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› Full Body Massage Mat Instruction Manual

comrelax HY-8639

Full Body Massage Mat Instruction Manual

Model: HY-8639

INTRODUCTION

This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your Full Body Massage Mat. Designed for comprehensive relaxation and relief, this mat features airbags for stretching and heating therapy, offering a comfortable and gentle massage experience. Please read this manual thoroughly before first use and keep it for future reference.

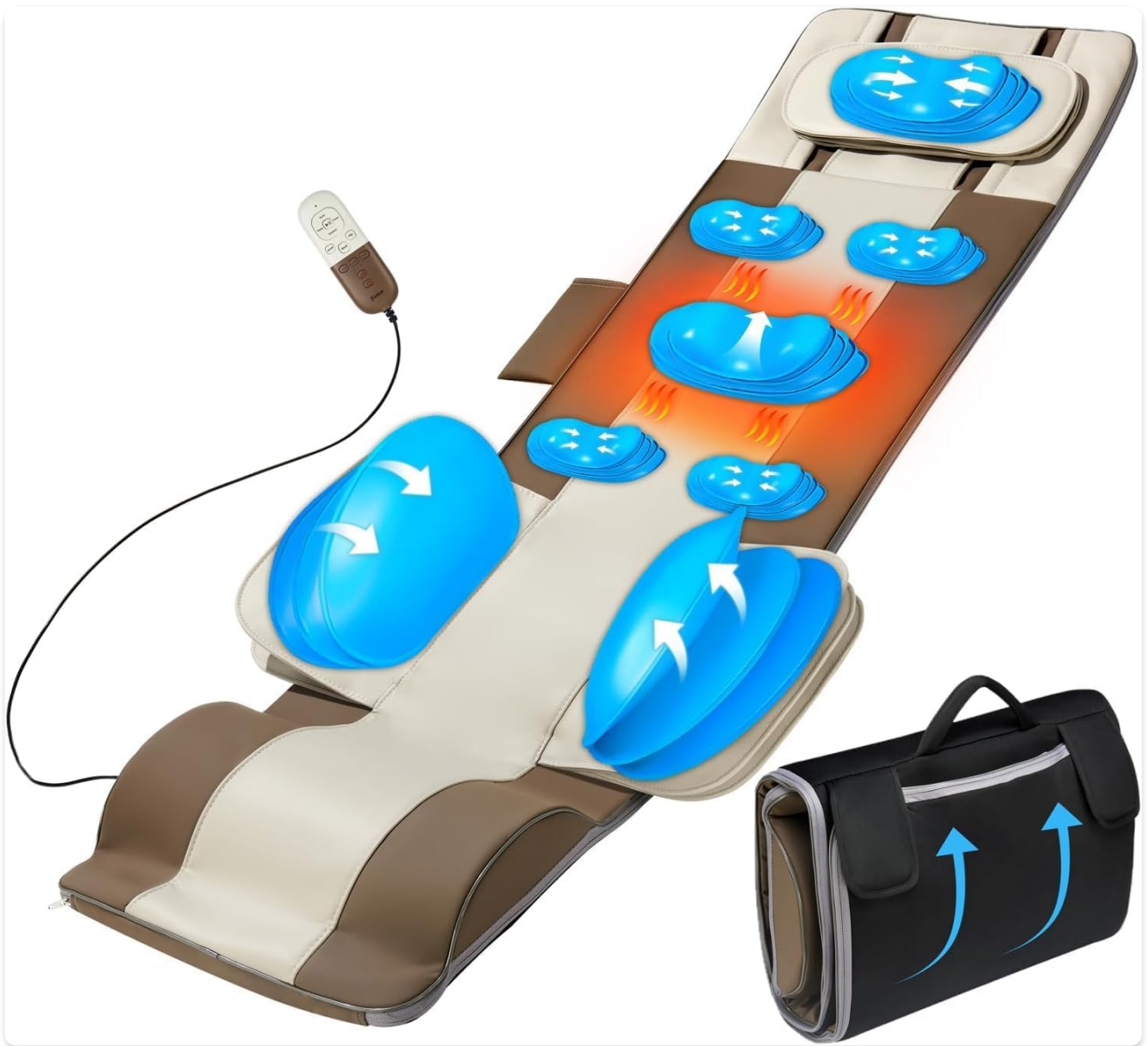


Figure 1: Full Body Massage Mat (unfolded) with remote control and portable carry bag.

IMPORTANT SAFETY INFORMATION

Always follow the instructions provided with the product. Do not use on injured or sensitive areas. Keep the product and power cord away from water. Do not leave the product unattended while in use. Avoid prolonged use to prevent discomfort or burns. If you experience any discomfort or pain, stop using the product immediately and consult a healthcare professional.

Note: This product is not suitable for patients with high blood pressure and heart disease.

SETUP GUIDE

1. **Unpack:** Carefully remove the massage mat and all accessories from the packaging.
2. **Unfold:** Unfold the massage mat completely and lay it flat on a firm, level surface such as a bed, sofa, or floor.

Ensure there are no wrinkles or folds that could impede operation.

3. **Connect Power:** Plug the power adapter into the mat's power input port, then plug the adapter into a standard electrical outlet (100-240V compatible).
4. **Position Pillow:** Adjust the height of the integrated pillow to comfortably support your head and neck. The mat is designed to fit users between 5'1" and 6'0" (155cm-183cm).
5. **Prepare Remote:** Ensure the handheld remote control is connected and within reach for easy operation.



