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Sweetcrispy AMD-Q01-GY

Sweetcrispy Full Body Massage Mat (Model AMD-Q01-GY) Instruction Manual

Model: AMD-Q01-GY

1. Introduction

Thank you for choosing the Sweetcrispy Full Body Massage Mat. This product is designed to provide a soothing and relaxing massage experience with integrated heat therapy. Featuring 10 powerful vibrating motors and a dedicated neck massager, it offers customizable relief for your entire body. Please read this manual thoroughly before use to ensure safe and optimal operation.

2. Important Safety Instructions

Please read and follow all safety warnings to prevent injury or damage to the product.

- Do not use the unit for more than 30 minutes at a time. An auto-shutoff function is included for safety.
- Keep the massage mat away from water and direct heat sources.
- Consult a physician before use if you have any medical conditions, are pregnant, or have concerns about using massage products.
- Do not use the mat while sleeping or if you are unconscious.
- Avoid using the unit if you have skin disorders, open wounds, or swollen/inflamed areas.
- The product is equipped with overheat protection. If the mat becomes excessively hot, it will automatically shut off.
- Ensure the power cord is not damaged or pinched during use or storage.



Figure 1: Safety features and warnings, including 30-minute timer and overheat protection. Important warnings against use while sleeping/driving or with skin conditions are highlighted.

3. Package Contents

Please check the package to ensure all items are present:

- Sweetcrispy Full Body Massage Mat
- Wired Remote Control
- Power Adapter (integrated with wired remote)

4. Setup

1. **Unpack the Mat:** Carefully remove the massage mat from its packaging.
2. **Position the Mat:** Place the mat on a flat, stable surface such as a bed, sofa, or floor. Its flexible design allows it to conform to various seating or lying positions.

3. **Secure the Mat (Optional):** The mat features elastic straps on the back. Use these straps to secure the mat to a chair or sofa to prevent shifting during use.
4. **Connect Power:** Plug the power adapter into a standard electrical outlet. The wired remote control is attached to the mat and includes the power connection.



Figure 2: Dimensions and features of the massage mat, highlighting its length (64.9"), width (20.5"), thickness (4.7"), and elastic straps for securing.



Figure 3: The massage mat in use on a sofa, demonstrating its versatility for different body positions. Recommended for individuals between 5'2" and 6' tall.

5. Operating Instructions

The Sweetcrispy Full Body Massage Mat is controlled via a wired remote. The remote can be stored in the qualified PU material pocket located on the side of the mat when not in use.



Figure 4: The wired remote control, showing its various function buttons and the convenient storage pocket on the mat.

1. **Power On/Off:** Press the **Power** button on the remote to turn the mat on or off.
2. **Select Mode:** Use the **Mode** button to cycle through 8 different massage modes.
3. **Adjust Intensity/Speed:** The remote offers 9 intensity levels and 9 speed settings for the vibration motors. Use the corresponding buttons to adjust these to your preference.
4. **Targeted Massage:** Use the **Location** button to select specific areas for massage, such as shoulders, back, waist, or legs. The mat features 10 powerful motors for comprehensive coverage.
5. **Activate Heat:** Press the **Heating** button to activate the heating function. Heat and vibration can be used independently.
6. **Neck Massage:** The integrated neck massager has its own controls, including Forward & Reverse rotation, Heat, Eco mode, and 3 speed levels.



Figure 5: The remote control allows for on-demand adjustment of massage node locations for personalized therapy.

