

HOMEDICS®

eLounger Massaging Recliner Arm Chair



Instruction Manual

EL-300-EU

2 year
guarantee

**READ ALL INSTRUCTIONS BEFORE USE.
SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.**

IMPORTANT SAFEGUARDS:

WHEN USING ELECTRICAL PRODUCTS, ESPECIALLY WHEN CHILDREN ARE PRESENT, BASIC SAFETY PRECAUTIONS SHOULD ALWAYS BE FOLLOWED, INCLUDING THE FOLLOWING:

- ALWAYS unplug the appliance from the electrical outlet immediately after using and before cleaning. To disconnect, turn all controls to the 'OFF' position, then remove plug from outlet.
- NEVER leave an appliance unattended when plugged in. Unplug from the mains outlet when not in use and before putting on or taking off parts or attachments.
This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.
- DO NOT reach for an appliance that has fallen in water or other liquids. Switch off at the mains and unplug it immediately. Keep dry – DO NOT operate in wet or moist conditions.
- NEVER insert pins or other metallic fasteners into the appliance.
- Use this appliance for the intended use as described in this booklet. DO NOT use attachments not recommended by HoMedics.
- NEVER operate the appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return it to the HoMedics Service Centre for examination and repair.
- Keep cord away from heated surfaces.
- Excessive use could lead to the product's excessive heating and shorter life. Should this occur, discontinue use and allow the unit to cool before operating.
- NEVER drop or insert any object into any opening.
- DO NOT operate where aerosol (spray) products are being used or where oxygen is being administered.
- DO NOT operate under a blanket or pillow. Excessive heating can occur and cause fire, electrocution or injury to persons.
- DO NOT carry this appliance by the cord or use cord as a handle.
- DO NOT use outdoors.
- DO NOT crush. Avoid sharp folds.
- This product requires a 220-240 V AC power.
- DO NOT attempt to repair the appliance. There are no user serviceable parts. For service, contact HoMedics Service Centre. All servicing of this appliance must be performed by authorised HoMedics service personnel only.
- Never block the air openings of the appliance or place it on a soft surface, such as a bed or couch. Keep air openings free of lint, hair etc.
- Do not place or store appliance where it can fall or be pulled into a bath or sink. Do not place in or drop into water or other liquid.
- Failure to follow the above may result in the risk of fire or injury.
- Burns can result from improper use.
- When the unit is working, do not touch the moving massage mechanism with any body part except your back.

SAFETY CAUTIONS :

PLEASE READ THIS SECTION CAREFULLY BEFORE USING THE APPLIANCE.

- If you have any concerns regarding your health, consult a doctor before using this appliance.
- Individuals with pacemakers and pregnant women should consult a doctor before using this appliance. Not recommended for use by Diabetics
- DO NOT use on an infant, invalid or on a sleeping or unconscious person. DO NOT use on insensitive skin or on a person with poor blood circulation.
- This appliance should NEVER be used by any individual suffering from any physical ailment that would limit the user's capacity to operate the controls or who has sensory deficiencies in the lower half of their body.
- NEVER use directly on swollen or inflamed areas or skin eruptions.
- If you feel any discomfort whilst using this appliance, discontinue use and consult your doctor.
- This is a non-professional appliance, designed for personal use and intended to provide a soothing massage to worn muscles. DO NOT use as a substitute for medical attention.
- DO NOT use before going to bed. The massage has a stimulating effect and can delay sleep.
- Do not use for longer than the recommended time.
- Care should be taken when using heated surfaces. If the product feels excessively hot, switch off at mains and contact the HoMedics Service Centre.
- Only gentle force should be exerted against the seat in order to eliminate risk of injury.
- You may soften massage force by placing a towel between yourself and the unit.
- The appliance has a heated surface. Persons insensitive to heat must be careful when using the appliance.
- Please ensure that all hair, clothing and jewellery are kept clear of the massage mechanism or any other moving parts of the product at all times.

