

Lower Leg Massager

H725 v01: 18/06/21

Please read and retain these instructions for future reference

vivadia



Power supply: 220-240V, 50/60Hz
Power consumption: 50W
Running time: 15 minutes
Weight: 5.8kgs
Running temperature: +10C - +40C

Dimensions

(H) 25 x (W) 51 x (D) 36cm

- GENTLE SHIATSU MASSAGE WITH OPTIONAL HEAT SETTING
- SUITABLE FOR FEET, ANKLES AND CALVES
- CHANGE THE DIRECTION TO WHAT IS COMFORTABLE FOR YOU
- INCREASE BLOOD CIRCULATION, RELIEVE FATIGUE
- RELIEVES PAIN, SORENESS, DISCOMFORT, CRAMPS AND TIGHTNESS OF FOOT MUSCLES AND TENDONS INSTANTLY - STIMULATES BLOOD FLOW
- 1-3 SPEED LEVELS – LOW, MIDDLE HIGH. HAVE DIFFERENT MASSAGE ROTATIONS
- REMOTE CONTROL
- CABLE LENGTH 160CM
- USE FLAT OR AT AN ANGLE FOR CALVES
- SIDE HANDLES FOR EASE OF CARRYING
- 15 MINUTE MASSAGE CYCLE
- WASHABLE LINING



ASSEMBLY INSTRUCTIONS / INSTRUCTIONS FOR USE:

Unpack the components carefully. Please check all parts have been removed from the packaging.

Product Features

- Full massage emphasizing key points.
- Simultaneous bipedal massage
- “Symptomatic acupoints~” allow for personalized foot massage.
- Convenient to use.
- Unique convex-concave shape and design allows for distribution of the perfect match points based on human foot structure and follows acupuncture points.
- The micro-computer control (power of only 200W) is power efficient, reliable and durable.
- May be adjusted to any length of time to suit personal speed and steering preferences.

Applicable Scope

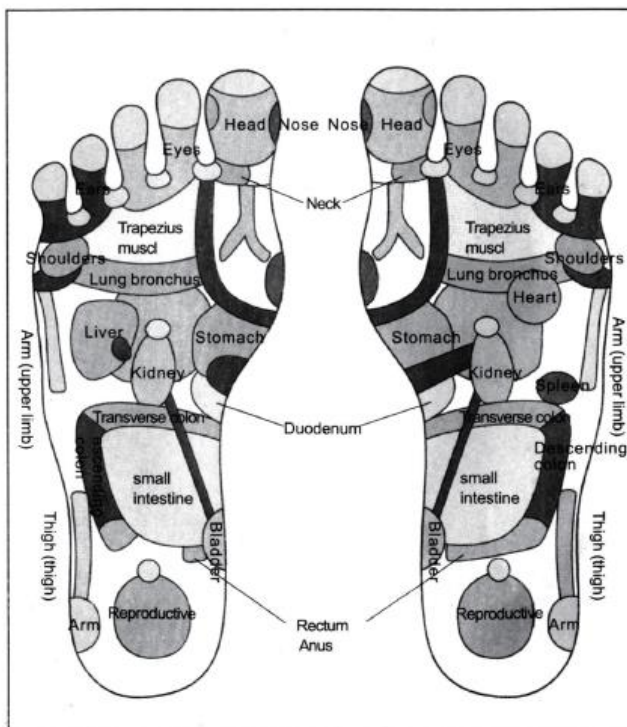
- Health care massage for home, office, leisure to relieve fatigue.
- Rehabilitation treatment

For people whose feet are sensitive to the massaging nodes, the massager may be a little bit rough in the beginning. It is suggested to slightly lift your feet in the beginning and gradually your feet will adapt to the massage after several uses.

FAQ

1. When should I not use the foot massager?
Do not massage your feet 30 minutes before a meal and 1 hour after a meal.
2. How long should I use the foot massager?
It is recommended to massage for 30 minutes.
3. What should I do after a foot massage?
You should drink a cup of warm water within 30 min after a massage to allow blood to flow. Avoid tea, wine and other beverages.
4. What are the beauty benefits?
Foot massages indirectly stimulate adrenal glands and hormone release. This in turn increases skin vitality, speeds up metabolism, reduces pigmentation.

Product Theory of Foot Massager



The reflex is a human reaction to outside stimuli. Abnormal body tissues and organs will result in foot problems at the reflex points. When you massage these reflex points, you will feel tenderness. The sensation transmitted from the nerve to the central nervous system sends out a series of impulses into body tissues and organs. This increases the body's potential to adjust to body imbalances.



Warning

1. Ensure the voltages are compatible. Do not use wet hands to insert the plug into the socket. Always unplug if not in use.

2. Do not use the massager in areas with poor ventilation such as under bed covers or covered by a pillow/blanket. **This may cause overheating.**
3. For indoor use only. Do not use in a bathroom.
4. Do not sit on the massager or step too forcefully on it.
5. Do not insert any objects in the massager.
6. Do not use if massager or wires are damaged.
7. **Do not use the massager with wet feet.**
8. Do not use if you are/have: cancer, osteoporosis, high fever, impaired consciousness, erythematous epilepsy, malignant tumours, active tuberculosis, severe cardiac dysfunction in vivo patients with electronic devices, bleeding disorder, pregnant women, allergic constitution.
9. Do not use with the following electronic medical devices:
 - a) cardiac pacemakers and other implanted medical electronic devices. Human-type heart and lung and other life-sustaining medical equipment. ECG medical scanners and other electronic devices.

