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> HoMedics SM-100 Therapist Select Kneading Shiatsu Massager with Head-Rest User Manual

HoMedics SM-100

HoMedics SM-100 Therapist Select Kneading Shiatsu Massager

Model: SM-100

Brand: HoMedics

INTRODUCTION

The HoMedics SM-100 Therapist Select Kneading Shiatsu Massager is designed to provide deep, penetrating relief to sore muscles, simulating the firm hands of a professional massage therapist. Its unique design allows for versatile use on various body areas, including the neck, shoulders, back, arms, and feet.

Key features include mechanical thumbs for deep kneading action, a unique angled design for comfortable use while lying down, spring-mounted heads that contour to different body areas, and rubberized grip handles for easy manipulation, even when used with a partner. A bonus inflatable head rest is included for enhanced comfort during neck and shoulder massages.

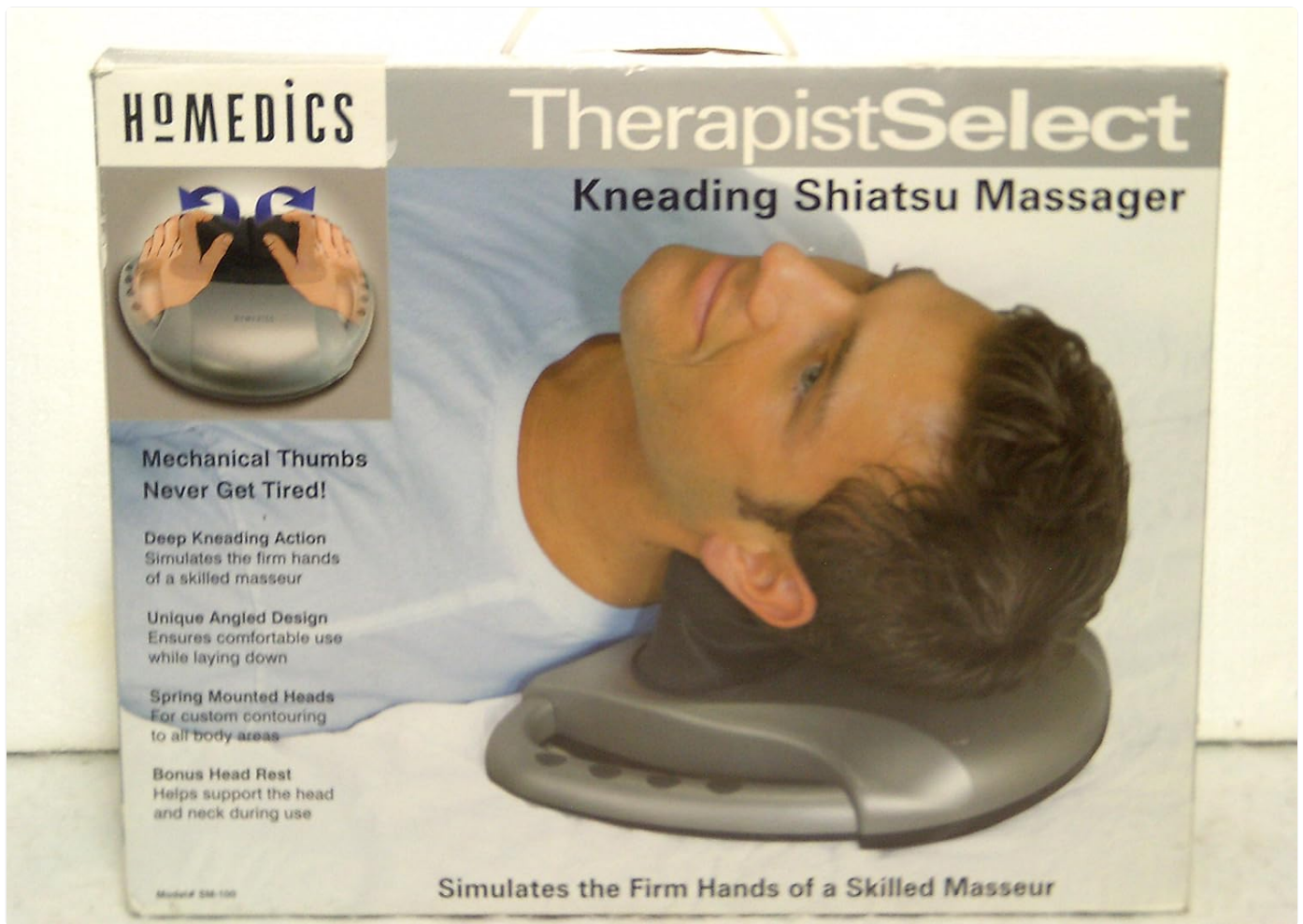


Image: The HoMedics SM-100 Therapist Select Kneading Shiatsu Massager in its packaging, highlighting its primary use for neck and shoulder massage.

PACKAGE CONTENTS

Upon opening the package, please ensure all components are present:

- SM-100 Kneading Shiatsu Massager Unit
- Comfort Head-Rest (inflatable)

SETUP

1. Unpack the massager and all accessories from the box.
2. Inspect the unit for any visible damage. If damage is found, do not use the product and contact HoMedics customer support.
3. For neck and shoulder massage while lying down, inflate the comfort head-rest and position it appropriately to support your head and neck.
4. Ensure the extra-long 9.5-foot power cord is untangled and accessible for convenient placement.

OPERATING INSTRUCTIONS

Follow these steps for effective use of your HoMedics SM-100 massager:

1. Connect the power cord to a standard electrical outlet.

2. Position the massager on the desired body area. For neck and shoulder massage, you can lie down with the massager positioned under your neck, utilizing the bonus head-rest for support. For other areas like the back, arms, or feet, you may hold the unit by its large rubberized handles.



Image: The massager demonstrating versatile use on the neck with the headrest, on the foot, and on the arm.

3. Press the power button to turn on the massager. The mechanical thumbs will begin their kneading action.
4. Use the two-way direction selector to adjust the kneading action. This allows you to choose whether the massage nodes move inward or outward, customizing the experience to your preference.