Plug (MODEL ELMC-299-GB ONLY)

If the plug on this appliance is damaged, it can be replaced with a BS 1363 plug, fitted with a 3A BS 1362 fuse. Only use a 3 amp fuse with this appliance. Care must be taken when changing the plug. If in doubt, contact a qualified electrician.



WEEE explanation



This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.

ASSEMBLY INSTRUCTIONS

Setting up your massage chair is easy to do. Your massage chair is almost completely assembled. After carefully removing all the contents from the packaging, inspect the chair and its components to make sure everything has been received.



Fig. 3

Components:

- Chair back
- Chair seat
- Seat cushion
- Lumbar/Headrest pillow
- Flathead rivet and split pin

Step 1

Attaching the Seat Cushion

- First, clip the ties holding the power cord to the back of the seat frame.
- Next, attach the seat cushion to the seat by placing the cushion fully in the seat and lining up the fabric fasteners. There is one fastener strip in the seat and the second wraps around the back edge.



Fig. 4

Step 2

Attach the back of the chair to the seat.

- Next you will need to place the chair back into the seat. Pick up the chair back and lower the back into the seat so that the brackets on either side of the back lock onto the flat head bolts in the chair seat
- The back will click into place and will sit evenly in the seat. Once the back is sitting evenly in the chair seat, confirm that the back and seat are attached correctly, by tilting the back by hand. The chair should recline easily.

NOTE: If the back does not appear even or the chair does not recline easily, then you may have engaged the bracket on only one side. To correct this you will need to lift the back as noted below and begin Step 2 again.

- Next attach the connecting rod and the U shaped bracket with a flathead rivet and secure with a split pin (Fig 4).
- Then sit in the chair and pull the recline lever on the right side of the chair (Fig. 3).



Fig. 5

Step 3

Connect the power source.

- First, securely connect the vibration connections that are located on the left side of the chair back and under the seat cushion. Connect the chair back plug and the seat socket (Fig 5) under the seat cushion.
- Plug the power cord into a 220-240V outlet. Once all pieces of the massage chair are in place and the main power line is plugged in, you may turn the power switch on (Fig 6).



Fig. 6

Removing the Back from the Seat

To remove the chair back from the seat:

- First, turn off the main power switch and unplug the unit. Then remove the vibration and seat connection from the chair back.
- Place the back in the upright position and remove the flathead rivet and split pin.
- Lift the chair back up and out of the seat.
- To reconnect the back to the seat, repeat Step 2.

ENJOYING YOUR CHAIR AND GENERAL USE



Fig. 7



Fig. 8

Choosing a Location

It is important to choose a location that will allow you to best enjoy the chair's benefits. The following is required for the massage chair:

- The chair back should be approximately 50cm from the nearest object to recline fully.
- An electrical outlet that is a maximum of 1.8M from the chair.

In addition, we would suggest you consider the following for your massage chair location:

- Choose a low traffic area so you can create a peaceful environment when getting your massage.
- Choose a location in your home that makes you feel the most comfortable and relaxed, but is also convenient.
- Adjustable lighting near the chair allows you to create the right setting for your mood.

Moving Your Chair

Once you have selected the location for your chair, you can easily move it with the convenient wheels located on the rear of the chair (Fig. 7).

Note: Please ensure the product is switched off and unplugged from the mains before moving.

To move your chair, stand behind the chair and tilt it backwards until the wheels are engaged. Then simply push your chair to the location you want. When you are lowering the front of the chair in the spot you want it, be careful not to drop it too hard or fast, as it may cause damage to your floors.

Turning On Your Chair

The eLounger massage chair has a master power switch that must be in the "on" position in order to work. Once you have plugged the chair power cord into the electrical outlet, turn on the master power switch located on the back of the chair (Fig. 8).

Reclining Your Chair

You can adjust the backrest angle to recline up to approximately 160 degrees. Reclining the backrest increases the intensity of the massage, and also repositions the body so that the massage range along your back and neck is changed. Typically, the further you recline, the further the massage will reach in the shoulder and neck area.

