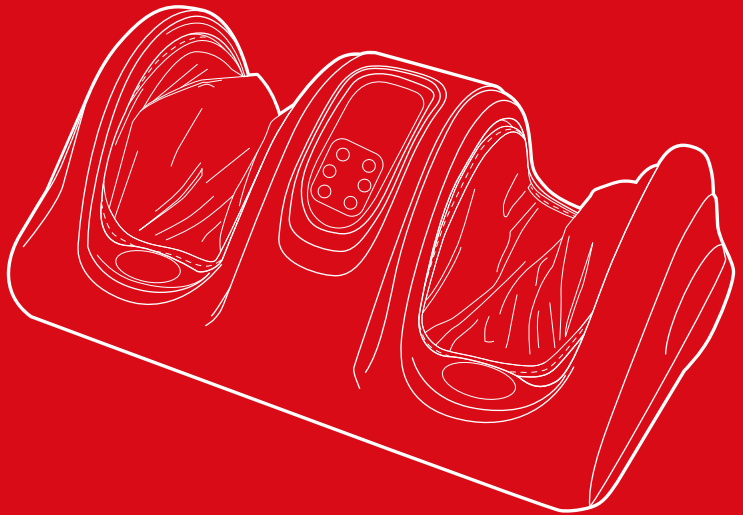




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# INSTRUCTION MANUAL

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Electric Foot Massager  
with Remote & Programs

## **!** NOTICE

Please retain these instructions for future reference.

- When using an electrical appliance, basic precautions should always be followed.
- Please read the operation instructions carefully before using this product.
- Do not allow children to operate this appliance. Keep appliance out of reach of children.
- Close supervision is necessary when appliance is used near children.
- For household, indoor use only; do not use in the bathroom.
- This product is not for use as a personal medical treatment/self-diagnosis device.
- Make sure the voltage specifications on the power cord are compatible with your power outlet.
- Unplug appliance if left unattended and before disassembly or cleaning.
- Consult a physician before use if you have; cancer, osteoporosis, high fever, impaired consciousness, diabetes, erythematous epilepsy, malignant tumors, active tuberculosis, severe cardiac dysfunction, bleeding disorders, possible pregnancy, or allergic constitution.
- Do not use with the following electronic medical devices simultaneously, as this may be dangerous: Cardiac pacemakers, respiratory equipment, ECG scanner and other implanted devices.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- If any parts are missing, broken, damaged, or worn, stop using this product until repairs are made and/or factory replacement parts are installed.
- Do not use this item in a way inconsistent with the manufacturer's instructions as this could void the product warranty.

## **!** WARNING

To reduce the risk of burns, fire, electric shock, or injury:

- Do not leave appliance unattended when plugged in.
- Do not stand on or in massager; only use while seated.
- Keep appliance away from direct sunlight and other sources of heat (stove, heater, etc.).
- Do not run power cord over sharp edges/corners or a hot surface.
- Be aware of heated surfaces as it may cause burns. Do not administer heat to insensitive skin areas or if you have poor circulation.
- Be aware of children or incapacitated persons when in the proximity of heated surfaces.
- Do not use this massage device in a poorly ventilated area, such as under covers, blankets, or pillows, as this can potentially cause a fire, overheating of the device, electric shock, or other injury.
- Do not operate appliance with the air openings blocked. Keep air openings free of lint, hair, etc.
- Do not immerse this appliance in water, rinse under tap, spray with water, or keep in wet/humid areas.
- Do not spill water on the electrical components or connectors.
- Do not operate with wet hands.
- Do not use this product in an excessively humid or dusty environment.
- Do not use this product where aerosol spray products are being used or where oxygen is being administered.
- Do not use this product in a room whose temperature exceeds 104°F (40°C).
- Do not use this product if you are receiving medical treatment or feel unwell.
- Do not use this product an hour before or after eating.
- Do not use this product for longer than 30 minutes at a time.
- Do not use this product while inebriated or otherwise impaired.

