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> BestMassage Zero Gravity Full Body Electric Shiatsu Massage Chair Instruction Manual

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Model: Zero Gravity Full Body Electric Shiatsu Massage Chair

1. INTRODUCTION

Thank you for choosing the BestMassage Zero Gravity Full Body Electric Shiatsu Massage Chair. This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your new massage chair. Please read this manual thoroughly before use and retain it for future reference.

2. IMPORTANT SAFETY INSTRUCTIONS

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

- Always ensure the chair is in a stable position before use and avoid sudden movements while in the reclined position.
- Do not use the chair if it has been damaged in any way. Contact customer support immediately.
- Keep the power cord away from heated surfaces.
- Do not operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Never use the chair in a wet environment or with wet hands.
- Consult a physician before using this product if you have any medical conditions, are pregnant, or have a pacemaker.
- Keep children and pets away from the chair, especially when in operation.
- Unplug the chair from the outlet when not in use and before cleaning.

3. PACKAGE CONTENTS

Your BestMassage Shiatsu Massage Chair is typically shipped in multiple packages. Please ensure all components are present before beginning assembly.

- Main Body of Massage Chair
- Armrests (Left and Right)
- Footrest Assembly
- Remote Control
- Power Cord
- Instruction Manual (this document)

4. ASSEMBLY INSTRUCTIONS

Assembly is required for this massage chair. It is recommended to have two people for assembly due to the size and weight of the components. Follow the detailed instructions provided in the separate assembly guide included with your purchase. Ensure all connections are secure before powering on the chair.



Figure 4.1: Assembled BestMassage Zero Gravity Full Body Electric Shiatsu Massage Chair.

5. INITIAL SETUP

1. **Placement:** Position the massage chair on a flat, stable surface. Ensure there is at least 10 inches of clearance from the wall behind the chair to allow for reclining in Zero Gravity mode.
2. **Power Connection:** Connect the power cord to the chair's power input, then plug it into a grounded electrical outlet.
3. **Remote Control:** The remote control is typically tethered to the chair and can be stored in the side pocket for easy access.

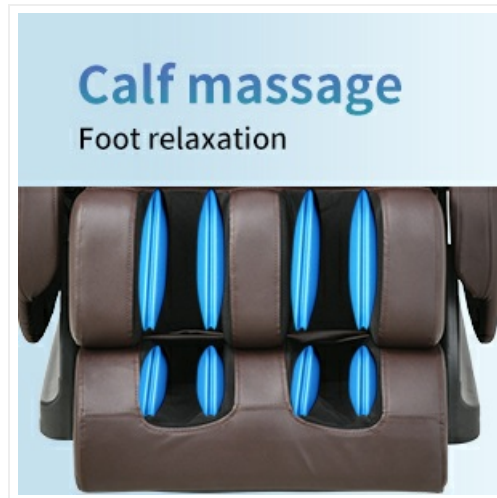


Figure 5.1: Power switch and connection point. Ensure the power switch is in the 'ON' position after plugging in.

6. OPERATING INSTRUCTIONS

The massage chair is operated using the wired remote control. Familiarize yourself with the remote's layout and functions.

6.1 Remote Control Overview

Warm compress for waist

Make every massage more warm



Figure 6.1: Wired remote control for the massage chair. It features a digital display and various control buttons.

- **Power Button:** Turns the chair ON/OFF.
- **Auto Programs:** Select from pre-set massage programs (e.g., Refresh, Relax, Stretch).
- **Manual Modes:** Choose specific massage techniques like Kneading, Shiatsu, Rolling, or Vibration.
- **Targeted Massage:** Buttons for Neck, Back, Waist, Leg, Arm, and Seat/Shoulder allow you to focus massage on specific body areas.
- **Zero-G:** Activates the Zero Gravity recline function.
- **Heat:** Toggles the lumbar heat therapy.
- **Air:** Controls the air massage intensity for various body parts.
- **Speed/Strength:** Adjusts the intensity or speed of the massage rollers.
- **Up/Down:** Adjusts the position of the massage rollers vertically.

6.2 Starting a Massage Session

1. Sit comfortably in the chair.

2. Press the Power button on the remote control to turn on the chair.
3. Select an automatic program or customize your massage using the manual mode and targeted massage buttons.
4. Adjust the intensity, speed, and heat as desired.
5. To end the session, press the Power button again. The chair will return to its upright position.

