

EMS Foot Massager

USER MANUAL

SKU: SBA-00170

Promotes healthier blood circulation



KEEP OUT OF REACH OF CHILDREN AND PETS
Please retain for future reference

- We advise using it **JUST ONCE EACH DAY.**
- Automatically turns off after about 10 seconds later **IF YOUR FEET AREN'T ON THE FOOT MAT.**

What is EMS Technology?

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

What's EMS used for?

- Muscle Strengthening
- Rehabilitation Purposes
- Preventing Disuse Muscle Atrophy
- Increasing local blood regulation
- Muscles Relaxation
- Cosmetic toning of muscle groups.

EMS Foot Massager Overview

LCD Control Unit (Front)



LCD Control Unit (Rear)



Foot Massager Mat



What's Included

- 1x LCD Control Unit
- 1x Foot Massager Mat
- 1x User Manual
- 1x USB Charging Cable



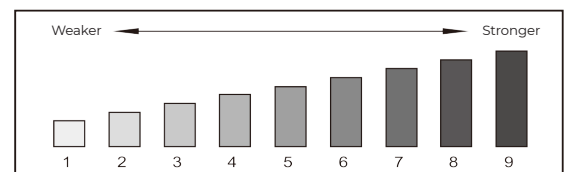
IMPORTANT – Please Note

USE ONLY AS DIRECTED. THIS IS NOT A MEDICAL DEVICE. THE INFORMATION PROVIDED IS AS GUIDELINES AND IS NOT INTENDED AS A SUBSTITUTE FOR PROFESSIONAL MEDICAL ADVICE FROM YOUR GENERAL PRACTITIONER OR HEALTHCARE PROVIDER.

Product Feature

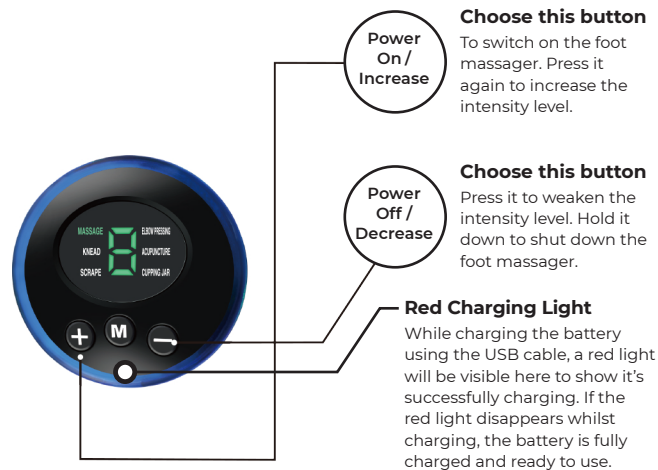
1. **The low frequency treatment is by rhythm and soft impetus.**
The low frequency emitted is a special electrical current with a regular massaging rhythm. Depending on the mode chosen, the power and massaging speed on the body uses a low frequency, that generates a rhythm and soft impetus on the body. The softness of the low frequency massage is the same effect as a massage by hand performing pressure, pinch and percuss movements.
2. **Choose between 6 different massage modes.**
 - A) Easily toggle between modes displayed on the LCD control unit's interface.
 - B) The foot massager will automatically shut down after it's reached a 20 minute maximum cycle in case you forget to switch it off yourself.

Stimulation intensity is divided into 9 levels (1 - 9)



Please set a lower intensity level upon first time use. Increase the intensity once you are well used to a low intensity massage. **A total of 6 massage modes.** For further details, please refer to the following massage mode section overleaf.

How to Operate & Red Charging Light



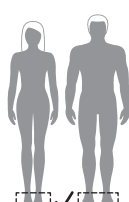
When you select the “Power On / Increase” button, the LCD display will gradually get brighter and brighter on each additional button press.

And when you select the “Power Off / Decrease” button, the LCD display will gradually get dimmer and dimmer on each additional button press.

- “Power On / Increase” and “Power Off / Decrease” buttons allow you to easily change up or down between 9 different levels of massage intensity.
- The ‘M’ button lets you to toggle between the 6 different massage modes.

