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› HealthRelife 4D Massage Chair HR-FT User Manual

HealthRelife HR-FT

HealthRelife 4D Massage Chair HR-FT User Manual

Model: HR-FT | Brand: HealthRelife

INTRODUCTION

This manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your HealthRelife 4D Massage Chair, model HR-FT. Please read this manual thoroughly before using the product and retain it for future reference.

SAFETY INFORMATION

Important Safety Instructions:

- Do not exceed the maximum recommended weight of 150 kg.
- Keep the massage chair dry and away from water or excessive humidity.
- Follow all assembly instructions carefully to ensure proper setup and safe operation.
- Ensure the power cord is not damaged and is properly connected to a grounded outlet.
- Do not attempt to repair or disassemble the chair yourself. Contact qualified service personnel.
- Keep children and pets away from the chair, especially when in operation.
- Consult a physician before use if you have any medical conditions, are pregnant, or have a pacemaker.

PRODUCT FEATURES

4D Massage Technology with SL-Track

The HealthRelife HR-FT massage chair features advanced 4D massage rollers that move up, down, left, right, and in and out, mimicking the feel of human hands. The 135cm SL-track guides the rollers from your neck down to your glutes, ensuring comprehensive coverage and contouring to your body's natural curve.

PRODUCT DIMENSION

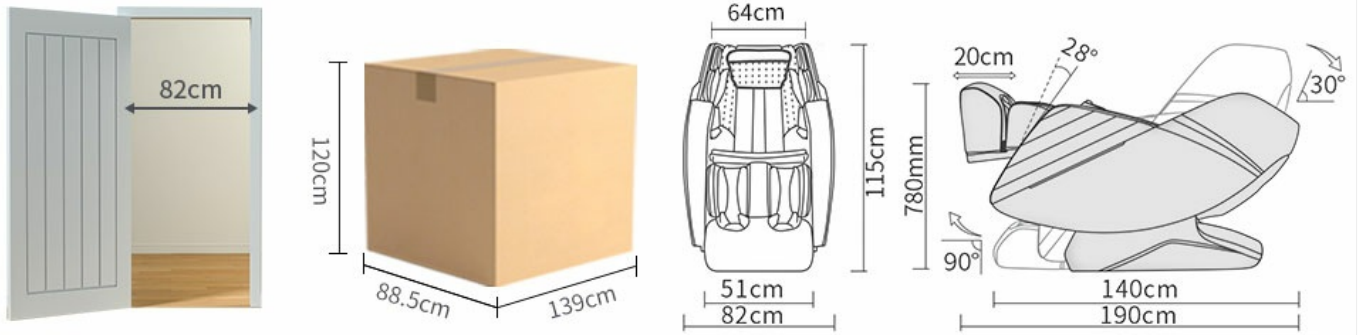


Image: Close-up of the 4D massage manipulators demonstrating kneading, shiatsu, and tapping techniques along the spine.

Full Body Air Compression Massage

Strategically placed airbags throughout the chair provide a rhythmic compression massage to relieve muscle tension and promote blood circulation. Airbags are located in the shoulders, arms, legs, and feet.

