

<div>Foot Massager</div> <div><div></div><div></div></div> <div>Printed on 08/05</div>	<div>Foot Massager</div> <div>ITEM:HW50807</div> <div><div></div><div></div></div> <div>Intelligent Robot-arm Three-dimensional Biomimetic Massage Foot Machine Operation Manual</div>	<div>Foot Massager</div> <div>CONTENTS</div> <div>Domestic Foot Massage.....3 Product Theory Of Foot Massage.....4 Product Feature Of Foot Massage.....5 Appliance Scope.....5 Product Value.....6 F A Q6 Frequent Diseases and Foot Physiatics for Sub-health Symptoms.....8 Overview.....15 Procedures and Button Descriptions.....15 Operational Instruction.....16 Notes.....17 Main Technical Parameters.....18 Cleaning and Maintenance.....18 After-sales Service.....18 Package and Accessory.....19 Appendix: Foot Bottom Reflexology Diagram</div> <div>Foot massager 1</div>	<div>Foot Massager</div> <div>Domestic Foot Massage</div> <div><div>● Domestic foot therapy for healthcare</div><div>Today, foot reflexology is becoming a popular trend in healthcare. Chinese medicine propels the idea that the internal organs and legs havea relationship. The human ankle alone has more than 60 points and foot care at these points will promote blood flow and warm the organs. Treating the foot before sleeping can help relieve fatigue, soothe the nerves and allow for sound sleeping.</div><div>● Advocating domestic foot healthcare</div><div>Domestic foot care is easy to learn and allows for flexibility. Do not overlook the role of your feet and treat them accordingly.</div></div> <div>Foot massager 2</div>	<div>Foot Massager</div> <div>Product Theory Of Foot Massager</div> <div>Reflexology is based on traditional medicine, meridian science, magnetic science and reflexology health law. It is an integration of modern electronic technology and medical research achievements.</div> <div><div>● Principles of neural reflex</div><div><div></div></div><div>The reflex is a human reaction to outside stimuli. Abnormal body tissues and organs will result in foot problems at the reflex points---air bubbles, sand granular, bar-shaped locks, small nodules, etc. When you massage these reflex points, you will feel tenderness. The pain transmits from the afferent nerve to the central nervous system, which sends out a series of nerve impulses into body tissues and organs.This results in humeral regulation and increases the body's potential to adjust to body imbalances.</div></div> <div>Foot massager 3</div>	<div>Foot Massager</div> <div>Jingluo is the main theory of Chinese medicine.</div> <div>It dates back five thousand years ago to the "Inner Canon of the Yellow Emperor" records, which says that a foot massage can make a person healthy. Meridian is a "channel", and if blocked, it can make a person feel uncomfortable. The Meridian line connects the feet's reflex points and when massaged, it will stimulate circulation.</div> <div>Product Features Of Foot Massager</div> <div>1. Massage fully, emphasizing key points. 2. Bipedal pairs of points simultaneously. 3. "Symptomatic acupoints" allow for personalized foot massage. 4. Convenient to use. 5. Unique convex-concave shape and design allows for distribution of the perfect match points based on human foot structure and follows acupuncture points. 6. The micro-computer control (power of only 200W) is power efficient (only 0.1 degree consumption), reliable and durable. 7. May be adjusted any time to suit personal speed and steering preferences.</div> <div>Applicable Scope</div> <div>1. Health care massage for home, office, leisure to relieve fatigue. 2. Rehabilitation treatment for diseases such as head-aches, migraines, headaches, neck and shoulder ache,stomach pain, fatigue, abnormal blood pressure, constipation, weight loss, detoxification, lack of sleep, insomnia, cold, pressure, dysmenorrhea, menopause, irregular menstruation, infertility, etc.</div> <div>Foot massager 4</div>