## WARNING

- Do not use this product if it is wet or otherwise.
- Do not use this product with wet feet or while sleeping.
- Do not use this product as a step stool.
- Do not sit or forcefully step on the foot massage device.
- Do not insert any object into any opening of this product.
- Do not drop as it may damage the appliance.
- Do not unplug the appliance by pulling on the power cord. Always grasp the plug firmly and pull straight out from the outlet.
- Do not pull or carry appliance by the power cord.
- Do not use if the plug, power cord, or any components are damaged.
- This appliance has a polarized plug (one blade wider than the other), so the plug must be oriented correctly to fit into the outlet. Do not modify the plug in any way.
- Do not use any accessory or attachment other than original accessories and attachments.
- Do not use if this product is malfunctioning or operating abnormally.
- To reduce the risk of electric shock, immediately turn off and unplug appliance after operation and before cleaning.

## SPECIFICATIONS

|                 |           |
|-----------------|-----------|
| Rated Voltage   | 120V/60Hz |
| Rated Frequency | 15W       |

## OPERATION

1. Plug the power cord in and press the **ON/OFF** button located at the top of the control panel or the top left-hand corner of your remote control.
  - Make sure the control panel is facing you; this will prevent harm to your feet and ankles.
2. Select your desired massage and begin.
3. Press the **ON/OFF** button to shut the massager down.

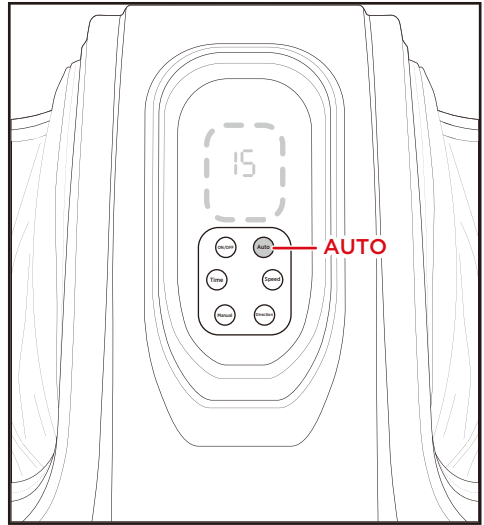
## USAGE NOTES

- Using this massager for more than 30 minutes at a time is **NOT** recommended.
- The massager will automatically shut off if there is 15 minutes of non-use.

## AUTOMATIC PROGRAMMING

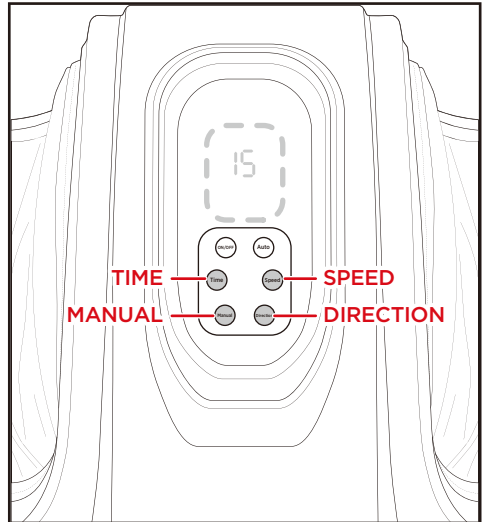
Press the **AUTO** button to cycle between massage programs: **M1**, **M2**, **M3**.

- **M1 Focus:** All reflex points
- **M2 Focus:** Head, neck, lumbar spine, and shoulders
- **M3 Focus:** Intestines, liver, and stomach



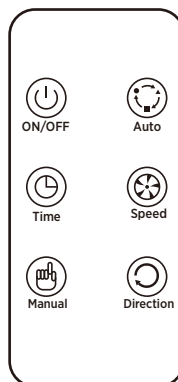
## MANUAL PROGRAMMING

- Press the **MANUAL** button for a consistent massage style.
- Press the **SPEED** button to increase the rate of pressure. Indicated by 1 bar (low), 2 bars (Medium), and 3 bars (high)
- Press the **TIME** button to increase or decrease the duration of your massage. Starts at 15 minutes and increases by 5 minutes up to 30 minutes.
- Press the **DIRECTION** button to change the roller's rotation. Switches between clockwise & counter clockwise.



