

# Homedics

## STRETCHMINI

STRETCH MAT WITH SOOTHING HEAT



**3 YEAR GUARANTEE**

BM-AC80HJ-GB

## PRODUCT FEATURES:

Fig. 1

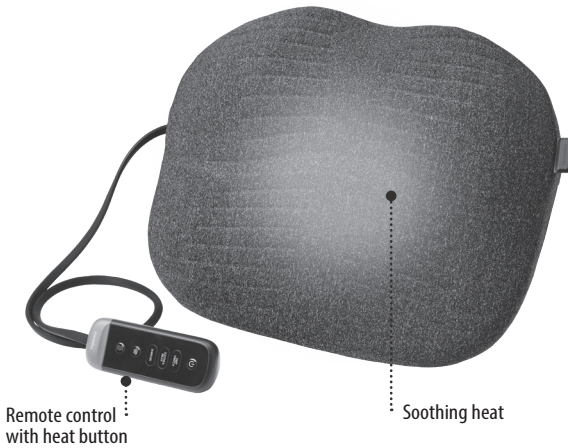






Fig. 2






## INSTRUCTIONS FOR USE:

1. Insert the power adapter jack into the plug on the massager's power cord, then plug the unit into a 220-240V electrical outlet. Always make sure the unit is set to the off position before inserting the plug into an electrical outlet.
2. To use, place the unit on the floor or on a firm flat mattress, providing any soft bedding is removed first.
3. Remove scarves, ties, and jewellery. Wear soft, comfortable clothing.
4. Lie down on the unit bringing your neck and shoulders into a comfortable position. See Fig. 2 for neck position on unit.
5. Press the power  button on the remote control. The power  button will illuminate when the unit is on.
6. Press the heat  button to warm muscles and enjoy soothing heat.
7. Choose your massage setting:
  - Deep Stretch
  - Soothe & Relax
  - Energise
8. To increase the level of inflation press the inflation button. The button will change from blue to green when the unit is moving to increased inflation.

**NOTE:** Program time is approximately 15 minutes on high intensity and less on low intensity. For a longer session, programs can be run one after another.

9. As the stretch program starts, relax and close your eyes. Relax all your muscles and focus on your breathing. Allow the weight of your neck, shoulders, and head to sink deeply into the unit. Stretches can be repeated as often as you like, but as with anything new, always start gently and build up your regimen as your body becomes accustomed.
10. To turn the unit off, press the power  button.

Program	Description & Benefits
Deep Stretch 	An all-around stretch providing a great antidote after long periods of sitting
Soothe & Relax 	A combination of twists and stretches to help you destress and release tension
Energise 	An uplifting program to help boost energy

## MAINTENANCE:

### Cleaning

Unplug from the mains and use a soft damp cloth to clean the fabric if required. Never saturate the mat or use harsh chemical cleaners. No other maintenance is required.

### Storage

When storing the appliance, allow it to cool down. 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.

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

### **IMPORTANT SAFEGUARDS:**

WHEN USING ELECTRICAL PRODUCTS,  
ESPECIALLY WHEN CHILDREN ARE PRESENT,  
BASIC SAFETY PRECAUTIONS SHOULD  
ALWAYS BE FOLLOWED, INCLUDING THE  
FOLLOWING:

- The appliance has a heated surface. Persons insensitive to heat must be careful when using the appliance
- When storing the appliance, allow it to cool down
- Do not crease the appliance by placing items on top of it during storage
- 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 13 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 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 or other metallic fasteners into the appliance.
- Use this appliance for the intended use as described in this booklet. DO NOT use attachments not recommended by HoMedics.
- Keep cord away from heated surfaces.
- Excessive use could lead to the product's excessive heating and shorter life. Should this occur, discontinue use and allow the unit to cool before operating.
- 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 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.
- This product requires a 220-240 V AC power.
- Examine the appliance frequently
- DO NOT attempt to repair the appliance. There are no user serviceable parts. All servicing of this appliance must be performed at an authorized HoMedics Service Centre & 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.

- DO NOT stand on the appliance. The unit should only be used when on the floor or bed etc.
- 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.
- Failure to follow the above may result in the risk of fire or injury.
- The cable and control unit of the appliance can give rise to risks of entanglement, strangulation, tripping or treading if not correctly arranged. The user shall make sure that excess ties and electric cords shall be arranged in a safe way.
- If you feel any discomfort whilst using this appliance, discontinue use and consult your doctor.
- This is a non-professional appliance, designed for personal use and intended to ease muscle tension. DO NOT use as a substitute for medical attention.
- Treatments can have a stimulating effect which may delay sleep if the product is used before going to bed.
- Do not use for longer than the recommended time.
- If the product feels excessively hot, switch off at mains and contact the HoMedics Service Centre.

## SAFETY CAUTIONS:

PLEASE READ THIS SECTION CAREFULLY BEFORE USING THE APPLIANCE.

- **If you have any concerns regarding your health, consult a doctor before using this appliance.**
- Pregnant women, diabetics and individuals with pacemakers should consult a doctor before using this appliance. Not recommended for use by individuals with 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 or who has sensory deficiencies in the lower half of their body.
- NEVER use directly on swollen or inflamed areas or skin eruptions.
- 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.
- The vast majority of diabetes sufferers will be able to use the mat without any issue and should get a real benefit. However, diabetes can be a complex condition sometimes leading to other medical issues, hence why we suggest checking with a GP first. In some cases the GP may advise checking blood sugar after the treatment is finished as levels can sometimes be reduced as a result of treatment. In some cases, such as with diabetic neuropathy, the person may have reduced sensation in the limbs and in such cases massage or manipulation is not always recommended because the individual is not receiving the normal sensory feedback to know what is comfortable and what is not. There may also be an increased risk of damage to weak blood vessels in these cases. This should be judged by a GP on a case by case basis.


### 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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