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**iRest 755205577436**

# iRest Shiatsu Foot Massager Instruction Manual

Model: 755205577436

## INTRODUCTION

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Thank you for choosing the iRest Shiatsu Foot Massager. This manual provides essential information for the safe and effective operation, maintenance, and care of your device. Please read it thoroughly before first use and retain it for future reference.



The iRest Shiatsu Foot Massager in a dark color, designed for home use.

## SAFETY INFORMATION

To ensure safe operation and prevent injury or damage, please observe the following precautions:

- May cause burns if used improperly.
- Keep away from water and do not use in wet environments.
- Always unplug the device when not in use or before cleaning.
- Do not use if you have any medical conditions that could be adversely affected by heat or massage. Consult a physician before use if you have pre-existing health conditions.
- Always follow the instructions provided in this manual.
- Do not attempt to repair or modify the device yourself. Contact customer support for assistance.

## SETUP

Follow these steps to set up your iRest Shiatsu Foot Massager:

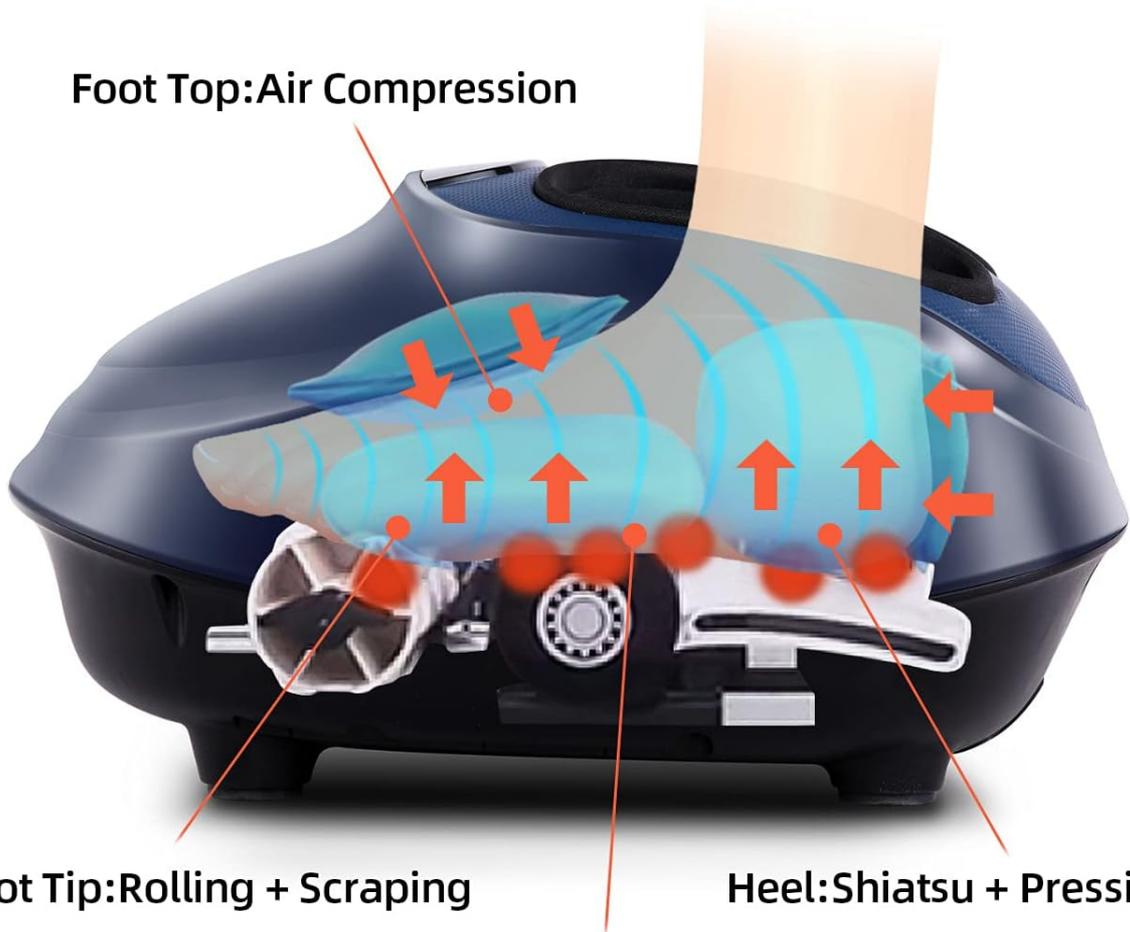
1. Unpack the foot massager and all its components from the packaging.
2. Place the massager on a stable, flat, and dry surface. Ensure there is enough space around the device for

proper ventilation.

