

## Human Touch Reflex Sol Plus

# Human Touch Reflex Sol Plus Foot & Calf Massager Instruction Manual

### PRODUCT OVERVIEW

The Human Touch Reflex Sol Plus Foot and Calf Massager is designed to provide a professional-grade massage experience in your home. It incorporates CirQlation and Figure Eight Technologies to improve circulation through upward, rolling, or wave-like motions. The massager also features reflexology massage for overall health benefits and stress relief, underfoot vibration, and soothing heat via patented Warm Air Technology.

#### Key Features:

- Extended height for a fully encompassing massage of feet and calves.
- Integrated onboard controls for easy adjustment of massage programs, heat, and vibration.
- Removable and washable sleeve inserts for hygiene and easy maintenance.
- Powerful underfoot rollers designed for robust heel and sole massage.
- Targeted foot vibration with multiple speed settings for a revitalizing massage.
- Adjustable tilt base to ensure perfect alignment with various seating positions.
- Patented technology for consistent and soothing heat application.



Figure 1: Front view of the Human Touch Reflex Sol Plus Foot & Calf Massager, showcasing its design and foot/calf inserts.

## SAFETY INFORMATION

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**Caution:** Do not leave the massager unattended while in use. Keep the power cord away from heat sources and liquids. Do not use if you have a pacemaker or other medical device that could be affected by electromagnetic interference. Consult a physician before use if you have any medical conditions. Avoid placing the massager on or near sensitive body areas. Always follow the manufacturer's instructions for use and maintenance.

## SETUP

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1. **Unpacking:** Carefully remove the massager from its packaging. Retain all packaging materials for future storage or transport.
2. **Placement:** Place the massager on a flat, stable surface near an electrical outlet. Ensure there is enough space around the unit for comfortable use and proper ventilation.
3. **Power Connection:** Plug the power cord into a grounded electrical outlet. Ensure the power switch on the unit is in the OFF position before plugging it in.

4. **Adjustable Tilt Base:** The massager features an adjustable tilt base. Extend the metal bar at the bottom of the unit to adjust the angle for optimal comfort and alignment with your seating position.



Figure 2: The massager positioned with its adjustable tilt base extended, allowing for varied angles of use.

## OPERATING INSTRUCTIONS

The Human Touch Reflex Sol Plus is equipped with intuitive onboard controls for a personalized massage experience.

1. **Power On/Off:** Locate the power button on the control panel. Press it to turn the unit on. The power indicator light will illuminate. Press again to turn off.
2. **Positioning:** Sit comfortably in a chair and place your feet and lower calves into the massager's chambers. Ensure your feet are fully inserted for optimal massage coverage.
3. **Select Massage Program:** Use the "Massage" buttons on the control panel to cycle through available massage programs. These programs utilize CirQlation and Figure Eight Technologies for varied massage motions.
4. **Adjust Intensity:** Use the "Intensity" buttons to increase or decrease the strength of the massage. Start with a lower intensity and gradually increase to a comfortable level.
5. **Activate Vibration:** Press the "Vibration" button to turn on or off the targeted foot vibration. Multiple speed settings may be available.
6. **Apply Warm Air:** Press the "Warm Air" button to activate the soothing heat function. This feature enhances relaxation and comfort.
7. **Session Duration:** The massager typically operates in timed sessions. Refer to the display or

indicator lights for remaining session time. You may restart a session if desired.



Figure 3: Detailed view of the intuitive onboard control panel, showing buttons for massage, intensity, vibration, and warm air.

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**3 modes of vibration**

**2 massage speeds**

**2 massage intensities**

**2 settings for heat**

**3 massage programs**

**1 mode of vibration**

**2 massage speeds**

**2 massage intensities**

**1 setting for heat**

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Figure 4: A user demonstrating the comfortable use of the massager while relaxing in a chair.

