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› [TeqHome Full Body Massage Mat with Heat & Movable Shiatsu Neck Back Massager Pillow Instruction Manual](#)

TeqHome FM-SX-87D

TeqHome Full Body Massage Mat with Heat & Movable Shiatsu Neck Back Massager Pillow

Model: FM-SX-87D

Brand: TeqHome

1. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using this product. Failure to follow safety guidelines may result in injury or damage.

- Always follow the manufacturer's instructions for use.
- Consult a healthcare professional if you have any health concerns or conditions that may be affected by the use of this massager, including but not limited to pregnancy, pacemakers, diabetes, or circulatory issues.
- Do not use the massager in damp or wet environments.
- Do not use the massager if the power cord or plug is damaged.
- Keep out of reach of children and pets.
- Do not use for more than 30 minutes at a time. Allow the device to cool down between uses.
- Do not stand on the massage mat.
- Unplug the massager from the power outlet when not in use or before cleaning.
- 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.

2. PRODUCT OVERVIEW

The TeqHome Full Body Massage Mat is designed to provide comprehensive relaxation and pain relief through a combination of shiatsu kneading, vibration massage, and heat therapy. It features a unique movable neck pillow for targeted relief.

Key Features:

- **Advanced Full Body Massager with Shiatsu Neck Pillow:** Features a unique neck pillow with 20 flexible massage nodes for effective relief of tense and sore muscles. The removable neck pillow can be used separately for various

body parts (neck, shoulder, back, lumbar, leg). A flap is included for a softer massage. *(Note: There are no shiatsu rollers on the main back mat.)*

- **Full Body Vibrating Massage Pad:** Equipped with 10 vibration motors for high-frequency vibration massage across the entire body, aiding in muscle stress relief, fatigue alleviation, and improved sleep.
- **Customizable Massage Experience:** Offers 9 massage modes and 9 vibration intensity levels for personalized comfort.
- **Soothing Heat Therapy:** Includes 2 heating pads for the lumbar and neck areas, providing warmth to relax muscles and promote blood circulation. Features 3 heat levels and an auto shut-off function with overheat protection for safety. Heat can be used independently of massage.
- **Skin-Friendly & Portable Design:** Made with high-quality, soft, and skin-friendly polyester. Its flexible and foldable design allows for easy use on beds, floors, sofas, recliners, or chairs, and is convenient for travel.
- **User-Friendly Controller:** The wired controller has a simplistic design with graphical indications for easy operation, including positioning, timing, heating, and kneading functions.

Product Components:

