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› iRest Massage Chair User Manual

## iRest iRest-MC

# iRest Massage Chair User Manual

Model: iRest-MC

Brand: iRest

## 1. INTRODUCTION

Welcome to your new iRest Massage Chair. This manual provides essential information for safe operation, setup, maintenance, and troubleshooting. Please read thoroughly before initial use to ensure proper functionality and longevity of your product.

## 2. IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this appliance. Failure to follow these instructions may result in injury or damage to the product.

- Do not use if pregnant, have pacemakers, or other medical conditions without consulting a doctor.
- Keep away from water or damp environments.
- Unplug from outlet when not in use and before cleaning.
- Do not operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- 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 the manufacturer.
- 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.
- Do not carry this appliance by the supply cord or use the cord as a handle.
- To disconnect, turn all controls to the OFF position, then remove the plug from the outlet.
- Do not use outdoors.

- Do not crush or fold the chair.
- Do not stand on the chair.
- Ensure proper ventilation around the chair during operation.

### 3. PRODUCT OVERVIEW

#### 3.1 Components

The iRest Massage Chair is designed for comprehensive body relaxation, integrating advanced massage technologies.



This image shows the iRest Massage Chair in use, highlighting its ergonomic design and comfortable seating position.

#### 3.2 Key Features

- **8 Automatic Massage Programs:** Includes Yoga Stretching, Relax, Comfort, Whole Body, and other specialized modes.
- **Intelligent AI Voice Control:** Allows for hands-free operation and adjustment of massage settings.
- **Quick-Access Buttons:** Conveniently located on the right armrest for easy function selection, position adjustment,

and intensity control.

- **Leg Drainage Massage:** Airbags in the leg and calf areas perform up-and-down movements to promote circulation, relax calf muscles, and relieve swelling.
- **135cm SL Track:** Ensures comprehensive massage coverage from the neck down to the hips and glutes, following the natural curve of the spine.
- **Full Body Air Massage:** Features adjustable air pressure levels for a customizable compression massage.
- **Multiple Massage Techniques:** Offers Kneading, Rolling, Shiatsu, Tapping, Knocking, and a combination of Tapping/Kneading.

## 4. SETUP

### 4.1 Unpacking

Carefully remove the massage chair from its packaging. Ensure all components are present and undamaged. Due to its weight (90 kg), it is recommended to have at least two people for unpacking and positioning the chair.

### 4.2 Placement

Place the chair on a flat, stable surface. Ensure there is sufficient space around the chair for full recline and operation. The approximate dimensions are 155 cm (length) x 75 cm (width) x 115 cm (height) when upright.

### 4.3 Power Connection

Connect the power cord securely to the chair's power input, then plug it into a grounded electrical outlet. Ensure the power outlet meets the chair's electrical requirements.