6.3 Zero Gravity Function

Press the "Zero-G" button on the remote. The chair will recline, elevating your feet above your heart, which helps to minimize the stress of gravity on your vertebrae and promote relaxation.



Figure 6.2: The Zero Gravity position, designed for optimal relaxation and spinal decompression.

7. KEY FEATURES

- **Zero-Gravity Design:** Elevates your feet higher than your heart, minimizing gravitational stress on vertebrae and relieving back pain.
- **Humanization Design with Extendable Footrest:** The foot pedal length can be adjusted from 0-16cm to

accommodate various user heights, ensuring a comfortable massage experience.



Figure 7.1: Product dimensions and illustration of the extendable footrest.

- **Airbag Massage Technology:** Features 32 airbags strategically located in the arms, hips, shoulders, thighs, calves, and feet. These airbags inflate and deflate separately to provide compression massage, promoting circulation and muscle relaxation.



Figure 7.2: Illustration of the airbag system providing simulated finger massage.

- **Warm Back Massage (Heat Therapy):** Lumbar heating pads provide heat therapy to the lower back area, which can increase blood circulation and loosen tense muscles, complementing the roller and airbag massage.

SHOW DETAILS

Every detail highlights the quality

Comfortable massage chair

Remote control

It can be controlled smoothly without leaving the massage lounge chair



Headrest

Fitting shoulder neck imitating human hand manipulation



Pressure

Airbags in various parts of the body can relieve pain and reduce muscle tension by simulating finger massage.



Figure 7.3: Visual representation of the warm compress feature for the waist.

- **Fixed Point Massage with Body Detection:** Smart massage heads automatically adjust to fit the back curve of different users, providing targeted relief for the neck, shoulders, waist, and back.

Remote control

Easy to use "Stable and safe"

There is no need to leave the massage lounge chair and sit on your lounge chair for massage

3 automatic massage modes

3 manual massage modes

Level 3 Strength Adjustment

Figure 7.4: Diagram illustrating the fixed point massage and body detection system.

- **Foot Rollers:** Dual foot rollers on the feet area provide a comprehensive foot massage.
- **Remote Control Pocket:** A convenient pocket is integrated into the armrest for storing the remote control.

COMMODITY PARAMETERS

unit(inch)



Figure 7.5: Close-up of the remote control pocket, headrest, and pressure points.

8. MAINTENANCE

- **Cleaning:** Wipe clean the exterior surfaces of the massage chair with a soft, damp cloth. Do not use abrasive cleaners or solvents.
- **Storage:** When not in use for extended periods, unplug the chair and store it in a cool, dry place away from direct sunlight.
- **Inspection:** Regularly inspect the power cord and all connections for any signs of damage. If damage is found, discontinue use and contact customer support.

9. TROUBLESHOOTING

If you encounter any issues with your massage chair, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Chair does not power on.	Power cord not properly connected; Power switch is off; No power from outlet.	Ensure power cord is securely plugged in. Check if the power switch is ON. Test the outlet with another device.
Massage rollers are not moving.	Massage program not selected; Safety feature activated.	Select an auto program or manual massage mode. Ensure no obstructions are preventing movement.
Airbags are not inflating.	Air massage function is off; Air pressure setting is too low.	Activate the 'Air' function on the remote. Increase the air pressure setting.
Heat function is not working.	Heat function is off.	Ensure the 'Heat' button on the remote is activated. Allow a few minutes for the heating elements to warm up.

If the problem persists after attempting these solutions, please contact BestMassage customer support for further assistance.

10. SPECIFICATIONS

Feature	Detail
Brand	BestMassage
Model Name	Zero Gravity Full Body Electric Shiatsu Massage Chair
Color	Brown
Product Dimensions	56"D x 30"W x 45"H
Item Weight	115 pounds
Maximum Weight Recommendation	350 Pounds
Special Features	Arm Rest, Foot Rest, Zero Gravity, Heated, Space Saving, Head Support
Assembly	Assembly required
Product Care Instructions	Wipe Clean

11. WARRANTY AND CUSTOMER SUPPORT

BestMassage is committed to providing quality products and customer satisfaction. While specific warranty details are not provided in this document, please refer to your purchase documentation for warranty information.

For any questions, concerns, or assistance with your massage chair, please contact BestMassage customer support. Contact information can typically be found on the product packaging or the official BestMassage website.

12. OFFICIAL PRODUCT VIDEO



Video 12.1: An overview of the BestMassage Electric Shiatsu Full Body Zero Gravity Massage Chair, demonstrating its features and operation.



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