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> Medisana Shiatsu Foot Massager FM 800 Instruction Manual

Medisana FM 800

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INTRODUCTION

Thank you for choosing the Medisana Shiatsu Foot Massager FM 800. This manual provides essential information for the safe and effective use of your device. Please read it thoroughly before operation and keep it for future reference. This foot massager is designed to provide a comprehensive foot massage experience, combining shiatsu kneading, air compression, and soothing heat.



The Medisana Foot Massager is designed to alleviate common foot discomforts such as stiffness, muscle fatigue, cold feet, and restlessness, promoting overall foot relaxation.

SAFETY INFORMATION

Please observe the following safety precautions to prevent injury or damage to the device:

- Always unplug the device when not in use.
- Do not use the device if the power cord is damaged.
- Keep the device dry. Do not use in wet environments.
- Do not use the device if you have any foot injuries, open wounds, or pre-existing medical conditions without consulting a physician.

- Always follow the instructions provided with the device.
- This device is not intended to diagnose, treat, cure, or prevent any disease or health condition.

PRODUCT FEATURES

The Medisana Shiatsu Foot Massager FM 800 offers a range of features for a personalized massage experience:

- **Customizable Massage Programs:** Features 3 massage modes, 3 intensity levels for kneading, 3 vibration settings, optional heating, and a timer (15/30 minutes).
- **360° Full Foot Air Compression:** Three adjustable air pressure modes target the soles, instep, and ankles for comprehensive relief.
- **Targeted Kneading & Compression:** Rotating rollers stimulate pressure points on the forefoot and heel, while air bags provide rhythmic compression.
- **LCD Touchscreen & Remote Control:** Easily view and adjust settings using the integrated LCD screen or the wireless remote control.
- **Negative Ion Technology:** Built-in negative ion technology helps to freshen the air inside the massager and reduce odors.
- **Removable & Washable Foot Sleeves:** Ensures hygiene and easy maintenance.
- **Quiet Operation:** Operates below 50 dB for a peaceful massage experience.



The foot massager provides targeted relief to various parts of the foot, including the instep, ankle, toe, sole, arch, and heel, through a combination of air pressure, shiatsu, kneading, and rolling.



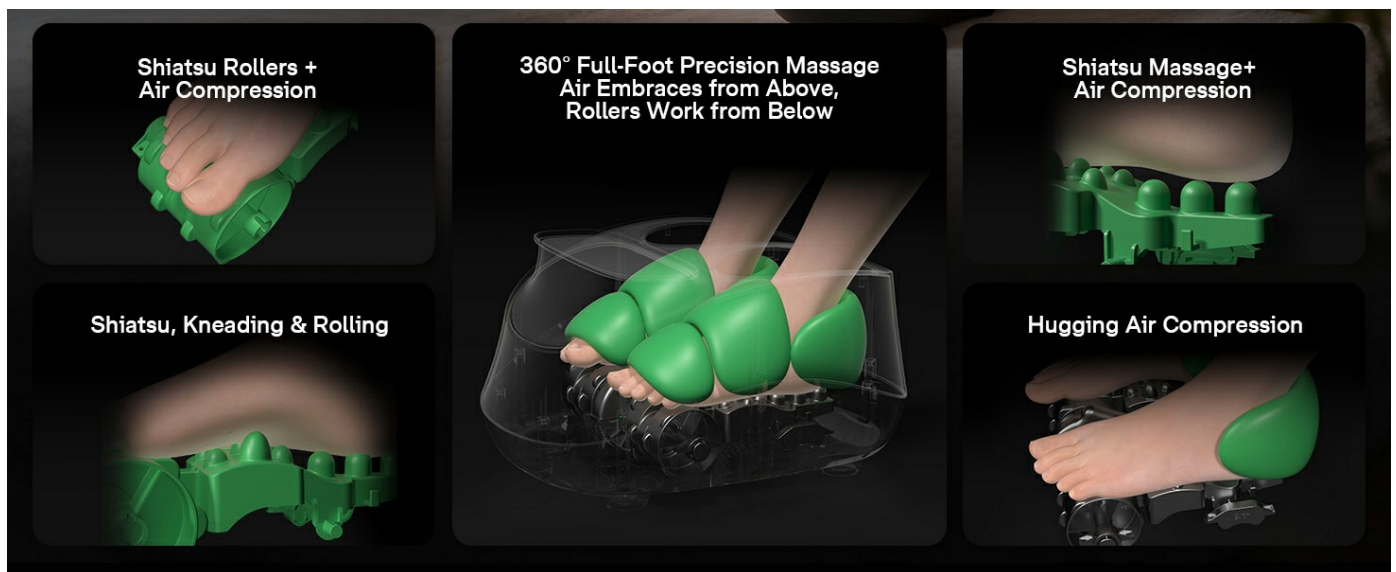
The device utilizes various massage techniques including shiatsu rollers, air compression, kneading, rolling, and hugging air compression for a comprehensive foot massage.

