



# Massage Chair Okinawa Start Guide



- Remove your **wrist watch and bracelets** for the session
- Always **wear socks** during the massage session
- Make sure that the **headrest covers** are in the correct position
- When sitting down, make sure that the footrest covers **are not folded**
- Do not **rest on the remote control** – place it on the armrest or in your lap
- Connect your phone to the massage chair via Bluetooth **to play audio files**
- Before leaving the chair, make sure it has **reached its initial position**
- Disinfect the **head-, arm- and footrest** every day

*In case of artificial cardiac pacemaker, osteoporosis, severe illnesses or pregnancy, the use of massage chair is not advised.*

<b>Automatic Massage Modes</b>	<b>Automatic</b>	<b>Boss Massage</b> <i>Massage designed for gentlemen</i>	<b>Lady Massage</b> <i>Lighter and more delicate massage techniques</i>	<b>Seniors Joy</b> <i>Massage for seniors</i>	<b>Neck &amp; Shoulder</b> <i>Massage with focus on the neck and shoulder girdle</i>	
	<b>Deep Massage, Medium Massage, Mild Massage</b> <i>Strong, light, gentle body massage</i>	<b>Shoulder Relief</b> <i>Soothing shoulder massage</i>	<b>Back &amp; Spine</b> <i>Massage with focus for the waist and back area</i>	<b>Long Sitting</b> <i>Massage with focus on the lower back after sitting for a long time</i>	<b>Sweet Dreams</b> <i>Soothing massage before going to sleep</i>	<b>Health SPA</b> <i>Soothing massage</i>
	<b>Relax Limbs</b> <i>Focus on relaxation of the limbs</i>	<b>Sports Refresh</b> <i>A soothing body massage after training</i>	<b>Fascia Master</b> <i>Gentle stimulation of connective tissue</i>	<b>Ancient Massage</b> <i>The combination of techniques and intensity to relax the body</i>	<b>Morning Vigor</b> <i>Morning wake-up massage</i>	<b>Post Housework</b> <i>To calm down after a hard day</i>

<b>Kneading</b>	<b>Knocking</b>	<b>Manual Massage Techniques</b>	<b>Extra</b>	<b>Heat</b> <i>Heating strength: 1, 2, 3, OFF</i>	<b>Roller</b> <i>Strength of sole rollers: 1, 2, 3, OFF</i>	<b>Airbag</b> <i>Full, Arm &amp; Shoulder, Leg &amp; Foot 1, 2, 3, OFF</i>
<b>Shiatsu</b>	<b>Tapping</b>			<b>Sync (tapping + knocking)</b>		

### 1. POWER BUTTON

Turns the massage chair on and off.

### 2. MULTIFUNCTIONAL SCREEN

Displays active selections, length and intensity levels.

### 3. MENU

By pressing the "Menu" button, you will find all the settings of the massage chair, which are grouped under one heading. In the menu options you can find:

"Auto" will show you 6 automatic massage program (see descriptions on the turn).

"Manual" allows you to choose between 5 different manual massage techniques (see descriptions on the turn). In manual mode, you can change all settings.

"Airbag" mode offers adjustment of the massage area of the airbags: legs, arms and shoulders and the whole body. It is also possible to choose a suitable level of strength.

"Heat" activates heating for the lower back.

"Roller" allows you to set the strength of the sole rollers.

"Setting" allows you to change three options:

"Language" or "Bluetooth" lets you connect a smart device to the massage chair to enjoy your favorite music at the same time as the massage, and lastly, the length of the massage can be set to 10, 20, 30 min from the "Time" setting. "Power Save" saves power but does not allow you to use bluetooth.

### 4. UP TO MOVE IN THE MENU

### 5. LEFT TO MOVE IN THE MENU

### 6. RIGHT TO MOVE IN THE MENU

### 7. DOWN TO MOVE IN THE MENU

### 8. ZERO GRAVITY SETUP

By pressing the icon, the chair moves to zero gravity position 1.

### 9. ZERO GRAVITY SETUP

By pressing the icon, the chair moves to zero gravity position 2.

### 10. SETTING THE SHOULDER MASSAGE

Press and hold one of the two buttons to adjust the height of the massage rollers for shoulder massage. Press "OK" to confirm the setting. The option is active only in case of manual configuration.

### 11. AUTOMATIC PROGRAMS

"Auto" is a shortcut to quickly select ten automatic massage programs.

### 12. FOOT MASSAGE

By pressing this icon, you can turn on or off the air cushions of the foot, targeting the soles, arches, heels and ankles. Offering kneading, rolling and rocking deep massage.

