

BestMassage SL Track Full Body

BestMassage SL Track Full Body Massage Chair User Manual

MODEL: SL TRACK FULL BODY (BM-EC197)

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1. SAFETY INFORMATION

Please read all instructions carefully before using the BestMassage SL Track Full Body Massage Chair. Retain this manual for future reference.

Important Warnings:

- **Individuals with implants should not use this massage chair.** Consult a physician before use if you have any medical conditions, are pregnant, or have a pacemaker.
- Do not allow children or pets to play on or around the massage chair.
- Ensure the power cord is not damaged and is properly connected to a grounded outlet.
- Do not operate the chair in a wet environment or with wet hands.
- Avoid prolonged use. Limit massage sessions to 15-20 minutes.
- If you experience discomfort, stop using the chair immediately.

2. PRODUCT OVERVIEW

The BestMassage SL Track Full Body Massage Chair is designed to provide a comprehensive and relaxing massage experience. It features an advanced SL-track system, zero-gravity reclining, airbag massage, heat therapy, and integrated Bluetooth speakers for an immersive relaxation session.

Key Features:

- **SL-Track Robot-Hand Massage System:** Rollers extend from head to thighs, providing a full-body massage with 8 different techniques.

- **Computerized Body Scanning:** Automatically detects body size and spine length for a customized massage.
- **Back Heat Therapy:** Targeted 45°C heat in the lower back to soothe muscles and improve circulation.
- **Zero-Gravity Technique:** Reclines to a position where legs are elevated above the heart, reducing pressure and promoting relaxation.
- **Bluetooth Speaker:** Connect your device to enjoy music during your massage.
- **Foot Roller Massage:** Soothes the soles and heels of your feet.
- **Airbag Massage:** Provides compression massage to various body parts.
- **8 Auto Programs & Personalized Settings:** Choose from pre-set programs or customize massage scope, strength, width, and speed.

3. SETUP

Unboxing and Placement:

1. Carefully remove all packaging materials. Retain packaging for potential future transport.
2. Place the massage chair on a flat, stable surface. Ensure there is sufficient space around the chair for reclining and operation.
3. Connect the power cord to the chair and then to a grounded electrical outlet.



Image: This image illustrates the dimensions of the massage chair. In the upright position, it measures approximately 29.1 inches wide and 41.7 inches high. When fully reclined, it extends to 65 inches in depth and 33.1 inches in height. Ensure adequate space for full recline.

4. OPERATING INSTRUCTIONS

Power On/Off:

- Press the power button on the remote control or the chair's side panel to turn the chair on.
- Press the power button again to turn the chair off. The chair will return to its upright position before powering down.

Using the Remote Control:

The remote control allows you to select massage programs, adjust intensity, recline position, and activate specific features. Refer to the remote control diagram (if provided with your product) for button functions.

Selecting Massage Programs:

Use the program selection buttons on the remote to choose from the available auto programs. Each program offers a

unique combination of massage techniques and intensities.

Adjusting Settings:

- **Massage Strength:** Adjust the intensity of the massage rollers using the dedicated buttons.
- **Massage Speed:** Control the speed of the massage movements.
- **Massage Width:** For certain massage types, adjust the width between the rollers.
- **Recline Position:** Use the recline buttons to adjust the chair to your desired angle, including the zero-gravity position.

5. MESSAGE PROGRAMS

The BestMassage SL Track Full Body Massage Chair offers 8 pre-programmed massage modes and customizable settings to suit your preferences.

Auto Programs:

- **Fast Massage:** A quick, invigorating session.
- **Comfortable Massage:** A gentle and soothing full-body massage.
- **Easy Massage:** A light and relaxing massage for daily use.
- **Whole Body Massage:** Comprehensive massage covering the entire body.
- **Shoulder and Neck Massage:** Focuses on relieving tension in the upper body.
- **Back and Waist Massage:** Targets the mid and lower back regions.
- **Traction Massage:** Designed to gently stretch and decompress the spine.
- **Exercise Recovery:** Helps to relax muscles after physical activity.

Personalized Settings:

You can manually adjust the massage scope, 3 levels of massage strength, 3 levels of massage speed, and 3 levels of massage width to create a custom massage experience.

