

beurer

MG 260 HD 2in1



(D) Shiatsu-Sitzauflage
Gebrauchsanweisung

(GB) Shiatsu seat cover
Instructions for use

(F) Siège de massage Shiatsu
Mode d'emploi

(E) Colchoneta de asiento Shiatsu
Manual de instrucciones

(I) Copriresidile shiatsu
Istruzioni per l'uso

(TR) Koltuk üstü shiatsu
Kullanım kılavuzu

(RUS) Массажная накидка шиацу на
сиденье
Инструкция по применению

(PL) Shiatsu – masażer na siedzenie
Instrukcja obsługi



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Items included in the package:

- Shiatsu seat cover
- 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.



Only use indoors.

1. About Shiatsu massage

Shiatsu is a form of body massage which was originally developed in Japan around 100 years ago. It is based on ideas anchored in traditional Chinese medicine, in particular the meridian system, i.e. the paths in the human body along which energy is conveyed.

The aim of any Shiatsu massage is to promote the physical, emotional and mental wellbeing of the person being treated. To do this, energy blocks and bottlenecks in the meridians need to be dissolved and the self-regulating ability of the body needs to be stimulated.

Shiatsu therapists achieve this by exercising pressure in flowing movements along the meridians. Although Shiatsu can be literally translated as “finger pressure”, practitioners also use the heels of their hands, their elbows and knees as well as their fingers. In the process, the therapist will use his or her full body weight in order to generate the required pressure.

2. Getting to know your appliance

Your Shiatsu massage device has rotating massage heads which imitate the pressure and kneading motions of a Shiatsu massage.

This product comes complete with rotating massage heads and provides a powerful and intensive deep massage for the whole back. You have to place the Shiatsu seat cover on a suitable seat pad for this purpose. The device is only for **private use** and is not intended for medical or commercial purposes.

3. Proper use

This device is solely intended for massaging the backs of human beings. It cannot replace medical treatment. Do not use the massage device if any of the following warnings apply to you.



WARNING

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

- Not with changes caused by disease or injury in the back region (e.g. disc problems, open wounds),
- not on children,
- not during pregnancy,
- never while you sleep,
- not in the car,
- not on animals,
- not during activities during which an unexpected reaction may be dangerous,

- not while ingesting substances that reduce reaction times (e.g. painkiller medications, alcohol),
- never longer than 15 minutes (risk of overheating) and allow it to cool off for at least 15 minutes before using it again.

Please consult your doctor if you are unsure whether or not the massage device is suitable for you.

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.

The device has an adjustable heating function in the massage heads. Persons who do not feel heat must be careful when using this function.

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

- you suffer from a serious illness or are recovering from an operation on the upper body,
- you are fitted with a cardiac pacemaker, implant or other aid,
- Thromboses,
- Diabetes,
- in case of pains of unclarified origin.

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.

4. 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.



WARNING: Electric shock

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,
- Do not use the device if damage to the device itself or any of its accessories is evident.
- Never use the appliance 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. Do not pinch, kink or twist the cables. Do not stick in any pins, needles or sharp objects.

Make sure that the massage device, the switch, the power supply unit and the cable do not come into contact with water, steam or other fluids.

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

- Only in dry inside rooms (e.g. never in the bathtub or sauna).
- Only with dry hands.

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

Do not use the device if damage to the device itself or any of its accessories is evident.

Do not subject the device to any impact and do not drop it.

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 authorized dealer.
- The zip fastener on the Shiatsu massage device must not be opened. It is only fitted for reasons relating to the manufacturing of the device.
- If the power cord is damaged it must be replaced by an authorised dealer.



WARNING: Fire hazard

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 use the device under covers, such as blankets or pillows.
- Never use the device in the vicinity of petrol or other easily flammable materials.

Handling



CAUTION

Switch the device off and disconnect the power supply after every use and before every cleaning.

