

[Manuals.plus](#) /

› [tectake](#) /

› tectake Shiatsu Foldable Massage Mat Model 400601 User Manual

**tectake 400601**

# tectake Shiatsu Foldable Massage Mat Model 400601 User Manual

Brand: tectake | Model: 400601

## 1. INTRODUCTION

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Thank you for choosing the tectake Shiatsu Foldable Massage Mat. This manual provides essential information for the safe and effective use of your massage mat. Please read it thoroughly before first use and keep it for future reference.



Image: The tectake Shiatsu Foldable Massage Mat in use, demonstrating its full length and the comfortable position for a user.

## 2. IMPORTANT SAFETY INSTRUCTIONS

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To reduce the risk of electric shock, burns, fire, or injury, always follow these basic safety precautions:

- Read all instructions before using the appliance.
- Do not use while sleeping or drowsy.
- Do not use on infants, invalids, or sleeping or unconscious persons.
- Do not use on insensitive skin or on a person with poor blood circulation.
- Never use pins or other metallic fasteners with this appliance.
- Never operate if the appliance has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water.
- Keep the cord away from heated surfaces.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

- To disconnect, turn all controls to the OFF position, then remove the plug from the outlet.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never drop or insert any object into any opening.
- Do not use on swollen, inflamed, or skin-irritated areas.
- Consult your doctor before using this product if you have any medical conditions, including pregnancy, heart disease, high blood pressure, or if you have a pacemaker.

### 3. PACKAGE CONTENTS

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Verify that all items listed below are present in your package:

- 1 x tectake Shiatsu Foldable Massage Mat with Wired Remote Control
- 1 x 230V Power Adapter
- 1 x Jade Stone Heating Mat
- 1 x Backrest
- 1 x Carrying Case (Black)
- 1 x Instruction Manual (this document)

