

Nekteck FM01, FM10

Nekteck FM01 & FM10 Foot Massager User Manual

Models: FM01 (Gray), FM10 (Black)

1. INTRODUCTION

Thank you for choosing the Nekteck FM01 or FM10 Foot Massager. This manual provides essential information for the safe and effective use of your new device. Please read it thoroughly before operation and retain it for future reference.



Image: The Nekteck FM01 (gray) and FM10 (black) foot massagers are shown side-by-side, highlighting their distinct colors and similar ergonomic designs.

2. IMPORTANT SAFETY INFORMATION

Please read all safety instructions before use to prevent injury or damage.

- **Caution:** The massager has a heating function. Ensure to operate it safely to avoid potential burns. The heating function can be manually turned on and off as preferred.
- Always unplug the massager from the electrical outlet immediately after use and before cleaning.
- Do not use while bathing or showering.
- Do not place or store the massager 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.
- 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.
- 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. Consult a physician before use if you have any medical conditions.

3. PRODUCT FEATURES

The Nekteck Foot Massager is designed to provide a relaxing and therapeutic experience with its advanced features:

- **Versatile Design:** The FM01 model features 6 massage heads with 54 rotating massager nodes, designed to relax muscles, ease tensions, and regulate blood flow. The FM10 model features 6 massage heads with 40 massager nodes, providing deep kneading and full-coverage comfort.
- **Soothing Heating Function:** Both models include a heating function that gently warms up in approximately 5 minutes, helping to relieve fatigue and promote better sleep. This function can be manually turned on and off.
- **Convenient Toe-Touch Control:** Easily operate the massager without bending down. Simply use your toe to press the power button to turn on/off the massage and heating functions.
- **Unique Ergonomic Design:** The ergonomic shape fits the foot for effective relaxation. The unique massage head design rotates inward and outward to target the arch and ball of the foot, while up-and-down movement targets the heels, improving overall foot health.

- **Multi-purpose Use:** While primarily a foot massager, its design allows for use on other body parts such as the back, thighs, and calves for versatile relaxation.

BI-DIRECTIONAL SHIATSU MASSAGE

Bringing You Optimal Massage Experiences



6 Massage Heads



54 Massage Nodes



Soothing Heat



Bi-Directional Massage

Image: The FM01 gray foot massager is shown with graphics indicating its bi-directional shiatsu massage, 6 massage heads, 54 massage nodes, and soothing heat function.

SHIATSU FOOT MASSAGER

Enjoy the soothing benefits of a foot massage



6 Massage Heads



40 Massage Nodes



Soothing Heat



Larger Fabric Area

Image: The FM10 black shiatsu foot massager is displayed, emphasizing its 6 massage heads, 40 massage nodes, soothing heat capability, and a larger fabric area for enhanced comfort.

4. WHAT'S INCLUDED

Upon opening your Nekteck Foot Massager package, you should find the following items:

- 1 x Shiatsu Foot Massager (FM01 or FM10 model)

- 1 x User Manual (this document)

WHAT'S INCLUDED

- 1 x Shiatsu Foot Massager
- 1 x User Manual



Image: A visual representation of the Nekteck Shiatsu Foot Massager packaging, showing the massager unit and the user manual as included items. Product dimensions are also indicated.

5. SETUP

1. **Unpack:** Carefully remove the foot massager and all accessories from the packaging.

2. **Placement:** Place the massager on a flat, stable, and dry surface. Ensure there is enough space around the unit for proper ventilation.
3. **Connect Power:** Plug the power cord into a standard electrical outlet. Ensure the power cord is not tangled or obstructed.

6. OPERATING INSTRUCTIONS

The Nekteck Foot Massager is designed for easy operation using its toe-touch control button.

Basic Operation (FM01 Model)

1. **Power On / Start Massage:** With the massager plugged in, gently press the power button with your toe. The massager will start its massage function.
2. **Activate Heating Function:** Press the power button again to activate the heating function along with the massage.
3. **Power Off:** Press the power button a third time to turn off the massager.

CONVENIENT TOE-TOUCH CONTROL



EASY TO PRESS THE ON/OFF BUTTON WITHOUT BENDING DOWN



READY TO WORK



PRESS TO TURN
ON THE MASSAGE



PRESS AGAIN TO TURN
ON THE HEAT FUNCTION

Image: A foot is shown pressing the power button on the FM01 gray foot massager, illustrating the sequence of operations: ready, massage on, and heat on.