Common diseases and foot therapy

Headache/Migraines

Massage the shaded region to ease headaches.



Sore shoulders

Massaging these areas will improve blood circulation to relieve sore shoulders



Dysmenorrhea

The dysmenorrhea massage should start on the first day of menstruation so that women can ovulate normally. Massage the feet at the shaded areas until you feel comfortable and soft. The lateral ankle on the lower side is connected to the clearing up ovarian dysfunction.



Menopause

These areas will stimulate the ovaries and pituitary gland function to ease menopause.



Please read and retain these instructions for future reference

v001: 18/06/21

Insomnia/Lack of Sleep

The big toe related to qi and blood. If massaged, it will relieve stress, improve blood circulation and improve sleep.



Cold

Massaging the following areas will relieve the nose, lung, bronchus, arynx, and respiratory zones. It will improve blood circulation, equilibrate the body, and alleviate cold symptoms.



Stress

Excess stress results in a hard big toe. Massaging the toe will soften it. The center of the big toe is the pituitary gland, which if stimulated, balances hormone secretion and reduces pressure and anxiety. It may also help control depression and relax the mind.



Fatigue

These areas will adjust the neural reflex and endocrine system, and improve blood circulation to ease muscle tension and fatigue.



Cervical Acid

Massaging these area will reduce neck and shoulder pain. It can treat stiff necks.



Stomachache

Massaging the shaded areas will ease stomach pain, vomiting and gastritis.



Slimming

These areas are related to the digestive system and enhances stomach regulations.



Abnormal/High Blood Pressure

This area will adjust blood pressure, increasing for hypotension and decreasing for high blood pressure.



Constipation

These area enhance gastric peristalsis and promotes bowel movements.



Detox

Most toxins leave the body through discharge, urination and defecation. Massaging the shaded areas benefit the kidneys and bladder to increase detoxification. The inside of the front heel is related to bladder points and will swell with bad bladder conditions. The lateral ankle front related to upper body lymph nodes and the big toe represents lower body lymph nodes.



Operation

Click the button “Automatic setting” for the automatic program which includes:

- a) P1: Health Care massage
- b) P2: Massage focus on head, neck, lumbar spine, shoulders etc.
- c) P3: Focus on intestinal, liver, stomach, etc.

Click on “heating” for heating function to keep feet warm. This massage circles the toes, arch of foot, foot soles.

Click the “time” program, the massage time can be changed from 5-30 minutes.

When you want to set the direction and speed, push “direction” and “speed” button. The program will leave out P1, P2 and P3 and turn to manually specified setting.

All functions can also be set and adjusted on the remote control. (1 x CR2025 3V included)



Note

Every massage cycle is automatically set to 15 minutes. Repeat cycle for a 30 minute massage.

Operation Instructions

1. Plug into a power socket.
2. Press the "Switch" button to power up.
3. Set up massage by pushing the desired setting.
4. Turn off machine.

The massager will automatically shut off after 5 minutes after the massage is finished. During a massage, press the "Switch" button to halt the machine. After 10 minutes of halt, the machine will automatically shut off. Holding down the "switch" button will also shut off the massager.



Note: NEVER pull out the plug directly during the massage. Unplug the power cord once the massager has shut down.

CLEANING AND MAINTENANCE

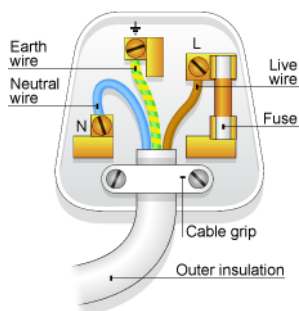
- Storage temperature: +15C - +85C
- Unplug power cord prior to cleaning the massage machine.
- Do not use petrol, thinner, or other corrosive solvents.
- Do not clean with a wet cloth or with alcohol. Use a dry cotton cloth.
- If the machine will not be used for a long time, roll up the massager power cord and store in a clean, dry environment.
- Do not store equipment in high temperatures, open flame or direct sunlight.
- Use the equipment in light, avoid any strong impact.

PLUG WIRING (UK & IRELAND)

This appliance is fitted with a BS 1363 13-amp plug. If you have to replace the fuse, only those that are ASTA or BSI approved to BS1362 and with a rated current of 13-amperes should be used. If there is a fuse cover fitted, this cover must be re-fitted after changing the fuse. If the fuse cover is lost or damaged the plug must not be used. Spare fuse holders and fuses are available from electrical outlets. If the socket outlets in your home or office are not suitable for this product's plug, the plug must be removed and disposed of safely. Attempts to insert the plug into the wrong socket is likely to cause electric hazard. A replacement plug should be wired according to the following instructions:

The cable

A mains electricity cable contains two or three inner wires. Each has a core of copper and an outer layer of flexible plastic. This product is earthed; the wires in the cord set are colour coded in the following way:




BLUE	NEUTRAL
BROWN	LIVE
GREEN & YELLOW	EARTH

The diagram shows the key features of a correctly wired three-pin mains plug.

DISPOSAL

- Coopers of Stortford use recyclable or recycled packaging where possible.
- Please dispose of all packaging, paper, cartons, packaging in accordance with your local recycling regulations.
- Plastics, polybags – this is made from the following recyclable plastic.



Code & Symbol	 OTHER
Type of Plastic	ABS
Commonly used for	CD's, crisp packets, various flexible packaging, baby bottles, sunglass lenses
Notes	Not often or widely recycled

- At the end of the product's lifespan please check with your local council authorised household waste recycling centre for disposal.

