HomeCare SFM01G

HomeCare SFM01G Foot Massager with Heat & Cold Instruction Manual

Model: SFM01G

Introduction

Thank you for choosing the HomeCare SFM01G Foot Massager. This electric massager is designed to provide deep relaxation and targeted relief for your feet, calves, and arms. Featuring advanced Shiatsu techniques, adjustable heat and cold therapy, and multiple intensity levels, this device aims to enhance your well-being. Please read this manual thoroughly before use to ensure safe and optimal operation.



Image: HomeCare SFM01G Foot Massager highlighting 3D massage zones including simulated hands, rollers, and nodes.

Safety Instructions

Always unplug the device before use. Do not use if you have a pacemaker or other electronic medical device. Keep the device dry. Do not use if you have a skin condition or injury in the area to be massaged. Consult a doctor before use if you are pregnant, have diabetes, or any other medical condition. Always follow the instructions in this user manual.

Package Contents

- HomeCare SFM01G Foot Massager Unit
- Power Adapter
- User Manual
- 2 x Cooling Gel Packs
- 1 x Pair of Socks

Product Overview

The HomeCare SFM01G Foot Massager features a sleek design with intuitive controls and versatile massage capabilities.



Image: Detailed diagram of the foot massager's internal structure, illustrating the placement of 6 simulated hands, 12 rollers, and 108 nodes for comprehensive massage.



Image: Close-up view of the LCD touchscreen panel, displaying controls for compression intensity, massage programs, heating, vibration, timer, and power.

Setup

1. Unpack all components from the box. Ensure all items listed in the Package Contents section are present.
2. Connect the power adapter to the input port located at the rear of the massager unit. Plug the adapter into a suitable power outlet.

3. For cold therapy, place the included gel packs in a freezer for at least 2 hours. Once frozen, they can be inserted into the designated pockets on the sides of the foot sleeves.
4. If desired, wear the provided socks for a more hygienic and comfortable massage experience, especially when sharing the device.

Setup Demonstration Video

Your browser does not support the video tag.

Video: A user unboxes the HomeCare Foot Massager, demonstrating the included accessories and initial setup steps.

Your browser does not support the video tag.

Video: A detailed review of the HomeCare Foot Massager, including unboxing, setup, and a demonstration of its heat and cold therapy features.

Operating Instructions

The massager features an intuitive LCD touch panel for easy operation. Tap anywhere on the panel to illuminate the power button.

1. **Power On/Off:** Long press the power button for 3-5 seconds to turn the unit on or off. The device will automatically start in a default mode (P1) and intensity (L1) with a 15-minute timer.
2. **Massage Modes:** Press the 'Mode' button to cycle through 4 distinct massage programs (P1, P2, P3, P4). Each mode combines different Shiatsu techniques (kneading, rolling, scraping) and air compression patterns.
3. **Intensity Levels:** Press the 'Intensity' button to adjust the massage strength from L1 (gentle) to L6 (strong).
4. **Heat Therapy:** Press the 'Heat' button to activate or deactivate the heating function. Choose between two heat levels (H1: 103°F, H2: 114°F). The heat function is off by default.
5. **Vibration Modes:** Press the 'Vibration' button to select between two vibration levels (C1, C2) or turn it off. The vibration function is off by default.
6. **Timer Settings:** Press the 'Timer' button to set the massage duration in 5-minute increments, from 5 to 30 minutes.
7. **Using Cold Therapy:** Insert the frozen gel packs into the side pockets of the foot sleeves for a refreshing cool massage.
8. **Using for Calves & Arms:** The massager features an adjustable angle design. Pull the release handle underneath the unit to adjust the angle, allowing you to comfortably position your calves or arms for massage.



Image: The foot massager in use, illustrating the cool sensation experience with ice cubes and frosty effects around the feet.



Image: A woman using the foot massager in its tilted position for warm relief on her calves, with heat effects shown.



Image: The foot massager demonstrating its adjustable angle feature, allowing it to be used for calves and arms in addition to feet.

Operation Demonstration Videos

Your browser does not support the video tag.

Video: A user demonstrates the various functions and benefits of the HomeCare Foot Massager, highlighting its ease of use and effectiveness.

Your browser does not support the video tag.

Video: A comprehensive review of the HomeCare Foot Massager with Heat & Cold, showcasing its features and how to operate them.

Your browser does not support the video tag.

Video: A user demonstrates the HomeCare Foot Massager, emphasizing its benefits for home use and ease of operation.

Your browser does not support the video tag.

Video: An honest review and demonstration of the Shiatsu foot massager, detailing its various settings and how they feel during use.

Your browser does not support the video tag.

Video: A full demonstration of the foot massager, including its compression features and how to adjust settings for personalized comfort.

Maintenance and Care

The breathable foot sleeves are designed for easy removal and cleaning. Simply unzip the sleeves from the unit and wash them according to fabric care instructions. This ensures a hygienic and comfortable massage experience for every use.



Image: The foot massager with one foot sleeve partially unzipped, illustrating the ease of removal for cleaning and maintenance.

Troubleshooting

- **Device not powering on:** Ensure the power adapter is securely connected to both the unit and a working power outlet. Long press the power button for 3-5 seconds.
- **No heat:** The heat function is off by default. Press the 'Heat' button to activate and cycle through the two heat levels.
- **Weak massage intensity:** Adjust the intensity level using the 'Intensity' button (L1-L6). Ensure your feet are properly positioned within the sleeves.
- **Uncomfortable pressure:** Reduce the intensity level. If using for calves or arms, adjust the unit's angle for optimal comfort.
- **Spark when plugging in:** A small spark may occur when plugging in the power adapter due to the device's power requirements (5 amps at 12 volts). This is normal and not indicative of a fault.

Specifications

- **Product Dimensions:** 20.67 x 17.13 x 11.42 inches
- **Item Weight:** 17.38 Pounds
- **Item Model Number:** SFM01G
- **Power Source:** Corded Electric
- **Target Use Body Part:** Arm, Calf, Foot, Knee
- **Massage Therapy Technique:** Kneading, Rolling, Scraping, Vibration
- **Heat Levels:** 103°F – 114°F
- **Timer Settings:** 5, 10, 15, 20, 25, 30 minutes
- **Material Type:** Acrylonitrile Butadiene Styrene

- **Special Features:** Foldable, Heat, LCD Display, Speed Control, Timer

Warranty and Support

HomeCare provides US-based customer support, lifetime technical assistance, and warranty coverage for your SFM01G Foot Massager. For any inquiries or support needs, please refer to the contact information provided in your product packaging or visit the official HomeCare website.

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