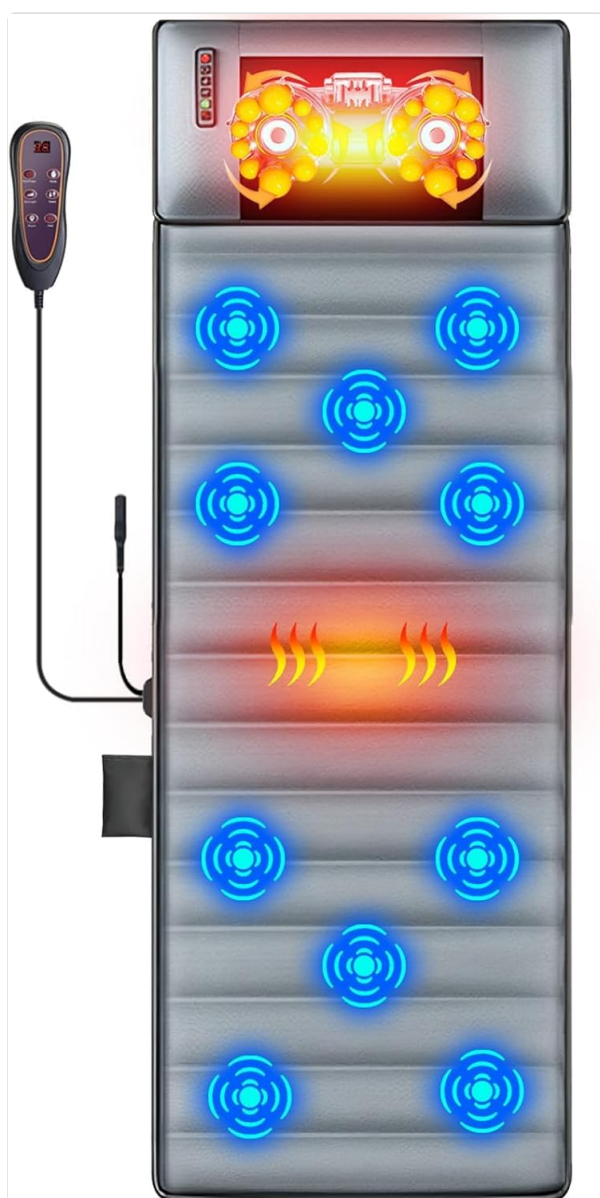


Figure 2.1: Full Body Massage Mat with attached remote control.

DETAILS INTRODUCTION



Figure 2.2: Detailed view of product components including the wire controller, detachable pillow, zippers, and material layers.

EASY TO OPERATE & EASY TO USE

LCD Display, easy to operate, suitable for all ages



Figure 2.3: Wired Remote Control for the massage mat.



Figure 2.4: Product Dimensions.

3. SETUP

1. **Unpack:** Carefully remove the massage mat and all accessories from the packaging. Retain packaging for future storage or transport.
2. **Placement:** Lay the massage mat flat on a bed, sofa, floor, or chair. Ensure the surface is stable and provides adequate support.
3. **Connect Power:** Plug the AC adapter into the power input port on the massage mat. Then, plug the AC adapter into a standard electrical outlet. Ensure the connection is secure.
4. **Position Neck Pillow:** If using the shiatsu neck pillow, ensure it is correctly positioned at the top of the mat or detached for separate use as desired.

TQEHOME 10 MOTORS FULL BODY MASSAGE MAT



10 Vibration Motors



9 Intensity Levels



9 Massage Modes



9 Point Massage Choices



3 Heating Levels



10/20/30Min Timers

Figure 3.1: Example of massage mat setup on a sofa.

4. OPERATING INSTRUCTIONS

The massage mat is operated using the wired remote control. Familiarize yourself with the buttons and their functions.

Remote Control Functions:

EASY TO OPERATE & EASY TO USE

LCD Display, easy to operate, suitable for all ages



Figure 4.1: Remote Control Layout.

Power On/Off Switch (Time/Power): Press to turn the unit on or off. Also used to set the massage timer.

9 Modes Switch (Mode): Cycles through 9 different vibration massage modes.

9-Level Intensity Switch (Strength): Adjusts the intensity of the vibration massage from level 1 to 9.

9-Level Speeds Switch (Speed): Adjusts the speed of the vibration massage from level 1 to 9.

9 Point Vibration Choices (Point): Selects specific areas for vibration massage (e.g., shoulder, back, hip, thighs).

3-Level Heating Switch (Heat): Activates and cycles through 3 heat levels for the lumbar and neck heating pads.

Temperature Display: Shows the current heat level or other settings.

Using the Massage Mat:

1. **Power On:** Press the "Time/Power" button on the remote control to turn on the massage mat.
2. **Select Massage Mode:** Press the "Mode" button to cycle through the 9 available vibration massage modes until you find your preferred setting.