3. Plug the power adapter into the massager's power port, then into a suitable electrical outlet.
4. Ensure the removable cloth covers are properly installed inside the foot chambers.

## Relaxes Your Whole feet Comprehensively

**Foot Top: Air Compression**



**Foot Tip: Rolling + Scraping**

**Heel: Shiatsu + Pressing**

**Plantar: Rolling + Kneading**

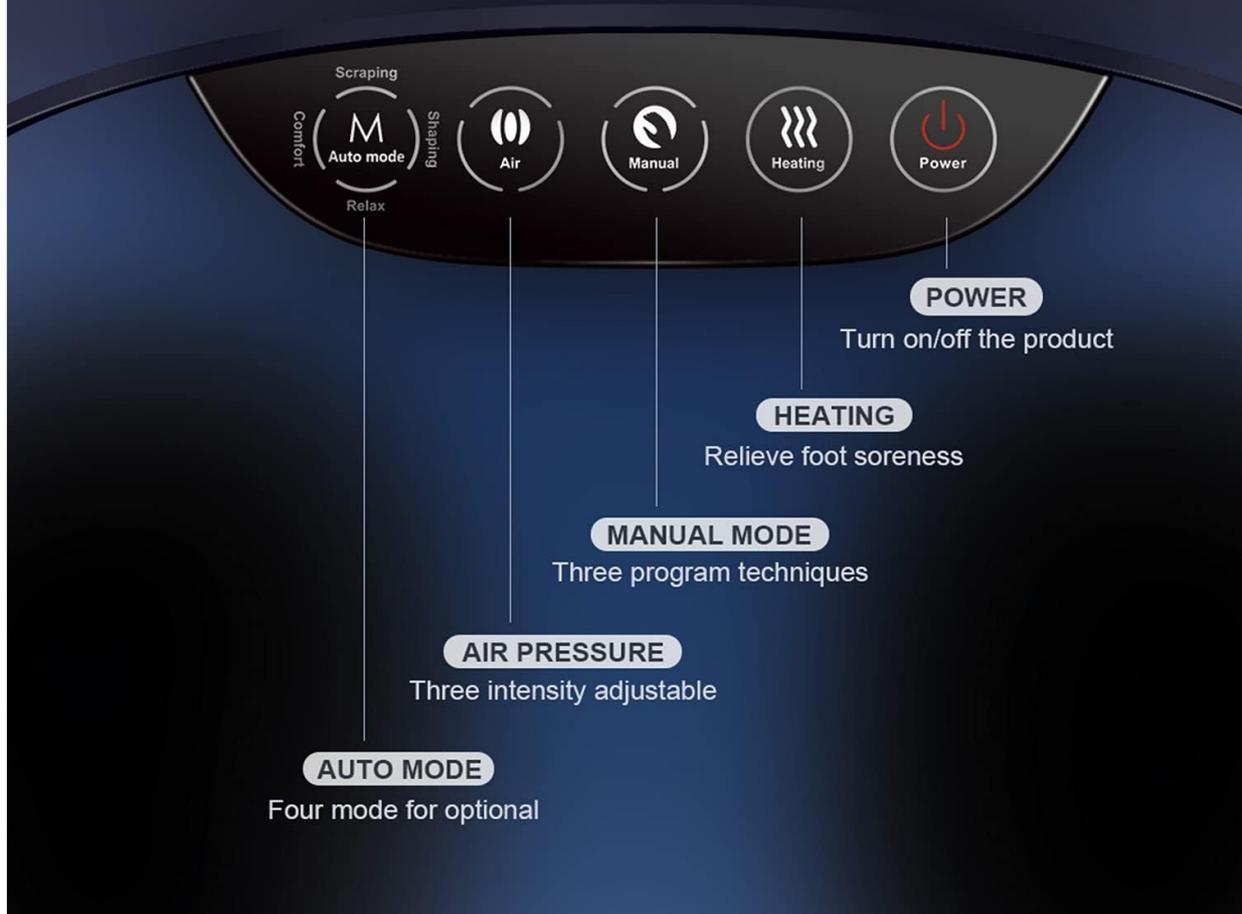
A person's feet are placed inside the massager, demonstrating its readiness for use.

