



# Massage Chair Comfort 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**
- 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.*

## Automatic Massage Modes

**Automatic**

**Master**

*Strong massage for men*

**Queen**

*Gentle massage for woman*

**Back care**

*Massage with a focus on back and waist*

**Sleep**

*Soothes the body to improve the quality of sleep.*

**Chinese healthcare**

*Similar to Thai massage that uses kneading and pulling technique.*

**Chair Yoga**

*Helps the muscles to stretch and relax using elements from Yoga.*

**Neck & shoulder**

*Massage with a focus on neck and shoulder area*

**Deep pressure relief**

*Improves blood circulation after training and relaxes muscles.*

## Techniques

**Finger press**

**Pat**

**Rubbing**

**Kneading**

**Tapping**

**Knead & Pat**

**Manual Massage**

**Techniques**

## 1. POWER BUTTON

Turns the massage chair on and off.

## 2. „TIME“

Press to select 10 minutes /20 minutes /30 minutes for regular massage

3. „ZERO GRAVITY“ allows you to choose the Zero Gravity feature.

4. „HEAT“ activates heating for the lower back

5. „BLUETOOTH“ allows you to connect a smartphone to the massage chair to enjoy your favourite music during the massage

6. „CHILD LOCK“ press for a long time to open or close the child lock function

7. „ARM“ press to turn on or off the arm airbag switch

8. „SHOULDER“ press to turn on or off the shoulder airbag switch

9. „LEG“ press to turn on or off the leg airbag switch

10.„PRESSURE“ press to adjust the strength of airbag 1-3.

11. „ROLLER“ press to turn on or off foot wheel function

12. „LEG RUB“ press to turn on or off the leg rub function.

13. „UP and DOWN“ press to adjust the massage of the upstream or downstream part of the manipulator

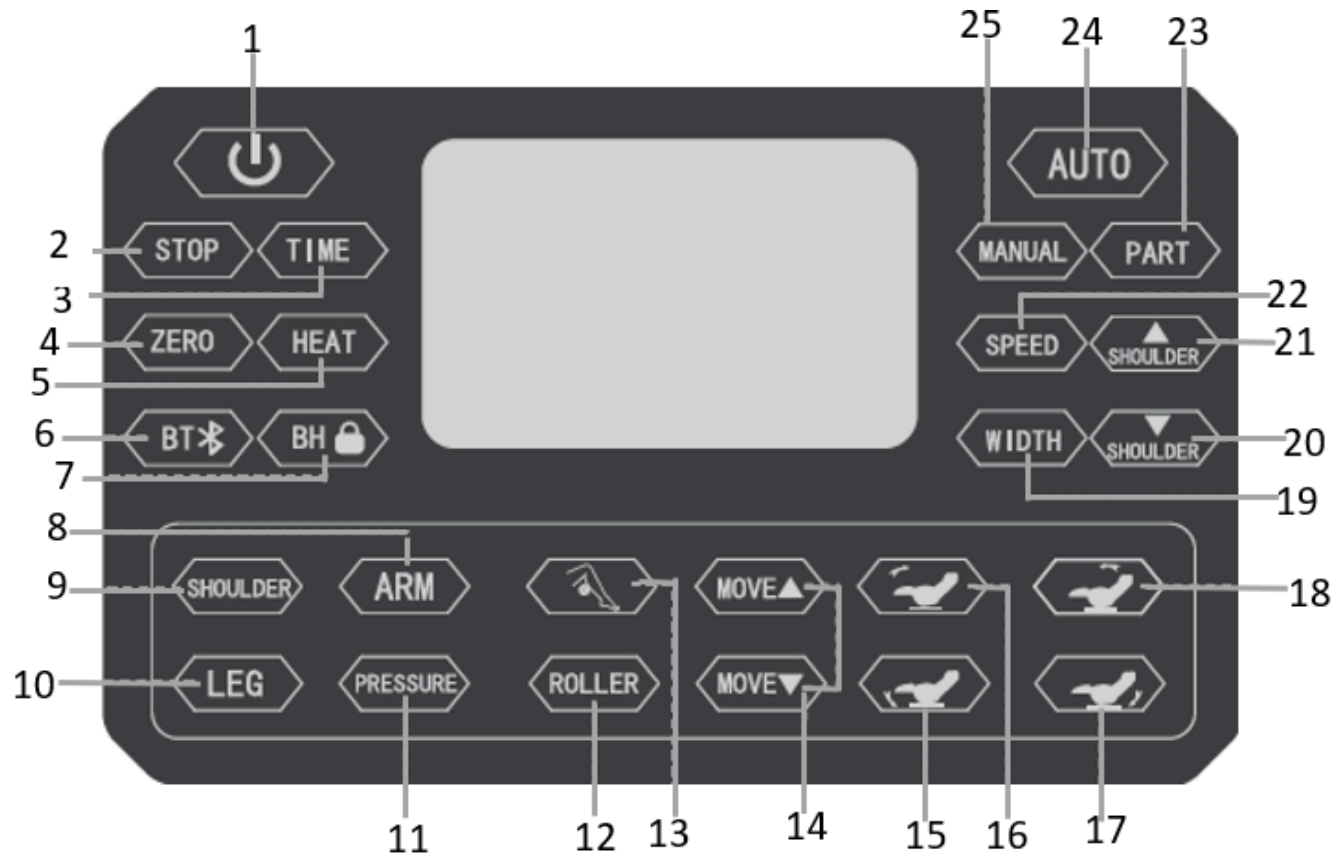
14. „LEG PART“ press to move leg part down

15. „LEG PART“ press to move leg part up

16. „BACK“ press to move back part up

17. „BACK“ press to move back part down

18. „BACK“ press to move back part down



19. „WIDTH“ press to adjust the width/medium/narrow of the manipulator massage to reach the best state of your body massage.

20.-21. Shoulder height adjustment

22. „SPEED“ press 1-3 massage speed adjustment

23. „PART“ press to choose massage area

24: „AUTO“ press to choose automatic massage modes

25. „MANUAL“ press to choose manual techniques

## 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 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.