

AIR PRESSURE+
SHIATSU MASSAGER



Foot Massager Machine

Instruction Manual

Thank you for purchasing our products.

- Please read the instruction manual carefully before use, especially the "safety precautions", fully understand the scope of application and operation methods of the product, so that you can use it correctly and safely.

[illegible]

Safety Precautions

[illegible]



Heat button

Press the heating button to turn on or off the heating function, and the button light will turn on when heating.

Vibration button

The default setting is vibration off, and vibration is turned on when the button light is on.

Air pressure intensity button

9-level air pressure regulation, from low to high.

Modes button

Default mode 1: Rotate the roller forward, then press to mode 2: Rotate the roller backward. then press to mode 3: Rotate the roller forward and backward, press again to mode 4: Only the roller has no airbag, press again to mode 5: Only the airbag has no roller.

Power on/off

Introduction of button function:



: Control product start-up and shutdown.



: The switch to control the heating function, short press to turn on the heating function, the screen displays "heat"; there are 3 gear temperature for you to choose. short press to turn off the heating function, no display on the screen.

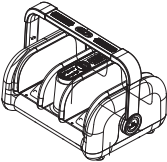
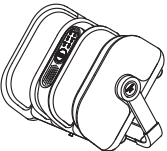


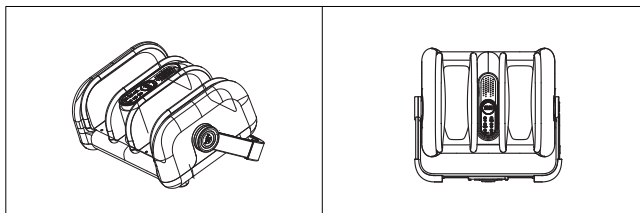
: Control the massage time of each massage mode. Short press to select the time. There are 6 time periods of 5min, 10min, 15min, 20min, 25min, and 30min to choose from. The screen will display the selected massage time. After the selection, it starts to enter the use time countdown.



: Press to activation the leg vibration massage function, the mode is not turned on "F0" state, there are 3 vibration levels to choose from F1 to F3, short press to turn on the leg vibration mode, and at the same time, "F0" on the screen will change to "F1". and so on.

Attention: before using foot massage, pls adjust the handle to the appropriate position which is on the top of the machine, as below picture showed.

Examples of Foot Massage Usage	Examples of Calf Massage Usage
	



: Choose the massage mode, there are 5 modes for you to choose.

P1	Air Kneading working+ roller rotate forward for massage, with rhythmic rotation of the roller intermittently. Airbag compresses and sways for massage
P2	Air Kneading working+ roller reversal for massage, with rhythmic rotation of the roller intermittently. Airbag compresses and sways for massage
P3	Air Kneading working+ Roller rotates in both forward and reverse directions for massage, with rhythmic rotation of the roller intermittently. Airbag compresses and sways for massage
P4	Airbag Kneading off +Roller rotates in both forward and reverse directions for massage
P5	Airbag Kneading working+roller stop working.

Note:

In P4 mode, only the rollers run, the airbag is turned off, and "air" is not displayed on the screen.



: Select the pressure of the airbag. There are 9 pressure levels to choose from L1 to L9, the pressure gradually increases.

Massage intensity (9 levels)	L1	L2	L3	L4	L5	L6	L7	L8	L9
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Note:

- The default setting is L1 when the product is turned on, and the massage intensity can be adjusted according to your needs;
- L1-L3 is suitable for the elderly who like gentle massage; L3-L6 is moderate in strength, suitable for most people; L7-L9 is stronger in strength, suitable for people who need to massage acupoints with more force.

Note:

During and after the massage, do not directly stand on the machine to avoid product damage or falling due to unstable standing.

● **Adjustable Bar:**

The adjustable bar (not handle) is designed to position your foot massager at the perfect angle for optimal massage results.