RECLINE:

To recline the backrest using the manual control, lift the lever on the right side of the chair seat (Fig. 3) and lean back. When you are in the desired position, release the lever.

When you are ready to raise the backrest, pull the lever up again and lean forward. The hydraulic gas system will raise the backrest for you.

NOTE: In order to avoid strain and potential injury to your back, never attempt to get in or out of the massage chair with the backrest reclined.

Adjusting the Cushion

There is an adjustable cushion that is included with your chair: the lumbar / headrest pillow.

THE LUMBAR/HEADREST PAD:

The lumbar/headrest pillow (see page 10) is provided for customized comfort. You may adjust its location to fit your needs. For example, you can support your head and neck or your lumbar area.

ADDITIONAL CUSHIONS:

You may add additional cushioning to the chair with your own pillows.

Keep in mind that the more cushioning you add, the less you will be able to feel the massage.

CONTROL PANEL OVERVIEW

Programmed Massage Sessions

The eLounger includes 3 programmed massage sessions - Full, Upper and Lower Back - that are approximately 15 minutes each as well as a short Demo program. Push a program button and sit back and enjoy. Once the program is finished, the massage system will automatically shut off. You can activate the massage system again by pushing any button.

Manual Controls

Instead of using a program, you can select a specific massage function using these buttons. Once you have selected a function, it will stay in that mode until you push another function or turn the massage system off.

NOTE: The massage system will stop automatically after 15 minutes for safety purposes.

- 1 **Demo** - To activate a brief pre-programmed course of the massage functions.
- 2 **Full Back** - To activate a preset massage program for the entire back.
- 3 **Upper Back** - To activate a preset massage program for the upper section of the back.
- 4 **Lower Back** - To activate a preset massage program for the lower section of the back.
- 5 **Rolling** - To activate the rolling function.
- 6 **Shiatsu (kneading)** - To activate the Shiatsu (kneading) function.
- 7 **Tapping** - To activate the tapping function.
- 8 **Shiatsu (kneading + tapping)** - To activate the Shiatsu (kneading + tapping) function.
- 9 **Partial** - To focus the massage in a partial range (approx. 10cms) for rolling, kneading, tapping & kneading+tapping.
- 10 **Spot** - To focus the massage in one spot for kneading, tapping & kneading + tapping.
- 11 **Adjust Up** - To adjust the massage roller during partial & spot functions.
- 12 **Adjust Down** - To adjust the massage roller during partial & spot functions.
- 13 **Tapping Intensity** - To adjust the intensity of the massage during tapping & kneading + tapping.
- 14 **Width** - To adjust the width of the massage during rolling and tapping.
- 15 **Stop** - To stop the massage action
- 16 **Seat Vibration** - To activate the random seat vibration.



The control is removable for easier use



MASTER CONTROL / INDICATORS

Power Indicator

The red LED next to the power button will be illuminated when the power button has been pressed and the massager has power and is ready to use.

Function Light

A green LED will illuminate when the associated function button is pressed.

To Stop

Press the power button to stop the massage action. This will also cause the unit to “park” or return to its highest position. Once it has parked, the unit is once again ready for use.

NOTE: Once turned off, do not attempt to turn the massage system back on until the massage has been fully disengaged (stopped at the top of the backrest).

PROGRAMMED MESSAGE SESSIONS

The programmed message options have been designed to closely emulate an actual massage session by combining different massage functions in various sequences. Each session, with the exception of the brief Demo program, lasts approximately 15 minutes and is designed to deliver a massage that meets your specific need.

To activate a message program, check that power is turned on and simply press the desired program button. The corresponding LED will illuminate to confirm your selection.

Full Back

Designed to cover the full range of the eLounger's motion with a combination of all functions.

Upper Back

This session focuses on the upper back area with a combination of functions.

NOTE: Prior to the massage, make sure to adjust the position of the backrest to ensure shoulder massage is being done on area and the intensity you need.

Lower Back

This message session focuses on the lower back area with a combination of functions.