### 13. "OK"

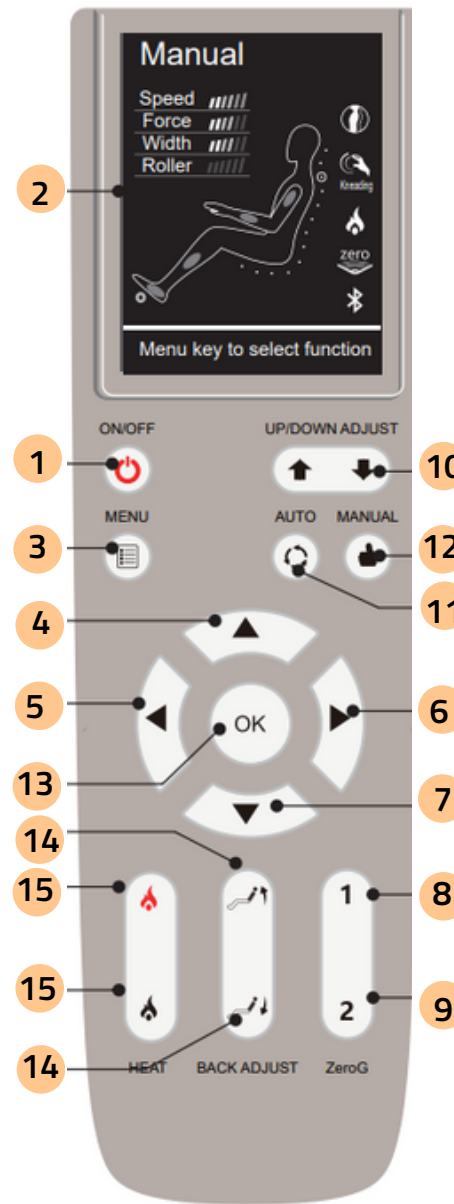
To confirm the desired options of the massage chair, the remote always requires confirmation to activate the settings. By pressing "OK" you activate the program you selected.

### 14. SETTING THE BACKREST

To start, press the "Back Adjust" icon in the upward direction to adjust the backrest to the desired tilt position. To move back to the starting position, press and hold the "Back Adjust" icon pointing down.

### 15. WARMING

Press either on or off for heating



## SAFETY PRECAUTIONS

- Do not use the massage chair in a humid or dusty environment.
- Do not use the massage chair in a room with a temperature over 40°C.
- Do not place the massage chair under direct sunlight or near a hot stove.
- After moving the massage chair from a cold room to a warm one, wait an hour before using it.
- Use the massage chair according to the instructions given in the manual.
- Do not allow children or pets to play near the massage chair.
- Do not place heavy items on the massage chair or the remote control.
- Do not use the massage chair if your hands, skin or hair are either wet or damp.
- Do not place your leg or arm between the hinges: an injury may occur.
- Do not use the massage chair if you see cracks in the seat cover.  
Immediately turn off the chair and unplug it.
- Unplug the massage chair for the nighttime.
- If you plan to not use the massage chair for a long time, unplug it.
- Do not remove the massage chair backrest.
- Do not dismount the massage chair or try to repair it.
- Make sure the right voltage is used.
- Do not use force to pull the cord.
- Do not unplug the massage chair with wet hands.
- When unplugging the chair, hold on to the plug and not to the cord.
- Do not place heavy items on the cord.
- Do not scroll the cord around the massage chair.
- Do not use the chair in case of a broken cord.
- Do not use the chair in case of a broken plug or hinge.
- Make sure that the cord does not get stuck between the moving parts of the massage chair.
- Remove all items from underneath the footrest.
- Do not step on the footrest unless it is in its initial position.
- Do not lift the chair from the footrest.
- Do not sit or stand on the remote control.
- Do not let the remote control fall on the floor.
- Do not pull the cord of the remote control.

- Do not touch the buttons of the remote control with a sharp item.
- Do not remove the cord of the remote control before turning off the massage chair.
- Do not use the massage chair together with other therapeutic or electronic medical devices.
- Do not use the massage chair on wounds.
- Do not use the massage chair on knee joints, chest or stomach area.
- During the massage session, keep your body in a relaxed position.
- For a softer massage, place a blanket on the backrest.
- Long massage sessions for a specific body area may result in muscle pain.
- Massage chair will heat up during the session. If you experience sensitivity to heat, be careful when using the massage chair.
- It is recommended to not use the massage chair for more than 40 minutes at a time.
- It is recommended to drink water after the massage session.

## STOP THE MASSAGE SESSION IMMEDIATELY WHEN:

- the massage chair gets wet or stops working.
- the massage chair cover is damaged or there is other visible damage.
- there are disruptions in the massage chair functions.
- there are electrical disruptions.
- there is a thunderstorm.
- the chair is not functioning properly.
- you feel pain or discomfort during the session. Consulting your doctor is recommended.

## CLEANING AND MAINTENANCE

- Always keep the chair clean and dust free.
- If you plan to not use the massage chair for a long time, cover it with cloth.
- Before cleaning the massage chair, turn it off and unplug it.
- Use cleaning detergent to clean the pipes, plastic and leather parts.
- Do not use an alcohol-based detergent.
- Use a dry cloth to clean the remote control.
- Do not iron the massage chair cover.