Basic Operation (FM10 Model)

1. **Power On / Start Massage & Heating:** With the massager plugged in, gently press the power button with your toe. The massager will start both its massage and heating functions.
2. **Massage Only:** Press the power button again to switch to massage-only mode (heating function will turn off).
3. **Power Off / Standby:** Press the power button a third time to turn off the massager and put it into standby mode.

EASY TO CONTROL BUTTON

Toe press without bending down

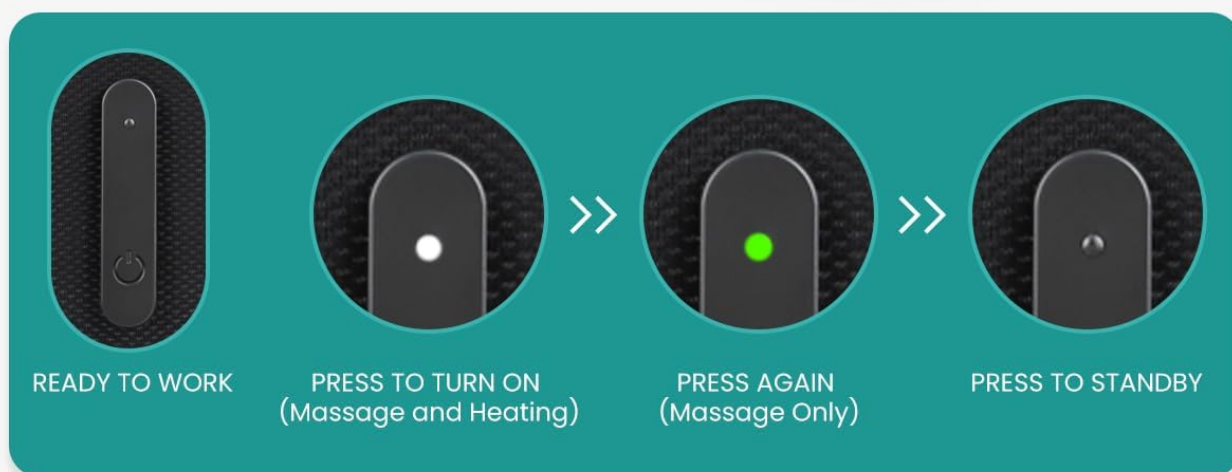


Image: A foot is shown pressing the control button on the FM10 black foot massager, demonstrating the sequence for activating massage and heating, then massage only, and finally standby.

Using for Different Body Parts

The ergonomic design allows for versatile use beyond just feet:

- **Foot Massage:** Place your feet directly on the massage nodes.
- **Back Massage:** Position the massager behind your lower back while seated.
- **Thigh Massage:** Place the massager under your thighs.
- **Calf Massage:** Rest your calves on the massager.

EXCELLENT MASSAGE EXPERIENCE

A massage journey of ultimate relaxation experience



Foot Massage



Back Massage



Thigh Massage



Calf Massage



Image: The FM10 black foot massager is depicted in various use scenarios, demonstrating its versatility for massaging feet, back, thighs, and calves.

BACK MASSAGER WITH SOOTHING HEAT

A mild soothing heat for additional relaxation



Image: A person is shown using the FM01 gray foot massager as a back massager while seated on a couch, highlighting its soothing heat feature for additional relaxation.

7. MAINTENANCE

Proper care and maintenance will ensure the longevity of your Nekteck Foot Massager.

- **Cleaning:** Always unplug the massager before cleaning. Wipe the surface with a soft, slightly damp cloth. Do not use abrasive cleaners, solvents, or harsh detergents. Do not immerse the massager in water or

any other liquid.

- **Storage:** When not in use, store the massager in a cool, dry place, away from direct sunlight and excessive heat. Avoid placing heavy objects on top of the massager.
- **Cord Care:** Do not wrap the power cord around the massager. Avoid sharp bends or kinks in the cord.

8. TROUBLESHOOTING

If you encounter any issues with your Nekteck Foot Massager, please refer to the following common solutions:

Problem	Possible Cause	Solution
Massager does not turn on.	Not plugged in correctly; Power outlet issue; Damaged cord/plug.	Ensure the power cord is securely plugged into a working electrical outlet. Try a different outlet. Inspect the cord and plug for any visible damage. If damaged, discontinue use and contact support.
Heating function is not working.	Heating function not activated; Device malfunction.	Refer to "Operating Instructions" to ensure the heating function is properly activated (second press for FM01, first press for FM10). If still not working, contact support.
Massage feels too strong or too weak.	Foot/body position; Personal preference.	Adjust your foot or body position on the massager to find a comfortable intensity. You can also place a thin towel over the massage nodes to reduce intensity if needed.
Unusual noise during operation.	Normal operation sound; Internal issue.	A low hum or whirring sound is normal during operation. If the noise is loud, grinding, or unusual, discontinue use and contact customer support.