NOTE: Prior to the massage, make sure to adjust the position of the backrest to ensure lower back massage is being done on area and the intensity you need.

Demo

The demonstration button is an approximately 15 minute program to give you a quick idea of how the eLounger functions feel and to familiarize yourself with the chair.

You might also find that this short program is great for when you don't have a lot of time.

MANUAL MESSAGE FUNCTIONS

The message programs provided will usually meet your needs, and are the easiest way to enjoy your massage chair. However, there may be times when you want to customize the type and length of a massage using the manual control functions. The manual controls allow you to:

- To concentrate on a particular spot.
- Adjust the intensity and width of the massage on your back to adjust to your body frame
- Choose a massage function you like best

To activate a manual message function, check that power is turned on and simply press the desired function button. The corresponding LED will illuminate to confirm your selection.

Rolling

Rolling moves the rollers along the side of the back, gently massaging with a pressing motion up and down the full length of the back.

Kneading

Kneading combines a circular motion while moving up and down the back.

Tapping

Tapping combines a rapid back and forth tapping along the back while moving up and down the full length of the back.

Kneading + Tapping

Kneading + Tapping combines the circular motion of Kneading with Tapping while moving up and down the back.

Seat Vibration

Provide random vibration in the seat.

ADJUSTABLE FUNCTIONS IN MANUAL

Massage

These functions are available when one of the Manual Massage Functions is active. To activate one of these functions, simply press the desired button while in a manual massage function. The corresponding LED will illuminate to confirm your selection.

Spot

A stationary version of 3 of the manual massage functions, which can be adjusted up and down with the Up/Down controls. Spot stops the massage in the location in which it was pressed and focuses the massage action in that place.

Available with: Kneading, Tapping, and Kneading+Tapping.

NOTE: By definition, Rolling, which moves up and down, is not available in Spot. However, Rolling can be focused to a specific area with the Partial function. See below.

Partial

A partial range version of all the manual massage functions, which can be adjusted up and down with the Up/Down controls. Partial stops the massage action in the location in which it was pressed and then works approximately a 10cms range up and down.

Available with: Rolling, Kneading, Tapping, and Kneading + Tapping.

Up/Down

Available with the Spot and Partial functions, the Up/Down button adjusts the location of the massage to a specific position along the back. To move the massage location up or down, press and hold the respective button until you have reached the desired location. When you release the button, the massage location will be set.

Available with: Spot and Partial Massage

Tapping Intensity

Adjusts the intensity of the Tapping functions between Low (L) and High (H). The LED light indicates the intensity level. To change the intensity level, simply press the button.

Available with: Tapping and Kneading + Tapping

Width

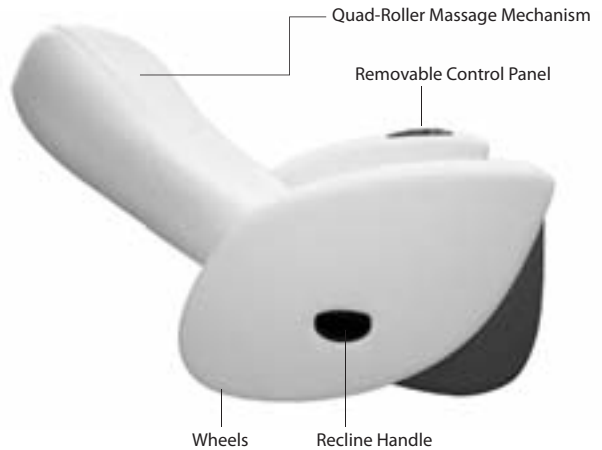
Adjusts the location of the massage rollers in Rolling and Tapping with 3 setting options. Width control allows you to change the position of the massage rollers so that you can customize the massage. The LED light indicates the width setting. To adjust the width of the massage rollers, simply press the button. Repeat until you have reached the desired setting.