Caution: The adjustable rod is fixed on both sides of the machine with screws. To move the adjustable rod away from the side of the machine, an unnatural force needs to be applied from the inside out of the machine. This can be achieved by pushing the adjustment lever left and right through the button in the middle of the handle to achieve rotational positioning of the handle.

Adjust your massage angle

(1) Unplug the power plug

(2) Slide the release button located at the center of the rod in any direction to release the locked adjustable rod. Then rotate it to the desired angle.

The adjustable lever has a built-in safety mechanism to prevent unlocking during massage.

If you encounter difficulties sliding the central switch, simply "shake" the lever while sliding your thumb to release it

● **Guidance:**

First we would like to say we are not doctors, and do not make any medical claims.

However, we listen intensely to our customers. While all feet, and foot disorders are different, years of reporting by Foot Massage customers and testing has allowed us to develop a best practices guide.

● **Best practices:**

- (a) Ordinary user: If you experience some discomfort in your feet (body aches) after prolonged work or exercise, but usually do not experience foot pain on a day without exercise, then simply use the foot massager for one cycle (programmed for 15 minutes) as needed
- (b) Persistent pain: If you experience discomfort in your feet while working or resting every day, you may consider using a foot massager 2-3 times a day. The best time to promote blood flow/circulation is in the morning and before bedtime. If you want to use it for the third time in a day, having a third massage after work every day is the best choice.
- (c) Severe pain: Severe pain associated with neuropathy, diabetes, plantar fasciitis, or other diseases needs to be treated while improving tolerance. This will require a certain level of commitment. It should be pointed out that sometimes customers return foot massagers because they are too strong for their illness. If you think there is a low-intensity setting, no pressure setting, and no scroll wheel setting, your foot massager should never be too strong to help you. You can also wrap your feet in a towel to relieve stress. If you are committed to significantly reducing/eliminating your discomfort, we would like you to know that if you take the time, you can set the foot massager from zero intensity to maximum intensity.

● Perfect Foot Massage:

- (a) Select the angle that is best for you.
- (b) Place the massager far enough from you while sitting so that your legs and feet are extended far enough that they just rest in the massager. If you have the massager too close to you, this will result in the rollers giving you a massage on the bottom of your feet that is too intense as a result of the weight of your legs and feet putting pressure on them.
- (c) Let the massager do the work. There is no need to push your feet into the massager. Simply rest them in the saddle and let the Foot Massage do its magic.
- (d) Choose the intensity that best suits you. We suggest starting from a lower level. Most people find foot massagers very relaxing, and there are reports that people fall asleep during the massage process.

Some people report 'neurological discomfort'. This is an area without obvious pain, but due to the user's feet being tightly held during the massage process, they are concerned about getting injured. This is normal. Your massager has advanced molded nodules at the bottom. The only pressure on these nodules comes from the weight of your stretched feet. The pressure that "holds" the feet on both sides and at the top is air pressure. Although this air pressure may be strong, it pales in comparison when it matches the muscles, bones, tendons, and pressure of the foot.

● Calf massage:

Lying in bed or sitting on a chair/sofa, with a foot massager placed on a footstool, can provide the best calf massage.

During the massage process, due to all the movements of the massager, it may move slightly. Although the foot massager has rubber anti slip pads (to prevent slipping), please make sure the massager is not close to the edge of the footstool/footrest when using.

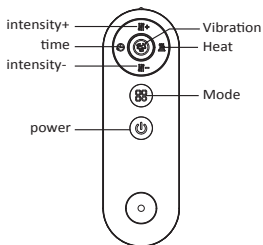
- (a) Attention: When using a foot massager for calf massage, there is no need to consider the heel and cuffs. This means that you can adjust the direction of the massager as you wish, simply placing your calves in your sleeves.
- (b) When lying flat and receiving calf massage with a foot massager, the weight of the legs provides enough weight to "push in the roller" for deep penetration massage.

Although you can also massage your calves from different angles, the pressure on the molded nodules decreases as the angle increases. For example, if you want to sit in a chair for calf massage, your calves will not exert pressure on the nodules, and the degree to which your calves come into contact with the massage area will be limited.

