Roller. Take a few seconds to go forward and then a few seconds to go back. Roll each muscle for several minutes.
- Roll along the long axis of your muscle. For example, if working your triceps, roll from your armpit to your elbow.
- Use a consistent, downward pressure.
- Stay hydrated.
- Use the Caring Mill by Aura Revroll for 15-minute sessions, up to 3 times per day.
- Prolonged application can traumatize tissues.

Maintenance, Safety & Usage Notes

Note: Please keep this manual in a safe place for reference.

Warning: To reduce risk of burns, fire, electric shock, injury to persons, or damage to equipment, read the following warnings carefully.

Disclaimer

The health benefits suggested or implied in this manual, other product literature, and website are not certified or endorsed by any regulatory authority or medical institute.

The use of the vibrating foam roller and heating pad are entirely at the user's discretion. Please read all instructions and safety information carefully before using these products. We assume no responsibility for personal injury or property damage sustained by or through using these products.

Safety Instructions

Warning: For the purposes of recharging the battery, only use the charging adapter provided with this device.

Consult your doctor before using this product, especially those with diabetes complications, epilepsy, migraines, herniated disks, spondylolisthesis, spondylolysis,

or spondylosis, recent joint replacements, and implanted devices such as pacemakers, IUDs, or metal pins or plates.

Do not use the unit to supplement or replace any medical treatment. Do not use if injured.

Examine the unit and charging adapter for wear or damage before use. Never use if damaged.

For adult use only. Keep away from children and pets.

This device is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision and instruction concerning use of the device by an adult person responsible for their safety.

Use the device only as instructed in this manual. Keep away from liquids and heat sources. Keep ventilation ports free from dust and debris.

Never use the device while it is charging.

Unplug the unit after charging and prior to using, cleaning, storing, or transporting. Never leave the device unattended while it is running or charging.

Do not remove screws or attempt to repair or disassemble the device. The battery is not removable or replaceable.

Do not operate the unit continuously for more than one hour. Allow the device to rest for 30 minutes before reusing.

Important Usage Notes

Use the vibration function only on soft tissues. Do not use vibration on your head, neck, upper back. Do not use on eyes, heart, genitals, or other sensitive areas.

Check the areas you are treating frequently and stop immediately at the first sign of pain or discomfort. Bruising can occur regardless of the vibration speed level selected.

Use only on dry, clean clothing or skin. We recommend using the device over clothing (e.g. form-fitting athletic wear, leggings, etc.). Keep hair, fingers, and other body parts out from under the device.

Maintenance, Cleaning & Storage

Use a slightly damp cloth or soft towel to wipe any dirt or moisture from Caring Mill by Aura Revroll and heating pad after use. Do not use solvents or other chemicals.

Always power off and unplug the device before cleaning, storing, or transporting the device. Store the unit fully charged, in a cool, dry place. If storing long-term, charge the battery every 6 months; holding a charge prevents damage to the battery.

Heating Pad Safety Instructions

The heating pad may ONLY be used with The Caring Mill by Aura Heated Vibrating Foam Roller. Do not connect

the heating pad to any other USB output ports. Keep the USB input dry.

Turn off the heating pad immediately after use. If the heating pad overheats or has a burning smell, please stop using it immediately and contact customer support.

Consult your doctor before using this product, especially those with diabetes complications, epilepsy, migraines, herniated disks, spondylolisthesis, spondylolysis,

Made in China
for Aura Medical LLC
Model No.: MG40

