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HealthRelife HR-302

HealthRelife HR-302 Massage Chair User Manual

Model: HR-302

Introduction

Thank you for choosing the HealthRelife HR-302 Massage Chair. This manual provides essential information for the safe and effective use, assembly, operation, maintenance, and troubleshooting of your new massage chair. Please read this manual thoroughly before using the product and retain it for future reference.

Important Safety Instructions

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons:

- Always unplug the chair from the electrical outlet immediately after using and before cleaning.
- Do not use while bathing or in a shower.
- Do not place or store the chair where it can fall or be pulled into a tub or sink.
- Do not immerse in water or other liquid.
- Never use pins or other metallic fasteners with this appliance.
- Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this appliance if it 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.
- Never use while sleeping or drowsy.
- Never drop or insert any object into any opening.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use on bare skin.

- Do not use on infants, invalids, or sleeping or unconscious persons.
- Do not use on insensitive skin or on a person with poor blood circulation.

Package Contents

Please check the package contents carefully. If any items are missing or damaged, contact customer support immediately.

- HealthRelife HR-302 Massage Chair Main Unit
- Remote Control
- Power Cord
- User Manual (this document)

Assembly and Setup

The HealthRelife HR-302 Massage Chair requires minimal assembly. Follow these general steps:

1. **Unpack:** Carefully remove all components from the packaging. Retain packaging materials for future transport or storage.
2. **Position the Chair:** Place the main chair unit in your desired location, ensuring sufficient space around it for reclining and operation.
3. **Connect Components:** Attach any separate leg rests or armrests as indicated in the quick start guide (if provided separately). Ensure all connections are secure.
4. **Connect Power:** Plug the power cord into the chair's power inlet, then into a grounded electrical outlet.
5. **Initial Check:** Before first use, ensure all parts are correctly assembled and the chair is stable.

Operating Your Massage Chair

Power On/Off

Locate the main power switch, usually at the back or side of the chair. Flip it to the 'ON' position. The chair will enter standby mode. To turn off, press the power button on the remote control, then flip the main power switch to 'OFF' and unplug the chair from the wall outlet.

Using the Remote Control

The remote control is your primary interface for operating the massage chair. It allows you to select massage programs, adjust intensity, recline positions, and activate specific features.

- **Power Button:** Turns the chair on or off from standby mode.
- **Auto Programs:** Select from 6 pre-programmed massage routines.
- **Manual Modes:** Choose specific massage techniques (e.g., Kneading, Tapping, Shiatsu).
- **Recline/Incline:** Adjust the chair's backrest and leg rest positions, including Zero Gravity.
- **Airbag Control:** Adjust intensity or target specific airbag zones (shoulders, arms, legs, feet).
- **Heat Function:** Activate or deactivate back heating.
- **Foot Roller:** Control the foot roller massage.
- **Bluetooth:** Connect your device to the chair's built-in speakers.

Body Scan Function

Upon starting an automatic program, the chair will perform a body scan to detect your shoulder position and body shape. This optimizes the massage rollers' path for a personalized massage experience. Ensure you are seated correctly during the scan.

Key Features

Comprehensive Massage Capabilities



The HR-302 offers a full range of features for a complete massage experience. This includes 5 distinct massage techniques, a 135cm SL track for extended coverage, a user-friendly remote control, integrated Bluetooth speakers, 24 strategically placed airbags, back heating, dedicated leg and foot care, an intelligent body scan function, 6 automatic massage programs, a 3D massage hand mechanism, and a foot roller.

24 Airbags for Full Body Compression



Experience gentle compression and relaxation with 24 airbags located throughout the chair. These airbags target key areas including the waist (with integrated heating), palms, shoulders, legs, and feet, providing a soothing compression massage that complements the roller massage. A dedicated foot roller further enhances foot relaxation.

Zero Gravity and Body Stretching



The HR-302 features a Zero Gravity recline function, which elevates your legs above your heart, minimizing the strain of gravity on your spine and enhancing the massage experience. The chair also offers a body stretching function, gently extending your body to relieve tension and improve flexibility. This feature progresses through Initial, Comfort, and Deep steps for optimal relaxation.

3D Master Massage Hand



Equipped with a sophisticated 3D Master Massage Hand, the chair provides a massage that mimics human touch. This mechanism offers 3D vertical massage, allowing the rollers to move not only up and down but also in and out, providing deeper tissue penetration. The massage width is adjustable from 3cm to 18cm, and the soft silicone massage heads ensure a comfortable yet effective massage.

Advanced 135cm SL Track



The HR-302 features an advanced 135cm SL track, which is significantly longer than many standard tracks. This extended track allows the massage rollers to follow the natural curve of your spine from your neck down to your glutes and upper hamstrings, providing comprehensive coverage for your neck, shoulders, back, waist, hips, and legs.

Care and Maintenance

Proper care and maintenance will ensure the longevity and optimal performance of your massage chair.

- **Cleaning:** Unplug the chair before cleaning. Wipe the surface with a soft, damp cloth. Do not use abrasive cleaners, solvents, or harsh chemicals.
- **Storage:** When not in use for extended periods, store the chair in a cool, dry place away from direct sunlight. Cover it to protect from dust.
- **Power Cord:** Regularly inspect the power cord for any damage. Do not use the chair if the cord is frayed or damaged.
- **Avoid Liquids:** Keep liquids away from the chair to prevent electrical hazards and damage to internal components.

Troubleshooting Guide

If you encounter any issues with your massage chair, please refer to the following table before contacting customer support.

Problem	Possible Cause	Solution
Chair does not power on.	Power cord not properly connected. Main power switch is off.	Ensure power cord is securely plugged into both the chair and the wall outlet. Turn the main power switch to 'ON'.
Remote control is unresponsive.	Batteries are low or incorrectly inserted. Remote is out of range.	Replace batteries with new ones, ensuring correct polarity. Ensure you are within effective range of the chair's receiver.
Massage feels too intense or too weak.	Intensity settings are not adjusted to preference.	Use the remote control to adjust the intensity levels for rollers and airbags. Try different automatic programs.
Chair stops during operation.	Overheating protection activated. Session timer expired.	Turn off the chair and unplug it for 30-60 minutes to allow it to cool down. Restart the chair. Check the session timer settings.

Product Specifications

Feature	Detail
Brand	HealthRelife
Model Number	HR-302
Color	Brown
Material	Leather, Foam
Item Dimensions (L x W x H)	57.09 x 19.69 x 47.24 inches
Item Weight	89 kg
Maximum Weight Recommendation	350 pounds
Form Factor	Recliner
Additional Features	Arm Rest, Cushion Availability, Foot, Back Heating, 24 Airbags, 135cm SL Track, 3D Massage Hand, Bluetooth Speaker, Zero Gravity, Body Scan, 6 Auto Programs

Warranty and Customer Support

The HealthRelife HR-302 Massage Chair comes with a manufacturer's warranty. Please refer to the warranty card included with your purchase for specific terms and conditions, including coverage duration and what is covered. For

technical assistance, troubleshooting beyond this guide, or warranty claims, please contact HealthRelife customer support directly. Contact information can typically be found on the product packaging or the official HealthRelife website.

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