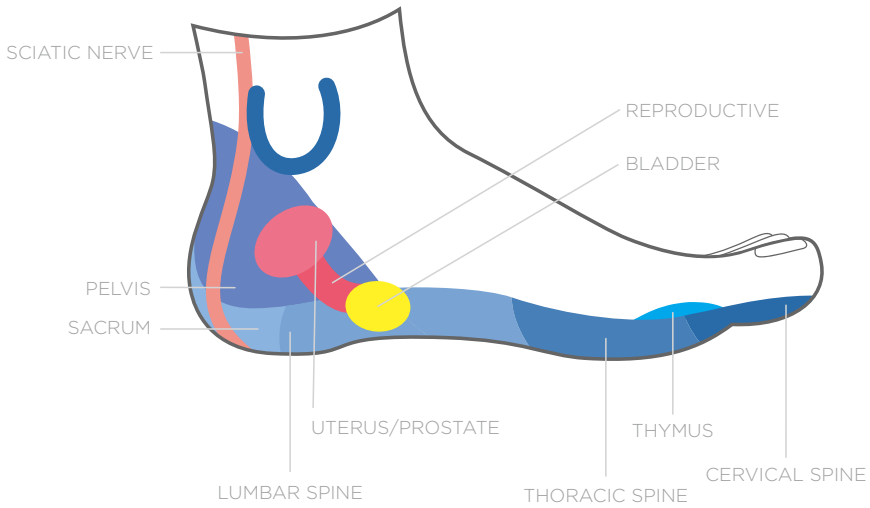
## REMOTE CONTROL

- **ON/OFF:** Press to turn the product on or off. Starts at 15 minutes.
- **AUTO:** Press to cycle between preset programs, "M1, M2, M3."
- **TIME:** Press to adjust massage time from 5 minutes to 30 minutes.  
**NOTE:** Do not run the massager longer than 30 minutes at a time. Doing so may result in malfunction and possible injury.
- **MANUAL:** Press for a consistent massage style.
- **SPEED:** Press to cycle between three speeds: "high, medium, and low."
- **DIRECTION:** Press to alter the rotation of the rollers: clockwise & counterclockwise.