## 5. OPERATING INSTRUCTIONS

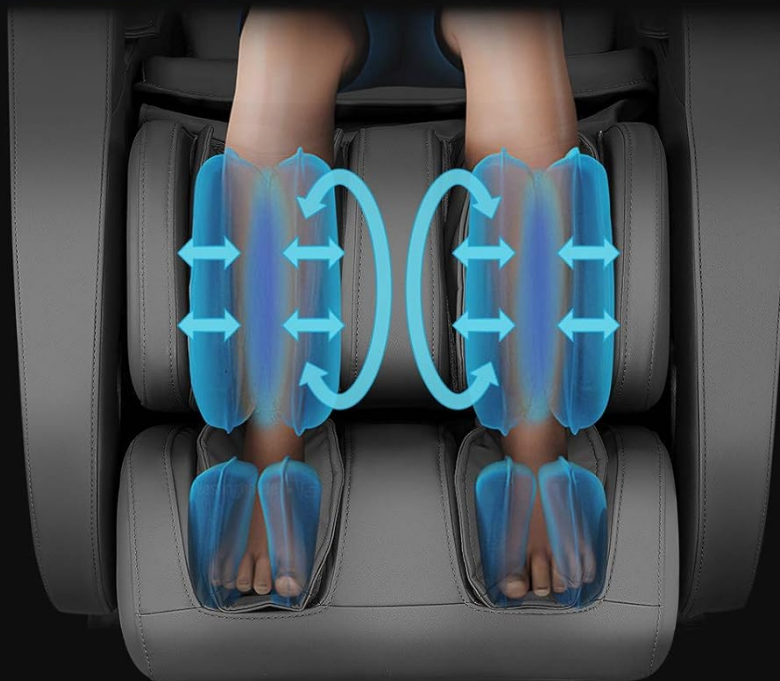
### 5.1 Powering On/Off

Press the main power button located on the quick-access panel or the remote control to turn the chair on or off.

# Draining Massage for Legs



Entire calves are kneaded and squeezed by up-and-down movements of the airbags, draining massage play a very good role in relaxing calf muscles and soothing calf swelling.



This image displays the convenient quick-access control panel located on the armrest, allowing for easy adjustments during a massage session.

## 5.2 Voice Control

The iRest Massage Chair features intelligent AI voice control. Simply speak clear commands to initiate massage programs, adjust settings, or stop the massage without needing to use physical buttons.

# Easily Control Your Massage by Simply Telling A321



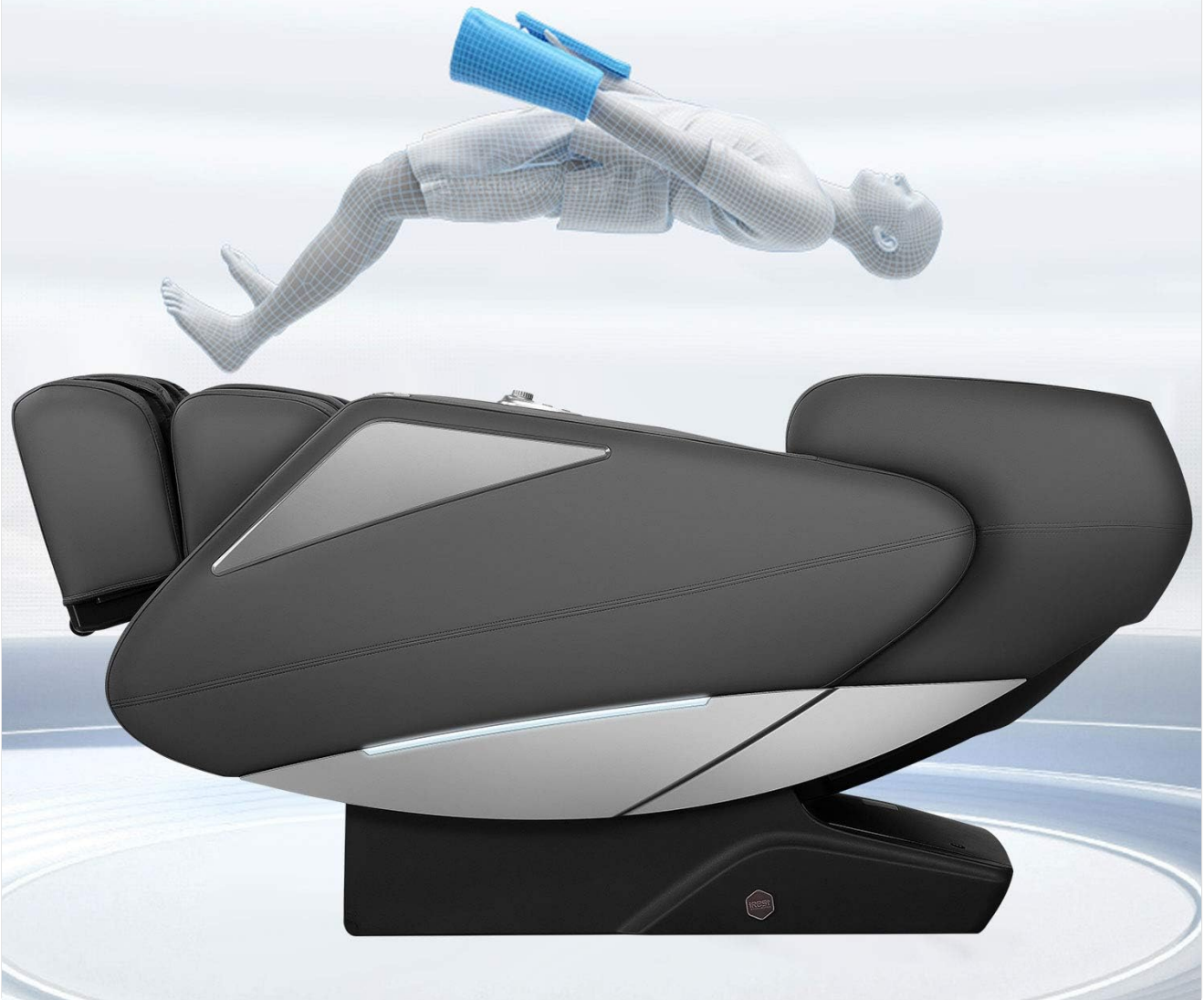
This image illustrates the voice control feature, showing how users can easily command the chair without needing to use physical buttons.