## MAINTENANCE

- **Cleaning the Unit:** Disconnect the power cord before cleaning. Wipe the exterior of the massager with a soft, damp cloth. Do not use abrasive cleaners or solvents.
- **Washable Sleeve Inserts:** The fabric sleeve inserts can be unzipped and removed for washing. Follow the care instructions on the label for proper cleaning to maintain hygiene and prolong the life of the inserts.
- **Storage:** When not in use, store the massager in a cool, dry place, away from direct sunlight and extreme temperatures. Ensure the power cord is neatly coiled and not kinked.

## TROUBLESHOOTING

If you encounter any issues with your Human Touch Reflex Sol Plus Foot & Calf Massager, please refer to the following common troubleshooting steps:

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Unit does not power on.	Power cord not securely plugged in; power switch off; no power from outlet.	Ensure the power cord is fully inserted into a working outlet. Check the power switch on the unit. Test the outlet with another device.
Massage feels too weak or too strong.	Intensity setting is too low/high; feet not positioned correctly.	Adjust the massage intensity using the control panel. Reposition your feet and calves to ensure proper contact with the massage elements.
No heat or vibration.	Heat/Vibration function not activated.	Press the dedicated "Warm Air" or "Vibration" buttons on the control panel to activate these functions.
Unusual noises during operation.	Normal operation sounds; obstruction in massage area.	Some operational sounds are normal. If the noise is excessive or unusual, turn off the unit and inspect the massage chambers for any obstructions. Contact customer support if the issue persists.

If these steps do not resolve the issue, please contact Human Touch customer support for further assistance.

