

HoMedics FMS-157

HoMedics FMS-157 Dual Shiatsu Foot Massager with Heat - Instruction Manual

1. INTRODUCTION

Thank you for purchasing the HoMedics FMS-157 Dual Shiatsu Foot Massager with Heat. This device is designed to provide a deep-kneading shiatsu massage to your feet, helping to soothe tired muscles and promote relaxation. It features optional heat for added comfort and convenient toe-touch controls for ease of use. Please read this instruction manual thoroughly before operation to ensure safe and effective use.



Image 1.1: The HoMedics FMS-157 Dual Shiatsu Foot Massager with Heat.

2. IMPORTANT SAFEGUARDS

When using electrical products, especially when children are present, basic safety precautions should always be followed. Read all instructions before using this appliance.

DANGER - To reduce the risk of electrocution:

- Always unplug the appliance from the electrical outlet immediately after using and before cleaning.
- Do not reach for an appliance that has fallen into water. Unplug it immediately.
- Do not use while bathing or in a shower.
- Do not place or store appliance where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:

- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use and before putting on or taking off parts or attachments.
- 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 HoMedics.
- 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. Return it to a HoMedics Service Center for examination and repair.
- Keep cord away from heated surfaces.
- Never use while sleeping or drowsy.
- Never drop or insert any object into any opening.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use on or near eyes or other highly sensitive areas.
- Do not operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Do not carry this appliance by supply cord or use cord as a handle.
- To disconnect, turn all controls to the "OFF" position, then remove plug from outlet.
- This appliance is designed for household use only.
- This appliance is not a toy. Children should not use it.

Medical Precautions:

- Consult your doctor before using this product if you are pregnant, have a pacemaker, suffer from diabetes, phlebitis, or thrombosis, or are at an increased risk of developing blood clots.
- Do not use on open wounds, discolored areas, or any area of the body that is swollen, burned, inflamed, or where skin eruptions or sores are present.
- If you experience any pain or discomfort during use, discontinue use immediately and consult your physician.

3. SETUP

1. **Unpack:** Carefully remove the foot massager from its packaging and inspect it for any damage.

2. **Placement:** Place the massager on a flat, stable surface. Ensure there is enough space around the unit for comfortable use.
3. **Connect Power:** Plug the power cord into a 120-volt AC electrical outlet.

4. OPERATING INSTRUCTIONS

The HoMedics FMS-157 features convenient toe-touch controls, allowing you to operate the unit without bending down.

1. **Positioning Your Feet:** Sit in a comfortable chair and place your feet on the massager, ensuring they are centered over the massage nodes.
2. **Power On/Off:** Press the power button located in the center of the unit with your toe to turn on the massager. The shiatsu massage function will begin. Press the power button again to turn off the unit.
3. **Activate Heat:** While the massager is running, press the heat button (usually indicated by a flame icon or similar) with your toe to activate the soothing heat function. The heat indicator light will illuminate. Press the heat button again to turn off the heat.
4. **Massage Duration:** It is recommended to use the massager for sessions of no more than 15-20 minutes at a time. Prolonged use may cause the unit to overheat.



Image 4.1: Close-up view of feet on the massager, highlighting shiatsu massage nodes, soothing heat, and toe-touch

controls.



toe-touch controls

Don't interrupt your
relaxation— easily control
power & heat with your feet

Image 4.2: Detailed view of the toe-touch controls for power and heat functions.

5. MAINTENANCE AND CARE

Cleaning:

- Always unplug the unit before cleaning.
- Wipe the massager with a soft, slightly damp cloth.
- Never use abrasive cleaners, brushes, gasoline, kerosene, glass/furniture polish, or paint thinner to clean the massager.
- Do not immerse the unit in water or any other liquid.

Storage:

- Place the massager in its box or a safe, dry, cool place.
- Avoid contact with sharp edges or pointed objects which might cut or puncture the fabric surface.
- Do not wrap the power cord around the appliance.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Massager does not turn on.	Unit is not plugged in or power outlet is not active.	Ensure the power cord is securely plugged into a working electrical outlet.
Heat function is not felt.	Heat function is not activated or takes time to warm up.	Press the heat button. Allow a few minutes for the heat to become noticeable. The heat is designed to be gentle and soothing, not intense.
Massage feels too intense.	Direct pressure on massage nodes.	Adjust the position of your feet or reduce the pressure applied to the massager.

7. SPECIFICATIONS

- **Model Number:** FMS-157
- **Brand:** HoMedics
- **Product Dimensions:** 13.5 x 3.94 x 9.37 inches
- **Item Weight:** 3.79 Pounds
- **Material:** Mesh Fabric
- **Power Source:** Corded Electric
- **Massage Type:** Dual Shiatsu, Deep-Kneading
- **Features:** Optional Heat, Toe-Touch Controls

8. WARRANTY AND SUPPORT

HoMedics products are sold with the understanding that they are free of defects in manufacture and workmanship for a period of one year from the date of original purchase, except as noted below. This warranty extends only to consumers and does not extend to Retailers. To obtain warranty service on your HoMedics product, contact Consumer Relations for assistance. Please make sure to have the model number of the product available.

For detailed warranty information or to contact customer support, please visit the official HoMedics website or refer to the warranty card included with your purchase.

Website: www.homedics.com