## MISURE

### Misure totali

60 x 186,5 x 11 cm

### Area testa

60 x 32 x 20 cm

### Rivestimento schiena

32 x 73 x 2 cm

### Tappetino pietra di giada

50 x 30 x 2 cm

### Misure piegato

95 x 60 x 30 cm

## DATI TECNICI

**Portata** 140 kg

**Peso** ca. 11 kg

**Materiali** pelle sintetica, schiuma

## CONTENUTO

Materasso per massaggi con telecomando con cavo

Alimentatore 230 V

Tappetino riscaldante giada

Rivestimento per schiena

Borsa trasporto

Istruzioni per l'utilizzo

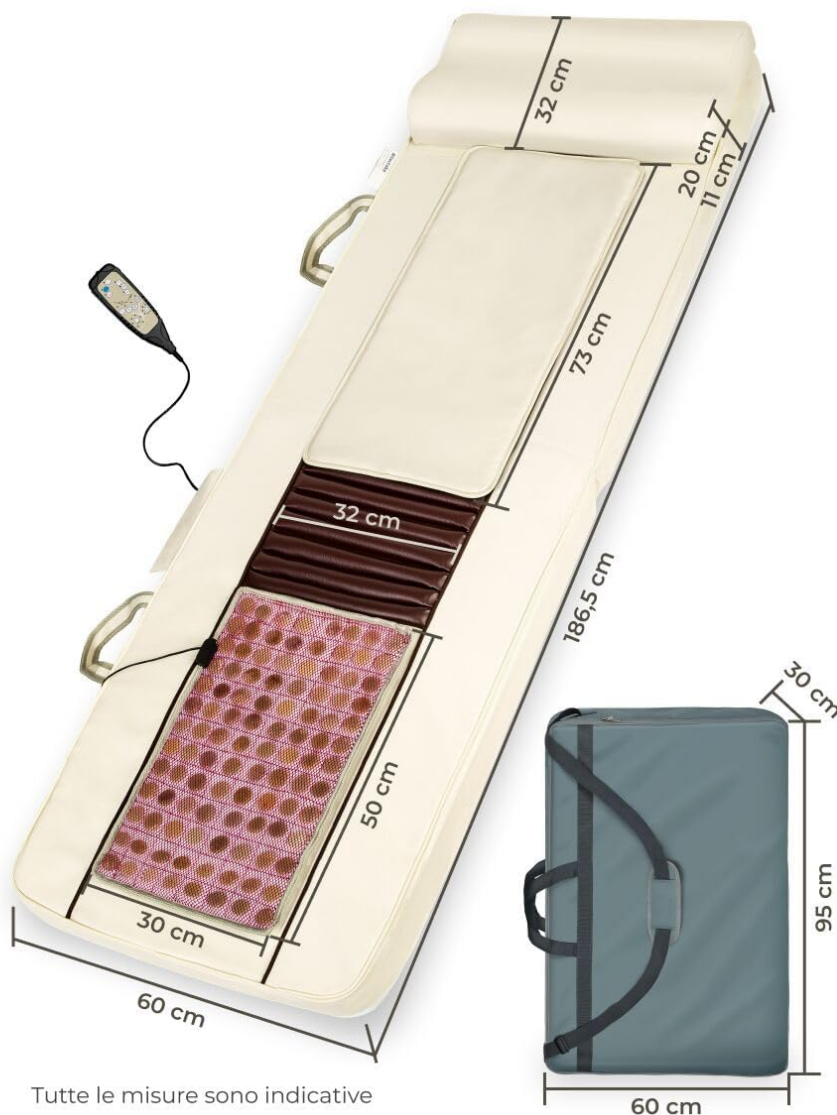


Image: A visual representation of the massage mat's dimensions and a list of included components.

## 4. SETUP

1. **Unpack:** Carefully remove all components from the carrying case and packaging.
2. **Unfold the Mat:** Place the folded massage mat on a flat, stable surface such as a bed, sofa, or floor. Unfold the mat completely.
3. **Position the Headrest and Backrest:** Place the ergonomic headrest at the top of the mat. Position the separate backrest as desired for additional support.
4. **Connect the Jade Stone Heating Mat:** If using, connect the jade stone heating mat to its designated port on the main massage mat.
5. **Connect Power:** Plug the 230V power adapter into the designated port on the massage mat. Then, plug the power adapter into a standard 230V electrical outlet.
6. **Remote Control:** The wired remote control is permanently attached to the mat for easy access.

## PER LA TUA **salute**

Riposati dallo stress quotidiano e concediti un massaggio salutare – il tappetino di pietra di giada riscaldata completa ottimamente l'esperienza di benessere.



## DESIGN **intelligente**

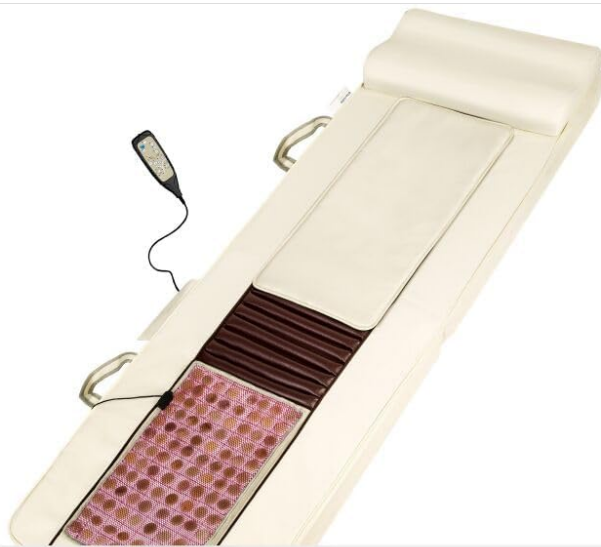
Il materasso si ripiega facilmente e si ripone in modo molto compatto, si trasporta comodamente diventando una borsa.

Image: The massage mat shown both folded for transport and fully unfolded, highlighting its compact design and readiness for use.

## **5. OPERATING INSTRUCTIONS**

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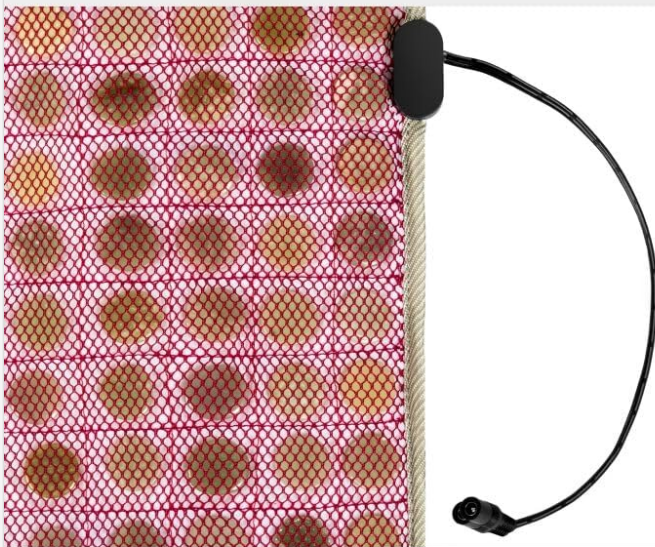
The massage mat is operated using the wired remote control. Familiarize yourself with the buttons and functions before use.



4 zone massaggio selezionabili per trattare tensioni e dolori in modo mirato.



Telecomando con cavo intuitivo, potrai selezionare tutte le funzioni comodamente da sdraiato.



Il tappetino con pietra di giada dalla funzione riscaldante lenisce il dolore e rilassa i muscoli.



