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› HGIYA Full Body Massage Mat with Heat User Manual

HGIYA B0DRSCDKP4

HGIYA Full Body Massage Mat with Heat User Manual

Model: B0DRSCDKP4

1. INTRODUCTION

Thank you for choosing the HGIYA Full Body Massage Mat with Heat. This manual provides essential information for the safe and effective use of your massage mat. Please read it thoroughly before operation and retain it for future reference. This massage mat is designed to provide a comprehensive massage experience, combining shiatsu kneading, vibration, and heat therapy to help relax muscles in the neck, back, shoulders, lumbar, and calves.

2. IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of electric shock, burns, fire, or injury, always follow these basic safety precautions:

- Always unplug the appliance from the electrical outlet immediately after using and before cleaning.
- 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.
- 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. Return the appliance to a service center for examination and repair.
- Keep the 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 bare skin.

- Do not use on infants, invalids, or a sleeping or unconscious person.
- Do not use on insensitive skin or on a person with poor blood circulation.
- Do not crush. Avoid sharp folds.

3. PRODUCT OVERVIEW

The HGIYA Full Body Massage Mat is designed for comprehensive relaxation, featuring multiple massage zones and heat functions. It includes a detachable herbal medicine pillow for neck and shoulder comfort.



Figure 1: HGIYA Full Body Massage Mat in use, illustrating the various massage and heat zones.

Key Features:

- **20 Neck Shiatsu Kneading Massage Heads:** Provides deep tissue massage for the neck area.
- **Wave-type Vibration Massage:** Multi-point synchronous vibration modules soothe various body parts.

- **Mugwort Constant-Temperature Hot Compress:** Deeply relaxes muscles in the neck and waist with carbon fiber heating elements.
- **Airbag Function:** Integrated airbag for waist stretching and support.
- **Foldable Design:** Easy to store and transport.
- **Detachable Herbal Medicine Pillow:** For enhanced neck and shoulder relaxation.

