Beurer FM38

Beurer Shiatsu Foot Massager

Model: FM38

Brand: Beurer

Introduction

This instruction manual provides important information for the safe and effective operation of your Beurer Shiatsu Foot Massager, Model FM38. Please read this manual thoroughly before first use and keep it for future reference. The Beurer FM38 is designed to provide a powerful Shiatsu foot massage with 8 rotating nodules and an optional heat function, promoting blood flow and relaxation for your feet.



Figure 1: Beurer Shiatsu Foot Massager FM38. This image displays the silver-colored massager from a top-down perspective, highlighting its eight rotating massage nodules and the power and heat control buttons.

Important Safety Information

Always adhere to the following safety guidelines to prevent injury or damage to the device:

- Read all instructions before using the appliance.
- Do not use the massager if you have open wounds, skin diseases, or injuries on your feet.
- Consult a physician before use if you have a pacemaker, diabetes, or other medical conditions.
- Do not immerse the device in water or other liquids.
- Keep out of reach of children.
- Unplug the device from the power outlet after each use and before cleaning.
- Do not use for more than 15 minutes at a time to avoid over-stimulation.

Note: 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. This product is not a medical device.

Product Overview and Components

The Beurer FM38 Shiatsu Foot Massager features a compact design with intuitive controls. Key components include:

- **Shiatsu Massage Nodules:** Eight powerful, counter-rotating massage discs designed to imitate a traditional Shiatsu massage.
- **Heat Function:** Provides soothing warmth to enhance relaxation and improve blood circulation.

- **Power Button:** Controls the on/off function and massage speed.
- **Heat Button:** Activates or deactivates the heat function.
- **Adjustable Feet:** Allows for comfortable and customized positioning of the massager.



Figure 2: Detail of the 8 rotating massage balls. These nodules are designed to provide a deep tissue Shiatsu massage.



Figure 3: The optional heat function button. This feature provides additional comfort during massage.

Setup

1. Unpack the device and check for any signs of damage. If damaged, do not use and contact customer support.
2. Place the foot massager on a flat, stable surface.
3. Ensure the power cord is easily accessible and not obstructed.
4. Plug the power cord into a suitable 110V electrical outlet.



Figure 4: Adjustable feet for customized positioning. Ensure the massager is stable before use.

Operating Instructions

The Beurer FM38 is designed for ease of use, even while seated. You can operate the controls with your toe.

1. **Power On:** Press the power button (usually located in the center, marked with a power symbol) to turn on the massager. The massage nodules will begin to rotate. There is one individual massage speed.
2. **Activate Heat Function:** To activate the soothing heat function, press the heat button (usually red, marked with a wavy lines symbol). The heat function can be used independently or in conjunction with the massage.
3. **Positioning Your Feet:** Place your feet comfortably on the massage nodules. You can adjust the pressure by shifting your weight. The massager is effective for foot reflex zone massage.
4. **Duration of Use:** It is recommended to use the massager for a maximum of 15 minutes per session.
5. **Power Off:** Press the power button again to turn off the massager.



Figure 5: Proper foot placement on the massager. The rotating nodules promote blood flow and relaxation.



Figure 6: Operating the massager with the power button. The device helps relieve toe pain, ankle pain, plantar fasciitis, and common forms of arthritis.

Maintenance and Care

- **Cleaning:** Always unplug the device before cleaning. Wipe the surface of the massager with a slightly damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the massager in a cool, dry place, away from direct sunlight and moisture. The cord can be neatly stowed away under the unit when not in use.
- **Disposal:** Dispose of the device in accordance with local regulations for electronic waste.

Troubleshooting

Problem	Possible Cause	Solution
Device does not turn on.	Not plugged in; power outlet issue; device malfunction.	Ensure the power cord is securely plugged into a working outlet. Try a different outlet. If problem persists, contact customer support.

Problem	Possible Cause	Solution
Heat function not working.	Heat button not pressed; internal issue.	Press the heat button. Allow a few minutes for the heat to become noticeable. If still not working, contact customer support.
Massage feels too intense/uncomfortable.	Excessive pressure applied; sensitive feet.	Reduce the pressure by lifting your feet slightly. Adjust foot position. Limit session duration.

Specifications

Model: FM38

Brand: Beurer

Product Dimensions: 12.7 x 11.2 x 4.6 inches

Item Weight: 3 Pounds

Power Source: Corded Electric

Material: Plastic

Massage Type: Shiatsu, Foot Reflex Zone Massage

Massage Nodules: 8 rotating massage balls

Heat Function: Optional



Figure 7: Product dimensions and weight. The compact design allows for easy movement.

Warranty and Support

For warranty information, technical support, or service inquiries, please refer to the warranty card included with your product or visit the official Beurer North America website. Keep your proof of purchase for warranty claims.

Manufacturer: Beurer North America LP

Online Resources: For additional information and support, you may visit theBeurer Store on Amazon.

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