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Zyllion Shiatsu Massage Heated Pillow ZMA-13RB

Introducing the Zyllion Shiatsu Massage Heated Pillow ZMA-13RB is expertly designed to provide soothing relief for sore and tight muscles. Featuring powerful 3-dimensional deep-kneading massage nodes, this pillow mimics a traditional shiatsu hand massage, making it perfect for easing tension and fatigue. Its cordless design allows for easy portability, enabling users to enjoy a relaxing experience anywhere. Priced at **\$69.95**, it offers an affordable solution for enhancing personal wellness and relaxation.

PACKAGE CONTENTS

- 1 ZMA-13RB
- 1 Pull-Over Sleeve
- 1 Manual
- 1 Power Adapter Set (includes 1 wall adapter and 1 car adapter)

Convenient and sleek in design, this portable massager provides top quality massage therapy. The 4 deep-kneading massage nodes do wonders to alleviate soreness and muscle tightness. With its ergonomic design, this ultra slim massager can be carried anywhere without having to be plugged in all the time. Now completely portable, our the park, the cafe, anywhere!

Features and Benefits

- Rechargeable and portable – take it anywhere you go!
- Heat function adds an extra level of muscle soothing and relaxation
- Equipped with an overheat protection device & programmed with a 15-minute auto shut-off feature to ensure safety and save energy
- Eases tension and fatigue caused by stress, post-workout muscle soreness, and any body pain triggered by repetitive physical activity
- Treats neck stiffness and soreness caused by prolonged hours of sitting
- Adjustable velcro straps allow it you to secure it to your favorite chair!
- Relieve muscle tightness and soreness in those areas of your body where you need it the most.

For decreased intensity of massage, you may place a thin sheet or towel between you, the user, and the massager unit.

Specifications

Product Name:	Zyllion Rechargeable Shiatsu Massage Pillow with Heat
Product Model:	ZMA-13RB
Battery Type:	Lithium-ion Polymer
Capacity:	1800 mAh
Lithium Battery Energy Content	19.98 Wh
Lithium Battery Voltage:	11.1 V
Lithium Battery Weight:	167g
Hours to Charge:	≈ 2 hours
Hours of Usage:	1.5 hours with heat 3 hours without heat

LOCATION OF PARTS AND CONTROLS

Description

The Zyllion Shiatsu Massage Heated Pillow ZMA-13RB combines the benefits of shiatsu massage with the soothing warmth of heat therapy. The pillow features four rotating massage nodes that mimic the touch of a professional masseuse, targeting key areas such as the neck, back, and shoulders. The adjustable heat function allows users to customize their experience according to their comfort level. With multiple massage modes and intensity settings, this pillow offers a personalized massage experience that can be tailored to individual preferences.

The detachable cover is made of a breathable fabric, ensuring comfort and ease of cleaning. The auto shut-off

feature after 20 minutes adds an extra layer of safety and convenience. This product is ideal for those who want to incorporate a professional-grade massage into their daily routine without the need for frequent spa visits.

BODY AREAS TO USE THE MASSAGE PILLOW

SAFETY PRECAUTIONS

We highly encourage customers to ease slowly into using the massager over the first several days as to let your body become familiar with the intensity of the massage.

The following precautions are to be taken to reduce the risk of burns, fire, electric shock, or injury. Please read carefully prior to using this electric appliance.

DANGER

To reduce the risk of electric shock, burns, fire or injury, please DO NOT:

1. Use outdoors. Also refrain from using while operating a vehicle.
2. Use massager for extended periods of time. The recommended session is 15 minutes long.
3. Sleep while using massager.
4. Place massager directly on vertebrae. We recommend placing it on the muscles surrounding the spine.
5. Use if any parts of the unit are missing or appear damaged or defective. If the cover has torn, do not use the pull-over sleeve in order to continue use. Contact the Zyllion for repair/replacement.
6. Use if wet or use/leave near any water, or ANY heated surfaces.
7. Submerge unit in water or any type of liquid.
8. Reach for unit if it has fallen into water while plugged in. Unplug immediately.
9. Leave unit plugged in when not in use, especially when pets or children are near this device. (Please unplug device after it has finished charging.)
10. Allow children to use the device unless they are supervised.
11. Use pins or any type of metal fastener with this device.
12. Use on bare skin. DO NOT use on sensitive skin areas, areas of the body that are inflamed, areas with open sores or wounds, or areas of the body with poor circulation.
13. Attempt to have the unit repaired by professionals other than Zyllion repair technicians. Doing so can potentially damage your massager and void your warranty.
14. Plug in device to an already overloaded electrical outlet. Doing so could lead to electrocution. Immediately unplug if it gets too hot or you smell burning.
15. Remove massager plug from its socket by pulling the power cord.
16. Plug in or unplug with wet hands to avoid electric shock and injury.
17. Operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
18. Operate the product with the air openings blocked. Keep the air openings free of lint, hair, and the like.

