

Homedics

Shiatsu back massager with heat



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3 YEAR GUARANTEE

SBM-65H-GB

PRODUCT FEATURES:



A / DEMO BUTTON - For a brief demonstration of the features of the Shiatsu Massaging Cushion, press the Demo button. The unit will briefly go through each function. Once complete, the unit automatically turns off. The L.E.D. light will blink to indicate the active functions.

SHIATSU MASSAGE - A deeply relaxing and rejuvenating experience invented in Japan using rhythmic finger pressure to stimulate 'chi' (vital energy), relieving stress and tension.

B / SHIATSU PROGRAMS - Choose from 3 preset programs where the Shiatsu massage travels up and down in a specific area of the back. To select a program, simply press the button and the LED will illuminate. To deselect, press the button again or press another button.



Full back



Upper back



Lower back

C / POWER BUTTON - To turn on the unit, first press the POWER button. The LED indicator will illuminate and confirm your selection. To turn off the unit, simply press the button again. The LED indicator will blink while the back massage mechanism returns to its lowest point and then it will turn off.

D / VIBRATION MESSAGE - Adds invigorating vibration massage to upper legs/thighs.

E / HEAT - For soothing heat when massage is on, simply press the heat button and the corresponding red L.E.D. light will illuminate. To deselect, press the button again and the corresponding L.E.D. light will turn off.

For your safety, heat cannot be turned on if massage is not selected.

Fig. 1



INSTRUCTIONS FOR USE:

1. Attach the massager to almost any chair using the integrated strap located at the back of the seat. Ensure it is held firmly in place by adjusting the strap as necessary.
2. Connect the power supply into a 220-240V AC mains outlet.
3. Once seated, use the control to operate the appliance. Press the button & select the desired massage zone to start the massage.
4. Press the button to stop the massage.

Strapping System

The Shiatsu Massager incorporates a unique strapping system which allows you to fasten it to almost any chair. Just slip the straps over the seat or chair and adjust fastening straps to secure. Your massager won't slip or slide away.

Note: Do not use this product for more than 15 mins at a time.

The moving dual massage mechanism on the back always "parks" or finishes in its lowest position. It will continue to this position after the power has been turned off. If the electrical supply is interrupted, when power is restored, the mechanism will "park" or move to its lowest position.

Using essential oils with the aroma tab (Fig. 1)

Gently pour a few drops of oil onto the aroma tab, releasing the scent in the air. The more drops, the stronger the scent.

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.

**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 (back) part of the appliance. The unit should only be used when attached to a chair with the back in the vertical position.
- Never block the air openings of the appliance. Keep air openings free of lint, hair etc.
- Burns can result from improper use.
- Where fitted, the rear strap should only be used to hold the cushion in position against a chair back. It is not intended for any other use.
- Not recommended for use on wooden surfaces as the zipper may damage the wood. Caution is also recommended when using on upholstered furniture.
- Not recommended for use on leather furniture.
- 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.

Homedics

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