

# **User Manual**

## **Foot Massager**



# Foot Massager

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# Foot Massager

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## Domestic Foot Massage

- Domestic Foot Therapy for healthcare

Today, foot reflexology is becoming a popular trend in healthcare. Chinese medicine propels the idea that the internal organs and legs have relationship. The human ankle alone has more than 60 points and foot care at these points will promote blood flow and warm the organs. Treating the foot before sleeping can help relieve fatigue, soothe the nerves and allow for sound sleeping.

## Product Theory Of Foot Massager

Reflexology is based on traditional medicine, meridian science, magnetic science and reflexology health law. It is an integration of modern electronic technology and medical research achievements.

- Principles of neural reflex

The reflex is a human reaction to outside stimuli. Abnormal body tissues and organs will result in foot problems at the reflex points --- air bubbles, sand granular, bar-shaped locks, small nodules, etc. When you will feel tenderness. The pain transmits from the afferent nerve impulses into body tissues and organs. This results in humeral regulation and increases the body's potential to adjust to body imbalances.

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- Meridian is the main theory of Chinese medicine.

It dates back five thousand years ago to the “Inner Canon of the Yellow Emperor” records, which says that a foot massage can make a person healthy. Meridian is a “channel”, and if blocked, it can make a person feel uncomfortable. The Meridian line connects the feet’s reflex points and when massaged, it will stimulate circulation.

## Product Features Of Foot Massager

1. Massage fully, emphasizing key points.
2. Bipedal pairs of points simultaneously.
3. “Symptomatic acupoints” allow for personalized foot massage.
4. Convenient to use.
5. Unique convex-concave shape and design allows for distribution of the perfect match points based on human foot structure and follows acupuncture points.
6. The micro-computer control (power of only 40W) is power efficient, reliable and durable.
7. May be adjusted any time to suit personal speed and steering preferences.

## Applicable Scope

1. Health care massage for home, office, leisure to relieve fatigue.
2. Rehabilitation treatment for diseases such as head-aches migraines, headaches, neck and shoulder ache, stomach pain, fatigue, abnormal blood pressure, constipation, weight loss, detoxification, lack of sleep, insomnia, cold, pressure, dysmenorrhea, menopause, irregular menstruation, infertility, etc.

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## Product Value

1. Experience a humanized, 3-D biomimetic foot massage.
2. Economic benefits: 15 minutes for Reflexology (40 watts, half an hour per day, only 0.02kW.h consumption).
3. Self-Foot Massage improves the quality of points can be simultaneously massages, dual channel double-strength.
4. Low-input and high return. Bipod pairs of points can be simultaneously massages, dual channel double-strength.

## FAQ

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>● 1. When should I not use the foot massager?<br/>Do not massage your feet 30 minutes before a meal and 1 hour after a meal. Foot treatment before and after meals hinders digestion.</li><li>● 2. How long is appropriate for 1 foot massage?<br/>It is recommended that 1 foot massage is 30 minutes.</li></ul> | <ul style="list-style-type: none"><li>● 3. What should I do after a foot massage?<br/>You should drink a cup of warm water within 30 min after a massage to allow qi and blood to flow. Avoid tea, wine and other beverages</li><li>● 4. What are the beauty benefits?<br/>Foot massages indirectly stimulate adrenal glands and hormone release. This in turn increases skin vitality, speeds up metabolism, reduces pigmentation.</li></ul> |
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- What are the results of the foot massager?

After 5-10 treatments, the human body should experience the following:

1. Increased sleeping. Sleeping allows for body renewal.
2. Increased sweating. Sweating helps discharge toxins and boosts metabolic processes.
3. An incensement in maturation.
4. Increased stool frequency to eliminate toxins and diseases caused by poor qi and blood.
5. Back and shoulder pain may increase within the first few days, but will decrease quadratically after in response to increased blood circulation.
6. Some patients may experience swelling, especially if they have lymphatic disorders. Continue massaging until body fluids are smoothed out and the swelling will naturally disappear.
7. Heat phenomenon due to massaging the lymph nodes.
8. Reflex response to pressure Fen or increased organ lesions the first few days. Continued massage will result in self-elimination of these ailments.