19. Operate where aerosol (spray) products are being used or where oxygen is administered.

To reduce the risk of electric shock, do not attempt to repair. There are no serviceable parts inside. To reduce the risk of fire or electric shock, do not expose this unit to rain or moisture.

Consult your doctor before using this massager if any of the following apply:

- You are experiencing unusually intense muscle pain in any area of the body, or are currently under medical care
- You suffer from phlebitis, and/or thrombosis
- You have a serious medical condition such as heart disease, rheumatism, osteoporosis, tendonitis, diabetes, various skin diseases, skeletal problems, or spinal problems
- You may be pregnant
- You have a pacemaker, artificial limb, or pins/screws inside any area of your body
- Any other health conditions, complications, or concerns

The following individuals should avoid using this massager:

- Mentally or physically incapacitated individuals without supervision.
- Those suffering from skin diseases, skin redness, scalds/burns, or irritation.
- Those who suffer from intense muscle pain, high/low blood pressure, osteoporosis, severe fractures, sprains, or brittle bones.
- Those who have a cancerous growth or tumor in the area where massage is to be applied.
- Those with heart disease.
- Those who are susceptible to electromagnetic malfunctions such as cardiac pacemakers and implantable medical electronic devices.
- Those who have a loss in sense of temperature difference.
- Those who are restless early in pregnancy or shortly after giving birth.
- Those who have an abnormal or curved spine.
- Those with a perception distortion caused by a high degree of peripheral circulation in diabetes.
- People who need quiet or are in poor health.
- Those with a 38C fever.
- Those with acute inflammatory symptoms, tiredness, chills, or changes in blood pressure, etc.

WARNING

- Use massager only as intended. Do not use attachments not recommended by the manufacturer.
- Avoid stepping on the power cord to prevent damage or electrocution.
- Properly unplug the unit after use. If necessary, turn off the unit prior to unplug it during use.
- Turn off and unplug massager mid-use if you experience severe pain or detect any malfunction or abnormal condition, or there is a power outage or lightning storm.
- The appliance must only be supplied at safe extra low voltage corresponding to the marking on the appliance.
- The appliance is only to be used with the power supply unit provided with the appliance.
- 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 Zyllion for examination and repair.

Do not continue to use the massager if the cover has torn. Call Customer Service to receive a replacement cover.

If a fault is found, stop use immediately and unplug the power supply to avoid accidents or injuries. Please contact the seller or manufacturer for repairs or replacements.

Discontinue use of this unit if:

- Any parts are exposed or appear damaged or defective.
- The electrical outlet is unusually loose.
- It is exposed to explosive or flammable fumes.
- It over heats, catches fire, or the smell of smoke or burning electronics is present.
- Aerosol (spray) products are being used or where oxygen is being administered.
- You experience any of the following:
 - Numbness or weakness in the face, arm, or leg;
 - Confusion or trouble speaking or understanding speech
 - Vision problems in one or both eyes
 - Difficulty walking or dizziness, loss of balance or problems with coordination
 - Severe headache

This massager is equipped with an overheat protection device & programmed with a 15-minute Auto Shut-Off to ensure safety. (UL approved power adaptor works with both 110-120V & 220-240V electrical outlet)

- If product becomes too warm, discontinue use and allow the unit to cool before operating. If your massager overheats, its safety device will automatically shut off the motor to ensure safety and prevent damage.
- If overheating continues, unplug the power cord and allow unit to cool off for 15-20 minutes before turning it on again. Contact Customer Support if this continues.

Setup Guide

To operate the Zyllion Shiatsu Massage Heated Pillow ZMA-13RB, follow these simple steps:

1. Unbox the pillow and ensure all parts are included (pillow, power cord, instructions).
2. Plug in the power cord and turn on the pillow using the control panel.
3. Select your desired massage mode and intensity using the buttons on the control panel.
4. Adjust the heat setting if desired.
5. Place the pillow against your body in the area you wish to massage (e.g., neck, back, shoulders).
6. Relax and let the pillow do its work; it will automatically shut off after 20 minutes.

CARE AND MAINTENANCE

- Make sure the unit is completely turned off prior to cleaning.
- Allow unit to cool before cleaning.

