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Beurer MG 315

Beurer MG 315 Shiatsu Massage Seat Cushion User Manual

Introduction

The Beurer MG 315 Shiatsu Massage Seat Cushion is designed to provide a relaxing and invigorating massage experience for your neck and back. This manual contains important information regarding the setup, operation, maintenance, and safety of your device. Please read it thoroughly before first use and keep it for future reference.



An image showing the Beurer MG 315 Shiatsu Massage Seat Cushion. It features a dark grey faux leather frame with a lighter grey breathable mesh backrest and seat. The design is ergonomic, intended to fit onto a chair for back and neck massage.

Safety Instructions

- **Water Proximity:** Do not use this massager near water or in damp environments.
- **Usage Duration:** Limit massage sessions to a maximum of 15 minutes. Prolonged use can lead to overstimulation of muscles, potentially causing tension instead of relaxation.
- **Pressure Adjustment:** The massage should always feel pleasant and relaxing. If the massage feels painful or uncomfortable, stop immediately or adjust your position and contact pressure.
- **Body Posture:** Sit upright with your back pressed directly against the massage device. A vertical position is necessary for accurate back scanning by the body scan function. Do not lie down on the massager.
- **Intensity Control:** If the massage is too strong, reduce pressure or wear thicker clothing. If it is too weak, increase contact pressure and maintain an upright posture.

Setup

1. **Unpack:** Carefully remove the Shiatsu massage seat cushion from its packaging.
2. **Placement:** Position the massage cushion on a suitable chair, armchair, or other seating surface. Ensure the surface is stable and provides adequate support.
3. **Secure:** Use the flexible fastening straps to secure the cushion to your chair, preventing it from slipping during use.
4. **Power Connection:** Connect the power cable to a suitable electrical outlet.

Operating Instructions

The Beurer MG 315 offers various massage options for a personalized experience.

1. **Power On:** Press the power button on the control panel to turn on the device.
2. **Automatic Body Scan:** The device will initiate an automatic body scan to adapt the massage to your individual body size (suitable for users between approximately 1.60 and 1.90 meters). Ensure you are sitting upright during this process.
3. **Select Massage Program:** Choose from three automatic massage programs or adjust the massage settings manually using the control panel.
4. **Targeted Massage:** Utilize the spot massage function or adjust the width of the massage rollers for a more targeted massage experience.
5. **Light and Heat Function:** Activate the switchable light and heat function as desired. This can enhance relaxation and help relieve tension.
6. **Select Massage Zones:** Choose specific massage zones, such as the neck area, back area, or both.
7. **Automatic Shut-off:** The cushion will automatically turn off after approximately 15 minutes of continuous operation.

Maintenance and Cleaning

- **Cleaning the Cover:** The removable cover on the back of the cushion is machine washable at 40°C. Ensure the cover is completely dry before reattaching it to the cushion.
- **General Cleaning:** Wipe the main unit with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** When not in use, store the massage cushion in a clean, dry place, away from direct sunlight and extreme temperatures.

Troubleshooting

- **Massage feels too strong:** Reduce the pressure you apply against the cushion or place a thicker towel or blanket between your back and the cushion.
- **Massage feels too weak:** Increase the contact pressure by leaning more firmly against the cushion, ensuring you maintain an upright posture.
- **Discomfort or pain during massage:** Immediately stop the massage. Adjust your position or the pressure. Consult a healthcare professional if discomfort persists.
- **Device not turning on:** Check if the power cable is securely plugged into both the device and the electrical outlet. Ensure the outlet is functional.

Specifications

Feature	Detail
Model Number	MG 315 (640.63)
Massage Types	Shiatsu, Swing, Rolling
Massage Rollers	4, with width adjustment
Special Features	Automatic Body Scan, Light and Heat Function, 3 Automatic Programs, Spot Massage
Massage Zones	Individually selectable (neck, back)
Back Surface Dimensions	Approx. 89 x 48 cm
Seat Surface Dimensions	Approx. 40 x 47.5 cm
Overall Product Dimensions	91 x 54 x 21.5 cm
Product Weight	Approx. 5.82 kg
Power Source	Electric Cable
Material	Faux leather, breathable mesh, neoprene
Cover	Removable, machine washable at 40°C

Warranty and Support

For warranty information, technical support, or service inquiries regarding your Beurer MG 315 Shiatsu Massage Seat Cushion, please refer to the warranty card included with your product or visit the official Beurer website. You may also contact Beurer customer service directly for assistance.

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