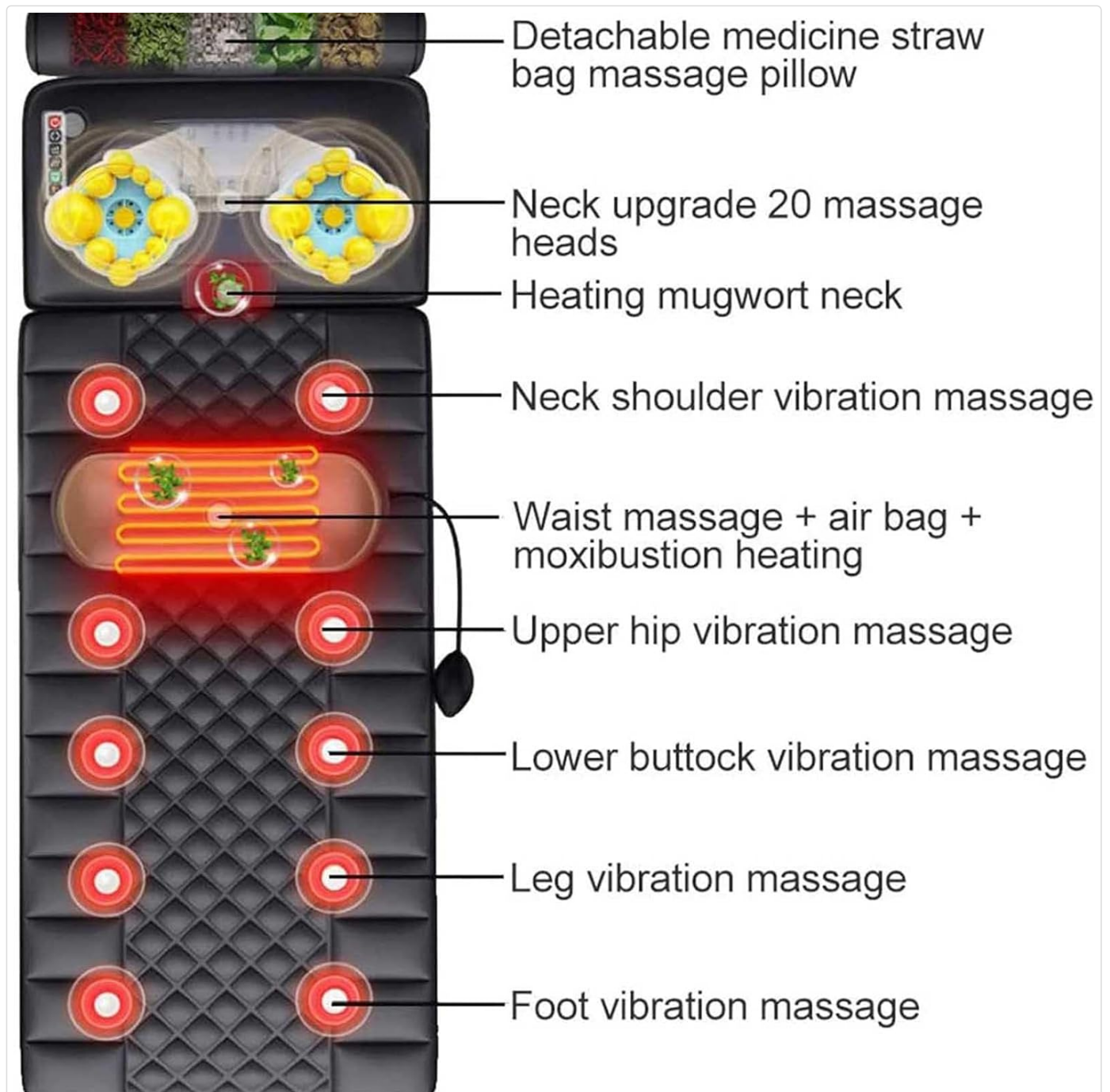


Figure 2: Detailed breakdown of the massage mat's components, including neck massage heads, heating zones, and vibration areas.

20 Different Size Massage Heads

Positive and negative kneading massage, imitating real person massage, multiple massage experience

