

HoMedics FMS-200H

HoMedics FMS-200H Shiatsu Elite Foot Massager Instruction Manual

Comprehensive guide for the setup, operation, and care of your HoMedics FMS-200H Shiatsu Elite Foot Massager.

1. PRODUCT OVERVIEW

The HoMedics FMS-200H Shiatsu Elite Foot Massager is designed to provide a deep kneading foot massage with optional soothing heat. It features four innovative counter-rotating massage heads for comprehensive foot coverage.

Key Features

- Deep kneading shiatsu massage action.
- Soothing heat function for enhanced relaxation.
- Four counter-rotating massage heads for full foot coverage.
- Easy-to-use toe-touch control for selecting massage or massage with heat.
- LED illumination indicates active functions.



Image 1.1: The HoMedics FMS-200H Shiatsu Elite Foot Massager, showcasing its design and illuminated massage nodes.

2. IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed to reduce the risk of fire, electric shock, and injury to persons.

- Always unplug the appliance from the electrical outlet immediately after using and before cleaning.
- Do not reach for an appliance that has fallen into water. Unplug it immediately.
- 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.

3. SETUP

Unpacking

Carefully remove the HoMedics FMS-200H Shiatsu Elite Foot Massager from its packaging. Ensure all components are present and undamaged. Retain packaging for storage or future transport.

Placement

Place the foot massager on a flat, stable surface. Ensure the power cord can reach a standard electrical outlet without being stretched or obstructed. Sit comfortably in a chair with your feet positioned over the massage nodes.

4. OPERATING INSTRUCTIONS

To begin using your HoMedics FMS-200H Shiatsu Elite Foot Massager, follow these steps:

1. Plug the unit into a 120-volt AC electrical outlet.
2. Place your feet on the massager.
3. Activate the massager using the toe-touch control button located in the center of the unit.

Powering On/Off and Function Selection

- **First Press:** Activates the shiatsu massage function. The LED illumination will light up.
- **Second Press:** Activates both shiatsu massage and soothing heat functions. The LED illumination will change or intensify to indicate heat is active.
- **Third Press:** Turns the unit off.

Apply light pressure to the massager to increase the intensity of the massage. The unit is designed to automatically shut off after approximately 15 minutes of continuous use for safety and to prevent overheating.



Image 4.1: Top view of the massager, highlighting the central toe-touch control button and the areas where the shiatsu massage nodes operate.



Image 4.2: An individual comfortably using the HoMedics FMS-200H Shiatsu Elite Foot Massager in a home setting.

5. MAINTENANCE AND CARE

Cleaning

- Always unplug the unit before cleaning.
- Wipe the unit with a soft, slightly damp cloth.
- Never allow water or any other liquids to come into contact with the unit.
- Do not use abrasive cleaners, brushes, gasoline, kerosene, glass/furniture polish, or paint thinner to clean the massager.

Storage

- Unplug the appliance from the outlet.
- Store the massager in its box or a clean, dry place.
- Do not wrap the power cord around the unit.
- Do not hang the unit by the power cord.

6. TROUBLESHOOTING

If you experience any issues with your HoMedics FMS-200H, please refer to the following table:

Problem	Possible Cause	Solution
Unit does not turn on.	Not plugged in; power outlet not active.	Ensure the power cord is securely plugged into a working electrical outlet. Test the outlet with another device.
Massage function is weak or inconsistent.	Excessive pressure applied; unit overheating.	Reduce pressure on the massage nodes. If the unit has been running for a long time, it may have activated its auto-shutoff. Allow it to cool down before restarting.
Heat function is not noticeable.	Heat takes time to build; environmental factors.	Ensure the heat function is activated (second press of the toe-touch control). Allow a few minutes for the heat to become noticeable. The heat is designed to be soothing, not intense.
Unit shuts off unexpectedly.	Automatic safety shut-off activated.	The unit has an automatic shut-off feature after approximately 15 minutes. This is normal. Wait a few minutes before restarting if desired.

7. SPECIFICATIONS

- **Model:** FMS-200H
- **Product Dimensions:** 12.6 x 14.09 x 4.65 inches
- **Item Weight:** Approximately 5.09 Pounds (2.31 Kilograms)
- **Power Source:** Corded Electric
- **Material:** Plastic
- **Manufacturer:** HoMedics



Image 7.1: A visual representation of the HoMedics FMS-200H foot massager's dimensions.

8. WARRANTY INFORMATION

HoMedics products are sold with the understanding that the manufacturer is not responsible for any manufacturing defects. For specific warranty details, including duration and coverage, please refer to the warranty card included with your purchase or contact HoMedics customer support directly. Keep your proof of purchase for warranty claims.

9. SUPPORT

For further assistance, product registration, or to inquire about replacement parts, please visit the official HoMedics website or contact their customer service department. Contact information can typically be found on the HoMedics website or within your product packaging.

HoMedics Official Website: www.homedics.com





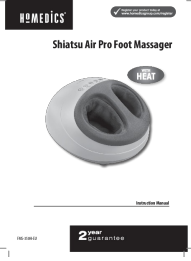
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Related Documents - FMS-200H



[HoMedics Shiatsu Elite Foot Massager FMS-200H: User Manual and Warranty Information](#)

User manual and warranty details for the HoMedics Shiatsu Elite Foot Massager (Model FMS-200H). Includes operating instructions, safety precautions, maintenance guidelines, and a two-year limited warranty.

	<p>HoMedics Shiatsu Pro Foot Massager FMS-250H - User Manual and Warranty Information</p> <p>Comprehensive user manual and warranty details for the HoMedics Shiatsu Pro Foot Massager (Model FMS-250H). Learn about its features, safety precautions, operating instructions, and maintenance.</p>
	<p>HoMedics Dual Shiatsu Foot Massager FMS-255H-GB Instruction Manual</p> <p>User manual for the HoMedics Dual Shiatsu Foot Massager (Model FMS-255H-GB), detailing product features, operation instructions, safety warnings, and maintenance guidelines.</p>
	<p>HoMedics Shiatsu Air Pro Foot Massager Instruction Manual</p> <p>Instruction manual for the HoMedics Shiatsu Air Pro Foot Massager (FMS-350H-EU). Learn about its features, safety precautions, and how to use it for a relaxing foot massage with Shiatsu, heat, and air compression.</p>
	<p>HoMedics Dual Shiatsu Foot Massager FMS-220H-GB Instruction Manual</p> <p>User manual for the HoMedics Dual Shiatsu Foot Massager (Model FMS-220H-GB), providing instructions for safe operation, product features, maintenance, storage, and warranty information.</p>
	<p>HoMedics Shiatsu Air Pro Foot Massager FMS-350H-EU Instruction Manual</p> <p>Instruction manual for the HoMedics Shiatsu Air Pro Foot Massager (Model FMS-350H-EU), detailing safety precautions, operating instructions, and care guidelines for this personal foot massage device.</p>