- Never insert any objects into openings on the device, and never insert anything into the rotating parts. Make sure that all moving parts can move freely at all times.
- Operate the device in an upright position only, never place it flat on the floor.
- Never sit or stand on the moving parts of the device with all your weight and do not place objects on the device.
- Keep the device away from high temperatures.

Disposal



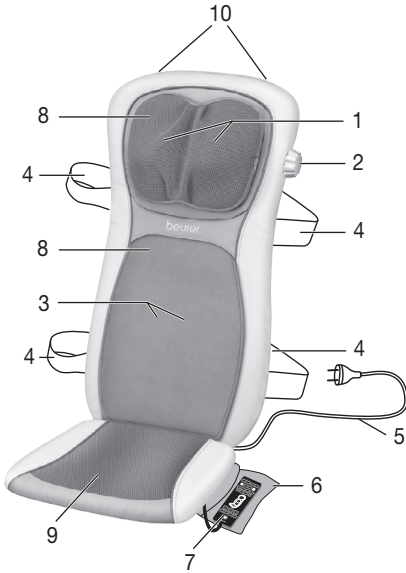
CAUTION

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.



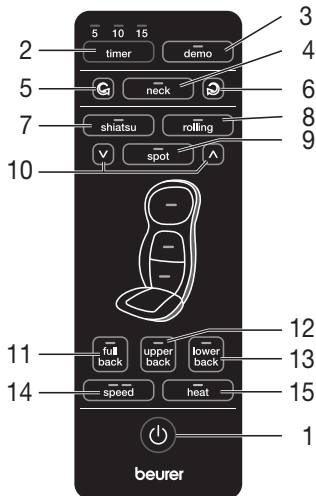
5. Appliance description

Shiatsu massage pillow (front)



- 1 2 neck massage fingers
- 2 Turning handle for height adjustment
- 3 4 massage heads
- 4 Fastening straps
- 5 Mains cable
- 6 Storage bag
- 7 Hand switch
- 8 Removable and washable covers
- 9 Removable seat cushion
- 10 Coat hanger loops (rear)

Hand switch



1. Button
2. **timer** button (5–10–15 minutes)
3. **demo** button
4. **neck** button
5. **neck** button (anti-clockwise rotation)
6. **neck** button (clockwise rotation)
7. **shiatsu** button (shiatsu massage)
8. **rolling** button (rolling massage)
9. **spot** buttons (localised massage)
10. Height adjustment button (localised massage)
11. **full back** button (entire back massage)
12. **upper back** button (upper back massage)
13. **lower back** button (lower back massage)
14. **speed** button (massage intensity)
15. **heat** button (heating)

6. Start-up




CAUTION

- **IMPORTANT:** Before using the device for the first time, ensure you have released all transport locks on the massage mechanism. To do this, remove the screws using the tool provided on the rear of the seat cover. If the transport lock screws are not removed first and the Shiatsu seat cover is used immediately, the device will become irreparably damaged and unusable. The warranty will not apply in this instance.

- Reuse the transport lock screws when transporting the device in the future. Transporting the device without using the transport locks could cause irreparable damage to the device.
- Position the seat cover upright on a suitable seat with a sitting area and backrest (chair, sofa or similar). Make sure that the seat has a sufficiently high backrest.
- Use the flexible fastening straps and Velcro strips to secure the Shiatsu seat cover.
- Connect the device to the mains by plugging the plug into the socket.



7. Operation

Gently press your back against the massage device to start with. Then make sure that you are in a comfortable position before gradually shifting your weight onto the massage device. The massage must be pleasant and relaxing at all times. Stop the massage or change your position or the contact pressure if you find it is painful or unpleasant.