FULL BODY AIRBAG MASSAGE

Experience the wave-like kneading sensation

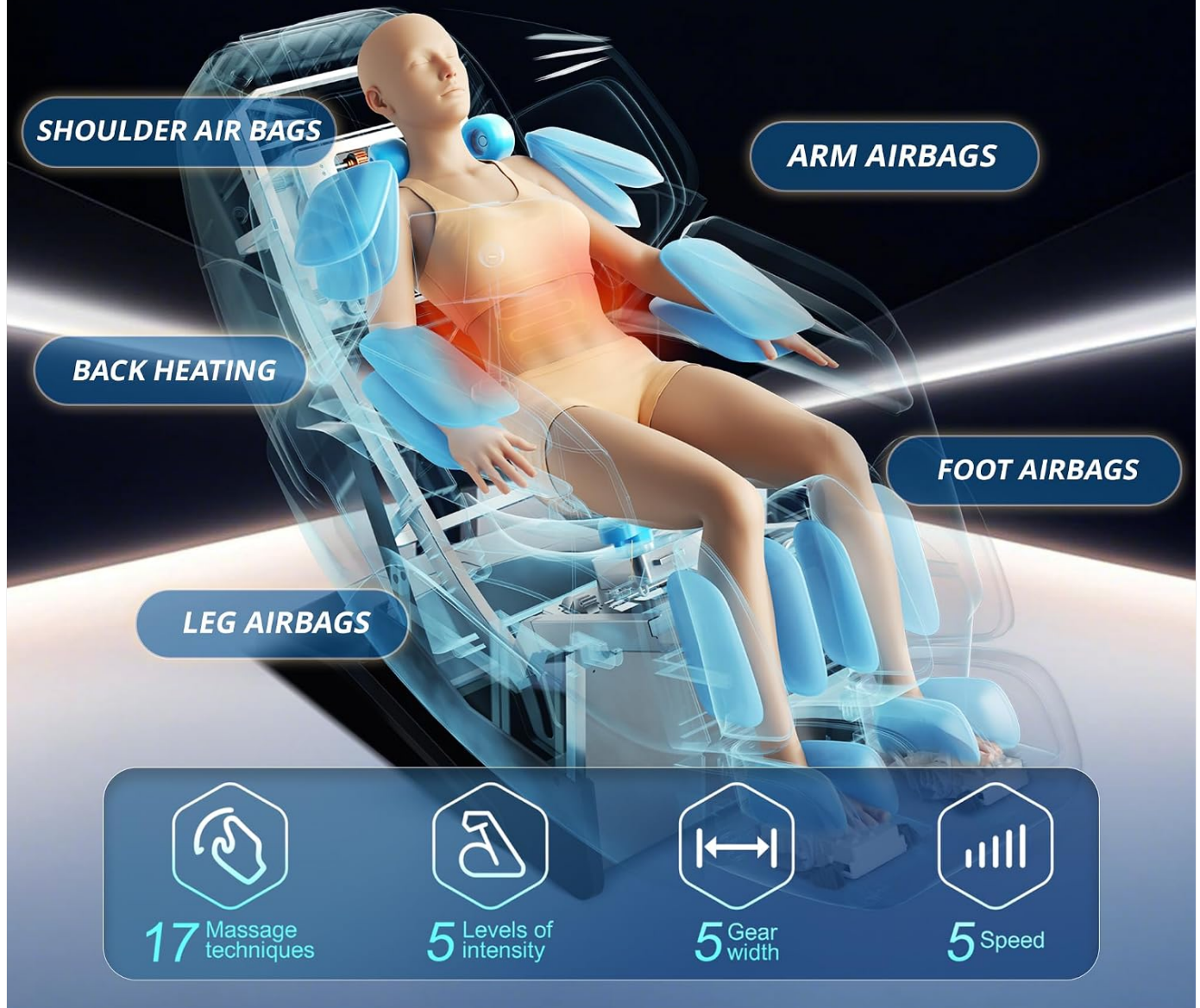


Image: Visual representation of the full-body airbag massage system, highlighting airbags in the shoulders, arms, legs, and feet, along with adjustable settings for techniques, intensity, width, and speed.

Zero Gravity Recline

The chair offers two Zero Gravity recline positions, elevating your legs above your heart. This position helps to reduce pressure on the heart, stimulate blood circulation, and provide a deeply relaxing massage experience.



Image: A user experiencing the Zero Gravity recline, illustrating the chair's ability to distribute body weight evenly and reduce spinal pressure. Key features are listed around the image.

Smart Body Scan

The intelligent body scanning system automatically adjusts the massage rollers to match your body's unique contours, including shoulder width and height, ensuring a personalized and effective massage.

Multiple Control Options & Bluetooth

Control your massage experience using the easy-access panel on the right armrest, the multifunctional LCD remote control on the left armrest, or through voice control. Integrated Bluetooth speakers allow you to enjoy music from your phone during your massage.

PROFESSIONAL FOOT MASSEUR

- Relieve the Stress of Your Day -



FOOT AIR BAGS



CALF ROLLER



ELECTRIC CALFREST EXTENSION



FOOT ROLLER



Image: User enjoying music through the chair's Bluetooth speakers, emphasizing the immersive audio experience during a massage.

Heating Function

The chair includes a back heating function to further relax muscles and enhance the massage experience.

Foot and Calf Massage

Dedicated foot and calf massage features, including rollers and airbags, provide targeted relief, especially beneficial after long periods of standing.



Image: The HealthRelife 4D Massage Chair HR-FT, showcasing its design and integrated foot and calf massage area.