<div>Foot Massager</div> <div>Product Value</div> <div>1. Experience a humanized, 3-D biomimetic foot massage. 2. Economic benefits: 5 minutes for Reflexology (200 watts, half an hour per day, 5 minutes electricity). 3. Self Foot Massage improves the quality of life, strengthens the body. 4. Low-input and high return. Biped pairs of points can be simultaneously massages, dual channel double-strength.</div> <div>FAQ</div> <div><div>● 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. Foot treatment before and after meals hinders digestion.</div><div>● 2.How long is appropriate for 1 foot massage? It is recommended that 1 foot massage is 30 minutes.</div><div>● 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 qi and blood to flow. Avoid tea, wine and other beverages digestion.</div><div>● 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.</div></div> <div>Foot massager 5</div>	<div>Foot Massager</div> <div>What are the results of the foot massager?</div> <div>After 5-10 treatments, the human body should experience the following:</div> <div>1. Increased sleeping. Sleeping allows for body renewal. 2. Increased sweating. Sweating helps discharge toxins and boosts metabolic processes. 3. An incensement in maturation. 4. Increased stool frequency to eliminate toxins and diseases caused by poor qi and blood. 5. Back and shoulder pain may increase within the first few days, but will decrease quadratically after in response to increased blood circulation. 6. Some patients may experience swelling, especially if they have lymphatic disorders. Continue massaging until body fluids are smoothed out and the swelling will naturally disappear. 7. Heat phenomenon due to massaging the lymph nodes. 8. Reflex response to pressure Fen or increased organ lesions the first few days. Continued massage will result in self-elimination of these ailments.</div> <div>Foot massager 6</div>	<div>Foot Massager</div> <div>Common diseases and foot therapy</div> <div>Headache/Migraines</div> <div>Massage the shaded region to ease headaches.</div> <div><div></div><div></div><div></div></div> <div>Sore shoulders</div> <div>Massaging these areas will improve blood circulation to relieve sore shoulders</div> <div><div></div><div></div><div></div></div> <div>Foot massager 7</div>	<div>Foot Massager</div> <div>Cervical Acid</div> <div>Massaging these area will reduce neck and shoulder pain. It can treat stiff necks.</div> <div><div></div><div></div><div></div></div> <div>Stomachache</div> <div>Massaging the shaded areas will ease stomach pain, vomiting and gastritis.</div> <div><div></div><div></div><div></div></div> <div>Foot massager 8</div>	<div>Foot Massager</div> <div>Fatigue</div> <div>These areas will adjust the neural reflex and endocrine system, and improve blood circulation to ease muscle tension and fatigue.</div> <div><div></div><div></div><div></div></div> <div>Abnormal/High Blood Pressure</div> <div>This area will adjust blood pressure, increasing for hypotension and decreasing for high blood pressure.</div> <div><div></div><div></div><div></div></div> <div>Constipation</div> <div>These area enhance gastric peristalsis and promotes bowel movements.</div> <div><div></div><div></div><div></div></div> <div>Foot massager 9</div>	<div>Foot Massager</div> <div>Slimming</div> <div>These areas are related to the digestive system and enhances stomach regulations.</div> <div><div></div><div></div><div></div></div> <div>Detox</div> <div>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.</div> <div><div></div><div></div><div></div></div> <div>Foot massager 10</div>
<div>Foot Massager</div> <div>Insomnia/Lack of Sleep</div> <div>The big toe related to qi and blood. If massaged, it will relieve stress, improve blood circulation and improve sleep.</div> <div><div></div><div></div><div></div></div> <div>Cold</div> <div>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.</div> <div><div></div><div></div><div></div></div> <div>Stress</div> <div>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.</div> <div><div></div><div></div><div></div></div> <div>Foot massager 11</div>	<div>Foot Massager</div> <div>Dysmenorrhea</div> <div>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.</div> <div><div></div><div></div><div></div></div> <div>Menopause</div> <div>These areas will stimulate the ovaries and pituitary gland function to ease menopause.</div> <div><div></div><div></div><div></div></div> <div>Foot massager 12</div>	<div>Foot Massager</div> <div>Menstruation Infertility</div> <div>Carry out a full massage around the center of the ankle.</div> <div>The lateral lower ankle are ovary points and the medial lower ankle is the uterus point.</div> <div><div></div><div></div><div></div></div> <div>Foot massager 13</div>	<div>Foot Massager</div> <div>Foot Machine Operation Manual</div> <div>1.Overview</div> <div>Foot massage is based on the traditional medicine, the meridian science, magnetic science asa well as the Health Act about the pace of reflex zones, integrating modern electronic technology and medical research achievements made.