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## Lifelong LLM486

# Lifelong LLM486 Foot Massager Instruction Manual

Model: LLM486 | Brand: Lifelong

## 1. INTRODUCTION

Thank you for choosing the Lifelong LLM486 Foot Massager. This manual provides essential information for the safe and effective use of your new foot massager. Please read it thoroughly before operation and retain it for future reference.



Image: A man relaxing in an armchair with his feet placed in the Lifelong LLM486 Foot Massager, demonstrating typical usage.

## 2. IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of electric shock, burns, fire, or injury, always follow these basic precautions:

- Read all instructions before using this appliance.
- Do not use while sleeping or drowsy.
- Do not use on infants, invalids, or on a sleeping or unconscious person.
- Do not use on insensitive skin or on a person with poor blood circulation.
- Never use pins or other metallic fasteners with this appliance.
- Never operate if the appliance has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water.
- Keep the cord away from heated surfaces.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, turn all controls to the OFF position, then remove the plug from the outlet.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.

### **3. PRODUCT OVERVIEW**

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The Lifelong LLM486 Foot Massager is designed to provide comprehensive foot and leg massage with various techniques and customizable settings.



Image: The Lifelong LLM486 Foot Massager in black, showcasing its ergonomic design and central control panel.

### 3.1 Key Features

- **Multiple Massage Modes:** Features 3 custom massage modes and 4 automatic programs.
- **Versatile Use:** Can be operated while sitting or lying down.
- **Comprehensive Massage Techniques:** Includes sole kneading, scraping on arches, kneading on step, calf kneading, rolling and kneading on forefeet, forefoot kneading, muscle scraping, and foot side massage.
- **Adjustable Settings:** Bi-directional rolling massage with 2 speed options.
- **Comfort:** Equipped with flexible rubber kneading pads and flexible Shiatsu massage elements.
- **Health Benefits:** Designed to stimulate acupressure points and improve blood circulation.

# lifelong



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500 CITIES, 15000 PINCODES



Trust Lifelong to make your life simpler.

## **SOME BONDS ARE FOR LIFE**

Image: The foot massager with icons indicating its 4 automatic programs and the inclusion of a power cable.

### **3.2 Control Panel**

The control panel allows you to power on/off the device, select massage modes, and adjust settings.



3 custom  
massage modes



4 automatic  
programs



Power Cable



Image: Detailed view of the control panel, showing buttons for On/Off, Auto mode (P1-P4), Custom mode (C1-C3), Manual controls for speed and direction, and indicators for bi-directional rolling massage and 2-speed rolling massage.

- **On/Off Power Button:** Activates or deactivates the massager.
- **Auto Mode:** Selects one of the four pre-programmed massage routines (P1, P2, P3, P4).
- **Custom Mode:** Selects one of the three custom massage routines (C1, C2, C3) focusing on Toe/Arch/Sole.
- **Manual Controls:** Adjusts the direction and speed of the rolling foot massage.
- **Speed Buttons:** Increases or decreases the massage speed.
- **Direction Buttons:** Changes the direction of the rolling massage.

## 4. SETUP

1. **Unpack:** Carefully remove the foot massager and all components from the packaging. Verify that all included components are present: 1 N Massager, 1 N Manual, 1 N Warranty Card.
2. **Placement:** Place the massager on a flat, stable surface. Ensure there is enough space around the unit for comfortable use and proper ventilation.

3. **Power Connection:** Plug the power cord into a standard electrical outlet. Ensure the power cord is not obstructed or pinched.
4. **Positioning:** Sit comfortably in a chair or on a sofa. Place your feet into the foot inserts of the massager.

## 5. OPERATING INSTRUCTIONS

The Lifelong LLM486 Foot Massager offers various massage options to suit your preferences.



Image: A woman using the foot massager while seated on a sofa, illustrating its multipurpose design for use in various positions.

### 5.1 Starting a Massage

1. Ensure your feet are properly placed in the massager.
2. Press the **On/Off Power Button** on the control panel to turn on the device.

