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› [HoMedics Shiatsu Massage Cushion with Soothing Heat, Model SBM-115HJ Instruction Manual](#)

## Homedics SBM-115HJ

# HoMedics Shiatsu Massage Cushion with Soothing Heat, Model SBM-115HJ Instruction Manual

### INTRODUCTION

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The HoMedics Shiatsu Massage Cushion with Soothing Heat provides deep-kneading massage to target pressure points across your back. Designed for versatility, this cushion can be used at home or in the office to help relax overworked muscles and reduce tension. It features three distinct massage zones and an optional soothing heat function to enhance your massage experience.



Image: A woman comfortably seated in a chair, utilizing the HoMedics Shiatsu Massage Cushion. The cushion is dark gray and positioned on a light-colored armchair, providing back massage. The woman appears relaxed, holding a book.

## SAFETY INFORMATION

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Consult your doctor before use if you have any medical conditions. Do not use on swollen or inflamed areas. Discontinue use if you experience pain or discomfort. Do not use while sleeping. Keep away from water. Do not use with wet hands. Unplug when not in use.

## SETUP

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1. Unbox the HoMedics Shiatsu Massage Cushion.
2. Place the cushion on a suitable chair or surface. The cushion features a strap on the back to secure it to most chairs, preventing it from slipping during use.
3. Ensure the cushion is positioned so that the massage nodes align with your desired pressure points on your back.



# relief without the stress



**easy-to-use controls**  
add heat & choose your  
massage zone



**versatile and portable**  
perfect for home & office use



**universal design**  
fits virtually any chair

Image: The HoMedics Shiatsu Massage Cushion is shown securely placed on a standard office chair, highlighting its adaptable design for various seating arrangements.

## Inflatable Lumbar Support

The cushion includes an inflatable lumbar support feature. To adjust the firmness, locate the inflation valve on the back of the cushion. Use the provided pump to inflate to your desired level of support. This allows you to customize the massage intensity, making it softer if the shiatsu nodes feel too hard.

Video: A demonstration of the HoMedics Shiatsu Massage Cushion, showing how it is placed on a chair and its features, including the inflatable lumbar support and remote control functions.

## OPERATING INSTRUCTIONS

1. Connect the power adapter to the cushion and plug it into a standard electrical outlet.
2. Use the attached remote control to power on the device.
3. Select one of three massage areas: upper back, lower back, or full back.
4. Turn on the soothing heat function if desired. The heat penetrates deep to ease overworked back muscles.
5. Adjust the position of the cushion as needed to ensure the massage nodes align with your preferred pressure points.
6. Enjoy the massage and adjust settings according to your preferences.

