



ELECTRIC DEEP KNEADING

# FOOT MASSAGER

## INSTRUCTION MANUAL



INTENSITY LEVELS



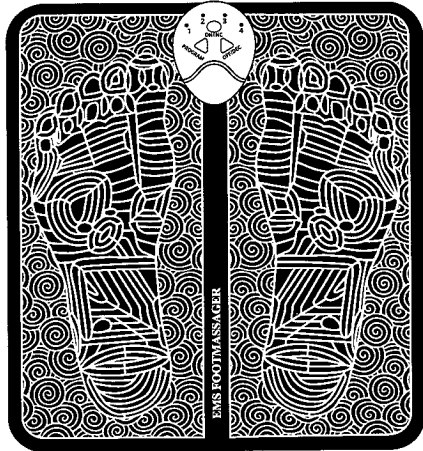
IMPULSE THERAPY



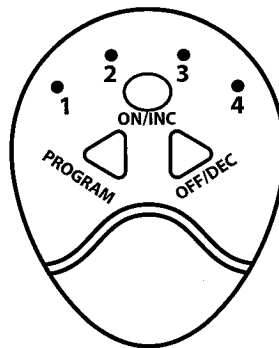
MODES



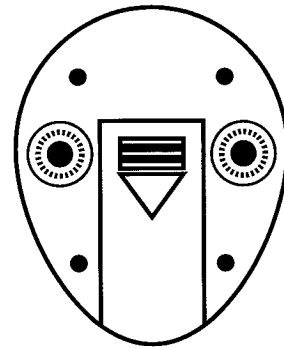
12 MINUTES AUTO RUN



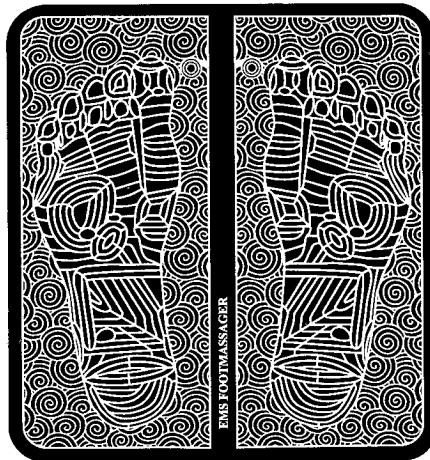
## KNOW YOUR FOOT MASSAGER



MAIN DEVICE(FRONT)



MAIN DEVICE(REAR)



FOOT MAT

### INCLUDED

- Main Device x 1
- Foot Mat x 1
- User Manual x 1

- Suggested usage frequency: one time per day
- Automatically turns off after 20 seconds of idle time.



## WHAT'S EMS TECHNOLOGY?

Electrical Muscle Stimulation (EMS), also known as neuromuscular electrical stimulation (NMES) is the stimulation of muscle contraction using electric impulses. The impulses mimic the action coming from the central nervous system, causing the muscles to contract. EMS is proven to be a proactive tool for muscle strengthening.

## WHAT'S EMS USED FOR?

- Muscle strengthening
- Rehabilitation purposes.
- Preventing Muscle atrophy
- Increasing local blood circulation
- Relaxation of muscles
- Cosmetic muscle toning

## ATTENTION:

Use only as directed. This is not a Medical Device. The information provided is for informational purposes only and is not intended as a substitute for advice from your physician or healthcare provider. When in doubt, please seek physician's advice before using this product.

### Product Feature

1. The low frequency treatment is by rhythm and soft impetus.

The low frequency is a special electricity with regular rhythm or stop. Using suitable low electric frequency creates a rhythmic stimulation on the body. The softness of low frequency impulses mimics the massage effect like pressure, pinch and kneading done by human hands.

2. 6 different modes.

