Beurer MG153

Beurer MG153 Shiatsu Neck and Back Massager with Heat Instruction Manual

Model: MG153

1. Important Safety Information

Please read this entire instruction manual carefully before using the Beurer MG153 Shiatsu Neck and Back Massager. Retain this manual for future reference.

- **For external use only:** This device is intended for external massage of the human body.
- **Consult a physician:** If you have any medical conditions, are pregnant, have a pacemaker, or are unsure about using a massager, consult your doctor before use.
- **Avoid water:** Do not use the device near water or in damp environments. Do not immerse the device in water.
- **Children and individuals with reduced capabilities:** This appliance can be used by children aged 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
- **Power supply:** Only use the power adapter supplied with the device. Ensure the voltage specified on the rating label matches your local power supply.
- **Heat function:** The device has a hot surface. Persons insensitive to heat must be careful when using the device.
- **Usage duration:** Do not use the massager for more than 15 minutes at a time to prevent overheating and potential injury. Allow the device to cool down before subsequent use.
- **Maintenance:** Do not attempt to repair the device yourself. Contact authorized service personnel for any repairs.

2. Product Overview

The Beurer MG153 Shiatsu Neck and Back Massager is designed to provide a deep tissue massage experience with its 4D kneading massage heads and optional heat function. It is suitable for various body areas including the neck, back, and shoulders.



Figure 2.1: Beurer MG153 Shiatsu Neck and Back Massager. This image shows the overall design of the massager, featuring its ergonomic shape and integrated control panel.

Key Features:

- **4D Shiatsu Kneading Massage:** Features four powerful bidirectional rotating massage balls and two pinch nodes for a deep tissue massage.
- **Soothing Heat Function:** An optional heat function can be activated to enhance relaxation and muscle relief.
- **Adjustable Intensity:** Offers two speed levels and one pulsation level (intervals) to customize the massage experience.
- **Versatile Design:** Ergonomically designed to fit the neck, back, shoulders, and other body areas.
- **Practical Handles:** Integrated handles allow for control over massage pressure and positioning.
- **Removable and Washable Cover:** Includes two covers for the massage heads, with the outer cover being removable and washable for hygiene.