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## Foot Machine Operation Manual

### 1. Overview

Foot massage is based on the traditional medicine, the meridian science, magnetic science as well as the Health Act about the pace of reflex zones, integrating modern electronic technology and medical research achievements made.

### 2. Procedures

#### REGULAR MODE

1. "Automatic Setting". The automatic setting with 4 program which include different speed, direction and timing. Switch by click the "Auto" button.
2. "Custom Setting": the custom setting with 3 program which include different speed, direction and timing switch by click the "Custom" button.
3. "Manual program": click the "Manual" switch to the manual mode. Adjust the speed ("Speed" up and down arrows) and direction ("Turn" up and down arrows).

#### HEATING MODE

1. "Automatic Setting": the automatic setting with 4 program which include different speed, direction and timing. Switch by click the "Auto" button.
2. "Heating function": click the "Heating" button to turn on and off the heating.

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3. "Manual program": click the "Manual" switch to the manual mode. Adjust the speed ("Speed" up and down arrows) and direction ("Turn" up and down arrows).

**Note:**

Every massage cycle is automatically set to 15 minutes.

Repeat cycles for a 30minute massage.

## 3.Operation Instructions:

1. Plug Power
2. Press the "Switch" button to open the power
3. Set up massage by pushing the desired setting.
4. Turn off Machine.

Massager will automatically shut off after the massage is over. During the massage is over. During the massage is over. During the massage, press "On/Off" button to halt the massage from running.

Note: Never pull out the plug directly in the course of using, unplug the power cord after shutdown.

For people whose feet are sensitive to the massaging nodes, the massager may be a little bit rough in the beginning. We suggest to lift your feet a bit in the beginning and gradually your feet will adapt to the massager after several uses. We are sure you will adapt to the massager after several uses. We are sure you will it eventually.



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1. Make sure voltages are compatible. Do not use wet hand to plug the power. Always unplug if not in use.
2. Do not use massager in areas with poor ventilation, such as under bed covers or covered by a pillow/blanket. This may cause overheating.
3. Use only indoors. Do not use in bathroom.
4. Do not sit on the massager or step too forcefully on it.
5. Do not insert object in massager.
6. Do not use if massager or wires are damaged.
7. Do not use massager with wet feet.
8. Do not use if you are/have: cancer patients, osteoporosis, high fever, impaired consciousness, erythematous epileptic patients, malignant tumors, active tuberculosis, severe cardiac dysfunction in vivo patients with electronic devices, bleeding disorders, pregnant women, allergic constitution
9. Do not use with the following electronic medical devices simultaneously:
  - A) Cardiac pacemakers and other implanted medical electronic devices
  - B) Human-type heart and lung and other life-sustaining medical equipment
  - C) ECG medical scanners and other electronic devices

