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> HoMedics Hydra Vibration Foot Massage Roller SR-HCF Instruction Manual

## Homedics SR-HCF

# HoMedics Hydra Vibration Foot Massage Roller SR-HCF Instruction Manual

Model: SR-HCF

## INTRODUCTION

Thank you for purchasing the HoMedics Hydra Vibration Foot Massage Roller. This device is designed to provide a stimulating foot massage using a combination of vibration, hot or cold water treatment, and Acu-Nodes. Please read this manual thoroughly before use to ensure proper operation and safety.

## IMPORTANT SAFETY INSTRUCTIONS

When using electrical products, especially when children are present, basic safety precautions should always be followed, including the following:

- Read all instructions before using.
- Do not use near water.
- Close supervision is necessary when this product is used by, on, or near children, invalids, or disabled persons.
- Use this product only for its intended use as described in this manual.
- Do not use attachments not recommended by HoMedics.
- Never operate this product 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.
- Keep cord away from heated surfaces.
- 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.
- This product is designed for household use only.
- Do not fill with water over 110°F (43°C).

## PRODUCT OVERVIEW

The HoMedics Hydra Vibration Foot Massage Roller features a textured surface with Acu-Nodes for pressure point massage, an

internal chamber for water, and a vibration function.



**Image 1:** The HoMedics Hydra Vibration Foot Massage Roller. It is a grey roller with a textured surface featuring various sized nodes, flanked by two bright blue end caps. The HoMedics logo is visible on one of the end caps.

## SETUP AND BATTERY INSTALLATION

### 1. Battery Installation:

- Locate the battery compartment on one of the end caps.
- Remove the battery cover by turning it counter-clockwise.
- Insert 2 "AA" batteries (not included) into the chamber, ensuring correct polarity (+/-).
- Replace the battery cover by turning it clockwise until secure.

### 2. Water Filling (Optional for Hot/Cold Therapy):

- To fill the foot roller, open the water chamber. This is typically done by twisting or pulling one of the end caps. Refer to the product diagram if unsure.
- For **Hot Therapy**, fill the chamber with warm water. **DO NOT fill with water over 110°F (43°C)** to prevent damage to the unit and potential burns.
- For **Cold Therapy**, fill the chamber with ice cold water.
- Securely close the water chamber after filling to prevent leaks.

## OPERATING INSTRUCTIONS

1. **Placement:** Place the HoMedics Hydra Vibration Foot Massage Roller on a flat, stable surface, such as the floor.
2. **Activate Vibration:** Press the power button, usually located on one of the end caps, to activate the vibration feature.
3. **Massage Application:** Gently place your foot on the roller. Apply desired pressure and slowly roll your foot back and forth over the textured surface. The Acu-Nodes are designed to target pressure points.
4. **Hot/Cold Therapy:** If you have filled the chamber with warm or cold water, the temperature will transfer to the roller's surface, enhancing the massage experience.
5. **Duration:** Use for a comfortable duration. It is recommended to start with short sessions (5-10 minutes) and adjust as needed.

6. **Deactivate:** After completing your massage, press the power button again to turn off the vibration.

## MAINTENANCE

- **Cleaning:** After each use, especially if water was used, empty the water from the chamber and dry the unit completely with a soft, damp cloth. Do not use abrasive cleaners or immerse the entire unit in water.
- **Storage:** Store the massager in a cool, dry place. Avoid storing it in direct sunlight or extreme temperatures.
- **Battery Care:** If the unit will not be used for an extended period, remove the batteries to prevent leakage and corrosion.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Unit does not vibrate.	Batteries are dead or incorrectly installed.	Check battery polarity. Replace with new "AA" batteries.
Water leaks from the chamber.	Chamber cap is not securely closed.	Ensure the chamber cap is tightly sealed.
Vibration is weak.	Low battery power.	Replace batteries.

## SPECIFICATIONS

- **Model:** SR-HCF
- **Power Source:** 2 "AA" Batteries (not included)
- **Dimensions:** Approximately 4.06 x 4.06 x 7.76 inches
- **Weight:** Approximately 14.08 ounces
- **Water Temperature Limit:** Do not exceed 110°F (43°C)
- **Special Feature:** Waterproof (for water chamber, not for full immersion of electrical components)

## WARRANTY INFORMATION

HoMedics products are sold with the intent that they are free from defects in manufacture and workmanship for a period of one year from the date of original purchase, except as noted below. HoMedics warrants that its products will be free of defects in material and workmanship under normal use and service. This warranty extends only to consumers and does not extend to Retailers. To obtain warranty service on your HoMedics product, contact a Consumer Relations Representative for assistance. Please make sure to have the model number of the product available.

## CUSTOMER SUPPORT

For further assistance or inquiries, please visit the official HoMedics website or contact their customer service department. Contact information can typically be found on the product packaging or the official HoMedics website.

**Website:** [www.homedics.com](http://www.homedics.com)



