



Massage chair Apollo Start Guide



- Before using the massage chair, remove **watches and big accessories**
- While having a massage session, always **wear socks**
- Before sitting in the chair, check that the **head cover** is placed correctly
- While sitting, check that **the legs air cushion** is not doubled
- Do not lean on the remote control – place it on the **handrest or in your lap**
- To listen to music, **connect your phone** with the chair through Bluetooth
- Before leaving the chair, make sure that the chair is back to its **original position**
- Disinfect massage chairs **head-, leg-, and armrest** at least once a day

It is not recommended to use the massage chair if you have a pacemaker, arrhythmias, any other serious diseases, or in case of pregnancy.

Automatic massage programs

Extension

Similar to Thai massage that uses kneading and pulling technique

Working Relief

Relieves problems emerged from car drives or long period of sitting

Sports Refresh

Improves blood flow and relaxes muscles after a workout

Rest & Sleep

Relaxing and gentle massage to get you ready for a break

Neck & Shoulder

Massage with the focus on neck and shoulder area

Waist & Spine

Massage with the focus on waist and legs

3D Massage

Deep Shiatsu

Suits well for people that sit for long periods of time and suffer from chronic back pain

Healthy Breath

A program that focuses on breathing, therefore overall healing body

Massage Extend

Pulling back massage

All air

All air cushions

Kneading *Kneading*

Shiatsu *Strong pushing*

Tapping *Patting*

Sync *Combination of the four techniques*

Knocking *Knocking*

Manual massage techniques

1. POWER BUTTON

Turns the massage chair on and off.

2. MULTIFUNCTIONAL SCREEN

Displays the active selections, duration, and intensity level.

3. MENU

Pushing the "Menu" button you'll find all settings of the massage chair that are grouped under one selection. From the menu you can find:

"Auto" displays 6 automatic massage programs (see the descriptions on the other side).

"Manual" allows choosing between 5 different manual massage techniques (see the descriptions on the other side).

In the case of a manual program, you can change all the settings.

Pushing the "3D" button allows you to choose between 4 different 3D massage intensities.

"Airbag" Program offers air cushion massage regulating in areas such as legs, hands, shoulders, and whole body. It is also possible to choose the intensity level.

"Heat" means lower back warming.

"Time" allows to set up the duration.

Under "Setting" you can find three options: "Language", "Bluetooth" which allows connecting smart device with the chair to enjoy favorite music and massage at the same time, and lastly "Beep" that helps to get rid of the beeping sound that comes with the programs.

4. TO MOVE UP IN THE MENU

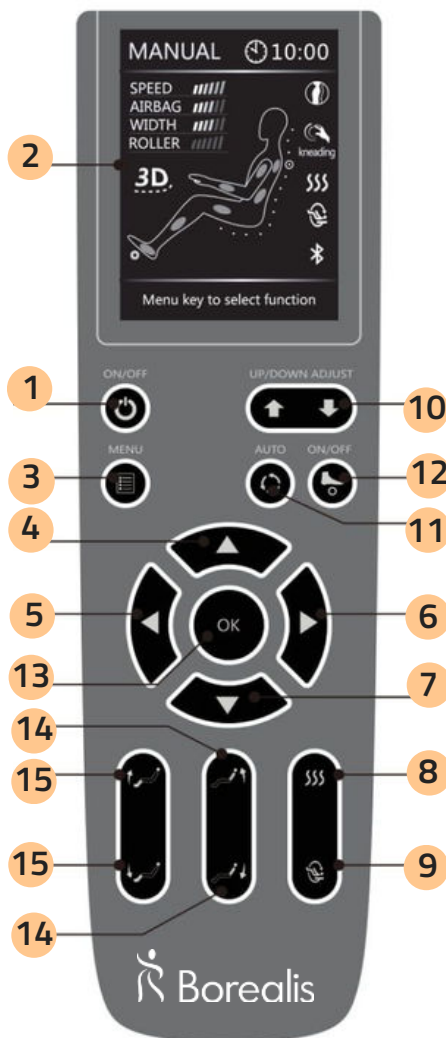
5. TO MOVE LEFT IN THE MENU

6. TO MOVE RIGHT IN THE MENU

7. TO MOVE DOWN IN THE MENU

8. TO WARM UP THE LOWER BACK

Push the button if you wish to turn on the warming. Then wait a bit so that the chair could heat up. It is active with all the programs.