3. **Adjust Intensity and Speed:** Use the "Strength" and "Speed" buttons to fine-tune the intensity and speed of the vibration massage.
4. **Target Specific Areas:** Press the "Point" button to activate vibration in specific zones of the mat (e.g., shoulder, back, hip, thighs).
5. **Activate Heat Therapy:** Press the "Heat" button to turn on the heating function. Press again to cycle through the 3 heat levels. The heat can be used independently of the massage function.
6. **Set Timer:** The massage mat has an auto shut-off function. You can typically adjust the timer settings (e.g., 10/20/30 minutes) by pressing the "Time/Power" button repeatedly after turning on the unit. Refer to the display for current timer setting.
7. **Using the Movable Shiatsu Neck Pillow:**
 - The neck pillow has its own control buttons located on the pillow itself.
 - **Start/Stop Button:** Press to begin or end the shiatsu kneading massage.
 - **Positive/Negative Kneading Switch:** Changes the direction of the kneading massage.
 - **Infrared Heating Button:** Activates heat for the neck pillow.
 - **3 Modes Switch Button:** Cycles through different shiatsu massage modes.
 - **3 Kneading Speeds Button:** Adjusts the speed of the shiatsu kneading.
 - The neck pillow can be detached and used on other body parts like the lower back, legs, or feet.
8. **Power Off:** When finished, press the "Time/Power" button to turn off the unit. Unplug the adapter from the wall outlet.



Figure 4.2: Neck & Waist Soothing Heat Function.

3D SHIATSU NECK MASSAGE



Control button for neck massager
Start/stop button; positive/negative kneading
switch button; infrared heating button; energy-saving
button; 3 modes switch button; 3 kneading speeds
button.



Figure 4.3: 3D Shiatsu Neck Massage in use.

10 VIBRATION MOTORS

Vibration massage with 9 modes relax muscle
pain and tension throughout the body



Quiet Motor
10Mins Auto-off
10/20/30Mins Timer

Figure 4.4: 10 Vibration Motors in action.



MOVABLE SHIATSU NECK MASSAGE PILLOW



Figure 4.5: Versatility of the Movable Shiatsu Neck Pillow.

5. MAINTENANCE AND CARE

- **Cleaning:** Always unplug the massager before cleaning. Wipe the surface of the mat with a soft, damp cloth. Do not use abrasive cleaners or harsh chemicals. Do not immerse the mat in water.
- **Storage:** When not in use, store the massage mat in a cool, dry place, away from direct sunlight and extreme temperatures. You can fold the mat for compact storage.
- **Avoid Sharp Objects:** Keep the mat away from sharp objects that could puncture or damage the fabric.
- **Power Cord Care:** Do not wrap the power cord tightly around the unit. Avoid twisting or kinking the cord.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Massager does not turn on.	Not plugged in; power outlet malfunction; damaged power cord.	Ensure the power adapter is securely plugged into both the mat and a working electrical outlet. Try a different outlet. Check for visible damage to the cord.
No vibration.	Vibration mode not selected; intensity too low.	Press the "Mode" button to select a vibration mode. Increase the intensity using the "Strength" button.
No heat.	Heat function not activated; heat level too low; auto shut-off engaged.	Press the "Heat" button to activate heat. Cycle through heat levels. If recently used, allow the unit to cool down before restarting.
Shiatsu neck pillow not working.	Not powered on; specific controls not pressed.	Ensure the neck pillow's power button is pressed. Check its specific mode and speed settings.
Massage feels too strong/weak.	Intensity/speed settings incorrect.	Adjust the "Strength" and "Speed" buttons on the remote control. Use the attached flap on the neck pillow for a softer massage.

If the problem persists after trying these solutions, please contact TeqHome customer support.

7. SPECIFICATIONS

- **Product Dimensions:** 64.98 x 19.7 x 3.97 inches
- **Item Model Number:** FM-SX-87D
- **Item Weight:** 5.18 Pounds (5.2 Pounds)
- **Brand:** TeqHome
- **Manufacturer:** TeqHome
- **Material:** Polyester
- **Power Source:** Corded Electric
- **Use For:** Whole Body

- **Date First Available:** December 13, 2023

8. WARRANTY AND SUPPORT

TeqHome stands behind the quality of its products. This massage mat comes with the following warranty and support:

- **Free Exchange:** 90 days from the date of purchase.
- **Warranty Service:** 3-year warranty service.

For any questions, concerns, or warranty claims, please contact TeqHome customer support through the retailer's platform or the official TeqHome website. Please have your model number (FM-SX-87D) and purchase date ready when contacting support.