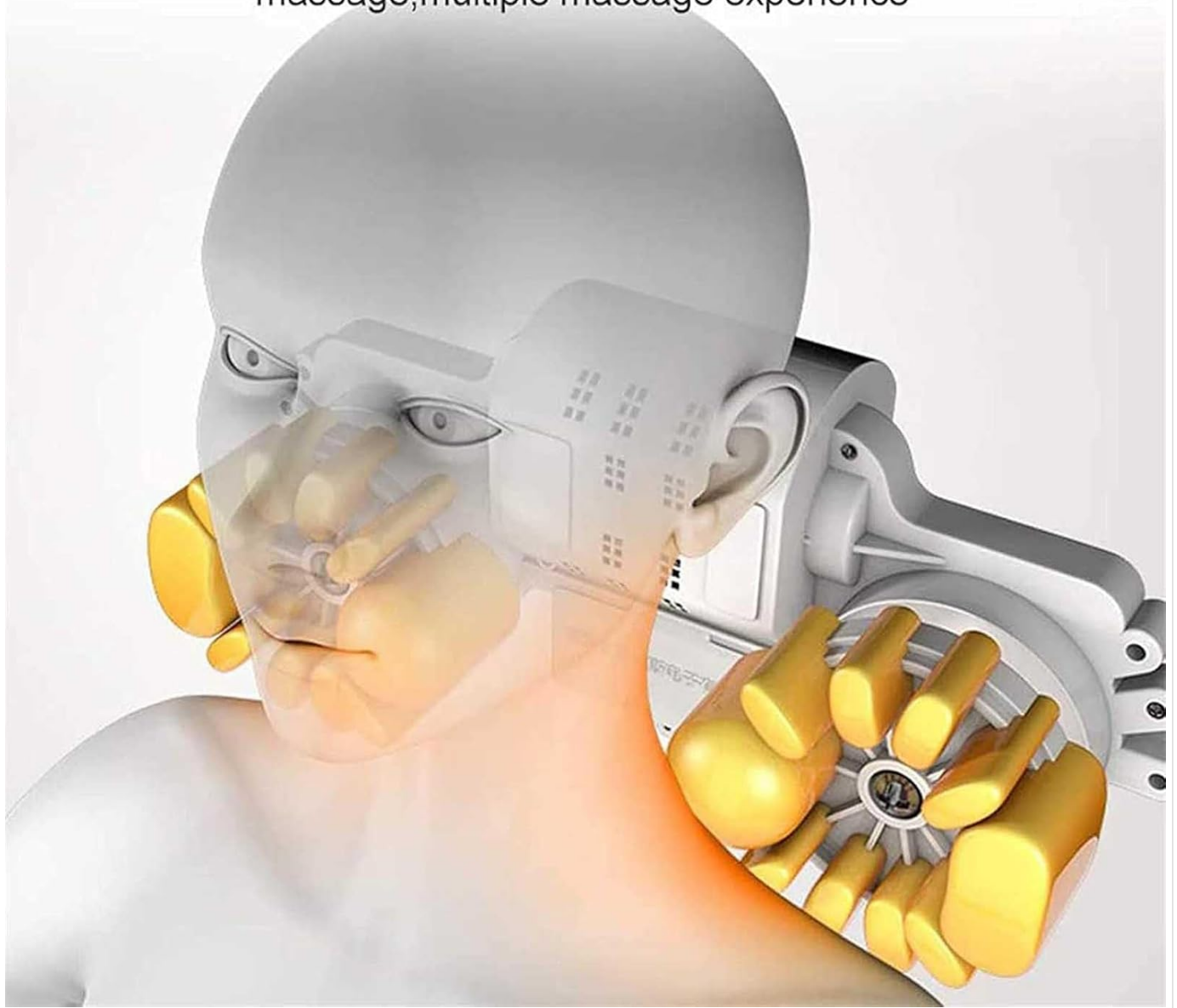


Figure 3: Close-up illustration of the 20 neck shiatsu kneading massage heads, designed to imitate real person massage.

AIRBAG TOP PRESSURE STRETCH

The waist is newly added with a removable airbag, which fits the curve of the human body

← →
STRTCH
LEFT & RIGHT

↪
CURVE
TRACTION

↑ ↑ ↑
PUSH UP

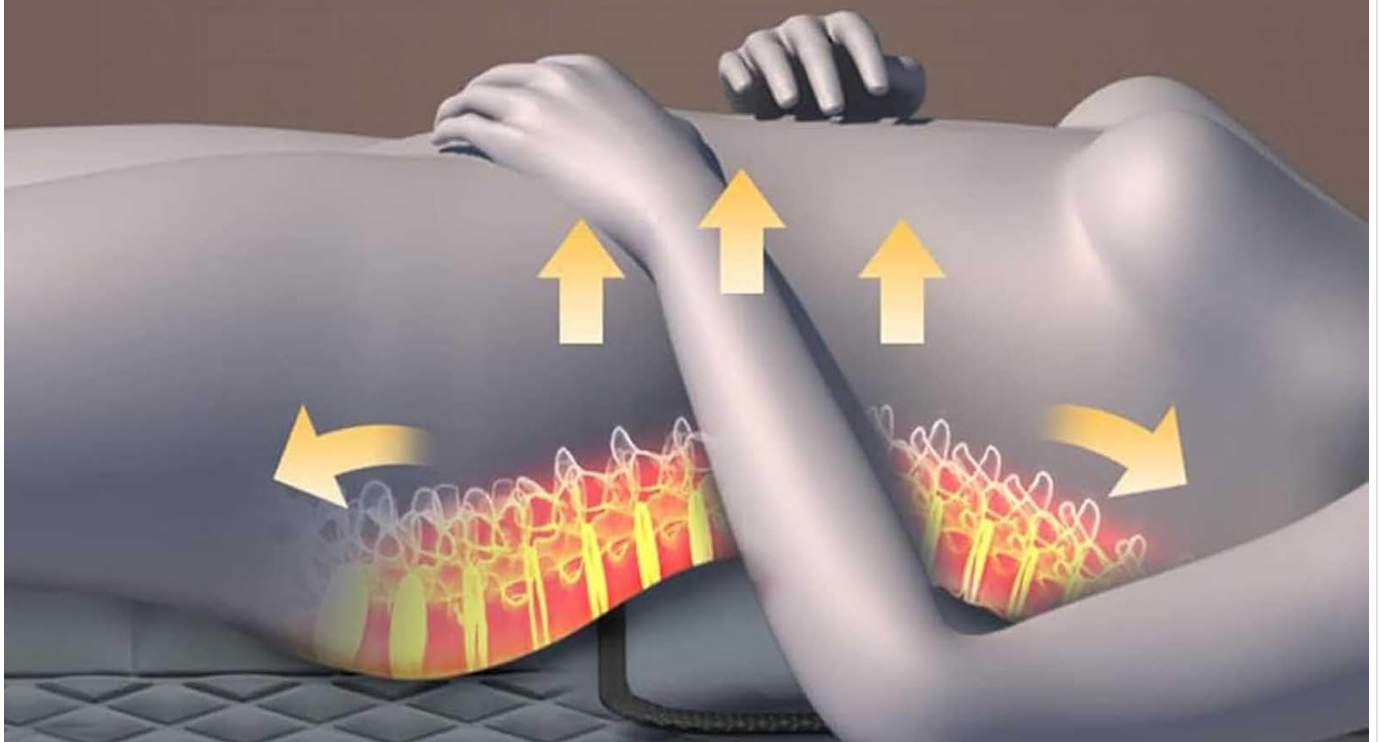


Figure 4: Illustration of the airbag top pressure stretch feature for the waist, designed to fit the curve of the human body and provide traction.