SETUP

1. **Unpack:** Carefully remove the foot massager and all accessories from the packaging.
2. **Placement:** Place the massager on a flat, stable surface. Ensure there is enough space around the device for comfortable use. The power cord is 7.5 feet long, allowing for flexible placement.
3. **Power Connection:** Plug the power cord into a standard electrical outlet.
4. **Prepare for Use:** Ensure the removable foot sleeves are properly inserted.

OPERATING INSTRUCTIONS

The Medisana Shiatsu Foot Massager FM 800 can be operated using the integrated LCD touchscreen or the wireless remote control.



The control panel and remote allow for personalized massage settings, including air compression modes, intensity levels for air and kneading, heat, negative ions, and timer functions.



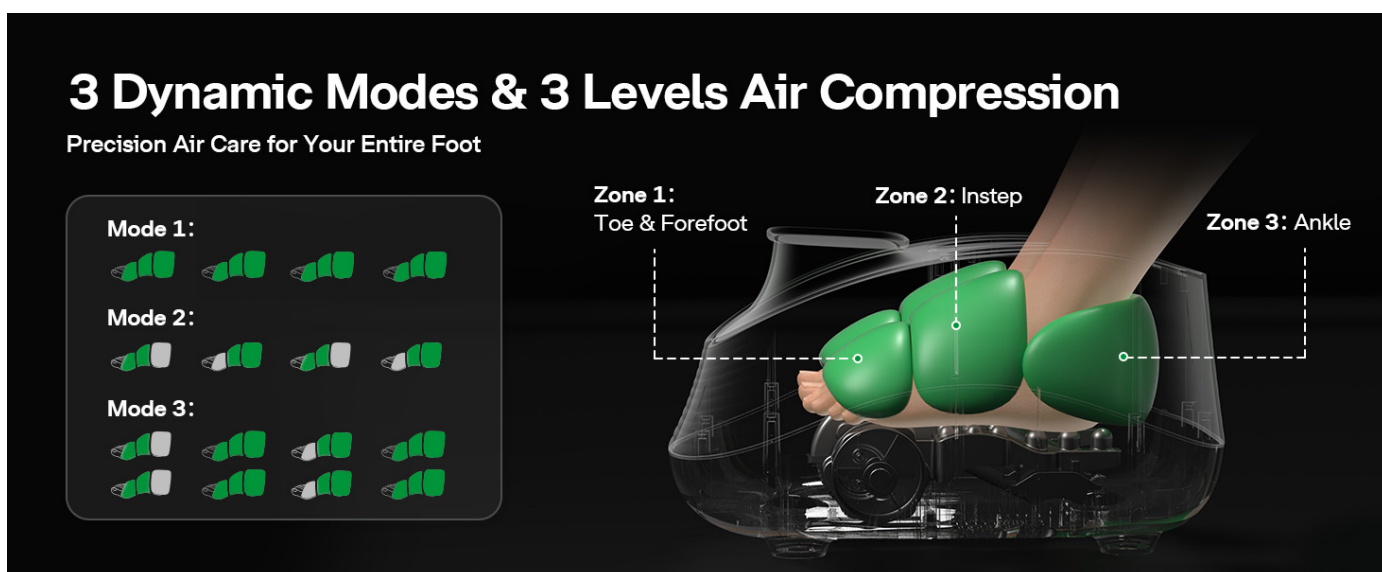
The device features an intuitive control panel with a large LCD screen and a remote for easy adjustment of deep kneading, soothing heat, 360° air compression, and negative ion functions.