### OPERATING INSTRUCTIONS

Your iRest Shiatsu Foot Massager offers various settings for a personalized experience. Refer to the control panel for adjustments.

# TOUCH KEY

WITH AIRBAG, SCRAPING, KNEADING, ROLLER IN ONE FOOT MASSAGER



Close-up of the touch control panel with buttons for power, heat, knead, intensity, and vibration.

## Getting Started

1. Sit comfortably and place your feet into the foot chambers of the massager.
2. Press the **Power (ON/OFF)** button to turn on the device. The default settings will activate.

## Adjusting Settings

- **Heat:** Press the **Heat** button to activate or deactivate the heating function. You can typically choose between Low (L) and High (H) heat levels.
- **Knead:** Press the **Knead** button to adjust the kneading massage intensity (Low, Medium, High). This feature provides deep tissue massage to the soles of your feet.
- **Intensity:** This button controls the air compression intensity (Low, Medium, High). Airbags inflate and deflate to provide a soothing compression massage to the top and sides of your feet.
- **Vibration:** Activate or adjust the vibration intensity (Low, Medium, High) for an added layer of relaxation.

## Massage Modes

The massager features various pre-programmed modes:



Four panels depicting various massage techniques: Scraping + Kneading + Pressing, Air Compression + Kneading, Relax Mode, and Comfort Mode.

- **Scraping Mode:** Combines scraping, kneading, and pressing actions.
- **Shaping Mode:** Focuses on air compression and kneading.
- **Relax Mode:** A gentle combination of massage techniques.
- **Comfort Mode:** Provides a balanced and soothing massage.

### Timer Settings

The device typically operates with a preset timer, often 15 minutes, to prevent overuse and ensure safety.

## Scraping Mode

Scraping + Kneading + Pressing



## Shaping Mode

Air Compression + Kneading



## Relax Mode



## Comfort Mode



The foot massager in use, highlighting a 15-minute timer setting.

### Comprehensive Massage Zones



An internal diagram of the foot massager, indicating air compression for the foot top, rolling and scraping for the foot tip, Shiatsu and pressing for the heel, and rolling and kneading for the plantar.

- **Foot Top:** Air Compression
- **Foot Tip:** Rolling + Scraping
- **Heel:** Shiatsu + Pressing
- **Plantar:** Rolling + Kneading

## MAINTENANCE

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

### Cleaning the Cloth Covers

# Removable & Washable Cloth Cover



An image showing the zippered, removable cloth cover inside the foot massager for easy cleaning.

1. Unplug the massager from the power outlet.
2. Locate the zippers on the cloth covers inside the foot chambers.
3. Unzip and remove the cloth covers.
4. Hand wash the covers with mild soap and water, or machine wash on a gentle cycle. Air dry completely before reattaching.
5. Reattach the dry cloth covers by zipping them back into place.

## General Cleaning

- Wipe the exterior of the massager with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- Ensure the device is completely dry before plugging it back in or storing it.

## TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Device does not turn on.	Not plugged in; power outlet issue; power button not pressed.	Ensure power cord is securely plugged into both the device and a working outlet. Press the Power button firmly.
Massage intensity is too weak/strong.	Intensity settings are too low/high.	Adjust the 'Knead', 'Intensity' (air compression), or 'Vibration' settings using the control panel.
Heat function not working.	Heat function not activated; low heat setting.	Press the 'Heat' button to activate. Ensure it is set to 'High' if more warmth is desired. Allow a few minutes for the heat to build up.
Unusual noise during operation.	Normal operation sounds (air pump, motor); obstruction.	Some operational noise is normal. Check for any foreign objects inside the foot chambers. If the noise is excessive or unusual, discontinue use and contact customer support.

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

## SPECIFICATIONS

- **Brand:** iRest
- **Model Number:** 755205577436
- **Massager Form:** Foot Massager Machine
- **Power Source:** Electric
- **Use For:** Feet
- **Special Feature:** Heat, Double Foot Rollers, Air Compression, Scraping, Deep Kneading
- **Package Dimensions:** 17.8 x 17.1 x 10.2 inches
- **Item Weight:** 15.55 Pounds
- **Date First Available:** May 3, 2021

## WARRANTY AND SUPPORT

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

For direct assistance, you may contact iRest customer service through the contact information provided on their official website or through your retailer.