Pratica borsa molto pratica, facilita il trasporto in modo notevole.

Image: Detailed view of the remote control, illustrating its intuitive layout for selecting massage programs, intensities, and heat functions.

## 5.1. Remote Control Functions

- **Power Button:** Turns the massage mat ON/OFF.
- **DEMO Button:** Activates a short demonstration program.
- **Program (P) Button:** Cycles through 6 automatic massage programs.
- **Intensity (I, II, III, IV) Buttons:** Adjusts the massage intensity (4 levels).
- **Massage (M) Button:** Selects massage zones (Full, Upper, Lower).
- **Heat Button (Wavy lines icon):** Activates/deactivates the jade stone heating function.
- **Timer Function:** The mat typically operates for a preset duration (e.g., 15 minutes) before automatically shutting off for safety. Refer to the specific program details for exact timings.

## 5.2. Massage Programs and Zones

The mat offers 6 automatic programs and 4 massage zones (neck, upper back, lower back, legs) with 10 vibration motors for a comprehensive massage experience.

- **Full Body Massage:** Select "Full" on the remote to activate massage across all zones.
- **Upper Back Massage:** Select "Upper" for targeted massage on the upper back and shoulders.
- **Lower Back Massage:** Select "Lower" for targeted massage on the lower back and hips.
- **Custom Programs:** Use the "Program" button to cycle through various pre-set massage patterns and rhythms.
- **Vibration Massage:** The 10 vibration motors provide a soothing vibration massage. Adjust intensity as desired.

### 5.3. Heat Function

The integrated jade stone heating mat provides gentle warmth to relax muscles. Activate it using the dedicated heat button on the remote control. The heat function can be used independently or in conjunction with massage programs.

## 6. MAINTENANCE

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### 6.1. Cleaning

- Always unplug the massage mat from the power outlet before cleaning.
- Wipe the surface of the mat with a soft, damp cloth. Do not use abrasive cleaners, solvents, or harsh chemicals.
- Ensure no liquid enters the internal components.
- Allow the mat to dry completely before storing or using again.

### 6.2. Storage

- When not in use, unplug the mat and allow it to cool down.
- Fold the mat according to its design and place it in the provided carrying case.
- Store the mat in a cool, dry place, away from direct sunlight and extreme temperatures.
- Do not place heavy objects on the mat during storage.

## 7. TROUBLESHOOTING

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Problem	Possible Cause	Solution
Mat does not turn on.	Not plugged in; power outlet not working; power adapter damaged.	Ensure power adapter is securely plugged into both the mat and a working electrical outlet. Test the outlet with another device. Contact customer support if adapter is suspected to be faulty.
Massage function not working.	Program not selected; intensity too low; mat overheated.	Select a program and increase intensity using the remote. Allow the mat to cool down if it has been in continuous use for an extended period.

Problem	Possible Cause	Solution
Heat function not working.	Heat function not activated; jade stone mat not connected properly.	Press the heat button on the remote. Ensure the jade stone mat is correctly connected to the main mat.
Unusual noise during operation.	Internal component issue.	Discontinue use immediately and unplug the mat. Contact customer support.

If you encounter any issues not listed here or if the problem persists after attempting the solutions, please contact tectake customer support.

## 8. TECHNICAL SPECIFICATIONS

Feature	Detail
Model Number	400601
Material	PU Leather (Cream beige)
Overall Dimensions (Unfolded)	Approx. 186.5 cm (L) x 60 cm (W) x 11 cm (H)
Folded Dimensions	Approx. 95 cm (L) x 60 cm (W) x 30 cm (H)
Headrest Dimensions	Approx. 60 cm (L) x 32 cm (W) x 20 cm (H)
Jade Stone Mat Dimensions	Approx. 50 cm (L) x 30 cm (W) x 2 cm (H)
Backrest Dimensions	Approx. 73 cm (L) x 32 cm (W) x 2 cm (H)
Weight	Approx. 11 kg
Power Supply	230V AC (via included adapter)
Massage Programs	6 Automatic Programs
Massage Intensities	4 Levels
Massage Zones	4 Zones (Neck, Upper Back, Lower Back, Legs)
Vibration Motors	10
Special Features	Jade Stone Heating Function, Timer, Foldable Design
Maximum Load Capacity	140 kg
Country of Origin	China

## 9. WARRANTY AND SUPPORT

This product comes with a standard manufacturer's warranty. Please refer to your purchase documentation for specific warranty terms and conditions. For technical support, replacement parts, or any inquiries regarding your tectake Shiatsu Foldable Massage Mat, please contact tectake customer service directly.

**Manufacturer:** tectake

**ASIN:** B00C4HEBHA

**Contact Information:** Please visit the official tectake website or your retailer's support page for the most up-to-date contact details.



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