

Kalamera 1325KALA

Kalamera Full Body Massage Mat User Manual

Model: 1325KALA

IMPORTANT SAFETY INSTRUCTIONS

Please read all instructions carefully before using this appliance. Keep this manual for future reference.

- Always unplug the appliance from the electrical outlet immediately after using and before cleaning.
- 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 the manufacturer.
- 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 the appliance to a service center for examination and repair.
- Keep the 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 an infant, invalid, or sleeping or unconscious person.
- Do not use on sensitive skin or on a person with poor blood circulation.
- Do not crush. Avoid sharp folds.
- Do not use this massager in close proximity to loose clothing or jewelry.
- Keep long hair away from massager while in use.
- Do not use this product as a substitute for medical attention.
- Consult your doctor before using this product if you are pregnant, have a pacemaker, or have any concerns regarding

your health.

PRODUCT OVERVIEW

The Kalamera Full Body Massage Mat is designed to provide customizable relaxation from neck to feet. It features dedicated neck, back, and foot/calf massage sections, offering targeted comfort. The modular design allows each massage unit to be used independently or combined. This mat includes shiatsu kneading, soothing heat, and vibration functions, along with a 15-minute auto-off timer for safe and convenient use.



Figure 1: The Kalamera Full Body Massage Mat laid out on a sofa, with a person relaxing on it. The image highlights the mat's full-body coverage, including the neck pillow, back massage area, and foot massager. Text overlays indicate 5 modes, 3 intensity levels, and 10 powerful vibration motors.

Key Features:

- **10 Soothing Warm Vibration Nodes:** Features 10 targeted vibrating motors to relieve tension in the neck, back, waist, thighs, and legs, with gentle heat in the middle section for deeper relaxation.
- **Smart Remote Control:** Allows easy customization of massage settings, including full-body or specific area focus, and intensity adjustment.
- **Removable Herbal-Infused Neck Pillow:** A soft neck pillow filled with natural herbs provides support and a calming aroma, enhancing relaxation.
- **Acupressure Foot Rollers:** The foot zone includes textured roller balls to stimulate pressure points, offering a spa-like massage experience.
- **Portable & Versatile Design:** Crafted with soft PU leather and supportive foam, this lightweight mat folds easily for storage and can be used on beds or flat floors.
- **Detachable Modular Design:** Allows individual use of neck, back, and foot units.
- **15-Minute Automatic Shut-Off Timer:** Ensures safe and convenient use, ideal for short relaxation sessions.

SETUP

1. **Unpack the Mat:** Carefully remove all components from the packaging. Ensure all parts are present: the main massage mat, detachable neck pillow, foot massager, remote control, and power adapter.
2. **Position the Mat:** Lay the full body massage mat flat on a bed, sofa, or floor. Ensure there is enough space for comfortable use.
3. **Attach Components:**
 - Connect the detachable neck pillow to the top section of the main mat using the integrated fasteners (e.g., zippers or Velcro).
 - Connect the foot massager unit to the bottom section of the main mat. Ensure all connections are secure.
4. **Connect Power:** Insert the power adapter into the designated port on the massage mat. Plug the adapter into a standard electrical outlet.
5. **Remote Control:** Ensure the remote control is connected to the mat. It should be ready for use once the mat is powered.

Removable Neck Pillow with Herbal Filling



Figure 2: A close-up view of the removable neck pillow, highlighting its herbal filling and bi-directional shiatsu nodes. This image demonstrates the modularity and specific features of the neck massage component.

OPERATING INSTRUCTIONS

The Kalamera Full Body Massage Mat is operated using the included smart remote control. Familiarize yourself with the remote's buttons before use.

Remote Control Functions:

- **Power Button:** Turns the massage mat ON or OFF.
- **Mode Selection:** Cycle through 5 different massage modes (e.g., pulsing, tapping, rolling, kneading, auto).

- **Intensity Levels:** Adjust the massage intensity (3 levels: Low, Medium, High).
- **Targeted Zone Selection:** Activate or deactivate massage in specific areas:
 - Neck/Shoulder Massage
 - Back Massage (Upper, Middle, Lower)
 - Waist/Lumbar Massage
 - Thigh/Leg Massage
 - Foot/Calf Massage
- **Heat Function:** Activate or deactivate the soothing heat function for the back and waist area.
- **Shiatsu Function:** Control the shiatsu kneading for the neck pillow and foot massager.
- **Timer:** The mat has a built-in 15-minute auto-off timer. It will automatically shut off after 15 minutes of continuous use. To restart, press the power button again.

