



caring mill ^{by} aura



Full Body Circulation **Plate** **User Manual**

Model No.: VP20

**Thank you for purchasing
the Full Body Circulation Plate.**

**This state-of-the-art device utilizes powerful vibrations
to stimulate muscles, enhance blood flow,
promote lymphatic drainage, and to address muscle
pain and toning.**

**Experience a dynamic journey towards strength,
flexibility, relaxation, and revitalized lymphatic health
with The Caring Mill™ by Aura Full Body Circulation Plate.**

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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.

Signs and symbols

The following symbols are used in this User Manual, on the packaging, and on the type plate for the device:



Warning notice indicating a risk of injury or damage to health



Safety note indicating possible damage to the device/accessory



Note on important information



Observe the instructions for use

Warning



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

- It is the responsibility of the owner to ensure that all users of the Plate are adequately informed of all warnings and precautions.
- Use the Plate only as instructed in this manual.
- Place the Plate on a level surface, with at least eight feet of clearance behind it.
- Do Not place the Plate on any surface that blocks air openings.
- To protect the floor or carpet from damage, place a mat under the device.
- Keep the Plate indoors, away from moisture and dust; do not put the device in a garage or covered patio, or near water.
- Do Not operate the Plate where aerosol products are used or where oxygen is being administered.
- Keep children under the age of 12 and pets away from the Plate at all times.
- the Plate should not be used by persons weighing more than 264 lbs.

- Never allow more than one person on the Plate at one time.
- Keep the power cord and surge protector away from heated surfaces.
- Never leave the Plate unattended while it is running; always unplug the power cord when it is not in use.
- Do Not attempt to move or adjust the Plate until it is properly assembled
- Inspect and tighten all parts of the Plate regularly.
- Wrong usage could influence the stability of the device. For example, the post is designed to provide support and help maintain balance during use. It is important not to exert pressure onto the post for stretching purposes or use it to generate additional tension.
- Inspect and tighten all parts of the Plate regularly.
- Never insert or drop any object into any opening of the device.
- DANGER: Always unplug the power cord immediately after use, before cleaning the Plate, and before performing the maintenance and adjustment procedures described in this manual.
- Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

- The Plate is intended for in-home use only. Do not use this device in any commercial, rental, or institutional setting.
- Before using the Plate, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
- Read all instructions before using.

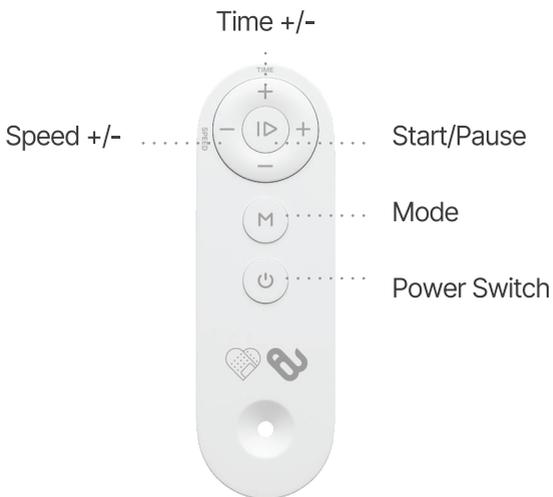
Safety Notes



Important

- Do Not use the Plate in an excessively humid or dusty environment, as it may result in malfunction or electric shock.
- Do Not expose the Plate to heaters, stoves, or direct sunlight.
- Place and use the Plate on an even, non-slip floor.
- If any of the following occurs, you should stop using the Plate immediately, turn the power off, and pull the power line out from the outlet:
 - Water or other liquid splashes onto the device or remote control.
 - Awareness of any damage to relevant parts or abnormal sounds from inside of the device.
 - Experience of any unusual discomfort or localized pain during use of the device.
 - Power outage occurs suddenly.
 - Thunder and lightning are present.

Package content



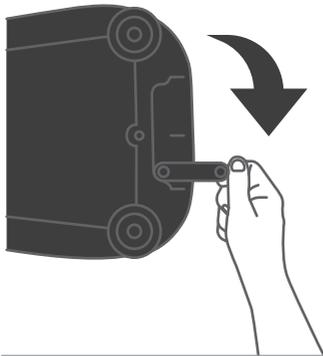
Two Hand Straps



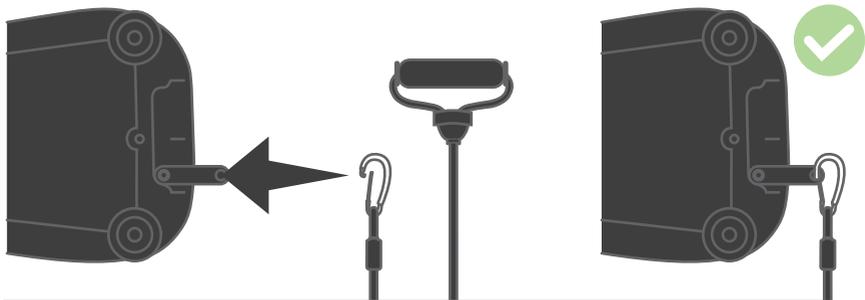
Handle Straps Adjustment

Plate comes with two hand straps, which are a great addition to your daily product experience

Adjust the two handle straps using the cable locker and clamp that you will find at the bottom of the product.