## 5.3 Automatic Programs

Select from 8 pre-programmed automatic massage modes designed for various needs:

- **Yoga Stretching:** Designed to gently stretch the body and relieve muscle tension.
- **Relax:** A gentle massage for overall relaxation and stress reduction.
- **Comfort:** A balanced massage for daily comfort and light muscle relief.
- **Whole Body:** A comprehensive massage covering the entire body for deep relaxation.
- And other specialized programs tailored for specific benefits.

# Yoga Stretch Function

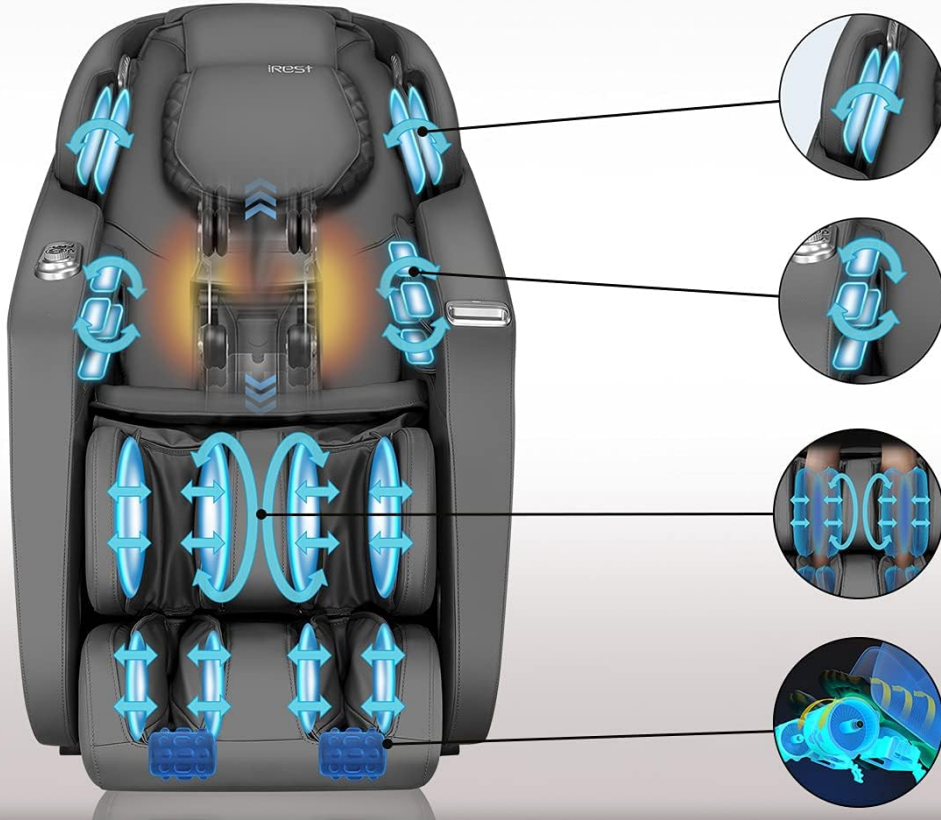


This diagram visually represents the yoga stretching function, where the chair gently stretches the user's body to improve flexibility.