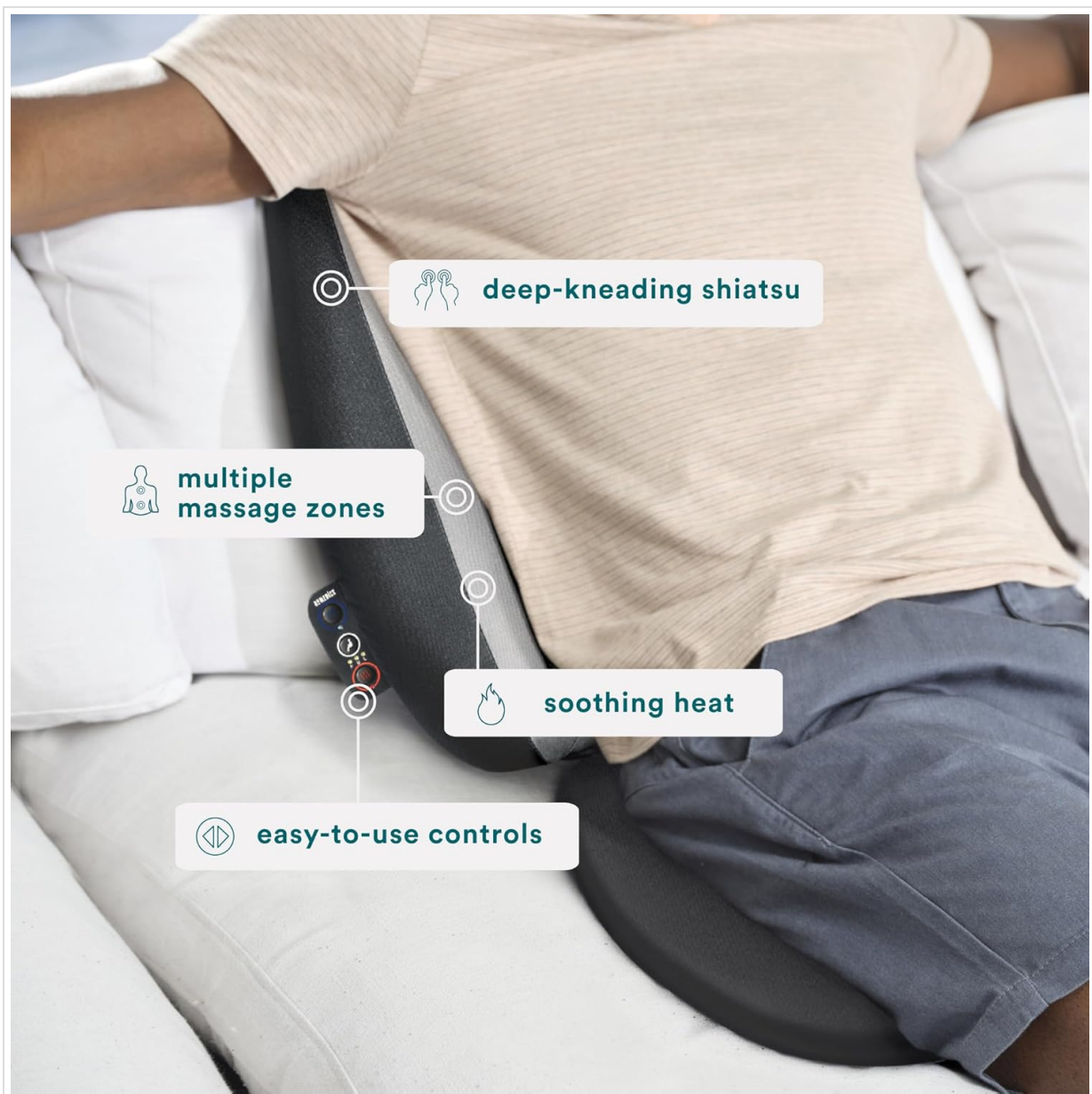


Image: A detailed view of the remote control for the HoMedics Shiatsu Massage Cushion, illustrating the buttons for massage zones, heat, and power.

## Remote Control Functions

- **Power Button:** Turns the massage cushion on/off.
- **Massage Zones:** Buttons to select Upper Back, Lower Back, or Full Back massage.
- **Heat Button:** Activates or deactivates the soothing heat function.
- **Spot Massage:** Allows you to pinpoint a specific area for massage.
- **Vibration:** Controls the intensity of the vibration in the seat.
- **Timer:** Sets an automatic shut-off for 5, 10, or 15 minutes.

Video: A user demonstrates the HoMedics Shiatsu Massage Cushion's remote control, showing how to activate the heat and various massage functions while the cushion is on a chair.

## MAINTENANCE

- Always unplug the appliance from the electrical outlet immediately after using and before cleaning.
- Clean the cushion with a soft, damp cloth. Do not use abrasive cleaners, brushes, gasoline, kerosene, glass/furniture polish, or paint thinner.
- Store the appliance in a cool, dry place. Do not hang the unit by the power cord.

## TROUBLESHOOTING

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- **No Power:** Ensure the power adapter is securely plugged into both the cushion and a working electrical outlet.
- **Massage Not Strong Enough:** Adjust the inflatable lumbar support or reposition yourself on the cushion to increase direct contact with the massage nodes.
- **Heat Not Working:** Ensure the heat function is activated on the remote control. Heat may take a few minutes to reach its full temperature.

## SPECIFICATIONS

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- **Product Dimensions:** 24.02 x 15.55 x 4.72 inches
- **Item Model Number:** SBM-115HJ
- **Weight:** 8.3 Pounds
- **Power Source:** Corded Electric
- **Material:** Nylon
- **Color:** Brown
- **Manufacturer:** Homedics

## WARRANTY AND SUPPORT

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This product may be eligible for extended protection plans. Please refer to your purchase documentation for details on available 2-Year or 3-Year Protection Plans. For product support, please contact HoMedics customer service directly.

## LEGAL DISCLAIMER

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Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.