4. SETUP

1. **Unpack:** Carefully remove the massage mat from its packaging.
2. **Unfold:** Lay the massage mat flat on a bed, sofa, chair, or floor. Ensure there are no sharp objects underneath that could damage the mat.
3. **Connect Power:** Insert the power adapter into the designated port on the mat, then plug the adapter into a standard electrical outlet.
4. **Position:** Lie down comfortably on the mat, ensuring your neck and back are aligned with the massage zones.



64.97in/165cm



19.68in/50cm

Figure 5: The massage mat laid out, showing its dimensions of approximately 165cm (64.97in) in length and 50cm (19.68in) in width.

5. OPERATING INSTRUCTIONS

The massage mat is controlled via an integrated control panel or remote. Familiarize yourself with the buttons:



Figure 6: The control panel with buttons for power, mode, intensity, warm compress, and energy-saving massage.

1. **Power On/Off:** Press the **Power Button** (usually marked with a circle and a vertical line) to turn the mat on or off.
2. **Mode Adjustment:** Press the **Mode Button** to cycle through 9 different massage modes. Each mode offers a unique combination of massage techniques.

3. **Intensity Adjustment:** Use the **Strength Adjustment Buttons** (often marked with '+' and '-') to select from 9 levels of massage intensity.
4. **Heat Function:** Press the **Warm Compress Button** to activate the heating function for the neck and waist areas. Press again to turn off.
5. **Timer Setting:** The mat features a 3-stop timing adjustment (10, 20, or 30 minutes). Select your desired duration. The mat will automatically shut off after the set time.
6. **Specific Massage Areas:** Some models allow you to select specific massage zones (e.g., shoulder, back, lumbar, legs) or combine areas. Refer to the control panel for these options.
7. **Airbag Function:** If your model includes an airbag for waist stretching, activate it using the dedicated button on the control panel.

6. MAINTENANCE

Cleaning:

- Always unplug the mat before cleaning.
- Wipe the surface of the mat with a soft, damp cloth. Do not use abrasive cleaners or harsh chemicals.
- Ensure the mat is completely dry before storing or using again.
- Do not immerse the mat in water or any other liquid.

Storage:

- The mat features a foldable design for easy storage.
- Fold the mat neatly and store it in a cool, dry place, away from direct sunlight and moisture.
- Avoid placing heavy objects on the folded mat to prevent damage.

FOLDABLE STORAGE EASY TO CARRY MASSAGE AT ANY TIME

After being folded, the volume is small, which can be stored without taking up space or can be carried when traveling



Figure 7: The massage mat folded for compact storage, highlighting its portability.

7. TROUBLESHOOTING

If you encounter issues with your massage mat, please refer to the following common solutions:

- **Mat not powering on:**
 - Ensure the power adapter is securely plugged into both the mat and a working electrical outlet.
 - Check if the power outlet is functional by plugging in another device.
- **No heat:**
 - Verify that the warm compress function is activated on the control panel.
 - Allow a few minutes for the heating elements to warm up.
- **Massage function not working:**

- Ensure the mat is powered on and a massage mode is selected.
- Adjust the intensity level to ensure it's not set to the lowest setting.

- **Unusual noises or smells:**

- Immediately turn off and unplug the mat.
- Do not use the mat and contact customer support.

If the problem persists after attempting these steps, please contact customer support.

8. SPECIFICATIONS

Feature	Specification
Model	B0DRSCDKP4
Size	50 x 165 cm (19.68 x 64.97 inches)
Massage Modes	9 modes of adjustment
Intensity Levels	9 levels of intensity adjustment
Timing Options	10 / 20 / 30 minutes
Rated Voltage	12V-50Hz
Rated Power	25W
Neck Massage Heads	20 kneading massage heads
Massage Techniques	Kneading, Vibration, Hot Compress, Air Bag, Moxibustion
Heating Functions	Carbon fiber hot compress, Infrared hot compress
Massage Parts	Head, Neck, Shoulders, Waist, Back, Buttocks, Legs
Product Core	High resilience sponge

9. WARRANTY AND SUPPORT

This product is manufactured by HGIYA. For warranty information or technical support, please refer to the documentation included with your purchase or contact the retailer where the product was acquired.

Please retain your proof of purchase for any warranty claims.

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and use this page's manual context to help answer it.

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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

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