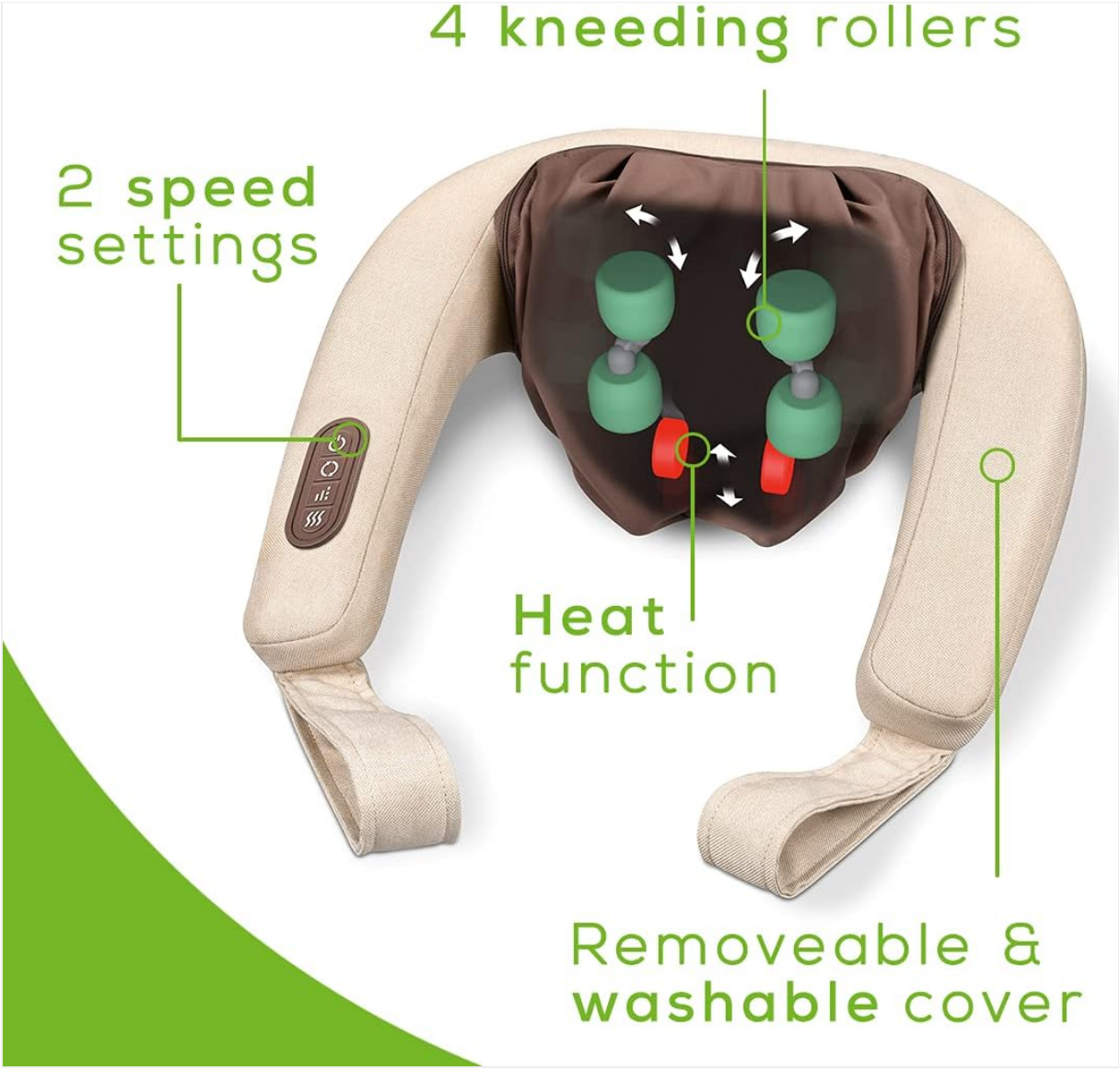


Figure 2.2: Diagram illustrating the Beurer MG153's features. This image highlights the 4 kneading rollers, 2 speed settings, heat function, and the removable & washable cover.

3. Setup

1. **Unpack the Device:** Carefully remove the massager and all accessories from the packaging.
2. **Inspect for Damage:** Check the device and power adapter for any signs of damage. Do not use if damaged.
3. **Connect Power:** Insert the power adapter cable into the designated port on the massager. Then, plug the power adapter into a suitable electrical outlet.
4. **Positioning:** Place the massager around your neck, shoulders, or back as desired. Use the integrated handles to adjust the position and apply gentle pressure.

4. Operation

The control panel is located on one of the arm loops of the massager. It typically includes buttons for Power, Speed/Intensity, and Heat.



Figure 4.1: A user demonstrating the application of the Beurer MG153 massager on the neck and shoulders. The handles are used to adjust the fit and pressure.

1. **Power On/Off:** Press the **Power button** (usually indicated by a universal power symbol) to turn the device on. The massage function will start at the default intensity. Press again to turn off.
2. **Adjusting Intensity/Speed:** Press the **Speed button** (often indicated by wavy lines or arrows) to cycle through the available speed levels (e.g., low, high) and pulsation mode.
3. **Activating Heat Function:** Press the **Heat button** (usually indicated by a flame or heat symbol) to activate the soothing heat function. Press again to deactivate. The heat function can be used independently or in conjunction with the massage.
4. **Controlling Pressure:** Use the integrated arm handles to pull the massager closer to your body, increasing the intensity of the massage. Release the handles to reduce pressure.
5. **Recommended Usage:** For optimal results and to prevent over-stimulation, use the massager for a maximum of 15 minutes per session. The device may have an automatic shut-off feature after this duration.

5. Cleaning and Maintenance

Proper cleaning and maintenance ensure the longevity and hygienic use of your massager.

- **Before Cleaning:** Always unplug the device from the power outlet and allow it to cool down completely before cleaning.

- **Removable Cover:** The outer cover of the massage heads is removable and washable. Follow the care instructions on the label for washing. Typically, this involves gentle machine wash or hand wash.
- **Device Surface:** Wipe the main body of the massager with a soft, slightly damp cloth. Do not use abrasive cleaning agents or harsh chemicals.
- **Storage:** Store the massager in a cool, dry place, away from direct sunlight and moisture, when not in use.

6. Troubleshooting

Problem	Possible Cause	Solution
Device does not turn on.	Not plugged in correctly, power outlet issue, or power adapter fault.	Check if the power adapter is securely plugged into both the device and the wall outlet. Try a different outlet. Ensure the power adapter is not damaged.
Heat function is not working.	Heat function not activated, or device not warmed up yet.	Ensure the heat button has been pressed. Allow a few minutes for the heat to become noticeable.
Massage feels too weak or too strong.	Incorrect speed setting or insufficient/excessive pressure applied.	Adjust the speed setting using the speed button. Use the arm handles to control the amount of pressure applied to your body.
Device stops working during use.	Automatic shut-off due to overheating or exceeding recommended usage time.	Allow the device to cool down for at least 30 minutes before attempting to use it again. Ensure you are not exceeding the 15-minute recommended usage time.

If the problem persists after attempting these solutions, please contact Beurer customer support.

7. Technical Specifications

Model: MG153

Product Dimensions: 14.5 x 7.5 x 15 inches

Item Weight: 4 Pounds

Power Source: Corded Electric

Material: Polyester

Manufacturer: AmazonUs/BEUUF

ASIN: B08SSPY7RP

8. Warranty and Support

The Beurer MG153 Shiatsu Neck and Back Massager comes with a Limited Lifetime Warranty, providing peace of mind regarding its quality and performance.
For warranty claims, technical assistance, or any questions not covered in this manual, please contact Beurer customer support directly. Refer to the product packaging or the official Beurer website for the most current contact information.
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