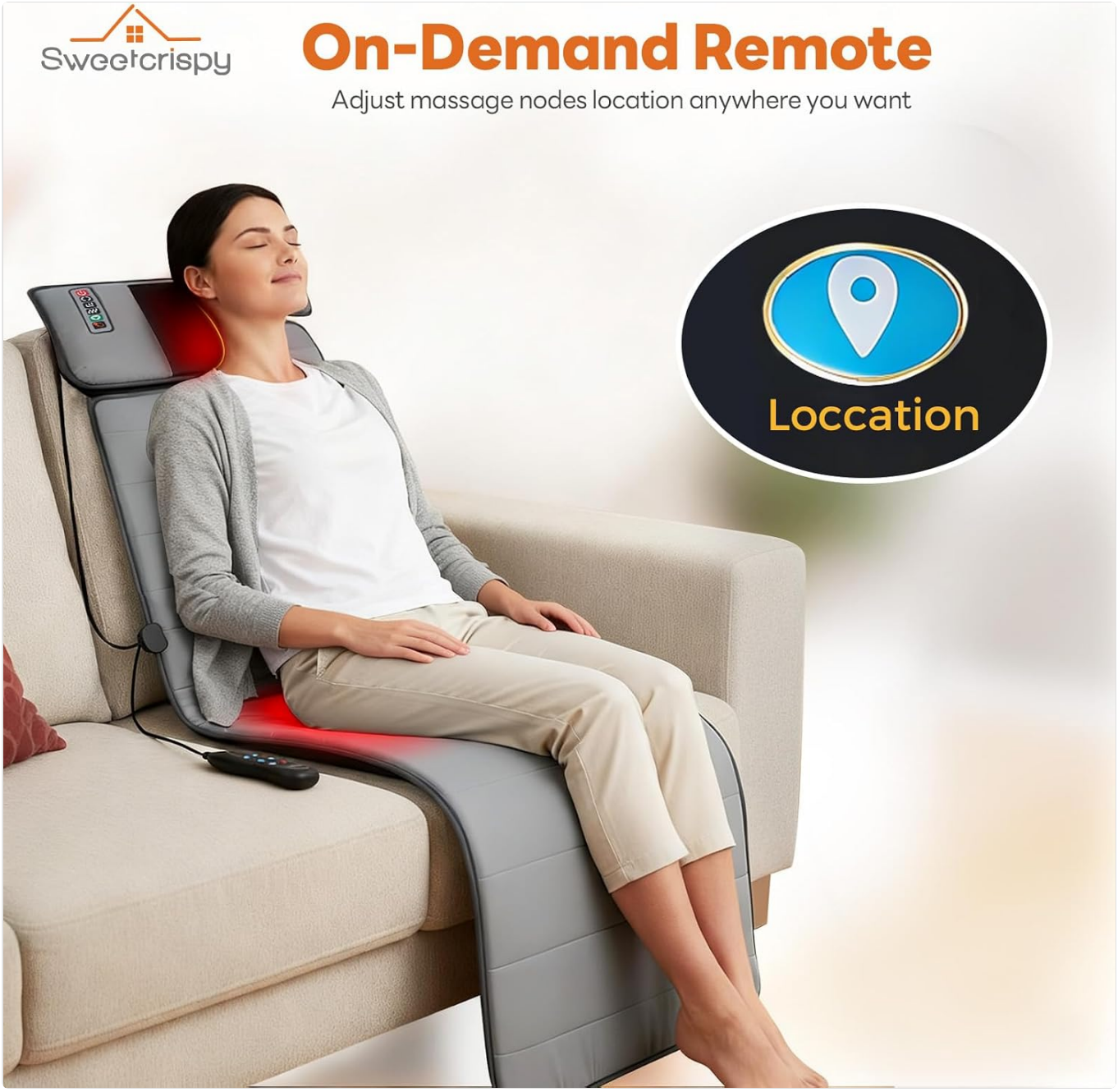


Figure 6: Detailed view of the 3D neck massage feature, illustrating its rotating nodes, heat function, Eco mode, and three speed settings.

6. Modes and Settings

The Sweetcrispy Full Body Massage Mat offers a variety of customizable options:

- **Massage Modes:** 8 distinct massage modes to choose from.
- **Intensity Levels:** 9 adjustable intensity levels for vibration.
- **Speed Settings:** 9 speed settings for the vibration motors.
- **Vibration Patterns:** 3 unique vibration patterns.
- **Heating Function:** Independent heat function for added comfort and circulation.
- **Neck Massage:** Features Forward & Reverse rotation, heat, Eco mode, and 3 speed levels.

7. Maintenance

Proper care will extend the life of your massage mat.

- **Cleaning:** Disconnect the mat from the power source before cleaning. Wipe the surface with a soft, damp cloth. Do not use abrasive cleaners or immerse the mat in water.
- **Storage:** The mat is foldable for easy and space-saving storage. Ensure it is completely dry before folding and storing in a cool, dry place.



Figure 7: The massage mat's foldable design allows for easy and space-saving storage.



Figure 8: The mat is constructed from soft, skin-friendly material for comfort and safety.

8. Troubleshooting

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

Problem	Possible Cause	Solution
Mat does not power on.	Not plugged in correctly; Power outlet issue; Remote control malfunction.	Ensure the power adapter is securely plugged into both the mat and a working electrical outlet. Try a different outlet. If the issue persists, contact customer support.
Vibration is weak or inconsistent.	Low intensity setting; Specific mode selected; Overheat protection activated.	Increase the intensity and speed settings using the remote. Try a different massage mode. If the mat has been in continuous use, allow it to cool down.

Problem	Possible Cause	Solution
Heat function is not working.	Heat function not activated; Overheat protection activated.	Ensure the 'Heating' button on the remote has been pressed. Allow the mat to cool if it has been used for an extended period.
Neck massager not functioning.	Not activated; Specific mode selected.	Ensure the neck massage function is activated via its dedicated controls. Cycle through the neck massage modes and speeds.

9. Specifications

Feature	Detail
Model Number	AMD-Q01-GY
Product Dimensions (L x W x H)	65" x 20" x 5"
Item Weight	5.68 Pounds
Material Type	Polyester
Color	Grey
Power Source	Corded Electric
Massage Therapy Technique	Vibration
Number of Motors	10
Massage Modes	8
Intensity Levels	9
Speed Settings	9
Special Features	Auto Shut-Off, Foldable, Heat, Speed Control, Timer

10. Product Video

Watch this short video for a visual overview of the Sweetcrispy Full Body Massage Mat's features and benefits.

▶ **Watch video online**
Sweetcrispy Full Body Massage Mat

Video 1: Sweetcrispy Full Body Massage Mat overview. This video demonstrates the mat's full body relief, targeted neck massage, and the power of its 10 motors.

11. Warranty and Support

Sweetcrispy is committed to providing quality products. For any questions, concerns, or support needs regarding your Full Body Massage Mat, please contact Sweetcrispy customer service. Please refer to the product packaging or the official Sweetcrispy website for the most current contact information and warranty details.

Manufacturer: Sweetcrispy
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