- Do not force or jam any part of your body, in particular your fingers, between the rotating massage elements or their holders in the unit.
- Sit comfortably and upright on the seat cover. Ensure you sit centered and such that the massage heads can move to the left and right of your spinal column.
- Switch on the massager with the  button. The LEDs signal the massage functions which are currently selected.
- The automatic switch-off function is activated with selection of the massage region and is preset to 15 minutes. You can set the automatic switch-off function to 5, 10 or 15 minutes by pressing the **timer** button. Please note that changing the timer setting makes the timer start to count again from the beginning. To avoid overheating the device, select the maximum massage duration at the beginning of the massage and do not change it again during the massage.

You can specify the settings as follows:

1. Neck massage

Press the **neck** button to start the neck massage. Press **neck**  (anti-clockwise rotation) or **neck**  (clockwise rotation) to change the direction of the massage.

2. Shiatsu back massage

Press the **shiatsu** button. Select the desired massage region with **full back**, **upper back**, **lower back**.

You can choose a **spot massage** i.e. a Shiatsu massage without vertical movement by pressing the **spot** button. You can change the position of the spot massage by holding down one of the arrows next to the **spot** button until the desired position is reached.

Message intensity

When using the Shiatsu Massage, two different massage speeds are available, which can be selected using the **speed** button. If you have the rolling massage activated, first press the **shiatsu** button in order to change to Shiatsu Massage and then set the desired massage speed.


3. Rolling massage

Press the **rolling** button. Select the desired massage region with **full back**, **upper back**, **lower back**.

When the massage type (Shiatsu or rolling massage) is changed, the preselected region (full, upper, lower back) is retained. Note that the massage region must be selected again when switching from localised Shiatsu massage to rolling massage.

Heating function

Press the **heat** button to switch on the heating function of the massage heads. The blue lights in the massage heads change colour to red.

- Do not use the massage device for longer than 15 minutes and then allow it to cool. Using the device for longer can over-stimulate the muscles and cause tension instead of relaxation. The massage can be finished at any time by pressing the  button. Please note that on switching off, the massage heads first return to the starting position at the lumbar region. This is indicated by the LED flashing. Once this position is reached, the device switches off.
- If the device is stopped by pressing a massage area button twice, it also returns to the starting position after 15 minutes and then switches off.

- Do not disconnect the device from the mains supply during operation. Always switch it off first and wait until it has returned to the initial position.

 **Note**

- The device has an automatic shut-off mechanism set to a maximum operating period of 15 minutes.

8. Care and storage

Cleaning

 **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.
- Smaller stains can be removed using a cloth or moist sponge together with a little liquid detergent for delicate fabrics if necessary. Do not use any cleaning agents containing solvents.
- The removable covers are machine-washable at 40 °C. Please note the symbols for care and cleaning on the label sewn into the cover.
The velour cover to the rear is secured with a Velcro fastening under the material bearing the beurer logo and can be removed from there.
The cover for the neck area can be removed using the zip at the side of the control knob for the height-adjustable neck massage.
- Do not use the device again until it is completely dry.

Storage


If you do not use the device for longer periods, we recommend storing it in the original packaging in a dry place without weighting it down.

Alternatively, you can hang the device in a wardrobe with a coat hanger. To do so, the coat hanger must be threaded through the hanging loops on the rear side of the device.

 **CAUTION**

- If you use the transport lock screws, take care to remove these before starting the device when you next use it.

9. In the event of problems

Problem	Cause	Remedy
Massage heads rotating at reduced speed.	The load on the massage heads is too great.	Reduce the contact pressure on the head.
Massage heads only rotate in the upper or lower region.	The massage has been activated for the limited region.	Press the full back , upper back , lower back buttons to change the massage region. Press the neck button to activate the neck massage.
Massage heads not moving.	Appliance not connected to the power supply.	Connect the plug to the mains supply and switch on the appliance.
	Device not switched on.	Switch the device on with  . Select the massage region.
	Transport locks were not removed. Massage mechanism is damaged.	Contact your authorized dealer or the service address.
	Overheating protection tripped, device is damaged.	Contact your authorized dealer or the service address.