## SPECIFICATIONS

**Product Dimensions:**

20 x 18 x 19 inches

**Item Weight:**

25 Pounds

**Model Number:**

200-SOL-002

**Brand:**

Human Touch

**Material:**

Metal, Plastic

**Power Source:**

Corded Electric

**Use for:**

Foot and Calf

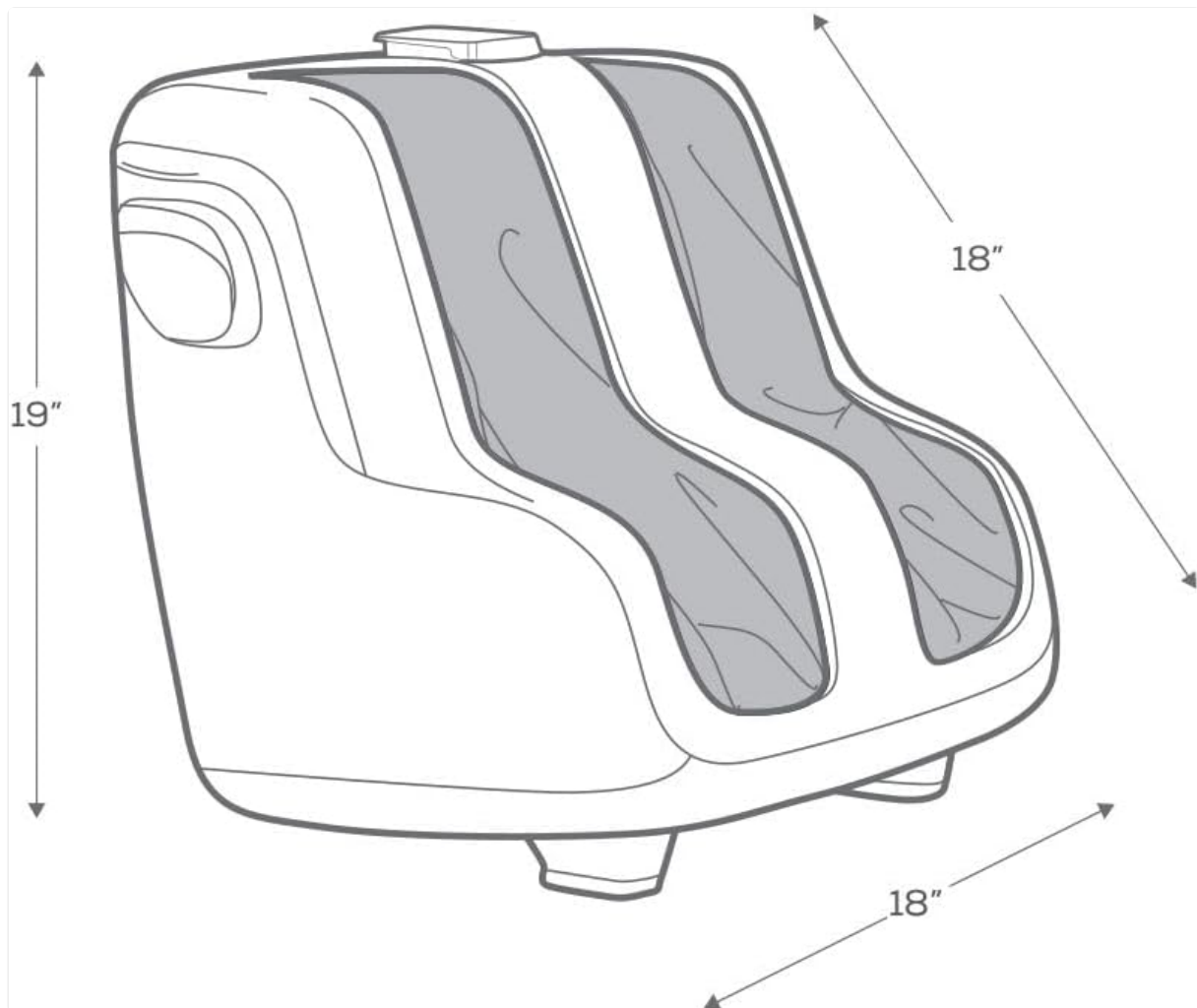




Figure 5: Dimensional diagram of the massager, indicating its height, width, and depth.

## WARRANTY AND SUPPORT





For detailed warranty information, product registration, or to contact customer support, please visit the official Human Touch website or refer to the warranty card included with your product. Keep your purchase receipt for warranty claims.

**Online Support:** [www.humantouch.com](http://www.humantouch.com)

## Related Documents - Reflex Sol Plus

	<p><a href="#">Human Touch Reflex SOL Plus Foot and Calf Massager User Manual</a></p> <p>Comprehensive guide for the Human Touch Reflex SOL Plus Foot and Calf Massager, covering setup, operation, safety instructions, and maintenance. Learn how to use its advanced features like CirQlation® and Figure-Eight® Technology for optimal relaxation and wellness.</p>
	<p><a href="#">Human Touch Reflex SOL Plus Foot and Calf Massager Use &amp; Care Manual</a></p> <p>Comprehensive use and care manual for the Human Touch Reflex SOL Plus Foot and Calf Massager, detailing features, safety instructions, operation, and maintenance. This document provides guidance in English, French, and Spanish.</p>



	<p><a href="#">Human Touch Reflex Soothe Foot and Calf Massager: Use and Care Manual</a></p> <p>This comprehensive manual provides essential information for the safe operation, setup, and maintenance of the Human Touch Reflex Soothe Foot and Calf Massager. Discover its advanced features, including CirQlation® and Figure-Eight® Technology, designed to deliver therapeutic relief and enhance overall well-being. Learn about important safety precautions, controls, and care instructions to maximize your experience. Visit the Human Touch website for additional support and to register your product.</p>
	<p><a href="#">Human Touch iJOY Foot &amp; Calf Massager Use &amp; Care Manual</a></p> <p>Official use and care manual for the Human Touch iJOY Foot &amp; Calf Massager. Includes setup instructions, safety guidelines, operating modes, care instructions, and product specifications.</p>
	<p><a href="#">Human Touch HT-Reflex 8 Foot and Calf Massager: Use &amp; Care Manual</a></p> <p>Official use and care manual for the Human Touch HT-Reflex 8 Foot and Calf Massager. Learn about safety instructions, setup, operation, maintenance, and specifications for this advanced massage device.</p>
	<p><a href="#">Human Touch Ottoman 3.5 Foot &amp; Calf Massager Use &amp; Care Manual</a></p> <p>Comprehensive guide for the Human Touch Ottoman 3.5 Foot &amp; Calf Massager, covering setup, safety, operation, and maintenance. Learn how to use and care for your massage device.</p>