Figure 2: The massage mat features an adjustable pillow and a foldable design for portability.

OPERATING INSTRUCTIONS

The Full Body Massage Mat utilizes airbags for stretching and heating therapy, providing a comfortable and gentle experience without shiatsu, vibration, or rolling mechanisms. Use the handheld remote control to customize your massage.

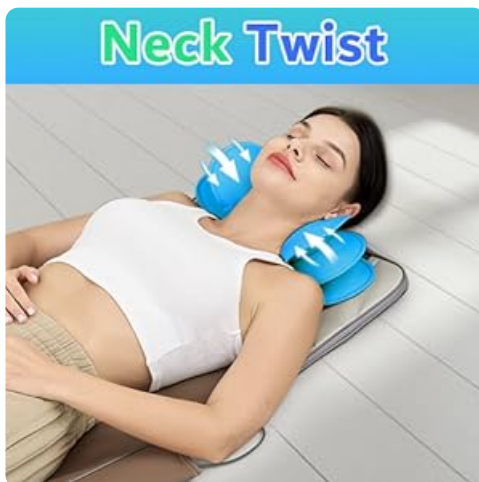
Remote Control Overview



Figure 3: Handheld Remote Control for the Full Body Massage Mat.

- **Power Button:** Turns the unit On/Off.
- **Mode Selection:** Choose from 4 massage modes:
 - **Auto:** A pre-programmed sequence combining various stretching and traction techniques.
 - **Stretch:** Focuses on full-body stretching through airbag inflation and deflation.
 - **Twist:** Alternating inflation of airbags to gently twist and mobilize the spine.
 - **Flow:** A continuous, wave-like inflation pattern for gentle relaxation.
- **Intensity Levels:** Adjust the strength of the airbag inflation (Low/Mid/High).
- **Massage Parts:** Select specific areas for massage (Neck/Back/Hip).
- **Heating Levels:** Activate and adjust heat therapy for the back area (115°F/130°F/149°F).
- **Pause Function:** Temporarily pause the stretching and traction.
- **Smart Timer:** The mat operates with a 20-minute smart timer for optimal session duration.

Massage Techniques and Benefits



Neck Twist: Airbags gently twist the neck, promoting relaxation and relieving tension.

Back Stretch



Back Stretching: Airbags inflate to gently stretch the back, aiding in spinal decompression.

Lumbar Traction



Lumbar Traction: Airbags in the waist area provide traction and support for lumbar relaxation.

Hip Relaxation



Hip Relaxation: Airbags gently compress and release around the hips for relaxation.



Leg Compression: Airbags in the leg area provide gentle compression to promote circulation and relaxation.



Back Heating: Optional heating function for the back helps relieve stress and tension.

CARE AND MAINTENANCE

- **Cleaning:** The Premium PU leather surface can be easily cleaned with a damp paper towel. Do not use abrasive cleaners or harsh chemicals. Ensure the mat is unplugged before cleaning.
- **Storage:** When not in use, fold the mat using the integrated velcro straps and store it in a cool, dry place. The handle makes it portable for easy storage and transport.
- **Avoid Damage:** Do not place heavy objects on the mat. Keep away from sharp objects to prevent puncturing the airbags.
- **Power Cord:** Always handle the power cord with care. Do not pull, twist, or excessively bend the cord.



Figure 4: The mat is made of durable and easy-to-clean PU leather.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Mat does not turn on.	Power cord not properly connected or no power from outlet.	Ensure power cord is securely plugged into the mat and a working electrical outlet. Test the outlet with another device.
Airbags are not inflating.	Incorrect mode selected or internal air pump issue.	Check if a massage mode is active. If the issue persists, unplug the unit for 5 minutes and try again. Contact customer support if problem continues.
Heat function is not working.	Heat function not activated or low heat setting.	Ensure the heat button on the remote is pressed and try increasing the heat level. Allow a few minutes for the heat to build up.
Unusual noise during operation.	Normal operation sound of air pump or slight air leakage.	A low hum from the air pump is normal. If the noise is loud or unusual, discontinue use and contact customer support.

If you encounter any issues not listed here, or if the problem persists after attempting the solutions, please contact customer support for assistance.

PRODUCT SPECIFICATIONS

Feature	Detail
Brand	comrelax
Model Number	HY-8639

Feature	Detail
Product Dimensions	10 x 3 x 5 inches (folded); 58.5 inches (150cm) long and 22.5 inches (57cm) wide (unfolded)
Item Weight	10 Pounds
Material	Premium PU Leather
Power Source	Corded Electric (100-240V compatible)
Massage Type	Airbags Stretching & Heating Therapy
Massage Modes	4 (Auto, Stretch, Twist, Flow)
Intensity Levels	3 (Low, Mid, High)
Heating Levels	3 (115°F, 130°F, 149°F)
Max User Height	5'1" - 6'0" (155cm-183cm)
Max User Weight Support	At least 300 lbs

WARRANTY AND SUPPORT

Your Full Body Massage Mat comes with a **3-Year Warranty** for quality-related issues. Additionally, we offer a **30-Days Money Back Guarantee** for any reason.

For warranty claims, technical support, or any questions regarding your product, please contact our customer service team. Please have your model number (HY-8639) and purchase details ready when contacting support. Contact information can typically be found on the product packaging or the retailer's website where you purchased the item.