iRest HT-303

iRest Full-Body Massage Chair User Manual

Model: HT-303

Introduction

This user manual provides essential information for the safe and effective operation of your iRest A303 Full-Body Massage Chair. Please read this manual thoroughly before using the product and keep it for future reference.



Image: The iRest Full-Body Massage Chair in black, showcasing its ergonomic design.

Important Safety Instructions

To reduce the risk of electric shock, burns, fire, and injury, please observe the following precautions:

- Always unplug the massage 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 product where it can fall or be pulled into a tub or sink.
- Do not operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Close supervision is necessary when this product is used by, on, or near children, invalids, or disabled persons.
- Use this product only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this product 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 drop or insert any object into any opening.

- 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 plug from outlet.
- Do not stand on or in the massage chair. Use only while seated.
- Do not use on sensitive skin areas or in the presence of poor circulation.
- Prolonged use could lead to excessive heating and shorten the product's life.

What's in the Box

Upon unpacking, please ensure all components are present and undamaged:

- Main Massage Chair Unit
- Armrests
- Rollers (internal components)
- Power Cord
- User Manual (this document)
- Remote Control (if applicable)

Setup Instructions

Follow these steps to set up your iRest massage chair:

1. **Unpacking:** Carefully remove all packaging materials. Retain packaging for future transport or storage.
2. **Placement:** Position the massage chair on a flat, stable surface. Ensure there is sufficient space around the chair, especially behind it, to allow for reclining. Note: This model may require approximately 50 cm (20 inches) of clearance from the wall when reclining to achieve the Zero Gravity position.
3. **Assembly:** Attach any detached components such as armrests or footrests as per the included assembly guide (if separate).
4. **Power Connection:** Connect the power cord to the chair's power input, then plug it into a grounded electrical outlet.
5. **Initial Check:** Before first use, ensure all connections are secure and there are no visible damages.

Operating Instructions

Familiarize yourself with the remote control and the chair's functions for optimal use.

Basic Operation:

- **Power On/Off:** Press the power button on the remote control to turn the chair on or off.
- **Program Selection:** Use the remote to select from the 8 automatic massage modes.
- **Manual Adjustment:** Adjust massage techniques (kneading, tapping, kneading and tapping), intensity, and speed manually.
- **Recline/Incline:** Use the dedicated buttons to adjust the recline angle, including the Zero Gravity positions.
- **Heating Function:** Activate the lumbar heating function for added comfort.
- **Bluetooth Audio:** Connect your device via Bluetooth to the chair's headrest speakers to enjoy music during your massage.

Key Features and Massage Programs

1. Full-Body Air Compression Massage

The A303 massage chair provides a multi-directional airbag-wrapped massage targeting shoulders, arms, waist, calves, and feet. This feature, combined with automatic massage modes, promotes blood circulation and relieves fatigue and tension throughout the body. Lumbar heating further enhances relaxation.



Image: Diagram illustrating the placement of airbags for shoulder, arm, waist, foot, and calf compression massage.

2. Zero Gravity Function

The Zero Gravity feature intelligently distributes the body's pressure points, simulating a weightless experience to reduce pressure on the spine and joints. Three levels of Zero Gravity are adjustable. This position, combined with the Bluetooth speakers, allows for a deeply relaxing, pressure-free experience.