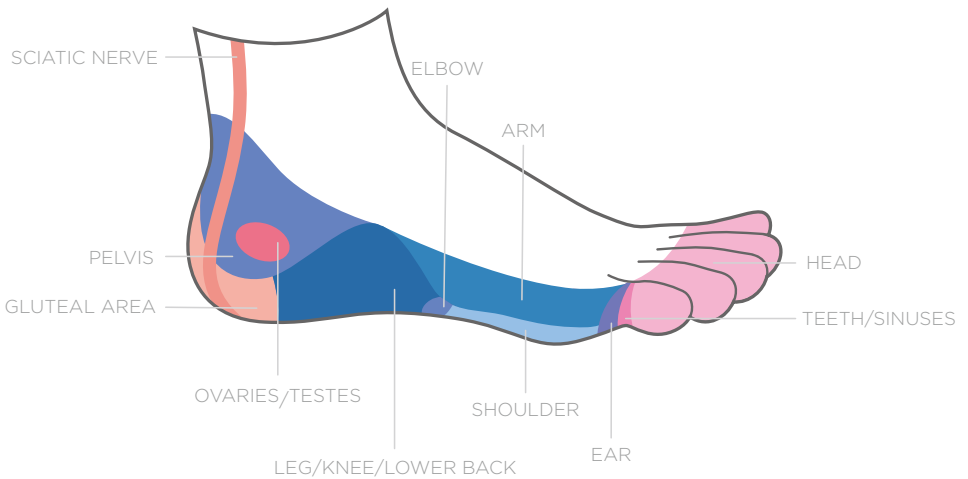


# FOOT MASSAGING THEORY

## MEDIAL SIDE OF BOTH FEET

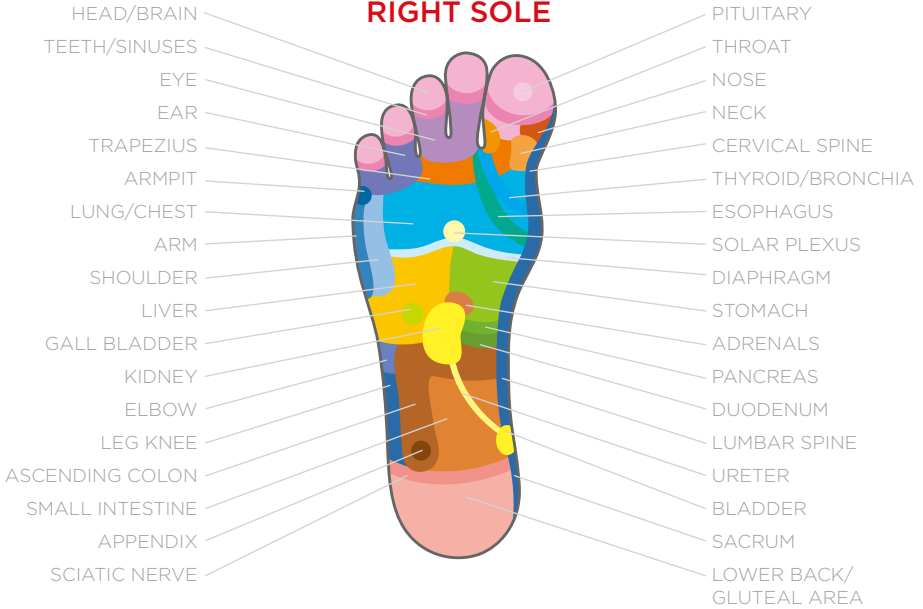


## LATERAL SIDE OF BOTH FEET



# REFLEXOLOGY DIAGRAM

## RIGHT SOLE



## LEFT SOLE





# HELP CENTER



Question about your product? We're here to help. Visit us at:

[help.bestchoiceproducts.com](http://help.bestchoiceproducts.com)



Chat Support



Product Inquiry



Orders FAQ



Product Assembly



Returns & Refunds

## PRODUCT WARRANTY INFORMATION

All items can be returned for any reason within 60 days of the receipt and will receive a full refund as long as the item is returned in its original product packaging and all accessories from its original shipment are included. All returned items will receive a full refund back to the original payment method. All returned items will not be charged a re-stocking fee.

All returned items require an RA (Return Authorization) number, which can only be provided by a Best Choice Products Customer Service Representative when the return request is submitted. Items received without an RA may not be accepted or may increase your return processing time. Once an item has been received by Best Choice Products, refunds or replacements will be processed within 5 business days.

All returns must be shipped back to the Best Choice Products Return Center at the customer's expense. If the reason for return is a result of an error by Best Choice Products then Best Choice Products will provide a pre-paid shipping label via email. Boxes for return shipping will not be provided by Best Choice Products, and is the customer's responsibility to either use the original shipping boxes or purchase new boxes.

Pictures may be required for some returns to ensure an item is not damaged prior to its return. Items returned are not considered undamaged until they are received by Best Choice Products and verified as such. All damages to items are the customer's responsibility until the item has been received by and acknowledge by Best Choice Products as undamaged.



## WARNING

Manufacturer and seller expressly disclaim any and all liability for personal injury, property damage or loss, whether direct, indirect, or incidental, resulting from the incorrect attachment, improper use, inadequate maintenance, unapproved modification, or neglect of this product.