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OSDUE 5230484

OSDUE EMS Foot Massager Mat

Model: 5230484

INTRODUCTION

Thank you for choosing the OSDUE EMS Foot Massager Mat. This device utilizes Electrical Muscle Stimulation (EMS) technology to provide a relaxing and therapeutic foot massage experience. It is designed to help relieve muscle pain, reduce fatigue, and promote blood circulation in the feet and calves. This manual provides essential information for safe and effective use of your new foot massager.

IMPORTANT SAFETY INFORMATION

- For external use only.
- Do not immerse the device in water or use it with wet feet.
- Keep out of reach of children.
- Not suitable for individuals with heart conditions or those wearing a pacemaker.
- Discontinue use immediately if irritation or discomfort occurs.
- Keep the device away from fire and extreme temperatures.
- Before each use, ensure the main unit is charged and your feet are clean and dry.

PRODUCT OVERVIEW

The OSDUE EMS Foot Massager Mat consists of a flexible mat with integrated electrodes and a detachable main control unit. A remote control is included for convenient operation.



Image: OSDUE EMS Foot Massager Mat, showing the mat, main control unit, remote control, and USB charging cable.

Components:

- **EMS Foot Massager Mat:** The main mat with conductive areas for foot placement.
- **Main Control Unit:** Attaches to the mat, features an LCD display, power, mode, and intensity buttons.
- **Remote Control:** For wireless adjustment of modes and intensity.
- **USB Charging Cable:** For recharging the main control unit.

Control Unit Features:

Product Details



Image: Close-up of the control unit, highlighting the LCD display, Power On/Increase (+), Mode Switch (M), Power Off/Decrease (-) buttons, and USB Charging Port.

- **LCD Display:** Shows current mode and intensity level.
- **'+' Button:** Power On / Increase Intensity.
- **'M' Button:** Mode Switch.
- **'-' Button:** Power Off / Decrease Intensity.
- **USB Charging Port:** For connecting the charging cable.

SETUP

1. **Charge the Main Unit:** Before first use, fully charge the main control unit using the provided USB cable. Connect the cable to the unit's USB port and a compatible USB power source (e.g., computer, wall adapter). The charging time is approximately 1.5 hours.
2. **Attach the Main Unit:** Securely attach the main control unit to the two clips on the foot pad. Ensure it clicks into place.

3. **Prepare Your Feet:** Remove your shoes and socks. Wipe your feet clean and ensure they are dry before placing them on the mat.

Easy to use and operate



Image: Visual guide showing how to attach the control unit, place bare feet on the mat, and use the control buttons.

OPERATING INSTRUCTIONS

1. **Placement:** Sit comfortably and place both bare feet flat on the designated areas of the massage mat.
2. **Power On:** Press and hold the '+' button on the main unit or the remote control to power on the device. The LCD display will light up.
3. **Select Mode:** Press the 'M' button on the main unit or the remote control to cycle through the 8 available massage modes.
4. **Adjust Intensity:** Use the '+' and '-' buttons on the main unit or remote control to increase or decrease the massage intensity. There are 19 intensity levels. It is recommended to start with a low setting (e.g., level 1-3) and gradually increase to a comfortable level.
5. **Automatic Shut-off:** The device features an intelligent 15-minute timer and will automatically shut off after 15 minutes of continuous operation. It will also power off automatically if your feet are removed from the mat during

use.

6. **Power Off:** To manually turn off the device, press and hold the '-' button on the main unit or the remote control.

Massage Modes:

The device offers 8 distinct massage modes, each providing a different type of stimulation:



EMS FOOT MASSAGER

- EMS Pulse Technology
- 19 Levels of Intensities
- 15 Mins Auto-Off Timer
- Intelligent Acupoint Capture

8 VIBRATION MODES

	MODE 1 — Massage		MODE 2 — Knead		MODE 3 — Scrape		MODE 4 — Elbow Presses
	MODE 5 — Acupuncture		MODE 6 — Cupping Jar		MODE 7 — Activate		MODE 8 — Shape

Image: Illustration of the 8 vibration modes, including Beat, Knead, Massager, Shaping, Activation, Extrusion, Train, and Slap.

- **Mode 1: Beat**
- **Mode 2: Knead**
- **Mode 3: Massager**
- **Mode 4: Shaping**
- **Mode 5: Activation**
- **Mode 6: Extrusion**
- **Mode 7: Train**

- Mode 8: Slap

MAINTENANCE

Proper maintenance ensures the longevity and hygiene of your foot massager.



FOLDABLE DESIGN

Lightweight foldable easy to carry



Image: Demonstrates cleaning the mat with a damp towel and its foldable design for easy storage and portability.

- **Cleaning:** After each use, detach the main control unit. Wipe the surface of the foot massage mat with a soft, damp cloth. Do not use harsh chemicals or abrasive cleaners. Ensure the mat is completely dry before storing or reattaching the control unit.
- **Storage:** Store the device in a cool, dry place, away from direct sunlight and moisture. The mat features a foldable design for easy storage and portability.
- **Battery Care:** Recharge the main unit regularly, even if not used frequently, to maintain battery health.

TROUBLESHOOTING

If you encounter any issues with your OSDUE EMS Foot Massager, please refer to the following common solutions:

- **Device not turning on:** Ensure the main control unit is fully charged. Check that it is securely attached to the mat.
- **No sensation during massage:** Ensure your feet are bare, clean, and dry. Increase the intensity level gradually. Make sure both feet are making good contact with the conductive areas of the mat.
- **Remote control not working:** Check if the remote control battery needs replacement (if applicable). Ensure there are no obstructions between the remote and the main unit.
- **Automatic shut-off too soon:** The device has a 15-minute timer. If it shuts off before 15 minutes, ensure your feet maintain continuous contact with the mat.

If the problem persists, please contact OSDUE customer support for assistance.

SPECIFICATIONS

Model Number	5230484
Dimensions (L x W x H)	32.6 x 15.4 x 3 cm (12.8 x 6.1 x 1.2 inches)
Weight	162.5 grams (0.36 lbs)
Material	Plastic (Control Unit), Polyester (Mat Surface)
Power Source	Battery Powered (USB Rechargeable)
Rated Voltage	1.5 V
Output Frequency	1-100 Hz
Maximum Output Power	80 HA
Massage Modes	8 (Beat, Knead, Massager, Shaping, Activation, Extrusion, Train, Slap)
Intensity Levels	19
Charging Time	Approximately 1.5 hours
Automatic Timer	15 minutes

WARRANTY AND SUPPORT

OSDUE is committed to providing high-quality products. For warranty information, technical support, or any inquiries regarding your EMS Foot Massager, please contact OSDUE customer service through your purchase platform or the official OSDUE website. Please have your model number (5230484) and purchase details ready when contacting support.