9. SPECIFICATIONS

- **Brand:** Nekteck
- **Models:** FM01 (Gray), FM10 (Black)
- **Use for:** Foot (also suitable for back, thigh, calf)
- **Special Feature:** Heating Function
- **Product Benefits:** Stress Relief, Pain Relief, Muscle Therapy, Relaxation
- **ASIN:** B0D53RNTY3
- **Date First Available:** May 24, 2024
- **Dimensions (FM10):** Approximately 14.17 inches (L) x 12.48 inches (W) x 3.25 inches (H)

ERGONOMIC DESIGN

Ergonomic shape fits the foot for effective relaxation, aiding in fatigue relief anytime






Image: The FM10 black foot massager is shown from a side angle, highlighting its ergonomic shape designed to fit the foot and its approximate height of 2.99 inches (76mm).


10. WARRANTY AND SUPPORT

Nekteck products are designed for quality and reliability. For any questions, concerns, or support needs regarding your foot massager, please contact Nekteck customer service.

You can visit the official Nekteck Store for more information and contact details: [Nekteck Store on Amazon](#)

Related Documents - FM01, FM10

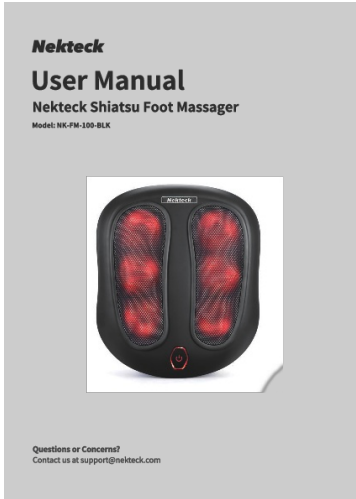
 <p>Nekteck User Manual Smart Shiatsu Foot & Calf Massager with Heat Model NK-FLM02</p> <p>Questions or Concerns? Contact support@nekteck.com</p>	<p>Nekteck Smart Shiatsu Foot & Calf Massager with Heat User Manual (Model NK-FLM02)</p> <p>Comprehensive user manual for the Nekteck Smart Shiatsu Foot & Calf Massager with Heat (Model NK-FLM02). Learn about safety instructions, operation, features, app setup, troubleshooting, and maintenance.</p>
 <p>Nekteck Shiatsu Foot Massager Model NK-FM-100-BLK</p> <p>Questions or Concerns? Contact support@nekteck.com</p>	<p>Nekteck Shiatsu Foot Massager NK-FM-100-BLK User Manual & Safety Guide</p> <p>Comprehensive user manual for the Nekteck Shiatsu Foot Massager (Model NK-FM-100-BLK). Find detailed safety precautions, operating instructions, cleaning tips, and disposal information for your Nekteck foot massager.</p>
 <p>Nekteck SHIATSU FOOT & CALF MASSAGER WITH HEAT Model No.: NK-FLM01</p> <p>Questions or Concerns? Contact support@nekteck.com</p>	<p>Nekteck Shiatsu Foot & Calf Massager with Heat (NK-FLM01) User Manual</p> <p>Comprehensive user manual for the Nekteck Shiatsu Foot & Calf Massager with Heat, model NK-FLM01. Learn about safety instructions, product features, operation, cleaning, maintenance, troubleshooting, and warranty.</p>
	<p>Nekteck Shiatsu Foot Massager Machine with Soothing Heat - Model NK-FM06 User Manual</p> <p>Detailed user manual for the Nekteck Shiatsu Foot Massager Machine with Soothing Heat (Model NK-FM06), covering safety instructions, product features, specifications, operation, cleaning, maintenance, troubleshooting, warranty, and customer support.</p>
	<p>Nekteck NK-FW01 Kneading Shiatsu Foot & Back Massager with Heat - User Manual</p> <p>Official user manual for the Nekteck NK-FW01 Kneading Shiatsu Foot & Back Massager with Heat. Learn about safety instructions, product features, specifications, operation, cleaning, troubleshooting, and warranty.</p>



[Nekteck Shiatsu Foot Massager User Manual](#)

Discover the benefits of the Nekteck Shiatsu Foot Massager. This manual provides comprehensive instructions on its features, operation, safety, and maintenance for optimal foot wellness.

Documents - Nekteck – FM01, FM10



[\[pdf\]](#) User Manual

NEKTECK User manual Nekteck A02 FM01 BUUSNekteck Foot Massager with Heat Shiatsu Health
Care Therapy Relax Infrared Heating Body Deep Muscles Kneading
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