1. Release the clamp for the handle straps on the main product body.



2. Attach the strap to the clamp.

Instructions for use

Technique

The Caring Mill by Aura Full Body Circulation Plate utilizes your body's reflexes to effectively stimulate and relax your muscles without causing shortness of breath.

- **Stress Position**

Get into a stress position, such as a squat, where your muscles are actively engaged in maintaining the position.

- **Optimal Form**

For best results, bend your knees or arms, depending on which part is pressing on the Plate, to allow your muscles to adopt the described automatic motion.

- **Varied Postures**

Use The Caring Mill by Aura Full Body Circulation Plate in different postures for a few minutes each. Incorporating multiple postures will ensure a comprehensive session.

Circulation Improvement

The Caring Mill by Aura Full Body Circulation Plate can also function as a circulation device, alleviating muscle pain and promoting improved blood flow.

Technique

- When using the Plate for circulation flow, apply less pressure on the circular plate.
- Allow the Plate to do the work, relieving muscle tension and promoting relaxation.

Complete Routine

To achieve a well-rounded routine:

Multiple Postures

- Incorporate several different postures during each session.
- Spend a few minutes in each position to target various muscle groups and ensure overall wellness.

By utilizing these methods and incorporating a variety of movements, you can optimize the advantages of The Caring Mill by Aura Full Body Circulation Plate and experience a holistic and well-rounded session.

Posture Examples



Whole Body posture

Stand on the plate and extend your feet to shoulder-width apart. This action promotes overall circulation and muscle toning throughout your body.



Squat posture

While in a squat position, widen your legs to match the width of your shoulders. Bend your knees to a 90-degree angle and hold this position. This movement strengthens thigh muscles.



Press-Up posture

Extend your arms to the width of your shoulders. For increased muscle engagement, flex your elbows to a 90-degree angle and maintain this stance.



Lower Legs posture

Position your lower legs on the plate as indicated, while placing your hands behind you on the ground for support. To intensify the movement, elevate your body off of the floor and apply pressure onto your calves.



Bended Waist posture

Extend your legs, bend at the waist, and place your hands on the plate. Flex your elbows for a deeper stretch.



Single-foot posture

Position one foot on the plate and allow yourself to relax. To increase the intensity, take a forward lunge, transferring more body weight onto the plate.



Sitting Posture I

Position yourself on the oscillating plate with your buttocks resting comfortably. Maintain a seated position while ensuring your back is straight.



Sitting Posture II

Place your legs on the plate while seated on a chair. This technique effectively relieves tension and promotes improved leg circulation.

Product care and maintenance

Following these guidelines will help maintain the physical integrity and functionality of The Caring Mill™ by Aura Full Body Circulation Plate.

Environmental Factors

- Avoid exposing the machine to direct sunlight or extreme heat as it can cause physical and mechanical damage.
- Direct sunlight and extreme heat may lead to cracking of the machine or fading of its color.

Long-Term Storage

- If the machine is not going to be used for an extended period, cover it with a dust cover.
- Disconnect the power plug from the electrical outlet to ensure safety during storage.

Remote Control Maintenance

- Use a dry cloth to wipe the remote control.
- Avoid using a wet cloth as it may cause malfunctioning of the remote control.

Cleaning of Machine

- Do not use benzene thinner or any corrosive or volatile detergents, such as alcohol or gasoline, to clean the machine. Using such substances can result in faded paint or corrosive and cracked interior structures.
- Avoid spilling liquids into the body of the machine to prevent electrical short circuits.

Troubleshooting

Problem	Possible causes	Solution
Device not powering on	Power plug did not connect properly into the outlet	Connect the power plug into the outlet
	Power switch did not turn on	Turn on the power switch to where the indicator lights up
	The fuse has been burned out due to an abrupt surge in current	Replace fuse with a new one of the same model
Machine noises sound like pinging or "dada"	These sounds are part of the normal operation of the machine and do not signify any malfunction	No action needed
Remote control not working	Battery is dead	Replace the battery
	Operating distance is too far	Ensure the effective infrared sensing range of 8.2 ft. is maintained
Stops working while in use	The default working time has elapsed	Reattempt operation after a ten minute interval
Device not operating normally	Commands have been executed excessively	Power off and restart the device

Technical Data / Specifications:

Product Name: Caring Mill™ by Aura Full Body Circulation Plate

Model No. VP20

Rated Voltage: 220V-240V/50Hz

Rated Power: 200W

Suggested Usage Time: 15 minutes

Max.Loading: 264 lbs.

Manufactured for:

Aura Medical LLC

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Brooklyn, NY 11205

Caring Mill™ by Aura

Customer Service

For support or inquiries please contact us at:

support@camar.com

FCC Compliance Information



Caring Mill™ by Aura Full Body Circulation Plate VP20
FCC Compliance Statement

This device complies with part 15 of the FCC Rules.
Operation is subject to the following two conditions:

1. This device may not cause harmful interference, and
2. This device must accept any interference received, including interference that may cause undesired operation.
Changes or modifications not expressly approved by the party responsible for compliance could void the User's authority to operate the equipment.

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