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Sunny Health & Fitness SH-0601

Sunny Health & Fitness Foot Massager User Manual

Model: SH-0601

Brand: Sunny Health & Fitness

1. INTRODUCTION AND OVERVIEW

Thank you for choosing the Sunny Health & Fitness Foot Massager. This device is designed to provide a comprehensive and relaxing foot massage experience, incorporating advanced features for your well-being.

Key features of your foot massager include:

- Fashionable Design and AUTO Pre-Set Functions for ease of use.
- 3-D High-Frequency Vibration with 15 adjustable levels.
- Six Far Infrared Heat Levels to soothe your feet.
- Eight Built-in Magnetic Wave Levels for enhanced therapy.
- Built-in Calorie Indicator.



Figure 1: Sunny Health & Fitness Foot Massager. This image displays the main unit with its illuminated foot pads and integrated control panel.

2. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using the foot massager. Failure to follow these instructions may result in injury or damage to the device.

- **Consult your doctor** before using this product if you have any pre-existing medical conditions, including but not limited to diabetes, circulatory problems, phlebitis, thrombosis, or if you are pregnant.
- Do not use the massager in or near water. Keep the unit dry.
- Always unplug the massager from the electrical outlet immediately after use and before cleaning.
- Do not leave the massager unattended when plugged in.
- Keep out of reach of children. This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Do not operate if the cord or plug is damaged, or if the unit has been dropped or damaged.
- Do not use pins or other metallic fasteners with this appliance.
- Never block the air openings of the appliance or place it on a soft surface, such as a bed or couch, where the air openings may be blocked.
- Do not use for more than 20 minutes at a time. Allow the unit to cool down before subsequent use.
- If you experience any discomfort or pain during use, discontinue use immediately.

3. PACKAGE CONTENTS

Please check the package to ensure all components are present:

- Sunny Health & Fitness Foot Massager Unit
- Remote Control
- Power Cord (integrated or detachable)
- User Manual (this document)



Figure 2: Foot Massager with Remote Control. This image illustrates the main unit alongside its dedicated remote control, highlighting the convenience of remote operation.

4. SETUP

1. **Placement:** Place the foot massager on a firm, level, and dry surface. Ensure there is enough space around the unit for proper ventilation.
2. **Power Connection:** Insert the power cord into a standard electrical outlet (AC 220-240V, 50/60Hz). Ensure the cord is not pinched or placed under heavy objects.
3. **Remote Control Batteries:** If your remote control requires batteries, open the battery compartment on the back of the remote and insert the specified battery type (e.g., AAA batteries, not included) according to the polarity indicators.

5. OPERATING INSTRUCTIONS

The foot massager can be operated using the control panel on the unit or the provided remote control.

5.1 Getting Started

1. Plug the unit into a power outlet.
2. Sit comfortably and place your bare feet on the designated foot pads of the massager.
3. Press the **POWER** button on the control panel or remote to turn the unit on. The default settings will activate.

5.2 Adjusting Settings

Use the buttons on the control panel or remote to customize your massage experience:

- **Vibration (3-D High-Frequency):** Use the **VIBRATION +/-** buttons to adjust the intensity. There are 15 levels of vibration.
- **Heat (Far Infrared):** Press the **HEAT** button to cycle through the six heat levels. The heat function provides gentle warmth to the feet.
- **Magnetic Wave:** Use the **MAGNETIC WAVE +/-** buttons to select from eight magnetic wave levels.

- **AUTO Pre-Set Functions:** Press the **AUTO** button to cycle through pre-programmed massage modes. Each mode combines different settings for a varied experience.
- **Calorie Indicator:** The display panel includes a built-in calorie indicator. Refer to the display for this information during your session.

5.3 Ending Your Session

The massager has an automatic shut-off feature after a certain period (typically 15-20 minutes) for safety. To manually end your session, press the **POWER** button again. Unplug the unit from the wall outlet when not in use.

6. MAINTENANCE

Proper maintenance will ensure the longevity of your foot massager.

- **Cleaning:** Always unplug the unit before cleaning. Wipe the surface of the massager with a soft, slightly damp cloth. Do not use abrasive cleaners, solvents, or harsh chemicals. Do not immerse the unit in water or any other liquid.
- **Storage:** Store the massager in a cool, dry place, away from direct sunlight and extreme temperatures. Avoid placing heavy objects on top of the unit.
- **Cord Care:** Do not wrap the power cord tightly around the unit. Avoid twisting or bending the cord excessively.
- **No User-Serviceable Parts:** The foot massager contains no user-serviceable parts. Do not attempt to disassemble or repair the unit yourself. Refer all servicing to qualified service personnel.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Unit does not power on.	Not plugged in; power outlet not working; power button not pressed.	Ensure power cord is securely plugged into a working outlet. Press the POWER button firmly.
Vibration is weak or inconsistent.	Vibration level set too low; feet not properly placed; unit overheating.	Increase vibration level using the +/- buttons. Ensure feet are centered on the pads. Allow unit to cool down if used for extended periods.
Heat function is not noticeable.	Heat level set too low; perception varies.	Ensure heat function is activated and set to a higher level. The infrared heat provides a gentle, subtle warmth, not intense heat.
Remote control is not working.	Batteries are dead or incorrectly inserted; obstruction between remote and unit.	Replace batteries, ensuring correct polarity. Remove any obstructions. Point remote directly at the unit's sensor.

8. SPECIFICATIONS

- **Model Number:** SH-0601
- **Product Dimensions:** 34.29 x 40.64 x 17.78 cm (L x W x H)
- **Item Weight:** 6.35 kg

- **Power Source:** Corded Electric
- **Color:** Grey
- **Special Features:** Heat, 3-D High-Frequency Vibration, Magnetic Wave, Calorie Indicator
- **Massage Therapy Technique (General):** Shiatsu (as per product specifications)
- **Water Resistance Level:** Not Water Resistant

9. WARRANTY AND SUPPORT

For detailed warranty information, please refer to the warranty card included with your purchase or visit the official Sunny Health & Fitness website. Keep your proof of purchase for warranty claims.

For technical support, replacement parts, or any inquiries regarding your Sunny Health & Fitness Foot Massager, please contact Sunny Health & Fitness customer service. Contact information can typically be found on their official website or on your product packaging.

Website: www.sunnyhealthfitness.com