Available with: Rolling and Tapping

AUTOMATIC SHUT OFF

The eLounger has been designed for convenience and safety. As a special precaution against falling asleep while using the unit or leaving the unit on while it is still in operation, we've programmed it to automatically shut off after 15 minutes. This special feature should not be considered as a substitute for OFF. Always remember to turn your unit off when not in use.

NOTE: If you do not use the eLounger for a period of time (for instance, while you are away on vacation) it is recommended that you turn off the master power switch and unplug the chair.



PRODUCT CARE & MAINTENANCE:

To clean

- Disconnect the recliner from power source before cleaning.
- A soft, damp cloth may be used for the recliner. When cleaning the controller or around the power switch, use a dry cloth only.
- Dust may be removed from the backrest or armrest with a vacuum.
- Do not use abrasive cleaners, brushes, gasoline, kerosene, polish or paint thinner to clean.
- The cushions are not machine washable. Do not immerse in liquids to clean.

To store

- Avoid contact with sharp edges or pointed objects, which might damage/puncture the fabric.
- Do not store near heat or open flame. Do not leave this product exposed to direct sunlight for long periods of time. This may cause fading.
- It is recommended that the recliner be covered when not in use for long periods of time.
- It is suggested that the power cord be coiled and the unit kept in an area free of dust and moisture if not in use for long periods of time.

Other general care & use guidelines

- Foreign objects should not be inserted between the massage nodes or the unit housing.
- The mechanics of the product are specially designed and constructed to be maintenance free. No periodic lubrication or servicing is required.

SPECIFICATIONS

Model Number	EL-300-EU/ELMC-299-GB
Operating Voltage	220–240V AC
Power Consumption	110W max
Massage Rollers	4
Massage Functions	Rolling, Kneading, Tapping, Kneading + Tapping
Pre-Programmed Massage Sessions	4
Adjustable Functions	Spot / Partial Location, Intensity, Width
Recline Angle Approx.	110 – 160 degrees
Recline Type	Manual
Auto Timer Shut Off	15 minutes
Chair Dimensions	73cms W x 101cms L x 93cms H (not reclined) 73cms W x 132cms L x 66cms H (fully reclined)
Chair Weight Approx.	92 lbs.
Cover Fabric Material	Synthetic Leather
Warranty	2 year limited
Fuse	2A 250V

* Specifications are subject to change without prior notice.

TROUBLESHOOTING

PROBLEM	POSSIBLE CAUSE(S)	SUGGESTED SOLUTION
Message action does not start.	<ul style="list-style-type: none"> • No message function button was pressed. • The power cord is not plugged in. • The power switch on the chair is not turned on. 	<ul style="list-style-type: none"> • Press one of the message function buttons to start manual or programmed massage. • Plug the power cord into a 220-240V AC outlet. • Turn the power switch to on.
Desired message action does not start.	<ul style="list-style-type: none"> • The correct message function button was not pressed. • The message function button was pressed too quickly after the last button. 	<ul style="list-style-type: none"> • When pressing the message function buttons, watch the LED's on the control. They will indicate the active function. • Wait several seconds and press the desired function again.
Message rollers stop while in action.	<ul style="list-style-type: none"> • The fuse has failed. • The self-contained safety device may stop the action if the chair has operated for an excessive period of time. 	<ul style="list-style-type: none"> • Check the fuse to the right of the main power switch. Replace if needed with a standard 2A 250V fuse (Figure 6). • Turn the main power switch to off, unplug the chair and wait 30 minutes before restarting.
Message action does not stop after normal 15 minute auto shut off cycle.	<ul style="list-style-type: none"> • Additional press of message function button could have restarted another message cycle. 	<ul style="list-style-type: none"> • Press the Stop button.
Power Indicators are illuminated on control panel but massage functions will not activate.		<ul style="list-style-type: none"> • Turn off power with main power switch on the chair back. Wait 15 seconds and turn the switch back on.
Unable to recline.	<ul style="list-style-type: none"> • An object may be in the way of the backrest. 	<ul style="list-style-type: none"> • Check to make sure there is a clear path for the backrest.

HOMEDICS®



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