SETUP

The HealthRelife 4D Massage Chair HR-FT requires minimal assembly. Ensure you have adequate space for the chair, considering its dimensions and the Zero Space recline feature that allows it to slide forward against a wall.

1. **Unpacking:** Carefully remove the chair from its packaging. It is recommended to have two people for this process due to the chair's weight (130 kg).
2. **Placement:** Position the chair on a flat, stable surface. Ensure there is at least 5cm of clearance from a wall for the Zero Space recline function.
3. **Connecting Components:** Connect the footrest and any other detachable components as per the included quick start guide.
4. **Power Connection:** Plug the power cord into a grounded electrical outlet.



Image: The massage chair in a living room, demonstrating its size and aesthetic. This image also highlights the full body airbag massage feature.



Image: Overview of the 21 automatic massage programs, providing a variety of options for different needs and preferences.

OPERATING INSTRUCTIONS

Your HealthRelife HR-FT massage chair offers various ways to control your massage experience.

Using the Control Panel and Remote

- **Power On/Off:** Press the power button on the control panel or remote to turn the chair on or off.
- **Automatic Programs:** Select from 21 pre-programmed massage routines, such as "Fast Massage," "Relaxing Massage," or "Good-night Sleep."

- **Manual Adjustments:** Customize your massage by adjusting speed, intensity, and width of the rollers. You can also target specific areas like shoulders, back, or hips.
- **Zero Gravity:** Activate the Zero Gravity recline with a dedicated button for optimal relaxation.
- **Heating:** Turn on the back heating function for added comfort.
- **Air Compression:** Adjust the intensity of the airbag massage for shoulders, arms, seat, and legs.

Voice Control

The chair supports intelligent voice control for quick and convenient operation. Simply use voice commands to start or change massage programs.

Bluetooth Connectivity

Pair your smartphone or other Bluetooth-enabled device with the chair to stream audio through the integrated speakers. Refer to your device's Bluetooth settings for pairing instructions.

USB Charging

A USB port is available for charging your mobile devices during your massage session.

Your browser does not support the video tag.

Video: An overview of the HealthRelife massage chair's features, including Zero Gravity recline, various massage techniques, footrest extension, Bluetooth music player, ambient lighting, and control options. This video demonstrates the chair in action.

MAINTENANCE

Proper maintenance ensures the longevity and optimal performance of your massage chair.

- **Cleaning:** Clean the chair regularly with a soft, damp cloth. Avoid using harsh chemicals or abrasive cleaners.
- **Storage:** When not in use for extended periods, store the chair in a dry, cool place, away from direct sunlight.
- **Inspection:** Periodically check the power cord and all connections for any signs of damage.

TROUBLESHOOTING

If you encounter any issues with your HealthRelife HR-FT massage chair, please refer to the following common troubleshooting steps:

- **Chair not powering on:** Ensure the power cord is securely plugged into both the chair and the electrical outlet. Check if the outlet is functional.
- **Massage rollers not moving:** Verify that an automatic program is selected or manual massage is activated. Ensure no objects are obstructing the rollers.
- **Airbags not inflating:** Check the air pressure settings on the control panel. Ensure no air hoses are kinked or disconnected.
- **Unusual noises:** Turn off the chair immediately and inspect for any loose parts or obstructions. If the noise persists, contact customer support.
- **Remote control not responding:** Check the batteries in the remote control. Ensure there are no obstructions between the remote and the chair's receiver.

For issues not covered here, please contact HealthRelife customer support.

SPECIFICATIONS

Feature	Detail
Brand	HealthRelife
Model Number	HR-FT
Color	Gris Negro
Product Dimensions	140 x 82 x 115 cm
Product Weight	130 kg
Material	Metal, Acero inoxidable
Special Features	Rotolante (Rolling), 4D Massage, Zero Gravity, SL-Track, Air Compression, Bluetooth, Heating
Max Recommended Weight	150 kg

WARRANTY AND SUPPORT

HealthRelife offers a 3-year warranty for your massage chair, ensuring confidence in your purchase. We are committed to resolving any issues to your satisfaction.

For any questions or support regarding your HealthRelife 4D Massage Chair, model HR-FT, please contact our specialized customer service team. We are dedicated to providing prompt assistance.



Image: HealthRelife customer service representative ready to assist with product inquiries.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question