SLOTHMORE B0FL7DSJ6P

SLOTHMORE Back Massager with Heat (Model B0FL7DSJ6P) - Instruction Manual

1. Introduction and Overview

Thank you for choosing the SLOTHMORE Back Massager with Heat, Model B0FL7DSJ6P. This full body massage pad is designed to provide deep relief and relaxation to your shoulders, back, waist, and thighs through vibration massage and soothing heat therapy. It features 3D lumbar support and is suitable for use in various settings, including home, office, and car.



Figure 1: SLOTHMORE Back Massager with Heat, Model B0FL7DSJ6P.

2. Safety Information

Please read all safety instructions carefully before use.

- Always unplug the massager when not in use.
- Do not use the massager while sleeping or bathing.
- Keep the massager away from water.
- Do not use the massager if you have a pacemaker or other medical device that could be affected by electromagnetic interference. Consult your physician before use if you have any medical conditions.
- Do not use the massager if you have a skin condition, injury, or infection in the area to be massaged.
- Ensure the power adapter is compatible with your local voltage.

- Do not attempt to disassemble or repair the unit yourself. Contact customer support for assistance.

3. Product Features

- **Vibration Massage:** Equipped with 8 powerful vibration motors to target the shoulders, back, waist, and thighs. Note: This is a vibrating massager only and does not include rolling or kneading features.
- **Heat Therapy:** Features 2 levels of heating with 2 heating elements (one on the pillow and one on the waist) to provide soothing warmth. The heating function can be activated independently or in conjunction with massage.
- **Adjustable Lumbar Support:** Includes a 3D lumbar support system with a manual inflation balloon, allowing you to customize the support level for your lower back.
- **Multi-functional Controller:** A handheld controller provides access to 4 massage modes, 3 massage intensities, and 2 heating intensities.
- **Auto Shut-off:** For safety and energy saving, the massager includes a 20-minute auto shut-off feature.



Figure 2: Vibration areas of the SLOTHMORE Back Massager.



Figure 3: Adjustable Lumbar Support for improved posture and comfort.

4. Setup

1. **Unpack:** Carefully remove the massager and all accessories from the packaging. Ensure all components are present: 1 portable seat massager, 1 handheld controller, 1 user manual, 1 power adapter (AC adapter), and 1 car adapter (DC adapter).
2. **Positioning:** Place the massager on your desired chair (office chair, sofa, car seat). Ensure the chair has a backrest tall enough to support the neck pillow.
3. **Secure the Massager:** Use the elastic straps located on the back of the massager to secure it to the chair. For car seats, utilize the special parts designed to navigate behind the car seat to prevent movement.
4. **Connect Power:**
   - For home/office use: Connect the AC power adapter to the massager's input port and then plug it into a standard electrical outlet.
   - For car use: Connect the DC car adapter to the massager's input port and then plug it into your vehicle's 12V power outlet.
5. **Adjust Lumbar Support:** Locate the manual inflation bulb for the lumbar support. Squeeze the bulb to

inflate the lumbar cushion to your preferred firmness. To deflate, press the small button on the valve of the bulb.



Figure 4: Massager dimensions and securing features.

5. Operating Instructions

The massager is controlled via a wired handheld remote. Familiarize yourself with the buttons and indicators on the remote.



Figure 5: Handheld Controller for the SLOTHMORE Back Massager.

1. **Power On/Off:** Press the **POWER** button to turn the massager on or off. The indicator light will illuminate when on.
2. **Select Massage Zones:** Use the body diagram on the remote and the corresponding buttons (M1, M2, M3, M4) to select specific massage areas: shoulders, upper back, lower back, or thighs. You can activate multiple zones simultaneously.
3. **Adjust Massage Intensity (Speed):** Press the **SPEED** button to cycle through 3 vibration intensity levels (Low, Medium, High).
4. **Select Massage Mode (Program):** Press the **PROGRAM** button to choose from 4 different massage modes (e.g., continuous, pulse, wave, rhythmic, auto). The indicator lights (1-4) will show the active mode.
5. **Activate Heat:** Press the **HEAT** button to turn on the heating function. Press again to cycle through 2 heating levels (Low, High) or turn off. The heat function operates independently of the massage function.

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Video 1: Demonstrates the functions and benefits of the Slothmore Back Massager. This video shows how to operate the remote control and highlights the various massage and heat settings.

6. Maintenance

- **Cleaning:** Disconnect the massager from the power source before cleaning. Wipe the surface with a soft, damp cloth. Do not use abrasive cleaners or immerse the unit in water.
- **Storage:** Store the massager in a cool, dry place, away from direct sunlight and extreme temperatures. Avoid placing heavy objects on the massager.
- **Care:** Do not pull the power cord or controller cable excessively. Avoid sharp objects that could damage the fabric.

7. Troubleshooting

Problem	Possible Cause	Solution
Massager does not turn on.	Not properly plugged in; Power outlet malfunction; Damaged power cord.	Ensure power cord is securely plugged into both the massager and the outlet. Test the outlet with another device. Inspect the power cord for damage; if damaged, discontinue use and contact support.
No heat or weak heat.	Heat function not activated; Low heat setting selected.	Press the HEAT button on the controller to activate or cycle to a higher heat setting. Allow a few minutes for the heat to build up.
Vibration is too weak or too strong.	Incorrect intensity setting.	Press the SPEED button on the controller to adjust the vibration intensity to your preference.
Lumbar support is not firm enough.	Insufficient air in the lumbar cushion.	Use the manual inflation bulb to add more air to the lumbar cushion until desired firmness is achieved.

8. Specifications

- **Product Dimensions:** 8 x 5 x 3 inches
- **Item Weight:** 3.26 Pounds
- **Model Number:** B0FL7DSJ6P
- **Manufacturer:** SLOTHMORE
- **Power Source:** Corded Electric
- **Massage Therapy Technique:** Vibration
- **Heat Levels:** 2 (Low, High)
- **Massage Modes:** 4
- **Massage Intensities:** 3
- **Material Type:** Polyester
- **Water Resistance Level:** Not Water Resistant

9. Warranty and Support

SLOTHMORE products are designed for quality and reliability. For warranty information, please refer to the

documentation included with your purchase or contact SLOTHMORE customer support directly. If you encounter any issues or have questions regarding your product, please reach out to the manufacturer for assistance.