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Vytaliving AST-300N

Vytaliving Circulation Plus Reviver EMS & TENS Foot Massager Instruction Manual

Model: AST-300N

INTRODUCTION

This manual provides comprehensive instructions for the safe and effective use of your Vytaliving Circulation Plus Reviver EMS & TENS Foot Massager. This device is designed to provide neuromuscular electrical stimulation (EMS) and Transcutaneous Electrical Nerve Stimulation (TENS) to help improve circulation and relieve discomfort in the feet and legs. Please read this manual thoroughly before first use and retain it for future reference.

IMPORTANT SAFETY INFORMATION

WARNING: This device is not suitable for all individuals.

- Not for children under 10 years old.
- Not for individuals with pacemakers or other implanted electronic devices.
- Not for individuals with heart conditions, epilepsy, or sensory nerve damage.
- Avoid use if you have had recent surgeries, are pregnant, or have abnormal blood pressure.
- Always consult a doctor before use if you have any health concerns or pre-existing medical conditions.

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

PACKAGE CONTENTS

Verify that all items are present in your package:

- Vytaliving Circulation Plus Reviver Main Unit
- Remote Control
- TENS Electrode Pads (2 pairs)
- Connecting Cables for TENS Pads
- Power Adapter

- Instruction Manual (this document)



Figure 1: The Vytaliving Circulation Plus Reviver package contents, including the main foot massager unit, remote control, TENS electrode pads with cables, and power adapter.

PRODUCT OVERVIEW

Familiarize yourself with the components of your Circulation Plus Reviver.



Figure 2: Labeled diagram of the Vytaliving Circulation Plus Reviver, highlighting the main unit, remote control, TENS pads, accupressure massaging nodules, and power input.

- **Main Unit:** Features foot pads with accupressure nodules, a digital display, and control buttons.
- **Remote Control:** Allows for convenient adjustment of settings without bending.
- **TENS Electrode Pads:** For targeted stimulation on other body areas.
- **Power Adapter:** Connects the unit to a power source.

SETUP

1. **Placement:** Place the main unit on a flat, stable surface where you can comfortably sit and rest your feet on the pads.
2. **Power Connection:** Connect the power adapter to the DC input port on the side of the main unit. Plug the adapter into a standard electrical outlet.
3. **Remote Control Battery:** Ensure the remote control has a working battery. If not, insert or replace with the correct battery type (usually a button cell battery).
4. **TENS Pad Connection (Optional):** If using TENS pads, connect the electrode cables to the TENS output ports on the

main unit. Attach the pads to the desired body area (ensure skin is clean and dry).

OPERATING INSTRUCTIONS

Using the Foot Massager

1. **Power On:** Press the power button on the main unit or the remote control. The display will illuminate.
2. **Position Feet:** Place both bare feet on the foot pads of the main unit. Ensure full contact for optimal stimulation.
3. **Select Mode:** Use the "MODE" button on the unit or remote to cycle through available stimulation programs. The device offers automatic program scrolling.
4. **Adjust Intensity:** Use the "T+" and "T-" buttons on the unit or remote to increase or decrease the intensity level (0-99 levels). Start at a low intensity and gradually increase until you feel a comfortable, yet noticeable, sensation.
5. **Set Timer:** The device has a 60-minute timer. The session will automatically end after this duration.
6. **Relax:** Remain seated and relax during the session.
7. **Power Off:** After your session, press the power button to turn off the device.



Figure 3: A user comfortably operating the Vytaliving Circulation Plus Reviver foot massager, demonstrating proper foot placement.

Using the TENS Pads (Optional)

The TENS pads allow for targeted stimulation on other parts of the body, such as calves, thighs, or back.

1. **Prepare Skin:** Ensure the skin where you intend to place the TENS pads is clean, dry, and free of lotions or oils.
2. **Attach Pads:** Connect the TENS pads to the electrode cables. Peel the protective film from the pads and firmly apply them to the desired area of your body.
3. **Connect Cables:** Plug the electrode cables into the TENS output ports on the main unit.
4. **Power On & Adjust:** Turn on the main unit. Use the "BODY" intensity buttons on the unit or remote to adjust the intensity for the TENS pads. Start low and increase gradually.
5. **Simultaneous Use:** The foot massager and TENS pads can be used simultaneously, with independent intensity controls.
6. **Remove Pads:** After use, gently peel the TENS pads from your skin. Replace the protective film on the pads for storage.

MAINTENANCE

Cleaning

- Always unplug the device from the power outlet before cleaning.
- Wipe the main unit and remote control with a soft, damp cloth. Do not use abrasive cleaners or immerse the unit in water.
- The TENS pads can be gently wiped with a damp cloth if needed. Ensure they are dry before reapplying the protective film.

Storage

- Store the device in a cool, dry place, away from direct sunlight and extreme temperatures.
- Keep TENS pads with their protective film reattached to maintain adhesiveness.
- Store all components in their original packaging or a suitable container to prevent damage.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not power on.	Not plugged in; power outlet issue; faulty adapter.	Ensure power adapter is securely plugged into the unit and a working outlet. Try a different outlet. Contact customer support if issue persists.
No sensation from foot pads.	Intensity too low; feet not making full contact; dry skin.	Increase intensity gradually. Ensure bare feet are fully on the pads. Lightly moisten feet with water if skin is very dry.
No sensation from TENS pads.	Pads not properly attached; cables loose; intensity too low.	Ensure pads are firmly attached to clean, dry skin. Check cable connections. Increase "BODY" intensity.
Remote control not working.	Dead battery; obstruction.	Replace remote control battery. Ensure no obstructions between remote and main unit.

SPECIFICATIONS

- **Model Number:** AST-300N
- **Brand:** Vytaliving
- **Power Source:** Corded Electric
- **Material:** Plastic
- **Product Dimensions:** 17.32 x 6.69 x 17.72 inches
- **Item Weight:** 2.43 Pounds (1.1 Kilograms)
- **Intensity Levels:** 0-99
- **Timer:** 60 minutes (automatic shut-off)

WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the contact details provided with your purchase documentation or visit the official Vytaliving website.