Remote Control Instructions



Introduction of wireless remote control:



- When you use it, it is inconvenient to bend over, you can directly use the wireless remote control to operate.
- The button function of the wireless remote control corresponds to the button function of the main unit. The wireless remote control does not have a separate button to control the vibration function. Please operate on the main product to turn on and off the vibration function.

Note:

- The wireless remote control should be used within 1.5m.
- Install the button lithium cell cr2032 by yourself.

Operation Guide



1. Please check whether the product is damaged or not before use, and then insert the plug into the power socket after confirming that it is placed in a stable manner.
2. When you see a blue light bar on the display of the machine **[OFF]** , it means that the device is already powered on.
3. After digging into the feet to adjust the appropriate position, short press **[ON]** to turn on the device; at this time, the default massage mode is P1, the massage time is 15 minutes, and the airbag strength is L5.
4. During use, you can press **[M1]** to select the desired massage mode; press **[M2]** to select the appropriate airbag compression strength; press **[VIB]** to turn on the vibration mode; press **[HEAT]** to turn on or off the sole heating mode; through press **[M3]** to select the massage time.
5. When the massage time is up, the product will automatically shut down. If you want to shut down in the middle, you can directly press **[ON]** to shut down the device.

● When using the product for the first time, the heating function is turned on, but the vibration function is not turned on. If the product pressure or massage mode makes you feel unsatisfied, please adjust it.

- It is recommended to use it for no more than 30 minutes per day.
- When you adjust the time during use, the time will be recalculated; even if you switch modes during use, the time will continue to be calculated according to the previously set time.

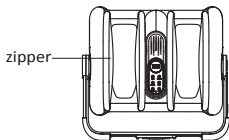
Cleaning:

- After using the machine, make sure to turn off the power and unplug the power plug. If the machine is stained, please wipe it with a damp cloth with a neutral detergent. (Do not let chemicals such as petroleum spirit, alcohol on the massager) and then wipe with a dry cloth and let it dry naturally. (Do not use rapid drying method for drying)

- ### Remove the cloth cover

1: Open the zipper.

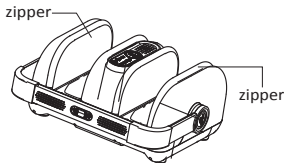
2: Remove the cloth cover.



How to install the cloth cover?

1: Close the zipper.

2: Arrange the cloth cover.



Put the foot massager machine in the packaging box, and store the packaging box in a dry and ventilated room to avoid sun exposure.

- Do not place sharp objects on the device to avoid scratching the surface of the device.
- Please place it out of the reach of children to prevent children from treating the product as a toy, which may cause collisions between the child's body and the product.
- Do not place liquid-containing objects on the packaging box to prevent liquid from leaking into the packaging box, causing water to enter the device and causing damage to the machine.

[illegible]

Problem	Possible causes	Solutions
Product does not work	The power plug of the product is not plugged in.	Check whether the voltage indicated by the product is consistent with the local voltage, and insert the power plug into the broadcasting base.
	The product has just completed a 15 minute massage and automatically switched to standby mode.	If you want to massage again, please press the "power button" again.
	You have used this product continuously for 30 minutes, causing the overheat protection device to cut off the power supply of the product.	Before reusing this product, you must first unplug the product's broadcast head and cool it for 60 minutes.
	The load placed on the product is too heavy (for example, a heavy object is placed on the top of the product).	Unplug the power plug of the product and move the excess weight (if the load is still on the product). Please re plug in the power of the product and turn on the product.
Product Overheat	The heating function is on.	Turn off the heating function.
	You have been massaging this product for 30 minutes.	Unplug the power source of the product and let it cool down. Unplug the power source of the product after each use.
There is sound coming from the product	This sound is caused by the mechanical structure of the product.	This sound is normal and does not mean that the function of the product has failed.