6. ADVANCED FEATURES

SL-Track Robot-Hand Massage System:

The SL-track guides the massage rollers from the neck down to the thighs, following the natural curve of your spine. This extended track ensures a comprehensive massage across a larger body area.

Zero gravity position

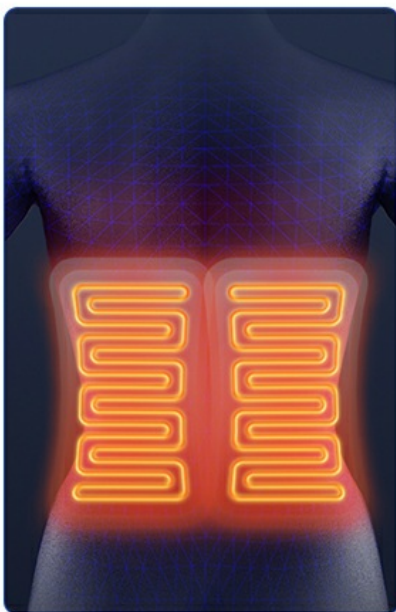
Release the pressure of whole body



Image: This diagram illustrates the 'Longer SL track' feature, showing how the robot hands provide massage from the neck down to the thighs, covering the neck, shoulder, back, waist, hip, and thigh areas.

Computerized Body Scanning:

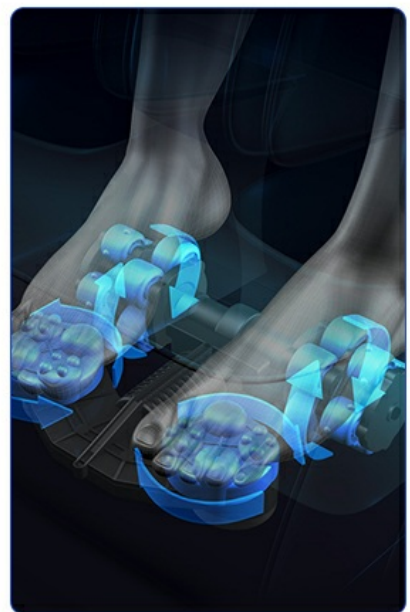
Before each massage, the chair's smart body scan technology measures your body size and the length of your spine. This allows the massage mechanism to automatically adjust its position and intensity for a personalized and effective massage tailored to your unique physique.



Heat Therapy



Intelligent Body Scan



Foot rollers

Image: This graphic shows the 'Intelligent Body Scan' feature, where the chair detects your body size to provide a custom-fit massage.

Back Heat Therapy:

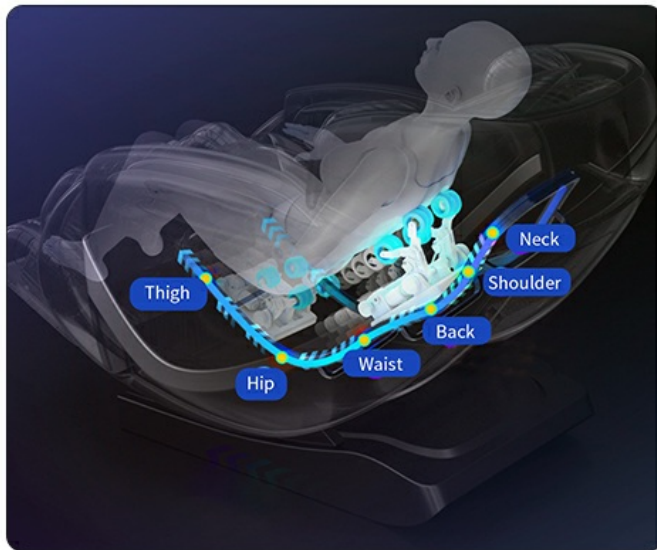
Heating elements located in the lower back region provide a gentle, constant temperature of approximately 45°C. This heat therapy helps to loosen tight muscles, relieve pain, and improve blood circulation in the back area.



Image: This image illustrates the 'Heat Therapy' feature, showing heating elements in the waist area designed to promote blood circulation.

