

展开420X140mm-157G铜板纸-双面印-3折4页风琴折

封底

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

Product Name	Foot Massager
Using mode	6 Modes
Intensity Level	15 Levels
Type Of battery	Building-In Lithium Battery
Indicator	Digital Screen Show
Suggested temperature of using environment	Around 10-40°C
Auto Shut-off	15 Minutes
Frequency	1-100Hz
Output Current	0-45 MA
Size	50*50*13mm(Main Controller) 300*320*5mm(Foot Mat Size)
Accessories	1* Main Controller 1* Foot Mat 1* User Manual 1* USB Cable

 MADE IN CHINA

⚠️ WARNINGS

Only use as per instructions. This is not a medical device and not intended as a substitute for advice from your doctor.

This massage should not be used to mask, relieve or stop undiagnosed pain. If you are suffering with unknown symptoms of pain please consult your doctor before using.

Health Conditions

The Foot mat is NOT TO BE USED by anyone with the following health conditions:

- Anyone fitted with a pace make or automatic implanted cardiac defibrillator(AICD)
- Pregnant
- Suffering with deep vein thrombosis(DVT)
- Anyone suffering with high blood pressure or heart disease.

OTHER SAFETY INFORMATION

- Keep out of reach of children & pets
- This product is not waterproof. Do not put it into or wash with water.
- Do not use the product if you have a sprain or wound on the sole of your feet, ankle, achilles and calf.
- Only use this device for the purpose of physical therapy.
- Only use the accessories supplied with the EMS mat.
- Do not use this device in places or high humidity such as the bathroom.
- Do not let the device come into contact with any metal object such as belt buckle or jewellery etc.

Foot Massager
ES

What is EMS Technology?

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

What is EMS used for?

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

Foot Massager

USER MANUAL



6 Selectable Modes → **15 Intensity Levels** → **15 Minute Auto Run**

Recommended to use once a day.
Automatically turns off after 15 seconds
if you don't have your feet on the mat

正面

PRODUCT SPECIFICATION

Controller Front

Controller Back

Foot Mat

Use Steps

- ① Please confirm if the battery is sufficient of the Controller
- ② Attach the controller onto the Mat (Must two pcs Mat together)
- ③ Put your Feet on the Mat (Must be bare feet)
- ④ Press the "+" button on the Controller, The Green words on the screen is on
- ⑤ Press the "M" button of the controller to choose your modes
- ⑥ Press the "+" button of the controller to intensity power levels
- ⑦ Press the "-" button of the controller to decrease power levels and power off
- ⑧ Relax and Enjoy

Charge the controller of Foot Mat Massager

- * Plug in the Controller through micro USB charging Cable(included)
- * Connect the USB charging cable with AC/DC adaptor(not incluel).
- * The LED indicator Light on the Controller will be on twinkling

Power with 15 intensity Levels

Push the UP/DOWN button to increase or decrease the intensity level. Level 1 is the first intensity you can feel. The preset value is 0 after choosing your modes in the "M" Button, You will notice a tingling sensation prior to the muscle contracting. Once the muscle is contracting you will feel pleasant and relaxed. Adjust the intensity according to your comfort level, You should feel a strong but comfortable contraction of the muscle.

Q&A

- Is there a difference between the regular flat shiatsu foot massager to this model?
It use low frequency pulse technology or foot muscle massage, to promote blood circulation,for a deeper massage without any effort.Compared to other massagers, this mat is lighter and easy to clean, can be carried around.

- I always wear high heels that cause pain in the feet. Can it relieve my pain?
Yes, Foot massager can fully balance the foot and heel, relax the calf muscles and form the calf, it lightly squeezes around the heel area and the rest of the foot. Regular foot massages help you to combat your pain.

反面