

# Shiatsu Foot Massager



Enjoy your life  
Building your lifestyle

# Please read carefully before using

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## **1. Introduction**

We hope you enjoy your Shiatsu Foot Massager, please read this manual before use.

## **2. Operating Instructions**

1. Connect the massager to the mains power.
2. Press the power button.
3. Set the massage mode as required.

The foot massager will start in Auto Mode 1, which is General Massage

To switch off, press the power button for 2 seconds, the massager will “power off”. Please always switch off the Foot Massager before disconnecting from the mains

In “auto mode” operation the Foot Massager will shut down after 15 minutes.

It is recommended that you do not exceed 30 minutes of massage at any one time

## **3. Programs**

There are 4 programs to choose from, the massager will default to Program 1 upon starting, to change program press the “Auto” button.

The foot reflexology diagrams on page 7 shows the sensory zones of the foot where massage delivers beneficial effects to different parts of the body

### **Auto Mode:**

With the power on, press the "Auto" button, and select the desired massage program.

Program 1: General foot Massage

Program 2: Focuses on the sensory zones for head, spine, lumbar spine, shoulders, ears, and eyes

Program 3: Focuses on the sensory zones for the intestine, liver and stomach

Program 4: Focuses on the sensory zones for the legs, reproductive system, urinary system and bladder.

## **Custom Mode:**

To customize the program press the “Custom” button.

Three different modes are available, toes, arches and sole.

With the power on press the “Custom” button, the massager will massage “toes”, press the “Custom” button again to move to “arch” and one more time to select “sole”

## **Manual Mode:**

Press the “Manual” button.

There are 3 speed settings, to adjust the speed of massage press the “speed” button

To adjust the direction of massage press the “direction” button

Massage cycle time for each automatic mode is 15 minutes, to repeat the cycle after 15 minutes press the mode button again

## **3. Important Information**

1. Never leave the massager powered on whilst unattended
2. Do not cover the massager when powered on.
3. Use the massager indoors only.
4. Please **do not stand on** or step hard onto the massager.
5. Do not insert foreign objects into or onto the massager during operation
6. Stop using the massager immediately if the massager or cords are damaged.
7. Do not use the massager in the presence of water, if your feet are wet or when sleeping.
8. People suffering from any of the following should seek medical advice before using the massager. Cancer, Osteoporosis, fever; consciousness disorder; epilepsy, tuberculosis, cardiac dysfunction or bleeding.
9. Pregnant women should seek medical advice before use

10. Do not use the massager in conjunction with the following medical equipment.

- a). Cardiac pacemakers and other implanted medical electronic devices;
- b). Life-sustaining medical equipment such as Cardiopulmonary;
- c). Vitro medical electronic equipment such as ECG scanner.

## **4. Technical Details**

Power supply: 110V-240V AC

Power consumption: 40W

Cycle Time: 15 Minutes

Massage Speed: F, M, S Interchangeable

Dimensions: 25.6 inches × 15.4 inches × 12 inches

Storage temperature: -15°C to +85°C

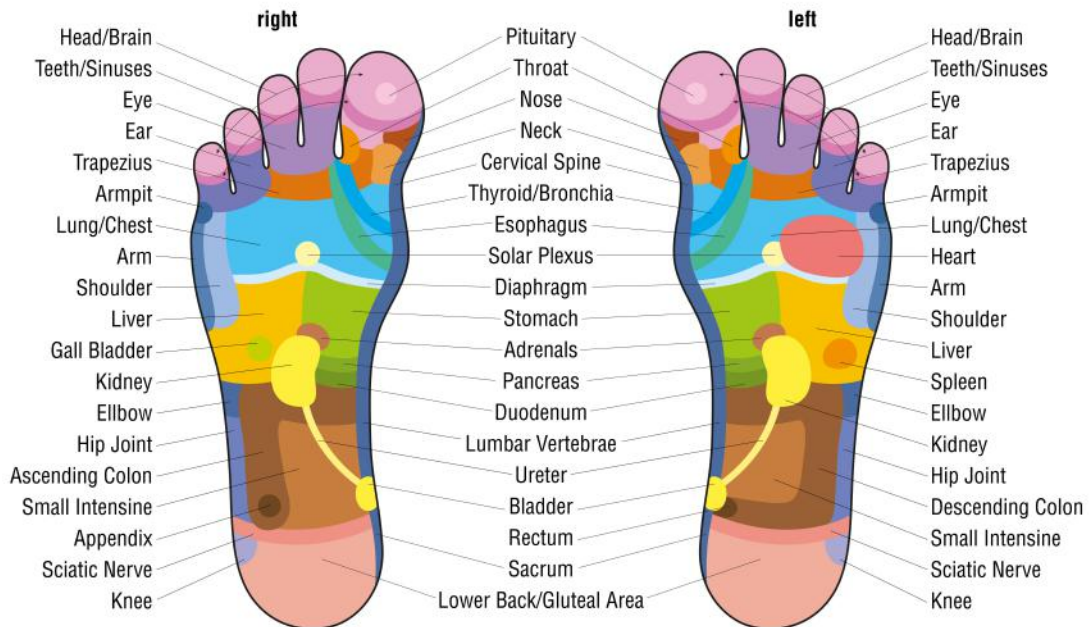
Operating Temperature: +10°C to +40°C

## **5. Cleaning and Maintenance**

1. Clean the massager after use with a dry-cloth, ensure that it is disconnected from mains power before cleaning
2. Do not use alcohol, thinner or other corrosive solvents to clean your massager.
3. Do not clean with anything moist or wet and ensure the massager is switched off and disconnected from the mains power before cleaning
4. Store the massager in clean and dry environment.
5. Do not store it in a location that is in direct sunlight, near a heat source or in a high temperature environment.
6. Take care when using the massager, and avoid dropping when moving it.

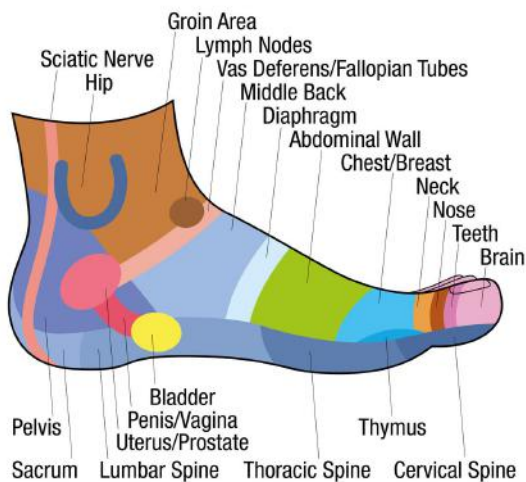
## 7. Plantar reflex diagrams

### Foot Reflexology Chart



### Foot Reflexology Chart

medial side of both feet



lateral side of both feet

