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› HoMedics Shiatsu Air 2.0 Foot Massager Instruction Manual

## HoMedics FMS-351HJ

# HoMedics Shiatsu Air 2.0 Foot Massager

Model: FMS-351HJ

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## INTRODUCTION

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This manual provides instructions for the safe and effective use of your HoMedics Shiatsu Air 2.0 Foot Massager. Please read all instructions carefully before use and retain for future reference.



Image: The HoMedics Shiatsu Air 2.0 Foot Massager, a white and grey unit, shown next to its product packaging. The massager features two foot inserts and a control panel on top.

## IMPORTANT SAFETY INFORMATION

### **WARNING: To reduce the risk of electric shock, burns, fire, or injury to persons:**

- Use only with appropriate foot size. Do not use with heat function unattended.
- Always unplug the appliance from the electrical outlet immediately after using and before cleaning.
- Do not reach for an appliance that has fallen into water. Unplug it immediately.
- Do not use while bathing or in a shower.
- Do not place or store appliance where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid.
- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use and before putting on or taking off parts or attachments.
- Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by HoMedics.
- Never operate this appliance 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. Return it to a HoMedics Service Center for examination and repair.

- Keep cord away from heated surfaces.
- Never use while sleeping or drowsy.
- 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.
- Do not use on or near eyes or other highly sensitive areas.
- Do not operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Do not carry this appliance by supply cord or use cord as a handle.
- To disconnect, turn all controls to the "OFF" position, then remove plug from outlet.
- This appliance is designed for household use only.

## SETUP

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1. **Placement:** Place the HoMedics Shiatsu Air 2.0 Foot Massager on a flat, stable surface. Ensure there is enough space around the unit for proper ventilation.
2. **Power Connection:** Plug the power cord into a 120-volt AC electrical outlet.
3. **Foot Insertion:** Sit comfortably and place your feet into the foot chambers of the massager. Ensure your feet are positioned correctly for optimal massage coverage. The massager is designed to fit up to a men's size 14 shoe.

# soothe foot pain

Delivers pain  
relief to aching,  
fatigued muscles



Image: A person relaxing on a couch with their feet placed inside the HoMedics Shiatsu Air 2.0 Foot Massager, demonstrating proper usage.

## OPERATING INSTRUCTIONS

The control panel on the top of the massager allows you to customize your massage experience. Refer to the image below for button identification.



Image: A detailed view of the control panel on the HoMedics Shiatsu Air 2.0 Foot Massager, showing buttons for power, heat, mode, and intensity.

1. **Power On/Off:** Press the **Power button** (red circle) to turn the massager on. Press it again to turn the unit off.
2. **Massage Mode Selection:** Press the **Mode button** (blue square) to cycle through the available massage modes:
  - **Shiatsu Kneading:** Simulates deep-kneading hand massage.
  - **Air Compression:** Gently squeezes your feet with rhythmic air pressure.
  - **Combination:** Activates both Shiatsu and Air Compression simultaneously.
3. **Intensity Control:** Press the **Intensity button** (green square) to adjust the strength of the massage. There are three intensity levels: Low, Medium, and High.
4. **Soothing Heat:** Press the **Heat button** (orange circle) to activate the soothing heat function. Heat can only be turned on when a massage mode is active. Press again to turn off the heat.

For optimal results, experiment with different modes and intensities to find your preferred setting. The massager has an automatic shut-off feature for safety after a certain period of use.



**soothe  
your soles**

**Targeted toe, arch &  
heel support for total  
foot relief**

Image: An illustration showing a foot inside the massager, with red waves indicating the soothing heat function and blue arrows representing targeted toe, arch, and heel support.

## **MAINTENANCE**

Proper maintenance ensures the longevity and hygiene of your foot massager.

### **Cleaning the Washable Liner**

- The interior fabric liners are removable and washable for easy cleaning.
- To remove, gently pull the liners out from the foot chambers.
- Hand wash the liners with mild soap and cold water. Do not bleach.
- Air dry completely before reinserting into the massager.
- Ensure the liners are fully dry to prevent moisture buildup.



**removable,  
washable liners**

Easy to clean  
& maintain

Image: The HoMedics Shiatsu Air 2.0 Foot Massager with one of its removable, washable liners partially pulled out, highlighting the ease of cleaning.

### General Care

- **Storage:** When not in use, store the massager in a cool, dry place. Avoid storing near heat sources or in direct sunlight.
- **Cleaning Exterior:** Wipe the exterior of the massager with a soft, damp cloth. Do not use abrasive cleaners or solvents.
- **Cord Care:** Do not wrap the power cord around the appliance. Avoid sharp bends or kinks in the cord.

### TROUBLESHOOTING

If you encounter any issues with your HoMedics Shiatsu Air 2.0 Foot Massager, please refer to the following common solutions:

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

Problem	Possible Cause	Solution
Heat function is not working.	Heat is only active during a massage mode.	Ensure a massage mode (Shiatsu, Air Compression, or Combination) is active before attempting to turn on the heat.
Massage feels too intense or uncomfortable.	Intensity setting is too high, or feet are not positioned correctly.	Press the Intensity button to select a lower setting (Low, Medium). Adjust your foot position within the massager. Ensure the washable liners are properly installed.
Air compression is too strong.	Intensity setting is too high.	Reduce the intensity level using the Intensity button.

If these steps do not resolve the issue, please contact HoMedics Customer Support for further assistance.

## SPECIFICATIONS

Feature	Detail
Model Number	FMS-351HJ
Product Dimensions	17.13 x 14.37 x 8.7 inches
Item Weight	9.03 Pounds
Power Source	Corded Electric
Material	Alloy Steel (internal components)
Foot Size Accommodation	Up to men's size 14
Massage Types	Shiatsu Kneading, Rhythmic Air Compression
Heat Function	Yes, soothing heat
Intensity Levels	3 (Low, Medium, High)
Liner	Removable, Washable

**fits up to a men's  
size 14 shoe**



Image: The HoMedics Shiatsu Air 2.0 Foot Massager with its dimensions clearly marked: 14.4 inches wide and 17.13 inches deep.

## WARRANTY INFORMATION

This HoMedics Shiatsu Air 2.0 Foot Massager (Model FMS-351HJ) comes with a **2-Year Limited Warranty** from the date of purchase.

This warranty covers defects in material and workmanship under normal use. It does not cover damage caused by misuse, abuse, accident, attachment of any unauthorized accessory, alteration to the product, improper installation, unauthorized repairs or modifications, improper use of electrical power supply, loss of power, dropped product, malfunction or damage of an operating part from failure to provide manufacturer's recommended maintenance, transportation damage, theft, neglect, vandalism, or environmental conditions. For detailed warranty terms and conditions, please refer to the warranty card included with your product or visit the official HoMedics website.

## CUSTOMER SUPPORT

For any questions, concerns, or assistance with your HoMedics Shiatsu Air 2.0 Foot Massager, please contact HoMedics Customer Support.

- **Website:** Visit [www.homedics.com](http://www.homedics.com) for product information, FAQs, and support resources.

- **Phone:** Refer to your product packaging or the HoMedics website for the most current customer service contact number.

When contacting support, please have your model number (FMS-351HJ) and date of purchase readily available.

## LEGAL DISCLAIMER

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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 intended to diagnose, treat, cure, or prevent any disease. Consult your physician before using this product, especially if you have any medical conditions.

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