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Items included in the package

- Infrared massager
- These operating instructions

Explanation of symbols

The following symbols are used in the operating instructions and on the type plate:



WARNING Warning of risks of injury or health hazards.



CAUTION Safety information about possible damage to appliance/accessories.



Note Important information.



The device has double protective insulation and therefore complies with protection class 2.

1. Getting to know your appliance

Monitor functions

This electric infrared massager allows you to give yourself or other people soothing massages. Massages can be relaxing or stimulating, and are popular for treatment of stiff or tense muscles, pains and fatigue. The device delivers powerful and intensive massages for the back.

The device is for private use only and is not intended for medical or commercial purposes.

2. Proper use

This device is intended only for the massaging of individual parts of the human body. It cannot replace medical treatment. Do not use the massage device if any of the following warnings apply to you. Please consult your doctor if you are unsure whether or not the massage device is suitable for you.



WARNING

Use of the massage device is prohibited in the following cases:

- On children.
- On animals.
- On persons suffering from a herniated disk or from abnormal changes to the vertebrae.
- Never use the massage device to massage the heart region of persons fitted with a pacemaker. Always consult a doctor before using the massage device on other parts of the body of a person fitted with a pacemaker.
- Never use the massage device on swollen, burned, inflamed or damaged skin or body parts.
- The massage device must not be used during pregnancy.
- Do not use the massage device on the face (eyes), on the larynx or on other particularly sensitive parts of the body.
- Never use the device while you are asleep.
- Never use the device after taking medication or consuming alcohol (reduced levels of awareness).

This device is not intended for use by persons (including children) with restricted physical, sensory or mental capabilities and/or by persons lacking the required understanding of the equipment and how it is used, unless they are supervised by a person who is responsible for their safety or they are given instructions on how to use the device.

Children should be supervised to ensure that they do not use the device as a toy.

You should consult your doctor before using the massage device if:

- you suffer from a serious illness or are recovering from an operation,

- you suffer from any of the following: common cold accompanied by a fever, varicose veins, thrombosis, phlebitis, jaundice, diabetes, nervous system diseases (e.g. sciatica) or acute inflammations.

The device is only intended for the purpose described in these operating instructions. The manufacturer cannot be held liable for damage occurring as a result of inappropriate or careless use.

3. Safety information

Please read these operating instructions carefully. Failure to observe the information provided below can lead to personal injury or material damage. Keep these instructions in a safe place where they can also be read by other persons using the device. Always pass on these instructions together with the appliance if you sell it or pass it on.



WARNING

Keep children away from the packaging materials. Risk of suffocation.

Electric shock



WARNING

Just like any other electrical appliance, this massage device must be handled with due care and attention in order to prevent the risk of electric shock.

For this reason, the device must only be operated as follows:

- with the mains voltage specified on the device only,
- never use the device if any damage to the appliance itself or to any of its accessories is evident,
- never during a thunderstorm.

In the event of a defect or malfunction, switch the device off immediately and disconnect it from the power supply. Never pull on the power cable or on the appliance in order to disconnect the plug from the mains outlet. Never hold or carry the device by the power cable. Keep the cables away from hot surfaces. Never open the device for any reason. If the power cord of the device is damaged, it must be replaced by the manufacturer or an authorised customer service technician. Make sure that the massage device, the plug and the cable do not come into contact with water or other fluids.

For this reason, the device must be operated as follows:

- only in dry inside rooms,
- only with dry hands,
- never in the bath, in the shower or near a filled basin,
- never in swimming pools, whirlpools or in the sauna,
- never out in the open.

Never try to retrieve the device if it falls into water. Disconnect the plug immediately from the mains outlet.

Repairs



WARNING

Repairs to electrical appliances must only be carried out by qualified persons. Incorrect repairs can lead to considerable danger for the user. In the event of repairs, please contact our customer service or an authorised dealer.

Fire hazard




WARNING

There is a risk of fire if the device is used incorrectly or if it is not used according to these operating instructions.


For this reason, the massage device must only be operated as follows:

- Never leave the device unsupervised, particularly if children are around.
- Never use the device under covers, such as blankets or pillows.

Handling

-  **CAUTION**
- Switch the device off and disconnect the power supply after every use and before every cleaning.
- Make sure that all moving parts can move freely at all times.
 - Make sure that no hair can get caught in the device.
 - Avoid contact with sharp or pointed objects.
 - Do not kink the cable.
 - Make sure that the device is not too close to heat sources such as ovens, radiators or direct sunlight.

Disposal

-  **CAUTION**
- Follow local regulations regarding the disposal of materials. The appliance should be disposed of according to Regulation 2002/96/EC-WEEE (Waste Electrical and Electronic Equipment). In case of queries, contact the municipal authorities responsible for waste disposal in your area.



4. Appliance description



- 1 On/off switch
O: Off
M: Vibration massage
M+H: Vibration massage with heat function
- 2 Infrared light
- 3 Interchangeable massage attachments


5. Start-up

- Remove the packaging.
- Check the device, power supply and cables for damage.
- Connect the device to the mains power supply. The device must be switched off.
- Route the cable safely so that there is no risk of anyone tripping over it.

6. Operation

Make sure that the device is switched off before inserting the power cable. Switch the device on by moving the switch to the desired massage setting “M” or “M+H”.

Guide the device with both hands to the area of the body to be massaged. You can stand, sit or lie down and can massage yourself or another person. The massage intensity can be altered by pressing more or less firmly with the massage device. Do not massage a certain site of the body for longer than 3 minutes and then change to other area of the body.

-  **Note**
- Do not use the massage device just before going to bed. The massage can also have a stimulating effect and may cause difficulties in getting off to sleep.

**WARNING**

- The massage must be pleasant and relaxing at all times. Stop the massage or change the position of the massage device if you find it is painful or unpleasant.
- Do not jam or force any part of your body, in particular your fingers, into the area of the massage head.

7. Care and storage

Cleaning

First unplug the device and allow it to cool off. Then you can clean it with a cloth which is no more than lightly moistened. You can also use a mild detergent.

**WARNING**

- Disconnect the device before cleaning it.
- Only clean the appliance in the manner specified. Fluid must never be allowed to enter into the device or accessories.
- Do not use the device again until it is completely dry.

Storage

Keep the massage device in a cool and dry place where it is out of the reach of children. We recommend storing the device in its original packaging.

8. In the event of problems?

Problem	Cause	Remedy
Massage head does not move.	Appliance not connected to the power supply.	Connect the plug to the mains supply and switch on the appliance.
	Device is not does not move.	Switch on the appliance.

9. Technical data

Dimensions (W/H/D)	~ 65/80/330 mm
Weight	~ 0,35 kg
Rated output	6 W
Rated voltage	230 - 240 V ~ 50 Hz

FRANÇAIS

Fourniture

- Appareil de massage infrarouge
- Le présent mode d'emploi

Explication des signes

Les symboles suivants sont utilisés dans le mode d'emploi et sur la plaque signalétique :



AVERTISSEMENT Avertissement, risque de blessure ou danger pour votre santé.



ATTENTION Remarque de sécurité relative à la possibilité de dommages sur l'appareil/les accessoires.



Remarque Remarque relative à des informations importantes.