### 5.2 Selecting a Massage Program

You can choose between automatic programs, custom modes, or manual control.

- **Automatic Programs (P1-P4):** Press the 'Auto' button repeatedly to cycle through the four pre-set programs. Each program offers a different combination of massage techniques and intensities.
- **Custom Modes (C1-C3):** Press the 'Custom' button repeatedly to select a mode that focuses on specific areas like the toe, arch, or sole.
- **Manual Control:** For a personalized experience, select 'Manual' mode. Then, use the 'Speed' buttons (up/down arrows) to adjust the intensity and the 'Direction' buttons (left/right arrows) to change the rotation direction of the massage rollers.

# IMPROVES BLOOD CIRCULATION BY RELIEVING PAIN



**Scraping  
Massage**



**Kneading  
Massage**



**Bi- Directional  
Rolling  
Massage**



Image: An illustration detailing the different massage actions provided by the device, including kneading, scraping, and rolling for various parts of the foot and calf.

## 5.3 Ending a Massage

To stop the massage, press the **On/Off Power Button**. It is recommended to limit massage sessions to 15-30 minutes.

## 6. MAINTENANCE AND CARE

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

- **Cleaning:** Always unplug the massager before cleaning. Wipe the exterior with a soft, damp cloth. Do not use abrasive cleaners or immerse the unit in water.
- **Fabric Inserts:** The fabric foot inserts can be removed for cleaning. Hand wash them with mild soap and water, then air dry completely before reattaching.
- **Storage:** Store the massager in a cool, dry place away from direct sunlight when not in use. Do not place heavy objects on top of the massager.
- **Cord Care:** Do not wrap the power cord around the appliance. Avoid sharp bends or kinks in the cord.



Image: A close-up view of the removable fabric lining inside the foot massager, indicating areas that can be cleaned.

## 7. TROUBLESHOOTING

If you encounter any issues with your Lifelong LLM486 Foot Massager, refer to the following table:

Problem	Possible Cause	Solution
Massager does not turn on.	Power cord not properly connected. No power from outlet.	Ensure the power cord is securely plugged into both the massager and the wall outlet. Test the outlet with another appliance.
Massage intensity feels weak or too strong.	Incorrect program selected. Manual speed setting needs adjustment.	Cycle through automatic programs or custom modes. In manual mode, use the 'Speed' buttons to adjust intensity.
Unusual noise during operation.	Obstruction in foot area. Internal component issue.	Turn off and unplug the massager. Check for any foreign objects. If noise persists, contact customer support.

If the problem persists after attempting these solutions, please contact Lifelong Customer Support.

## 8. SPECIFICATIONS

Feature	Detail
Model Number	LLM486
Product Dimensions (LxWxH)	56.5 x 27 x 27 cm
Item Weight	5 kg
Power Source	Corded Electric
Material	Plastic, Rubber
Included Components	1 N Massager, 1 N Manual, 1 N Warranty Card
Massage Modes	3 Custom, 4 Automatic Programs
Special Features	Foot massage, Bi-directional rolling, 2 speed settings

## 9. WARRANTY INFORMATION

The Lifelong LLM486 Foot Massager comes with a **1-year warranty** from the date of purchase. Please retain your purchase receipt and the warranty card for any warranty claims. The warranty covers manufacturing defects and malfunctions under normal use conditions. It does not cover damage caused by misuse, accidents, unauthorized repairs, or normal wear and tear.

## 10. CUSTOMER SUPPORT

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For any queries, assistance, or service requests regarding your Lifelong LLM486 Foot Massager, please contact our customer support team:

- **Manufacturer:** Lifelong India Online Retail Pvt Ltd
- **Address:** 5th Floor, Unit No. 508, DLF South Court, Saket District Center, Saket, New Delhi -110017
- **Telephone:** +91 9711558877
- **Email:** [customercare@lifelongindia.com](mailto:customercare@lifelongindia.com)
- **Website:** [www.lifelongindiaonline.com/contact-us](http://www.lifelongindiaonline.com/contact-us)

Please provide your product model number (LLM486) and details of your issue when contacting support for faster assistance.