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## Homedics SBM-200H

# Homedics SBM-200H Therapist Select Shiatsu Massaging Cushion with Heat User Manual

## INTRODUCTION

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Thank you for purchasing the Homedics SBM-200H Therapist Select Shiatsu Massaging Cushion with Heat. This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your product. Please read it thoroughly before use and retain it for future reference.

The SBM-200H is designed to provide a deep kneading Shiatsu massage experience, targeting your back with a moving dual massage mechanism and soothing heat. It features programmable controls for customized massage sessions.

## IMPORTANT SAFEGUARDS

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### General Safety

- Always unplug the appliance from the electrical outlet immediately after using and before cleaning.
- Do not use while bathing or in a shower.
- Do not place or store appliance where it can fall or be pulled into a tub or sink.
- Do not place in or drop into water or other liquid.
- Never use pins or other metallic fasteners with this appliance.
- Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by Homedics.
- Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return it to a Homedics Service Center for examination and repair.
- Keep cord away from heated surfaces.
- Never use while sleeping or drowsy.
- Never drop or insert any object into any opening.
- Do not operate where aerosol (spray) products are being used or where oxygen is being

administered.

- Do not use on or near eyes or other highly sensitive areas.
- Do not operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Do not carry this appliance by supply cord or use cord as a handle.
- To disconnect, turn all controls to the "OFF" position, then remove plug from outlet.
- This appliance is designed for household use only.

## Medical Conditions

- Consult your doctor before using this product if you are pregnant, have a pacemaker, or have any concerns regarding your health.
- Individuals with certain medical conditions should avoid using massage devices without medical consultation.

## FEATURES

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The Homedics SBM-200H Shiatsu Massaging Cushion is equipped with the following features:

- **Programmable Control:** Offers 3 different programs for varied massage experiences.
- **Moving Dual Massage Mechanism:** Provides a Shiatsu rolling massage that travels up and down the back.
- **Soothing Heat Function:** Integrated heat travels with the massage mechanism, offering a 30-second heat-up for penetrating sore muscles.
- **Soft Spot Shiatsu:** Allows targeting of specific areas for concentrated relief.
- **Width Control:** Adjustable to conform to individual body contours for a customized massage.
- **Integrated Strapping System:** Designed to fit most chairs securely.
- **Demonstration Feature:** Guides users through the product's capabilities.



This image displays the Homedics SBM-200H Shiatsu Massaging Cushion. It features a contoured design with black outer material and a gray mesh center for the back and seat areas, indicating where the massage mechanisms and heat elements are located. The cushion is designed to be placed on an existing chair.

## SETUP

1. **Placement:** Position the massaging cushion on a chair. The integrated strapping system can be used to secure the cushion to most chairs. Ensure the cushion is stable and will not shift during use.
2. **Power Connection:** Plug the power adapter into a standard electrical outlet. Ensure the power cord

is not pinched or damaged.

3. **Controller Placement:** Place the handheld controller in an easily accessible location.

## OPERATING INSTRUCTIONS

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The SBM-200H features a user-friendly handheld controller to manage your massage experience.

### Controller Functions:

- **Power Button:** Turns the unit ON/OFF.
- **Program Selection:** Cycle through 3 pre-set Shiatsu massage programs: Full Back, Upper Back, and Lower Back.
- **Heat Button:** Activates or deactivates the soothing heat function. The heat will travel with the Shiatsu massage mechanism.
- **Spot Shiatsu:** Allows you to pause the massage action at a specific spot on your back for targeted relief.
- **Width Control:** Adjusts the distance between the massage nodes to better fit your back's width.

### Using the Massaging Cushion:

1. Sit comfortably on the cushion, ensuring your back is aligned with the massage mechanism.
2. Press the Power button to turn on the unit.
3. Select your desired massage program (Full, Upper, or Lower Back).
4. Activate the Heat function if desired.
5. Adjust the width of the massage nodes using the Width Control buttons for optimal comfort.
6. To target a specific area, press the Spot Shiatsu button when the massage nodes reach the desired location. Press again to resume normal movement.
7. The unit has an automatic shut-off feature after 15 minutes of continuous use.
8. When finished, press the Power button to turn off the unit and unplug it from the outlet.

## MAINTENANCE

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### Cleaning:

- Always unplug the unit before cleaning.
- Wipe the cushion with a soft, slightly damp cloth.
- Never use abrasive cleaners, brushes, gasoline, kerosene, glass/furniture polish, or paint thinner to clean the massager.
- Do not immerse the unit in any liquid.

### Storage:

- Place the massager in its box or a safe, dry, cool place.
- Avoid contact with sharp edges or pointed objects which might cut or puncture the fabric surface.
- To avoid breakage, do not wrap the power cord around the unit.

## TROUBLESHOOTING

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### Unit Does Not Turn On:

- Ensure the power cord is securely plugged into a working electrical outlet.
- Check if the power button on the controller has been pressed.

### Heat Function Not Working:

- Ensure the heat button is activated.
- Allow a few minutes for the heat to fully warm up (approximately 30 seconds to feel initial warmth).

### Massage Feels Too Intense:

- Adjust your seating position to reduce direct pressure on the massage nodes.
- Place a towel or blanket between your back and the cushion to soften the massage intensity.

### Massage Mechanism Stops Moving:

- Check if the Spot Shiatsu function is activated. Deactivate it to resume full back movement.
- The unit may have reached its 15-minute auto shut-off limit. Turn the unit off and then on again to restart.

## SPECIFICATIONS

Feature	Detail
Model Number	SBM-200H
Product Dimensions	27 x 19 x 6 inches
Item Weight	12 Pounds
Special Feature	Heat
Power Source	Corded Electric (No)
Massage Mechanism	Shiatsu - 2 rotating massage heads travel up and down the back with heat
Massage Styles	Shiatsu - Circular, deep kneading action
Preset Programs	3 (Full back, Upper back, Lower back)

## WARRANTY

The Homedics SBM-200H Therapist Select Shiatsu Massaging Cushion with Heat comes with a **2-year limited warranty** from the date of purchase. This warranty covers manufacturing defects under normal use. Please retain your proof of purchase for warranty claims. For detailed warranty information and service, please refer to the warranty card included with your product or contact Homedics customer support.

## CUSTOMER SUPPORT

For further assistance, product information, or to inquire about service, please contact Homedics customer support. Contact details can typically be found on the Homedics official website or on the product

packaging.