

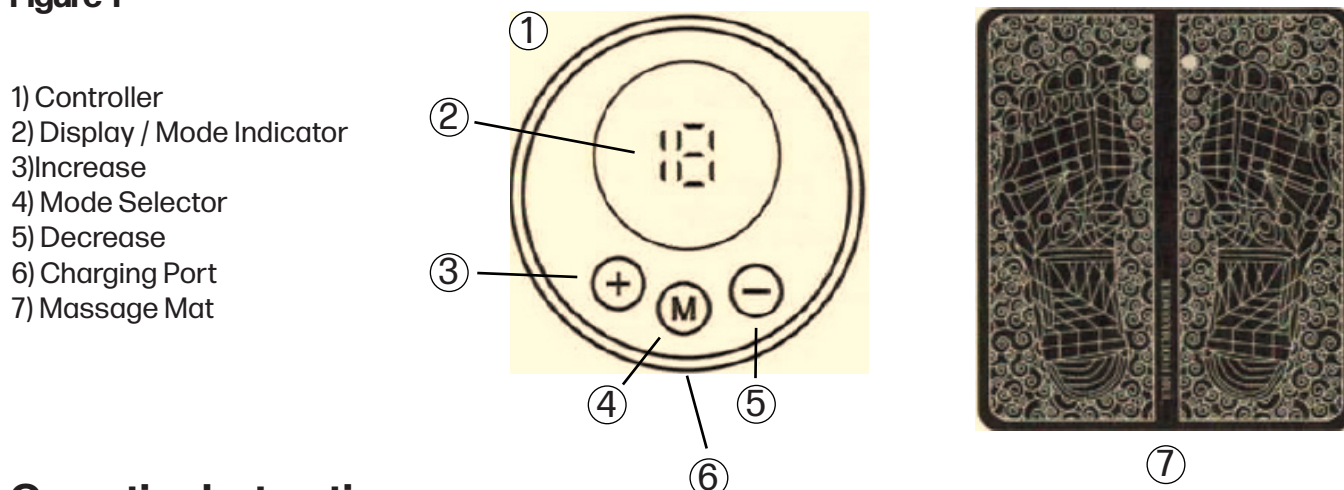


EMS Foot Massager

SKU: 2303
2303_IM_251114

Thank you for purchasing this massager which uses Electronic Muscle Stimulation to soothe aching feet and calves. Featuring 8 modes with 19 levels of intensity, electrical impulses stimulate muscles to contract and relax, encouraging blood flow and boosting circulation. Please take the time to read this manual to familiarise yourself with how the product works and to ensure you get many years of safe use from this massager.

Figure 1



Operating Instructions

The CONTROLLER can be conveniently removed from the MESSAGE MAT for charging or storage, please follow the instructions below on attaching and removing the CONTROLLER to avoid damaging the MESSAGE MAT.

1. To attached, support the rear of the connection pin on the MESSAGE MAT with your index finger.
2. Gentle push the receiving socket on the rear of the CONTROLLER on to the connection pin, ensuring the display is uppermost in orientation. The CONTROLLER will click into place.
3. Repeat this process for the second connetion pin.
4. To remove, place you thumb on the rear of the connection pin on the MESSAGE MAT.
5. Gently push your finger under the side of the CONTROLLER, about the connection pin to detach that pin.
To minimise the risk of tearing, do not pull on the MESSAGE MAT.
6. Repeat this process for the second connetion pin.

Charging the Controller

Before use, it is necessary to fully charge the controller unit.

1. If attached, remove the CONTROLLER from the MESSAGE MAT by following the instructions above.
2. Plug the larger USB of the supplied cable into a 5v USB socket with an output not exceeding 2A, and the smaller USB into the CHARGING PORT.
3. We recommend charging for 2 hours use, a red light shows above the CHARGING PORT while charging.

Operating the Controller

The massager offers 8 massage patterns, each with 19 levels of intensity. The massage patterns are Beat, Massage, Activation, Train, Knead, Shaping, Extrusion and Slap.

Do not allow the item to come into contact with metal jewellery when in use. Restrict the treatment time intially and operate at the lowest intensity before gradually increasing to establish your individual tolerance.

1. If detached, attach the CONTROLLER to the MESSAGE MAT by following the instructions above.
2. Press the INCREASE button to switch the unit on, the blue lights will flash and then turn solid.
3. If no action is taken within 15 seconds, the unit will automatically switch off.
4. Press the MODE SELECTOR to switch between massage patterns, the current pattern is shown on screen.
5. Choose the desired intensity by pressing INCREASE or DECREASE.
6. To switch the unit off, repeatedly press the DECREASE to reduce the intensity to zero, and press once more.

Maintenance and Cleaning

1. Avoid letting the battery run flat for a prolonged period - the item should be charged periodically when not in use.
2. If the battery runs flat while in use the massager will stop - do not charge the product while in use.
3. The CONTROLLER and MESSAGE MAT may be cleaned with a soft, dry cloth and should be kept dry.
4. Ensure the item is completely dry before use and do not use cleaning products or solvent to clean.

Safety Precautions

1. **Consult your doctor before using the device if you have high blood pressure, heart disease, sensitive skin or are pregnant. This item should not be used at the same time as other medical devices.**
2. **This item should not be used by anyone who:**
 - Has a pacemaker or automatic implantable cardiac defibrillator;
 - Has any history of Epilepsy or associated conditions;
 - Has Deep Vein Thrombosis or is at risk of blood clots;
 - Is pregnant;
 - Is suffering from sprained or injured feet, soles, ankles, Achilles tendons or calves.
3. This device is intended for physical therapy only, it is not a medically approved device.
4. Do not allow this device to come into contact with metal parts such as jewellery or belt buckles when in use.
5. This product is not waterproof and is intended for indoor use only in a dry area free from humidity.
6. Prolonged use of this item beyond one session is not recommended, if you experience discomfort or symptoms of redness or itching in use, stop using the product and consult a doctor if persistent.
7. Thoroughly check the product before each use to ensure the item shows no signs of damage. Do not use the product if there is evidence of damage to the unit.
8. Do not use sharp objects to pierce the material of this product or allow any component to become wet.
9. The unit contains a rechargeable battery which can malfunction if overheated, short circuited or disassembled.
10. Do not dispose of this unit in a fire.
11. This unit contains no user serviceable parts. Do not disassemble.
12. Keep this unit out of the reach of children and animals.

Warranty (Please visit www.lifemaxuk.co.uk/warranty to register.)

In the unlikely event that your item develops a manufacturing fault, it is covered by a one year return to base warranty. Your warranty runs for 12 months from the date of purchase and is only valid with the original receipt, please ensure you keep this safe. Your warranty does not cover consumables, misuse or customer damage and will be deemed void where the repairs have been attempted by an unauthorised agent. This does not affect your statutory rights.

If your product develops a defect during the warranty period, please call the helpline number for further advice. If instructed, please securely pack your item and return enclosing your contact details, proof of purchase and fault details. We will, at our discretion, repair or exchange the item in line with warranty legislation. Where no proof of purchase is provided, or the product is outside the warranty period, repairs/replacements will be offered at cost to the customer.

Technical

Product	Size	270x290mm	Weight	82G	Auto Power Off	30s
Battery	Type	Lithium Polymer	Voltage	5V (max 2A)	Output	Max. 98mA
Massage	Patterns	8	Intensity	19 Levels	Ambient Temp	RPIMD 15-35 °c



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