</div> <div>2.Procedures</div> <div>1). Click the button "Automatic Setting" for the automatic program which includes(Fig 1):</div> <div>a) Program I: Health care massage. b) Program II: Massage focus on head, neck, lumbar spine, shoulders, etc. c) Program III: Focus on intestinal, liver, stomach, etc. d) Program IV: Focus on legs, reproductive and urinary systems.</div> <div>2). Click on "Personalized Setting" for personalized program. This massage circles the toes, arch of foot, foot soles. To adjust speed, click the up and down arrows by "Speed" (Fig2).</div> <div>3). Click "Manual Program" and adjust the speed ("Speed" up and down arrows) and direction ("Turn" up and down arrows). (Fig 3)</div> <div><div></div></div> <div>Foot massager 14</div>	<div>Foot Massager</div> <div>All related function can use remote control to adjust directly . (fig 4)</div> <div><div></div><div>fig 4</div></div> <div>Note:</div> <div>Every massage cycle is automatically set to 15 minutes. Repeat cycle for a 30 minute massage.</div> <div>3.Operation Instructions:</div> <div>1). Plug Power 2). Press the "Switch" button to open the power 3). Set up massage by pushing the desired setting. 4). Turn off machine. Massager will automatically shut off after 5 minutes after massage is over. 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.</div> <div><div></div> Note: NEVER pull out the plug directly in the course of using, unplug the power cord after shutdown.</div> <div>For people whose feet are sensitive to the massaging nodes, the massager may be a little bit rough in the beginning. We suggest to lift your feet a bit in the beginning and gradually your feet will adapt to the massager after several uses. We are sure you will love it eventually.</div> <div>Foot massager 15</div>	<div>Foot Massager</div> <div>Attention <div></div></div> <div>1. Make sure voltages are compatible. Do not use wet hand to plug the power. Always unplug if not in use.</div> <div>2. Do not use massager in areas with poor ventilation, such as under bed covers or covered by a pillow/blanket. This may cause overheating.</div> <div>3. Use only indoors. Do not use in bathroom.</div> <div>4. Do not sit on the massager or step too forcefully on it.</div> <div>5. Do not insert object in massager.</div> <div>6. Do not use if massager or wires are damaged.</div> <div>7. Do not use massager with wet feet.</div> <div>8. Do not use if you are/have: cancer patients, osteoporosis, high fever, impaired consciousness, erythematous epileptic patients, malignant tumors, active tuberculosis, severe cardiac dysfunction in vivo patients with electronic devices, bleeding disorders, pregnant women, allergic constitution</div> <div>9. Do not use with the following electronic medical devices simultaneously: A) Cardiac pacemakers and other implanted medical electronic devices B) Human-type heart and lung and other life-sustaining medical equipment C) ECG medical scanners and other electronic devices</div> <div>Foot massager 16</div>
<div>Foot Massager</div> <div>5. Main Technical Parameters <div></div></div> <div>Power Supply : 110-120V~60Hz <input type="checkbox"/> Power consumption: 40W Time : 15 minutes Massage speed: high, medium and low three gears for adjustment Product Size: 635mm X 380mm X 300mm Product weight : 8.8 kg Storage temperature : -15C ~ + 85C Running temperature : +10C ~ +40 C</div> <div>6. Cleaning and Maintenance</div> <div>1). Unplug power cord prior to cleaning the massage machine. 2). Do not use benzene, thinner, or other corrosive solvents. 3). Do not clean with a wet cloth with alcohol. Use a dry cotton cloth. 4). If the machine will not be used for a long time, roll up the massager AC power cord and store in a clean, dry environment. 5). Do not store equipment in high temperatures, open flame, or direct sunlight. 6). Use the equipment in light, avoid throwing, excess pressure, collision, or strong impact.</div> <div>Appendix: Reflexology Diagram</div> <div><div></div></div> <div>Foot massager 17</div>	<div>Foot Massager</div> <div><div></div><div></div></div> <div>Note When use the product, the display should be oriented to own. If the position of the feet is not correct, it will feel discomfort or pain. Massage will be a little pain, this is a normal phenomenon</div> <div>Foot massager 18</div>				