

Homedics FMS-405HJAMZ-RM

Homedics Luxe Comfort Foot and Calf Massager Instruction Manual

INTRODUCTION

Welcome to your new Homedics Luxe Comfort Foot and Calf Massager. This device is engineered to provide targeted muscle relief, professional-grade compression, and soothing heat rejuvenation for your calves, ankles, and feet. Please read this manual thoroughly before use to ensure safe and effective operation.

IMPORTANT SAFETY INFORMATION

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

- 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.
- 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 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.

PACKAGE CONTENTS

Verify that all items are present in the package:

- Homedics Luxe Comfort Foot & Calf Massager
- Instruction Bulletin
- 2-Year Limited Warranty Information



An angled view of the Homedics Luxe Comfort Foot and Calf Massager, showcasing its ergonomic design and light-colored fabric.

PRODUCT FEATURES

The Homedics Luxe Comfort Massager offers a range of features designed for comprehensive foot and calf relief:

- **Targeted Muscle Relief:** Deep-kneading nodes are strategically placed to alleviate tightness in calves, ankles, and feet, providing relief for post-exercise aches or daily stress.
- **Professional-Grade Compression:** Integrated air channels pulse in waves, cradling the legs to reduce muscle knots and stimulate circulation, mimicking a professional massage.
- **Soothing Heat Rejuvenation:** Gentle warmth penetrates stiff muscles, helping to unlock tension and enhance relaxation.
- **Personalized Massage Options:** Easily switch between shiatsu, rolling, and recovery modes. Fine-tune pressure levels to match individual comfort and therapeutic needs.
- **Premium Durable Design:** Constructed with solid wood and easy-to-clean fabrics, ensuring both longevity and an aesthetic that complements home decor.



The Homedics Luxe Comfort Massager positioned in a living room setting, emphasizing its modern design with wooden accents that blend with home decor.

soothing heat, deep relief

DEEP-KNEADING
HEATED MASSAGE



An image illustrating the soothing heat feature, with red circles indicating warmth targeting the foot and ankle areas.

air compression technology



LOOSENS KNOTS & BOOSTS CIRCULATION
WITH WAVELIKE PULSES

A person's legs in the massager, with arrows indicating the air compression technology that loosens knots and boosts circulation.

SETUP

Unpacking

Carefully remove the massager from its packaging. Retain all packaging materials for future storage or transport.

Placement

Place the massager on a flat, stable surface. Ensure there is adequate space around the unit for comfortable use and proper ventilation. The integrated wooden stand allows for angle adjustment to achieve the perfect position for your feet and calves.

Power Connection

This massager is battery-powered. Ensure the unit is charged or has sufficient battery life before use. Connect the power adapter to the unit and a suitable electrical outlet for charging.

OPERATING INSTRUCTIONS

Familiarize yourself with the control panel for optimal use.

Homedics®

others



VS



FULL LEG RELIEF

✓ ONE POWERFUL MASSAGER TARGETS
BOTH FEET & CALVES – NO EXTRA
DEVICES REQUIRED

✗

A detailed view of the massager's control panel, showing buttons for soothing heat, air compression, kneading massage, and three auto programs.

Control Panel Overview

- **Power Button:** Turns the unit on or off.
- **Heat Button (SSS icon):** Activates or deactivates the soothing heat function.
- **Air Compression Buttons (Up/Down arrows with waves):** Adjusts the intensity of the air compression.
- **Kneading Massage Buttons (Up/Down arrows with dots):** Adjusts the intensity of the kneading massage.
- **Program Button (Gear icon):** Cycles through the 3 auto programs: Shiatsu, Rolling, and Recovery.

Getting Started

1. Sit comfortably and place your feet and/or calves into the designated openings of the massager.
2. Press the **Power Button** to turn on the unit.
3. Select your desired massage mode by pressing the **Program Button**. Choose from Shiatsu, Rolling, or Recovery.
4. Adjust the intensity of the air compression using the **Air Compression Buttons**.
5. Adjust the intensity of the kneading massage using the **Kneading Massage Buttons**.
6. Activate the heat function by pressing the **Heat Button**. Press again to turn off.

7. The massager is designed with an automatic shut-off feature, typically after 15 minutes, to prevent overuse and conserve battery life.
8. To turn off the unit manually, press the **Power Button** again.



A person's legs inserted into the Homedics Luxe Comfort Massager, demonstrating its use for both feet and calves.

MAINTENANCE AND CARE

Cleaning

Always unplug the unit before cleaning. Use a soft, slightly damp cloth to wipe down the exterior surfaces. The fabrics are designed to be wipe-clean. Do not 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

Store the massager in its box or a cool, dry place. Avoid contact with sharp edges or pointed objects that might cut or puncture the fabric surface. Do not wrap the power cord around the unit.

TROUBLESHOOTING

If you experience any issues with your massager, refer to the following common problems and solutions:

- **Device Not Turning On:**

- Ensure the unit is fully charged or connected to a working power outlet.
- Check if the power button is pressed firmly.

- **No Heat or Weak Heat:**

- Verify that the heat function is activated via the control panel.
- Heat may take a few minutes to become noticeable.
- The heat is designed to be gentle and soothing, not intense.

- **Massage Feels Too Intense or Weak:**

- Adjust the intensity levels for air compression and kneading massage using the respective up/down buttons on the control panel.
- Ensure your feet and calves are positioned correctly within the massager.

If the problem persists, please refer to the warranty information for support.

SPECIFICATIONS

Product Dimensions	20.31 x 17.91 x 9.68 inches
Item Model Number	FMS-405HJAMZ-RM
Item Weight	8 Kilograms (17.63 Pounds)
Brand	Homedics
Power Source	Battery Powered
Use For	Ankle, Calf, Feet

WARRANTY AND SUPPORT

Limited Warranty

The Homedics Luxe Comfort Foot and Calf Massager comes with a 2-Year Limited Warranty. Please refer to the included Instruction Bulletin for full details regarding warranty coverage, terms, and conditions.

Contact Information

For technical support, warranty claims, or further assistance, please contact Homedics customer service. Contact details can typically be found on the Homedics official website or within the warranty documentation provided with your product.