WARNING

Please do not use this product for the following areas, otherwise this may cause an accident, injuries to your body or skin.



- X** – Surrounding areas above the feet such as the chest, shoulders, head, face, mouth, etc.
- X** – Repeated massaging of the feet during the same day.
- X** – Any areas that have been surgically operated on.
- X** – Body areas with metal or plastic implants.
- X** – Spine or lower back.

Please do not apply to areas of the body other than specified in this user manual

General Safety Information

This EMS device should never be used to mask or relieve undiagnosed pain. Before treating any pain symptoms, you should consult your general practitioner (GP). For safe and correct use of this device, it's recommended you read the following guidelines before using it:

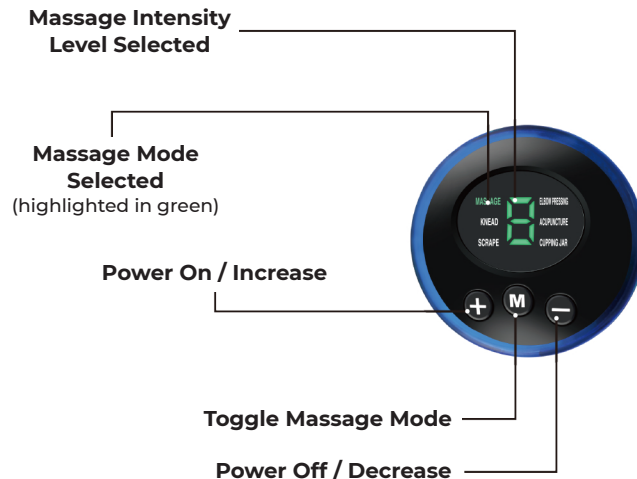
Precaution

- Use a low intensity level and shorter duration to gently massage the muscles whilst avoiding intense stimulation.
- Keep out of reach from children and pets.
- This device is not waterproof. Do not submerge it in water or wash it with water.
- Do not use this device if there's a sprain or wound injury to the feet, sole, ankle, Achilles and calf to avoid making the injury worse.

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 bathroom.
4. Do not overload the device's electrical outlet.
5. If the device malfunctions, disconnect it from the power source and contact customer services. Do not attempt to repair the device by yourself, as doing so will invalidate the warranty.
6. Do not let the device come in direct contact with any metal objects, such as a belt, buckle or jewellery.

LCD Control Unit Overview



- To achieve an efficient massaging session, ensure yourself and your body are in a relaxed and comfortable state.
- A massage session will last a maximum 20 minute cycle and the device will automatically switch off afterwards.
- Use the same part of the day for your single-use sessions.
- A lower massage intensity level can prolong the battery life which in turn will conveniently mean fewer occasions you have to recharge it using the USB cable.
- If the device is used in a low temperature environment, the battery's performance will also be lower and not typically last as long as it would in a place with an average room temperature.

THE FOLLOWING PEOPLE MUST NEVER USE THE EMS FOOT MASSAGER

- Anyone fitted with a pace maker or automatic implanted cardiac defibrillator (AICD).
- Anyone that is pregnant.
- Anyone with deep vein thrombosis (DVT) to avoid the risk of causing a clot to break loose and in turn prevent a pulmonary embolism from happening.
- Anyone that has high blood pressure.
- Anyone that has heart disease.

Technical Specifications

Function	EMS Foot Massager
Message Modes	6 Switchable Modes – Massage / Knead / Scrape / Elbow Pressing / Acupuncture / Cupping Jar.
Message Intensity Levels	9 Levels (weak to very intense).
Voltage	DC 5V
Input Power	2.5W
Ideal working temperature	Around 15-35°C
Auto Shut-off	Maximum of 20 Minutes for single-use session.
Frequency	1-100Hz
Battery Type	Rechargeable using USB Charging Cable. Use up to 10 times on a single full charge.
Size	32 x 29 cm
Accessories	1x LCD Control Unit 1x Foot Mat 1x User Manual 1x USB Charging Cable

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