## 5.4 Manual Adjustments

Use the remote control or quick-access buttons to manually adjust massage techniques, intensity levels (5 levels of speed, 3 levels of air massage), and specific massage areas to customize your experience.

# FULL BODY AIR MASSAGE



Kneading



Rolling



Shiatsu



Speed  
5 Levels  
Speed



3 Levels  
Air Massage



Tapping



Knocking



Tapping/  
Kneading



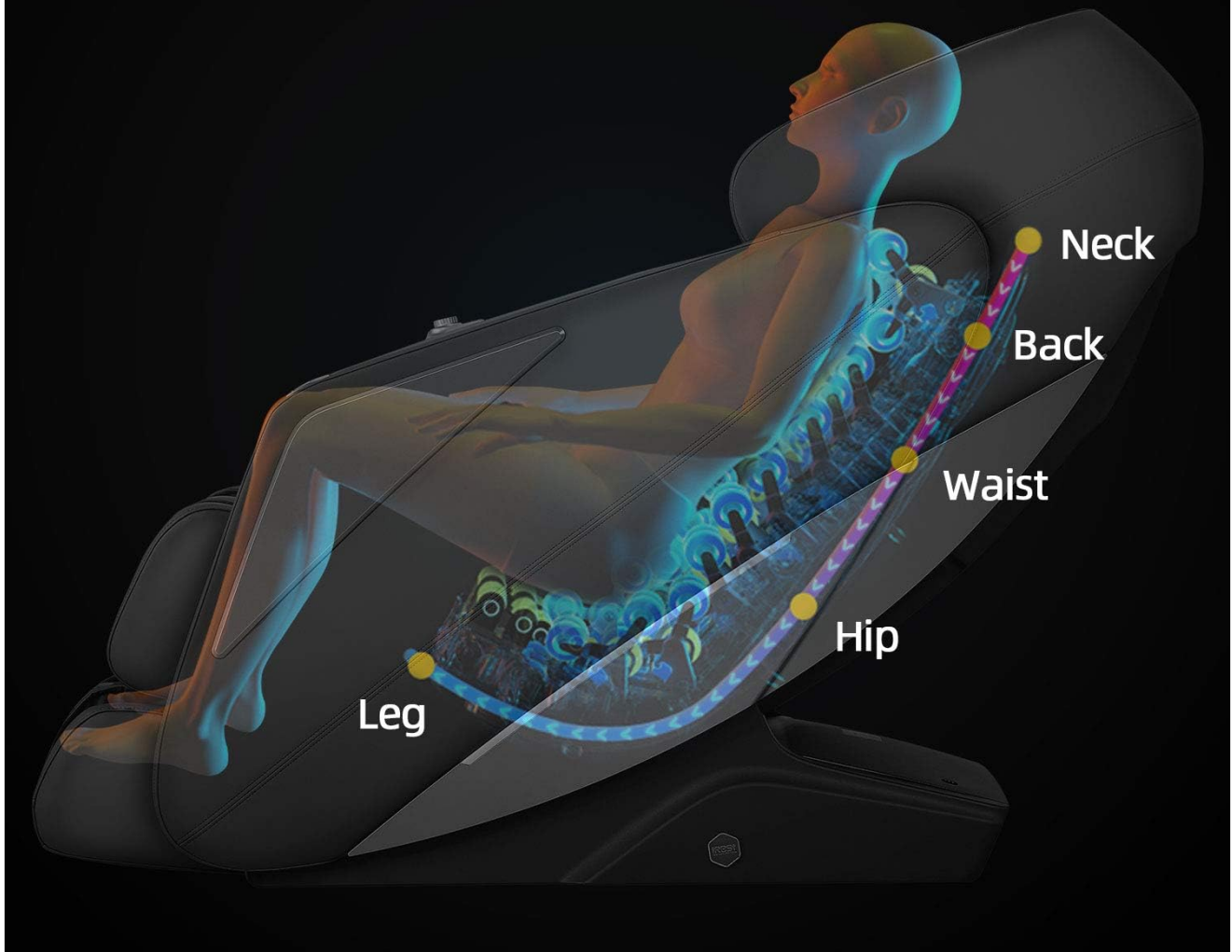
3 Levels  
Air Massage

This detailed diagram shows the various massage techniques available, including kneading, rolling, shiatsu, tapping, and knocking, along with the full body air massage system.

## 5.5 Leg Drainage Massage

The chair includes a specialized leg drainage massage function. Airbags in the leg and calf areas perform rhythmic up-and-down movements to promote circulation, relax muscles, and reduce swelling in the lower extremities.

# 135cm SL Track



This image demonstrates the leg drainage massage, showing how airbags apply pressure to the calves to soothe muscles and alleviate swelling.

## 5.6 SL Track System

The 135cm SL track ensures that the massage rollers follow the natural curve of your spine, providing a consistent and thorough massage from your neck down to your hips and glutes.

# Handrail Shortcut Key



This diagram illustrates the extensive reach of the 135cm SL track, ensuring a comprehensive massage from the neck to the legs.

## 6. MAINTENANCE

### 6.1 Cleaning

Always unplug the chair before cleaning. Wipe the surface with a soft, slightly damp cloth. Do not use abrasive cleaners, solvents, or harsh chemicals, as these may damage the faux leather material.

### 6.2 Storage

When not in use for extended periods, store the chair in a cool, dry place away from direct sunlight and extreme temperatures.

## 6.3 Regular Checks

Periodically check the power cord for any signs of damage or fraying. Ensure all connections are secure. Do not attempt to repair the chair yourself; contact qualified service personnel.

