

# FOOT RELAXING MACHINE

## User Manual



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## 1. Important Safety Instructions

- Please read the user manual carefully before using the massager. Keep this booklet in a safe place for future reference.
- Please use this product in accordance with the guidelines of this manual.
- This appliance 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 or instruction concerning use of the appliance by a person responsible for their safety.
- **Do not** attach anything else to the massager during use.
- **Do not** use this product for more than 15 minutes at a time. Allow at least 30 minutes cool down period in between uses.
- **Do not** use the machine while under the influence of alcohol, sleeping pills or sedatives.
- **Do not** use this product in a dusty or corrosive environment.
- **Do not** use or store the product near sinks, baths or showers containing water or near running water.
- **Do not** use this appliance if it has been dropped or any part of the appliance has been damaged.
- Always remember to turn off and unplug when not in use.
- **Do not** operate the appliance with wet hands or wet feet to reduce the risk of electric shock.
- **Do not** Allow Pets or Animals to Lie or Chew on this appliance or on the electrical cord etc.

**The following people should consult their doctor prior to using this massager:**

- People with contagious skin conditions.
- People with osteoporosis or other bone and muscle conditions.
- People with heart disease and /or people with electrical medical instruments such as pacemakers.
- People with high fevers.
- Women who are pregnant.
- People with injuries or recovering from injuries.

## 2. Operation Procedure

- If you forget to turn the massager off after use, the unit will automatically turn off after few seconds.
- **Do not** use for more than 20 minutes at a time without a 30 minute cool down period in between uses.
- **Do not** use more than 2 times a day.
- Always remember to turn off and unplug when not in use.

## 3. Massage Control Operation

- Sit in a comfy chair with the massager at the front of the chair and slide your feet inside the massager.
- There are some control buttons.

### 1. Power Switch : Turns massager machine on/off;

- Press the power switch to turns on the massager machine.

**Note:** It is on the backside of the machine.

### 2. Start/Stop Button: Turns massage on/off.

- After pressing the button start/stop button, you can set the time that you want to massage. Then press the **OK button** to enter time.

### 3. Fan On/Off Button: Turn heating fans on/off.

- If you want to turn on the heating fans press fan on/off button.

**Note:** If the temperature of your leg is **less than 20°C** then turns on the heating fans automatically.

### 4. Spray On/Off Button: Turns spray on/off.

- If you want to turns on the sprayer spray on/Off button. After pressing this button, the spray will turn off after **a minute**.

**Note:** If the liquid level of the sprayer is too low then LED is lighted and sounds the buzzer and you **cannot** turns on the sprayer. After refilling the liquid you can turns on the sprayer.

## 5. Speed Control Buttons: Control the speed of massaging paddles.

There are three main types of speed levels.

- Low Speed → Press **Button 1**
- Average Speed → Press **Button 2**
- High Speed → Press **Button 3**

**Note:** After entering the massage time you can choose the speed level from the keypad. Then you can start the massage after pressing **OK button**.

## 6. Heart Rate Button: Measure the heart rate.

- If you want to measure your **Heart Rate** you can measure it pressing heart rate button.
- Then place your fingertip on the pulse sensor which on the top of the machine, after pressing this button. Now you can see your heart rate on the display.

**Note:** A normal resting heart rate for adults ranges from **60 to 100 beats per minute**.

**Maximum and Target Heart Rate**

Age	Target heart rate	Average maximum heart rate
20 years old	100-170 bpm	200 bpm
30 years old	95-162 bpm	190 bpm
35 years old	93-157 bpm	185 bpm
40 years old	90-153 bpm	180 bpm
45 years old	88-149 bpm	175 bpm
50 years old	85-145 bpm	170 bpm
55 years old	83-140 bpm	165 bpm
60 years old	80-136 bpm	160 bpm
65 years old	78-132 bpm	155 bpm
70 years old	75-128 bpm	150 bpm

## 4. Completion and Storage

- After you have finished using the appliance, unplug the power adaptor and disconnect from the appliance.

## 5. Cleaning the Appliance

- Turn off and unplug appliance prior to cleaning.
- **Do not** immerse the appliance in water, or any other liquid.
- You can use a soft sponge.
- **Never** allow water or any other liquids to come into contact with the appliance especially the power socket or power adaptor.

## 6. Troubleshooting

Problem	Cause	Remedy
No Power	Power not switched on.	Plug in power adaptor and switch on at power point.
No massage	Machine not switched on Not leg detected	Press the on/off switch  Place the leg on the massaging paddles properly.
Buzzer sounds	Low liquid level of sprayer.	Refill the bottle with a liquid that use to make spray.

Appliance turns off automatically	Product automatically turns off after a set time.	<p>If you want to massage again then set the new time.</p> <p><b>Note:</b> Make sure that the total massage time is not more than 15 minutes.</p>
No heating	Heating fan button has not been pressed	<p>Press the fan on/off button.</p> <p><b>Note:</b> If you no need to turns on the heating fans don't press the fan on/off button.</p>