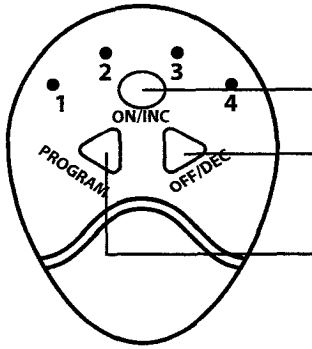
- 1) Choice of 6 modes with simple operation
- 2) Device will turn off Automatically after 12 minutes in session.

Stimulation intensity is available in 10 levels (intensity 1-10)



Please set a lower intensity for first time use. Please adjust it after adapting to low intensity.

# HOW TO OPERATE



**ON: Power on**  
**INC: Increase**  
**OFF: Power off**  
**DEC: Decrease**

**PROGRAM:**  
**Program switch**

## PROGRAM SWITCH

- A Mode ●○○○ **MASSAGE**
- B Mode ○●○○ **KNEADING**
- C Mode ●●○○ **SCRAPING**
- D Mode ○○●○ **ELBOW PRESSURE**
- E Mode ○○○● **ACUPUNCTURE**
- F Mode ○○●● **CUPPING**

When pressing the power “ON” and increasing Intensity “INC” button and the lamp will brighten according to the intensity

When it pressing the power “OFF” and lowering intensity “DEC” button and the lamp will dim according to the intensity

Button for both power and rising intensity “ON/INC”, power off and down intensity “OFF/DEC” has 10 intensity levels

Button for mode choice: choice by 6 mode (A-F)

Dry battery cover: which is to rear open the cover and change the dry cell battery.

# USE STEPS

- 1** Slide the battery cover off the main device
- 2** Install 2 pcs AAA Batteries(not included) correctly
- 3** Attach the main device onto the Foot Mat
- 4** Put your foot on the Mat (Must be bare feet)
- 5** Press the “ON/INC” button to turn on
- 6** Press the “Program” button to choose your modes
- 7** Press the “ON/INC” button to increase intensity or “OFF/DEC” button to decrease the intensity

## FLEX AND ENJOY

## ⚠ WARNING

Please do not use this product for the following parts, otherwise may cause an accident or skin, body issues.

- Any parts above the waist including chest, abdomen, the same day, back, face, or head. Use stimulus only one session.
- Any parts that has received treatment in the same day.
- Any open wounds or sores, cuts, abrasions, or other sensitive areas, such as eyes and private areas.
- Metal or plastic implants, such as metal or plastic implants, metal prosthetic body parts.

**PLEASE DO NOT APPLY TO BODY PARTS OTHER THAN SPECIFIED IN THIS MANUAL.**

## GENERAL SAFETY INFORMATION

This EMS Unit should never be used to mask or relieve undiagnosed pain. Before treating any symptoms of pain. You should consult your physician. For your safe and correct use of the device. IT is recommended you to read the following guides before using it.

## PRECAUTION

- Use a low intensity and shorter duration to introduce the muscles and avoid over-stimulation.
- Keep out of reach of children and pets.
- This product is not waterproof. Do not put it into the water or wash with water.
- Do not use the product if there is a sprain or wound in the feet, sole, ankle, heel or calf.

## OTHER IMPORTANT SAFETY PRECAUTIONS:

1. Only use this device for the purpose of physical therapy.
2. Only use the accessories supplied with the foot mat.
3. Do not use this device in places with high humidity such as the

## THE FOLLOWING PEOPLE MUST NEVER USE THE FOOT MAT

- Anyone fitted with a pace maker or automatic implanted cardiac defibrillator(AICD).
- Anyone that is pregnant.
- Anyone with deep vein thrombosis (DVT) to avoid mobilising the clot.
- Anyone that have high blood pressure.
- Anyone that have heart disease.

## TECHNICAL SPECIFICATIONS

<b>Battery</b>	Alkaine 1.5V AAA x 2(not included)
<b>Using mode</b>	A - F (6 mode)
<b>Frequency</b>	1~100Hz
<b>Working time</b>	12 minutes (per 1 complete session)
<b>Size</b>	11.37 x 12.5 inch
<b>Weight</b>	0.126 lb

⚠ **Warnings:**  
 Do not mix old and new AAA batteries.