Basic Operation:

1. **Power On:** Press the **POWER** button on the control panel or remote to turn on the device. The LCD screen will illuminate.
2. **Insert Feet:** Sit comfortably and place your feet into the foot openings.
3. **Select Mode:** Press the **MODE** button to cycle through the available massage modes. The selected mode will be displayed on the LCD screen.
4. **Adjust Intensity:**
 - **Kneading Intensity:** Press the **KNEAD** button to adjust the intensity of the shiatsu kneading rollers (Low, Medium, High).
 - **Air Compression Intensity:** Press the **AIR** button to adjust the intensity of the air compression (Low, Medium, High).
5. **Activate Heat:** Press the **HEAT** button to turn the heating function on or off. The heat can reach up to 140°F (60°C).
6. **Negative Ion Function:** Press the **NEGATIVE ION** button to activate or deactivate the air freshening feature.
7. **Set Timer:** Press the **TIME** button to select a massage duration of 15 or 30 minutes. The device will automatically shut off after the selected time.
8. **Power Off:** Press the **POWER** button again to turn off the device.



The device offers three dynamic massage modes and three levels of air compression, precisely targeting different zones of the foot including the toe, forefoot, instep, and ankle.



The massager provides deep kneading and soothing warmth, with three intensities of shiatsu rollers and heat, offering various techniques including kneading, rolling, and vibration.

Built-in Negative Ion Technology



Air Refresh

Refreshes the air inside



Reduces Odors

Helps neutralize unpleasant smells



Cleaner Experience

For a more hygienic massage session



The design emphasizes durability with ABS material, an anti-slip rubber base, and a detachable, washable foot cover for convenience. It also features ultra-quiet operation below 50dB.

Official Product Video:

Your browser does not support the video tag.

This official video from Medisana USA demonstrates the features and operation of the FM800 Foot Massager, providing a visual guide to its functions and benefits.

MAINTENANCE

Cleaning:

- **Foot Sleeves:** The internal foot sleeves are removable and machine-washable for easy cleaning and hygiene. Unzip and remove them, then wash according to fabric care instructions.
- **Exterior:** Wipe the exterior of the massager with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Negative Ion Function:** The built-in negative ion technology helps maintain freshness inside the massager, reducing the need for frequent deep cleaning of internal components.

Storage:

- Store the device in a cool, dry place away from direct sunlight and moisture.
- Ensure the power cord is neatly wrapped and not kinked.

TROUBLESHOOTING

If you encounter any issues with your Medisana Shiatsu Foot Massager FM 800, please refer to the following common solutions:

- **Device does not power on:**
 - Check if the power cord is securely plugged into both the device and a working electrical outlet.
 - Ensure the power button has been pressed firmly.
- **No massage action or weak massage:**
 - Verify that a massage mode is selected and the intensity level is set appropriately.

- Ensure your feet are properly positioned within the foot chambers.

- **Heat function not working:**

- Confirm that the heat button has been activated. Note that it may take a few minutes for the heat to become noticeable.

- **Remote control not responding:**

- Check the batteries in the remote control and replace them if necessary.
- Ensure there are no obstructions between the remote and the massager.

If the problem persists after attempting these solutions, please contact Medisana customer support for further assistance.

SPECIFICATIONS

Feature	Detail
Model Number	FM 800
Product Dimensions (L x W x H)	16 x 11 x 18 inches
Item Weight	11.02 Pounds (5 Kilograms)
Power Source	Corded Electric
Target Use Body Part	Foot
Massage Therapy Technique	Compression, Kneading, Shiatsu, Rolling, Vibration
Special Features	Auto Shut-Off, Heat Function, Negative Ion Technology, Wireless Remote Control, Removable Washable Foot Sleeves
Material Type	Plastic (ABS)
Max Foot Size	US Men's Size 13

WARRANTY AND SUPPORT

For warranty information, product support, or service inquiries, please refer to the documentation included with your purchase or visit the official Medisana website. Keep your purchase receipt as proof of purchase for any warranty claims.

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