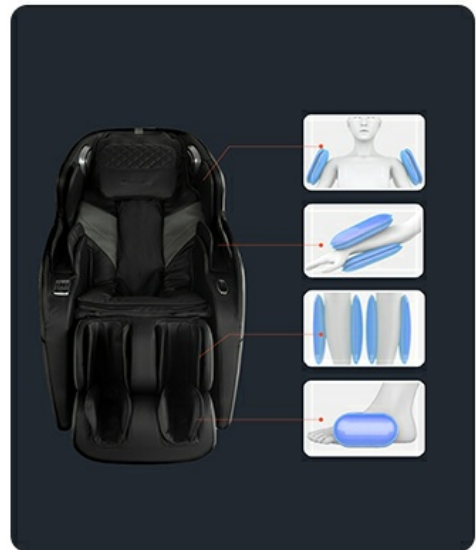
Zero-Gravity Technique:

The zero-gravity recline position elevates your legs slightly above your heart, distributing your body weight evenly and minimizing pressure on your spine. This position creates a feeling of weightlessness, enhancing relaxation and reducing cardiac pressure.



Longer SL track

You can enjoy the robot hands massage from neck to thigh.



Airbag massage

Get relief for the areas you need it most.

Image: This image demonstrates the 'Zero Gravity Position', where the user is reclined to release pressure from the whole body, creating a feeling of weightlessness.

Bluetooth Speaker:

Connect your smartphone or other Bluetooth-enabled device to the chair's integrated speakers to enjoy your favorite music or audio during your massage session.

Foot Roller Massage:

Rollers located in the footrest provide a soothing massage to the soles and heels of your feet, targeting pressure points for relief and relaxation.



Image: This image highlights the 'Foot Rollers' feature, indicating how they soothe the sole and heel of the foot.

Airbag Massage:

Strategically placed airbags inflate and deflate to provide compression massage to various areas of the body, including arms, shoulders, hips, and calves. This helps to improve circulation and relieve muscle fatigue.



Image: This image illustrates the 'Airbag Massage' feature, showing airbags targeting the shoulders, arms, hips, and feet to provide relief.

7. MAINTENANCE

Cleaning:

- Always unplug the chair before cleaning.
- Wipe the chair's surface with a soft, damp cloth. Do not use abrasive cleaners, solvents, or harsh chemicals.
- For leather surfaces, use a specialized leather cleaner and conditioner as needed.
- Ensure no liquid enters the internal components of the chair.

Storage:

When not in use for extended periods, store the massage chair in a cool, dry place away from direct sunlight and extreme temperatures. Cover the chair to protect it from dust.

8. TROUBLESHOOTING

If you encounter any issues with your massage chair, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Chair does not power on.	Power cord not connected; Power outlet malfunction; Main power switch off.	Ensure power cord is securely plugged in; Test outlet with another device; Check if the main power switch (if present) is in the 'ON' position.
Massage function stops unexpectedly.	Overheating protection activated; Session timer expired.	Turn off the chair and allow it to cool down for 30-60 minutes; Restart the massage session.
Remote control is unresponsive.	Batteries are low or depleted; Remote is out of range.	Replace batteries in the remote control; Ensure you are within operating range of the chair.
Unusual noise during operation.	Loose component; Obstruction.	Turn off the chair and inspect for any visible loose parts or obstructions. If noise persists, contact customer support.

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

9. SPECIFICATIONS

Feature	Detail
Brand	BestMassage
Model Name	SL Track Full Body
Model Number (Manufacturer Part)	BM-EC197-Black
Color	Black
Material	Leather (Polyurethane frame, Polyurethane seat, Foam fill)
Product Dimensions (D x W x H)	65" x 29" x 33" (165.1 cm x 73.66 cm x 83.82 cm)
Item Weight	149 pounds (67.6 kg)
Maximum Weight Recommendation	155 pounds (70.3 kg)
Reclining Position Count	3
UPC	195030062477
Recommended Uses	Relaxing, Stress Relief, Muscle Recovery, Wellness
Indoor/Outdoor Usage	Indoor

10. WARRANTY & SUPPORT

Warranty Information:

BestMassage provides a satisfaction guarantee for this product. For specific warranty terms and conditions, please refer to the documentation included with your purchase or contact BestMassage customer service directly. Keep your proof of purchase for warranty claims.

Customer Support:

If you have any questions, require technical assistance, or need to report an issue with your massage chair, please contact BestMassage customer support. Contact information can typically be found on the manufacturer's website or on the packaging materials.

We are committed to ensuring your satisfaction with our products.

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