Usage Guidelines:

- Start with the lowest intensity setting and gradually increase as desired.
- Do not use the massager for more than 15 minutes at a time in a single area.
- Avoid using the heat function for extended periods if you have sensitive skin or circulatory issues.
- Ensure the mat is placed on a flat, stable surface for optimal performance.

Soothing Heating for Deeper Relaxation

Vibrating massage gently targets your back and waist, offers cozy warmth and a comfortable experience.

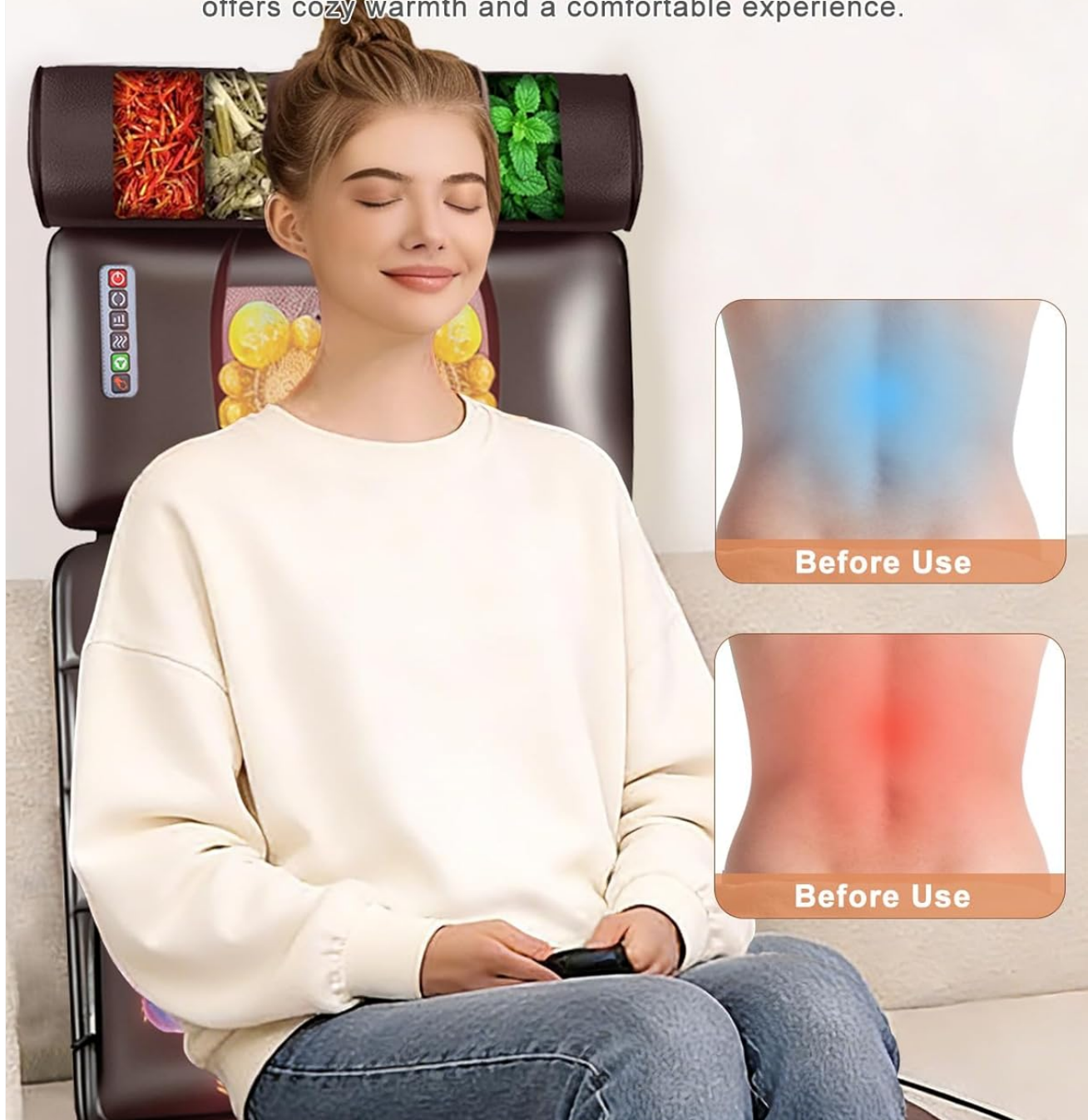


Figure 3: An illustration demonstrating the soothing heat function of the massage mat. A person is shown using the mat, with an inset showing the back area before and during heat application, indicating increased warmth and relaxation.