# Foot Massager

## Main Technical Parameters



Power Supply : 110V-240V/50Hz-60Hz

Power consumption: 40W

Time : 15 minutes

Storage temperature : -15°C ~ +40°C

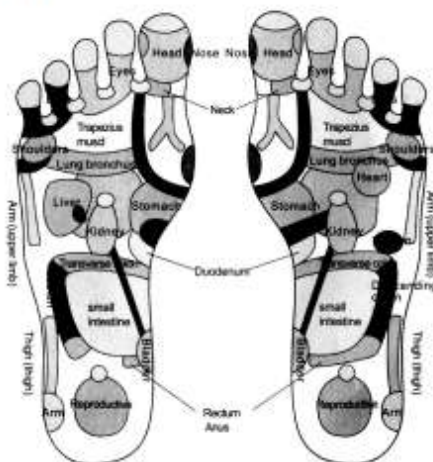
Running temperature : +10°C ~ +85°C

## Cleaning and Maintenance

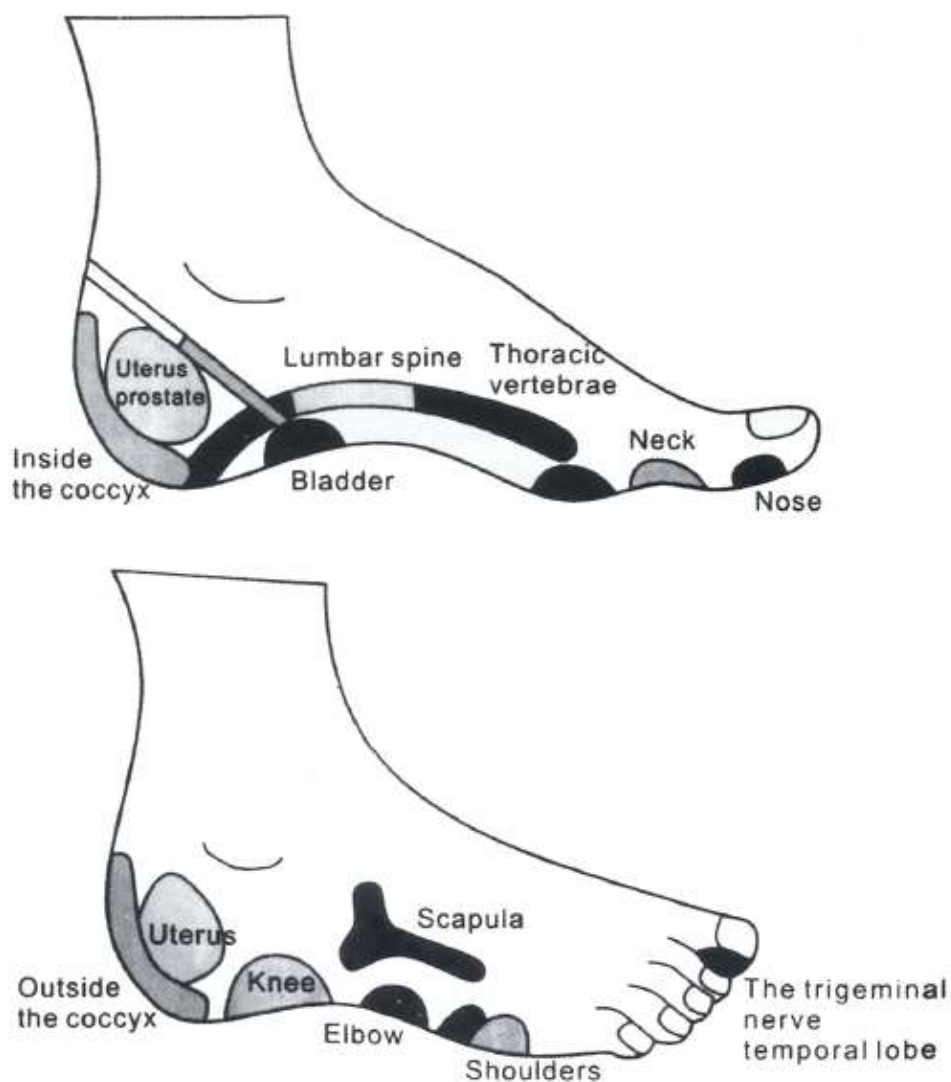
- 1). Unplug power cord prior to cleaning the massage machine.
- 2). Do not use benzene, thinner, or other corrosive solvents.
- 3). Do not clean with a wet cloth with alcohol. Use a dry cotton cloth.
- 4). If the machine will not be used for a long time, roll up the massager AC power cord and store in a clean, dry environment.
- 5). Do not store equipment in high temperatures, open flame, or direct sunlight.
- 6). Use the equipment in light, avoid throwing, excess pressure, collision, or strong impact.

## Appendix:

### Reflexology Diagram



# Foot Massager



**Note:**

When using the product, the display should be placed in your direction

If the foot is not in the right position, you will feel discomfort or pain.

There will be slight pain during massage, this is normal .