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9. SETTING UP ZERO-GRAVITY

Pressing the icon results in the chair moving to the zero-gravity position.

10. SETTING UP SHOULDER MASSAGE

Press and hold one of the buttons to assign the massage rollers height for shoulder massage. To finish setting up, press "OK". Selection is active for manual programs.

11. AUTOMATIC PROGRAMS

"Auto" is a shortcut to choosing one of the new automatic massage programs.

12. FOOT SOLES MASSAGE

Pressing the icon either starts or ends the massage of leg air cushions for soles, arches, heels, and ankles. Offering kneading, rolling, rocking deep massage.

13. "OK"

To finish setting up any options, the remote control always asks for confirmation to activate the settings. By pressing "OK", you activate the chosen program.

14. SETTING UP THE BACKREST

To start, press the "Back Adjust" icon facing up to adjust the backrest to the desired tilt position.

To return to the home position, press and hold the "Back Adjust" icon down.

15. SETTING UP THE FOOTREST

To start, press the "Feet Adjust" icon facing up to adjust the footrest to the desired tilt position. To return to the home position, press and hold the "Feet Adjust" icon down.

SAFETY REQUIREMENTS FOR MASSAGE CHAIRS

- Do not use the chair in a moist or dusty room.
- Do not use the chair in a room where the temperature is over 40°C.
- Do not place the chair near a hot oven or in direct sunlight.
- When moving the chair from a cold room to a warmer one, wait at least an hour before using it.
- Use the device according to the instructions in the user guide.
- Do not let your kids or pets play near the device.
- Do not place heavy objects on the device or the remote.
- Do not use the device if your hands, skin, or hair are wet or moist.
- Do not put your hand or foot between the joints of the chair: this could injure you.
- Do not use the device if the cover is damaged. In case of cracks turn the device off and remove it from a power source.
- Turn the device off from the power source at night.
- In case of a long period of not using the device, remove it from a power source.
- Do not remove the backrest.
- Do not remove parts of the device or try to fix it yourself.
- Make sure that the voltage needed for the chair is with the power sources.
- Do not pull the cord with power.
- Do not remove the cord from a power source with wet hands.
- When unplugging the power cord, hold the plug, not the cord.
- Do not leave the cord under the massage chair or other heavy objects.
- Do not wind the cord around the massage chair.
- Do not use the chair if the cord is damaged.
- Do not use the chair if the plug or joint is damaged.
- Make sure that the cord can not get between the moving parts of the chair.
- Make sure that there are no other objects under the leg part of the chair.
- Do not step on the leg part if the chair is not in its original position.
- Do not lift the chair's leg part.
- Do not sit or stand on the remote.
- Do not let the remote fall on the floor.
- Do not pull the remote's cord.

- Do not touch the buttons of the remote control with sharp objects.
- Do not remove the remotes cord before you have turned it off.
- Do not use the device with other therapeutic devices or electrical medical devices.
- Do not use the massage chair on wounds.
- Do not use the chair to massage knee joints, chest, or stomach.
- Hold your body relaxed while having a session.
- If you wish to soften the massage, place a blanket on the backrest.
- You can start feeling muscle pain in one area if it is massaged for too long.
- The surface warms up while having a session. If you are sensitive to the heat, be careful while using the massage chair.
- We recommend using the massage chair maximum of 40 minutes at a time.
- We recommend drinking a few glasses of water after a session.

STOP USING THE APPLIANCE IMMEDIATELY IF:

- the chair gets wet or does not work.
- massage chairs cover is damaged or any of the parts have been detached.
- there is an error in the chair's work.
- appears electrical error.
- there's thunder.
- feel uncomfortable with pain during a session.

We recommend consulting with a doctor.

CLEANING AND MAINTENANCE

- Always keep the chair clean and dust-free.
- In case of a long period of not using, cover the chair with linen.
- Before cleaning the chair, turn it off and remove the charger from the power outlet.
- To clean the plastic, tubes, and cover, you can use cleaning detergent.
- Do not use a cleaning detergent that contains alcohol.
- Use only dry cloth to clean the remote control.
- Do not iron the surface of the chair.