- Wipe device with a soft, lightly moistened cloth for easy cleaning. Do not use abrasive cleaning agents such as benzene, thinner or gasoline.
- Keep the unit away from heat sources, liquids, pets, or children, especially when unsupervised.
- Store massager unit in a cool dry place and keep away from flammable products, explosives, or chemical solutions.
- Do not wrap cord around massager unit when storing to avoid cord damage.
- Make sure unit does not come in contact with sharp edges or pointed objects that could damage, cut, or puncture unit.

Massaged area may appear red after use. Please note this is normal, as bloodflow has increased around the area.

If you are prone to heat sensitivity OR are insensitive to heat OR have limited temperature perception, use the heat function with extreme caution. Use a towel, blanket, or other fabric made from nonflammable materials between you and the device to reduce your body's exposure to heat, and take 15 to 20-minute breaks between sessions. Be aware that the friction of the rolling shiatsu massage combined with the heat function can intensify heat sensitivity. Wearing rough materials while using the massager may increase your risk for friction burns.

The device is not to be used for commercial use or medical purposes. If you have health concerns in regards to using this massager, consult your doctor/physician before using this product.

Only use indoors!

Do not use the device in damp rooms (e.g. when bathing or showering)

- Do not wash!
- Do not dry clean!
- After using this product for 15 minutes, rest for 20 minutes before using again.

SAVE THESE INSTRUCTIONS

HOW TO USE

Plug the car OR wall adapter into an electrical outlet. The adapter plug and product cable should "snap" together when properly connected in place. Use the pull-over sleeve to soften the heat and massage intensity.

POWER ON/OFF:

One quick press of the power button turns on the massager unit. When you first turn on your massager the heat feature is automatically turned on and the auto rotation switching feature is activated, changing direction every 60 seconds.

TURN HEAT ON/OFF: When the unit is on, press the power button to turn the heat settings off (red lights turn off), then again to turn it on (red lights turn on). Press again to alternate between the on-off heat setting.

(Note: it may take a while for the heat to warm up upon initial start.)

TO TURN OFF: Press and hold the power button for 3-5 seconds, and the unit will completely shut off. Red lights on massage nodes will flash while device is charging. Lights will stop when massage device is fully charged. Please unplug the unit after it has finished charging.

Troubleshooting

Issue	Probable Cause	Solution
You hear a mechanical sound when product is in use	When the product is in operation the massage heads will make a mechanical sound.	Normal Sound.
Cannot turn on the power	Overheating Protection activated	Let unit sit for 30 minutes
	The power adapter is not properly plugged into the electrical socket	Plug the electrical cord securely into the electrical socket
	Product cable is not properly connected to the power adapter	Make sure the product cable and the power adapter have clicked together
	Out of charge	Plug in the massager to recharge
Grinding/clicking noises from the massage head	Product is malfunctioning	Contact Zyllion Customer Service.

If you are experiencing a problem with your ZMA-13RB Rechargeable Shiatsu Massager, please contact Zyllion, Inc. at 1.855.588.8168. Zyllion, Inc. reserves the right to interpret any printing errors and omissions at its own discretion.

Any product updates or design details are subject to change without prior notice.

Warranty

ONE (1) YEAR WARRANTY

Zyllion currently offers an automatic one (1) year warranty for all its massager products. For a free, additional year of warranty, you can register your Zyllion product online at: <https://www.zyllion.com/extendedwarranty>

Heated Pillow Pros & Cons

Pros

- Effective in relieving muscle tension and stress
- Adjustable heat and massage intensity for personalized comfort
- Multiple massage modes for varying experiences
- Auto shut-off feature for safety and energy efficiency
- Detachable cover for easy cleaning
- Affordable compared to frequent spa visits

Cons

- Limited battery life; requires constant power supply via plug-in operation
- Some users may find the noise from the massage nodes annoying
- The pillow may not be as effective for larger body types due to its size
- No wireless or Bluetooth connectivity options are available

Customer Reviews

Customers have generally praised the ZMA-13RB for its effectiveness in providing relief from muscle tension and stress. Many users appreciate its adjustable settings and multiple massage modes, which allow for a customized experience. However, some users have noted that the pillow can be noisy and may not be suitable for larger body types.

Common complaints include the lack of battery life and the absence of wireless or Bluetooth connectivity options. Despite these minor drawbacks, the overall satisfaction rate remains high among users who find it to be a valuable addition to their self-care routines.

References

- [User Manual](#)

[Manuals+](#) [Privacy Policy](#)

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