Multi-Zone Targeted Massage

Micmic human touch to offer a full body massage.



Cervical Massage



Shoulder massage



Lumbar Massage



Back massage



Buttock Massage



Waist Massage



Thigh Massage



Calf Massage



Figure 4: A diagram illustrating the multi-zone targeted massage capabilities of the mat. It shows a person lying on the mat with various massage points highlighted for cervical, shoulder, lumbar, back, buttock, waist, thigh, and calf areas.

Lumbar Airbag Support

Adjust Height Control Manually to Fit Spinal



Figure 5: An image detailing the lumbar airbag support feature. It shows how the airbag inflates to provide adjustable height control for spinal alignment and enhanced lumbar massage.

New Upgraded Foot Massager

Foot acupressure micmic hand techniques.



Figure 6: A visual representation of the upgraded foot massager. It shows the foot acupressure rollers and how they target pressure points, providing a detailed view of the foot massage unit.

MAINTENANCE

Cleaning:

- Always unplug the appliance before cleaning.
- Wipe the mat with a soft, slightly damp cloth. Do not use abrasive cleaners, brushes, gasoline, kerosene, glass furniture polish, or paint thinner to clean the massager.

- Do not immerse the mat or any of its components in water or any other liquid.
- Allow the mat to air dry completely before storing or next use.

Storage:

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

TROUBLESHOOTING

Problem	Possible Cause	Solution
Massager does not turn on.	Power cord not properly connected.	Ensure the power adapter is securely plugged into both the mat and the electrical outlet.
No vibration/heat.	Function not activated on remote.	Check remote control settings to ensure vibration and/or heat functions are turned on.
Massage feels too weak/strong.	Intensity level needs adjustment.	Adjust the intensity level using the remote control (3 levels available).
Mat automatically turns off.	15-minute auto-off timer activated.	This is a safety feature. To continue, press the power button on the remote again.
Unusual noise during operation.	Obstruction or internal issue.	Turn off and unplug the mat. Check for any visible obstructions. If the noise persists, contact customer support.

SPECIFICATIONS

Product Type	Full Body Massage Mat
Model Number	1325KALA
Massage Areas	Neck, Back, Foot/Calf
Massage Functions	Vibration, Shiatsu Kneading (neck pillow and foot massager)
Massage Nodes	6 Rotating Shiatsu Modules
Design	Detachable / Modular
Heat Levels	3 Levels
Massage Modes	5 Modes
Intensity Levels	3 Levels
Vibration Modes	4 Modes
Timer	15-Minute Auto-Off

Voltage	12 Volts
Item Weight	10.32 pounds
Product Dimensions	25.2 x 8.27 x 15.35 inches
Included Components	1x Kalamera machine kit (Massage Mat, Neck Pillow, Foot Massager, Remote, Power Adapter)

WARRANTY

This Kalamera Full Body Massage Mat (Model 1325KALA) comes with a **1-Year Limited Warranty** from the date of purchase. This warranty covers manufacturing defects in materials and workmanship under normal use.

The warranty does not cover damage caused by misuse, abuse, accident, unauthorized modification, improper storage, or normal wear and tear. Proof of purchase is required for all warranty claims.

CUSTOMER SUPPORT

If you have any questions, concerns, or require assistance with your Kalamera Full Body Massage Mat, please contact our customer support team.

- **Online Support:** Visit the official Kalamera website for FAQs and support resources.
- **Email Support:** For technical assistance or warranty claims, please email support@kalamera.com.
- **Phone Support:** Contact our support line during business hours at [1-800-123-4567](tel:1-800-123-4567) (example number, please refer to product packaging for actual contact details).

Please have your model number (1325KALA) and proof of purchase ready when contacting support.