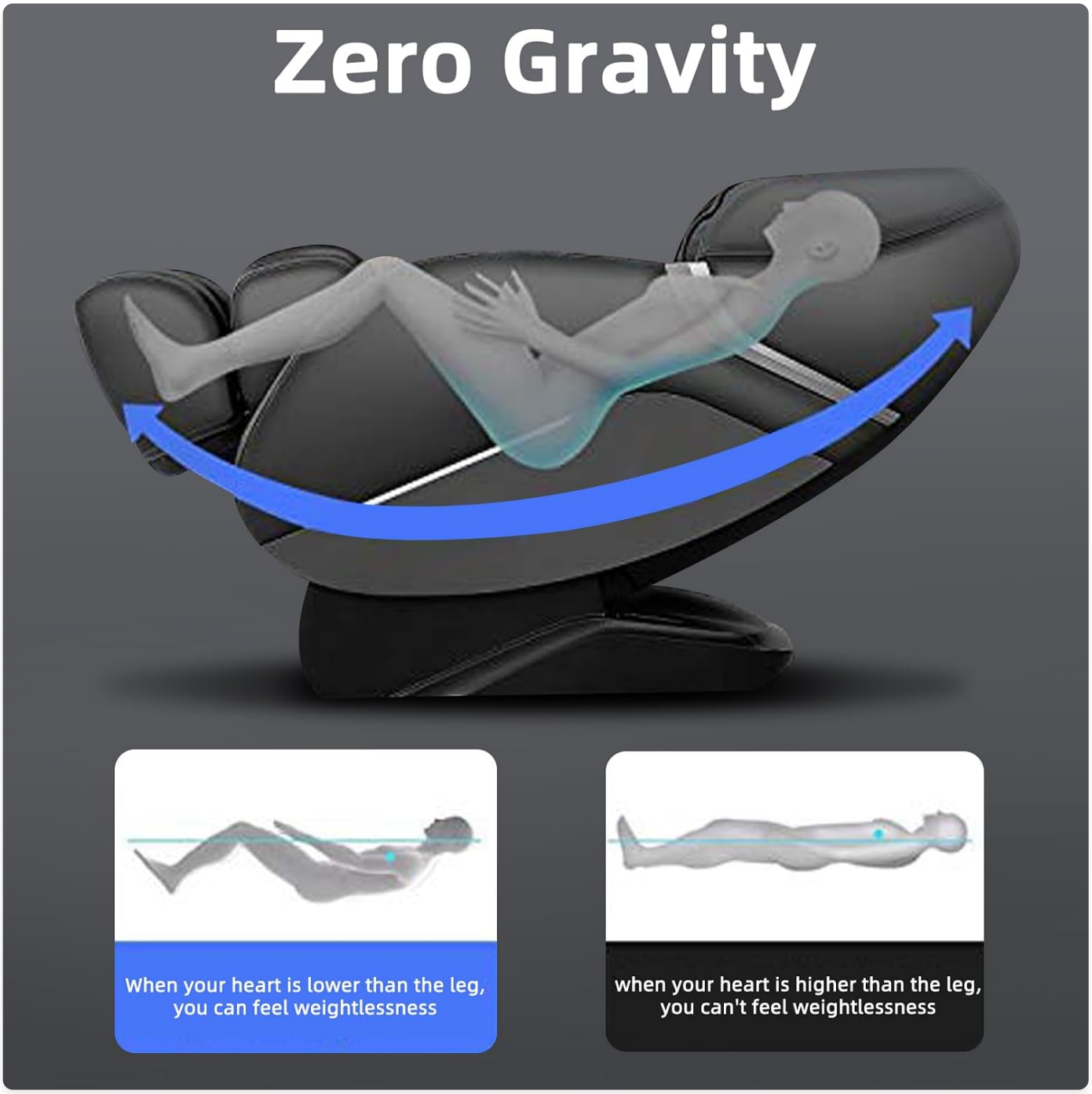


Image: Illustration of the Zero Gravity recline position, showing how the body's weight is evenly distributed to create a feeling of weightlessness.

3. 3D Robotic Hands with SL-Track

Equipped with advanced 3D movement, the flexible silicone massage heads simulate the varied touch and strength of human fingers. It combines 5 massage techniques (Kneading, Tapping, Kneading and Tapping) to precisely stimulate muscles and tissue. The 135 cm long SL-track conforms to the body's curves, providing deep relaxation from the neck to the legs.



Image: Close-up diagram of the 3D robotic massage hands, illustrating their multi-directional movement.

4. Foot Roller Massager

The foot roller massage, combined with rhythmic compression from fully wrapped airbags on the instep, effectively relieves pressure on the feet. This feature is ideal for individuals who spend long hours sitting or standing, helping to restore vitality and provide a home foot spa experience.



Image: Detailed view of the foot and calf massage mechanisms, including foot airbag compression, calf shaping, and leg airbag massage.

Maintenance and Care

Proper maintenance ensures 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 or solvents.
- **Storage:** If not in use for an extended period, unplug the chair and store it in a cool, dry place away from direct sunlight.
- **Inspection:** Regularly check the power cord and plug for any damage. Do not use if damaged.
- **Avoid Liquids:** Keep liquids away from the chair to prevent electrical hazards.

Troubleshooting

If you encounter issues with your massage chair, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Chair does not power on.	Power cord not properly connected; power outlet issue; main power switch off.	Ensure power cord is securely plugged into both the chair and a working outlet. Check the main power switch.
Massage intensity feels too strong.	Default setting is too high for user preference.	Adjust intensity settings via the remote control. Place a blanket or towel over the massage rollers for a gentler experience.
Chair makes unusual noises.	Normal operating sounds; loose component; internal malfunction.	Some operational sounds are normal. If the noise is loud or unusual, power off the chair and contact customer support.
Recline function not working.	Obstruction behind the chair; motor issue.	Ensure sufficient clearance behind the chair. Check for any obstructions. If the issue persists, contact support.

If the problem persists after attempting these solutions, please contact iRest customer support.

Product Specifications

Attribute	Detail
Brand	iRest
Model Number	HT-303
Product Dimensions (L x W x H)	170 x 76 x 118 cm (66.9 x 29.9 x 46.5 inches)
Item Weight	83 Kilograms (183 lbs)
Color	Black
Special Feature	Heat (Lumbar Heating)
Age Range	Adult
Number of Pieces	1
First Available Date	April 13, 2024

Warranty and Support

The iRest massage chairs come with a **two-year official warranty**. The dedicated after-sales team is committed to providing professional and efficient customer service.
For any inquiries, technical support, or warranty claims, please contact iRest customer service through their official website or the contact information provided at the point of purchase.
Please have your model number (HT-303) and purchase date ready when contacting support.

© 2024 iRest. All rights reserved.
This manual is subject to change without notice.

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