5. Apply gentle pressure as needed. The spring-mounted heads are designed to contour to your body for optimal contact and a personalized massage.

**Use on Virtually
any Body Area**
Helps loosen and
soothe tired muscles



**Comfortable Large
Handles**
With rubberized
pads for easy grip



Image: Close-up views of the massager being used on the foot and arm, along with a detail of the comfortable rubberized handles.

6. To turn off the massager, press the power button again.
7. Disconnect the power cord from the electrical outlet after each use.



Image: The massager being used on the back, demonstrating how it can be held by a partner for targeted relief.

MAINTENANCE

Cleaning

Always unplug the massager before cleaning. Wipe the unit with a soft, slightly damp cloth. Do not use abrasive cleaners, solvents, or immerse the unit in water or any other liquid. Ensure the unit is completely dry before storing or next use.

Storage

Store the massager in a cool, dry place. Avoid contact with sharp edges or objects that could cut or damage the fabric. Do not hang the unit by the power cord.

TROUBLESHOOTING

- **No Power:** Ensure the power cord is securely plugged into a working electrical outlet. Check for any tripped circuit breakers in your home.
- **Weak Massage:** Ensure the massager is positioned correctly and making full contact with the body area. The spring-mounted heads require proper contact for effective kneading action.
- **Unusual Noise:** If the unit produces unusual noises or smells, discontinue use immediately and contact HoMedics customer support.

SPECIFICATIONS

- **Model Number:** SM-100
- **Brand:** HoMedics
- **Dimensions:** 14.3 x 11.2 x 5.6 inches (Package Dimensions)
- **Item Weight:** 5 Pounds
- **Power Source:** Corded Electric (9.5 ft. power cord)
- **Material:** Rubber
- **Manufacturer:** HoMedics
- **Date First Available:** August 5, 2002

WARRANTY AND SUPPORT

The HoMedics SM-100 Therapist Select Kneading Shiatsu Massager comes with **atwo-year limited manufacturer's warranty.**

For warranty claims, technical support, or product inquiries, please contact HoMedics Customer Service. Refer to the contact information provided in your product packaging or visit the official HoMedics website for the most up-to-date support information. You can also visit the [HoMedics Store on Amazon](#) for more product details and support resources.