## 7. TROUBLESHOOTING

Refer to the table below for common issues and their solutions.

Problem	Possible Cause	Solution
Chair does not power on	Not plugged in; Power switch off; Power outage	Check power cord connection; Ensure power switch is on; Check household power supply
Massage rollers not moving	Program not selected; Safety sensor activated	Select a massage program; Ensure no obstructions are present around the rollers
Airbags not inflating	Air pump issue; Air hose disconnected	Contact customer support; Check for visible disconnections of air hoses
Voice control not responding	Microphone obstructed; Voice recognition issue	Ensure microphone is clear; Speak clearly and at a moderate volume
Unusual noise during operation	Loose component; Normal operational sound	If persistent or loud, contact customer support; Some motor sounds are normal during operation

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

## 8. SPECIFICATIONS

Detailed specifications for the iRest Massage Chair:

Feature	Detail
Brand	iRest
Model Number	iRest-MC
Color	Black
Product Dimensions (L x W x H)	155 x 75 x 115 cm (61 x 29.5 x 45.3 inches)
Material	Faux Leather
Item Weight	90 Kilograms (198.4 lbs)
Special Feature	Armrest
Recommended Uses	Relaxation
Number of Units	1.0 Total
Back Style	Solid Back
ASIN	B08VWC8WRH
Date First Available	April 8, 2022

## 9. WARRANTY AND SUPPORT

For detailed warranty information and customer support, please refer to the documentation included with your purchase or visit the official iRest website. Keep your proof of purchase for warranty claims.

### Contact Information:

- *Website:* [www.irest.com](http://www.irest.com) (Example: Please refer to your product packaging for the official website)
- *Email:* [support@irest.com](mailto:support@irest.com) (Example: Please refer to your product packaging for the official support email)
- *Phone:* +1-XXX-XXX-XXXX (Example: Please refer to your product packaging for the official support phone number)