

# Homedics

**dual Shiatsu  
foot massager**



✓ Register your product today at  
[www.homedics.co.uk/product-registration](http://www.homedics.co.uk/product-registration)

**3 YEAR GUARANTEE**

FMS-255H-GB

## PRODUCT FEATURES



### POWER SUPPLY CORD

Note: there is a 15 minute auto shutoff on the unit for your safety

### INSTRUCTIONS FOR USE

Always ensure the appliance is switched off before inserting the plug into a mains outlet. It is highly recommended that the foot massager be used wearing socks or bare feet. Do not use the massager with shoes.

1. Plug the appliance into a 220-240V mains outlet and switch on.
2. Place the massager on the floor in front of your chair.
3. To activate massage action, press Power button once (Fig. 1). The LED indicator will glow blue.
4. To activate soothing heat with the massage, press the Power button a second time. (Fig 1). The LED indicator will glow red. Allow a few moments for the heating action to warm up.
5. When finished, turn the unit off by pressing the power button and unplug from mains outlet.



Figure 1

### TIP

By changing the pressure of your feet on the massager, it will change the feel of the massage. If the massager tickles you, then you may need to apply more pressure, or you may need to become accustomed to the sensation. If the massage feels too strong, you may need to lighten the pressure of your feet on the massage mechanism.

### NOTE

- DO NOT attempt to stand on this foot massager. Use only while seated.
- The heat function will only work when the massage is in use. DO NOT use the massage or heat functions continuously for more than 15 minutes.

### MAINTENANCE

#### Cleaning

Unplug the appliance and allow to cool before cleaning. Clean only with a soft, slightly damp sponge.

- Never allow water or any other liquids to come into contact with the appliance.
- Do not immerse in any liquid to clean.
- Never use abrasive cleaners, brushes, glass / furniture polish, paint thinner etc. to clean.

#### Storage

Place the appliance in its box or in a safe, dry, cool place.

Avoid contact with sharp edges or pointed objects which might cut or puncture the fabric surface.

To avoid breakage, DO NOT wrap the power cord around the appliance. DO NOT hang the unit by the cord.

## SAFETY ADVICE & GUARANTEE INFORMATION

### READ ALL INSTRUCTIONS BEFORE USE. SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

- ALWAYS unplug the appliance from the electrical outlet immediately after using and before cleaning. To disconnect, turn all controls to the 'OFF' position, then remove plug from outlet.
- NEVER leave an appliance unattended when plugged in. Unplug from the mains outlet when not in use and before putting on or taking off parts or attachments.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
- Do not place or store appliance where it can fall or be pulled into a bath or sink. Do not place in or drop into water or other liquid.
- DO NOT reach for an appliance that has fallen in water or other liquids. Switch off at the mains and unplug it immediately. Keep dry – DO NOT operate in wet or moist conditions.
- NEVER insert pins, metallic fasteners or objects into the appliance or any opening.
- Use this appliance for the intended use as described in this booklet. DO NOT use attachments not recommended by HoMedics.
- NEVER operate the 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 it to the HoMedics Service Centre for examination and repair.
- Keep cord away from heated surfaces.
- DO NOT operate where aerosol (spray) products are being used or where oxygen is being administered.
- DO NOT operate under a blanket or pillow. Excessive heating can occur and cause fire, electrocution or injury to persons.
- DO NOT carry this appliance by the cord or use cord as a handle.
- DO NOT use outdoors.
- DO NOT crush. Avoid sharp folds.
- This product requires a 220-240 V AC power.
- DO NOT attempt to repair the appliance. There are no user serviceable parts. All servicing of this appliance must be performed at an authorised HoMedics Service Centre.
- DO NOT sit or stand on the massage part of the appliance. The unit should only be used when placed on the floor and user is seated.
- Never block the air openings of the appliance. Keep air openings free of lint, hair etc.
- Burns can result from improper use.
- Please ensure that all hair, clothing and jewellery are kept clear of the massage mechanism or any other moving parts of the product at all times.
- If you have any concerns regarding your health, consult a doctor before using this appliance.
- This is a non-professional appliance, designed for personal use and intended to provide a soothing massage to worn muscles. DO NOT use as a substitute for medical attention.
- Use of this product should be pleasant and comfortable. Should pain or discomfort result, discontinue use and consult your GP.
- Pregnant women, diabetics and individuals with pacemakers should consult a doctor before using this appliance. Not recommended for use by individuals with sensory deficiencies including diabetic neuropathy.

- DO NOT use on an infant, invalid or on a sleeping or unconscious person. DO NOT use on insensitive skin or on a person with poor blood circulation.
- This appliance should NEVER be used by any individual suffering from any physical ailment that would limit the user's capacity to operate the controls.
- NEVER use directly on swollen or inflamed areas or skin eruptions.
- DO NOT use before going to bed. The massage has a stimulating effect and can delay sleep.
- Do not use for longer than the recommended time.
- Only gentle force should be exerted against the massage mechanism in order to eliminate risk of injury.
- The appliance has a heated surface. Persons insensitive to heat must be careful when using the appliance.
- Failure to follow the above may result in the risk of fire or injury.

### 3 YEAR GUARANTEE

FKA Brands Ltd guarantees this product from defect in material and workmanship for a period of 3 years from the date of purchase, except as noted below. This FKA Brands Ltd product guarantee does not cover damage caused by misuse or abuse; accident; the attachment of any unauthorised accessory; alteration to the product; or any other conditions whatsoever that are beyond the control of FKA Brands Ltd. This guarantee is effective only if the product is purchased and operated in the UK / EU. A product that requires modification or adaptation to enable it to operate in any country other than the country for which it was designed, manufactured, approved and / or authorised, or repair of products damaged by these modifications is not covered under this guarantee. FKA Brands Ltd shall not be responsible for any type of incidental, consequential or special damages.

To obtain guarantee service on your product, return the product post-paid to your local service centre along with your dated sales receipt (as proof of purchase). Upon receipt, FKA Brands Ltd will repair or replace, as appropriate, your product and return it to you, post-paid. Guarantee is solely through HoMedics Service Centre. Service of this product by anyone other than the HoMedics Service Centre voids the guarantee. This guarantee does not affect your statutory rights.

For your local HoMedics Service Centre, go to [www.homedics.co.uk/servicecentres](http://www.homedics.co.uk/servicecentres)

### WEEE explanation



This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.

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