

# HOMEDICS®

LEADERS IN HEALTH & WELLBEING



Register your product today at  
[www.homedics.co.uk/product-registration](http://www.homedics.co.uk/product-registration)



## SHIATSU MASSAGER WITH HEAT

.....  
instruction manual

GSM-800H-GB

**3** YEAR guarantee

## PRODUCT FEATURES Unique Gel nodes provide a smooth, natural touch massage



**DEMO BUTTON** - For a brief demonstration of the features of the Shiatsu Massaging Cushion, press the Demo button. The unit will briefly go through each function. Once complete, the unit automatically turns off. The L.E.D. light will blink to indicate the active functions.

**SHIATSU GEL MASSAGE** - A deeply relaxing and rejuvenating experience invented in Japan using rhythmic finger pressure to stimulate 'chi' (vital energy), relieving stress and tension.

**SHIATSU PROGRAMS** - Choose from 3 preset programs where the Shiatsu massage travels up and down in a specific area of the back. To select a program, simply press the button and the LED will illuminate. To deselect, press the button again or press another button.



Full back Upper back Lower back

**SPOT SHIATSU** - While the unit is in Shiatsu massage, press either button to stop and focus the Shiatsu action in one place. Once the unit is operating in Spot Shiatsu, you may adjust the mechanism position by holding down either button until the desired position is reached. The Up Arrow will move the mechanism upwards and the Down Arrow will move it down. Once you release the button, the mechanism will stop in that place.

**3-SPEED SETTING** - To change the speed of the massage mechanism press '3 Speed' button to change between low, medium and high. The speed setting selected is shown by the lights below.

**POWER BUTTON** - To turn on the unit, first press the POWER button. The LED indicator will

illuminate and confirm your selection. To turn off the unit, simply press the button again. The LED indicator will blink while the back massage mechanism returns to its lowest point and then it will turn off.

**VIBRATION MASSAGE** - Add invigorating vibration massage to any Shiatsu or rolling massage program.

**PERFECT FIT** - To customize the massage to your height, press the "Perfect Fit" button at the highest desired position. The massage heads will not travel higher than that position for the duration of the massage. To deselect the Perfect Fit feature, press the "Perfect Fit" button a second time. The massage will return to its full travel.

**ROLLING MESSAGE** - Rolling is like two hands or thumbs working up and down your back.

**ROLLING PROGRAMS** - Choose from 3 preset programs where the Rolling massage travels up and down in a specific area of the back. To select a program, simply press the button and the LED will illuminate. To deselect, press the button again or press another button.

**WIDTH ADJUSTMENT** - While the unit is in Rolling massage for the back, press this button to adjust the distance or width between the massage heads. With each press, the massage heads will move to the next available position.

**HEAT** - For soothing heat when massage is on, simply press the heat button and the corresponding red L.E.D. light will illuminate. To deselect, press the button again and the corresponding L.E.D. light will turn off.

**For your safety, heat cannot be turned on if massage is not selected.**



Moving Gel Shiatsu massage mechanism

## INSTRUCTIONS FOR USE:

### IMPORTANT - Preparing the appliance for use

The Shiatsu Massager comes with a screw located on the back of the unit to protect the massage mechanism during shipment, which must be removed before the first use to allow the Shiatsu feature to function. Use the provided Allen key. Then, properly dispose of the screw.

**WARNING – Failure to remove screw may cause permanent damage to the appliance.**

**Error:** all remote control LEDs flash for a few seconds.

**Cause:** massager overloaded.

**Storage:** ensure the allen key bolt/screw has been removed from back of the massage cushion (using the allen key included). Should the condition continue after this please contact your HoMedics service centre.

### Strapping System

The Gel Shiatsu Massager incorporates a unique strapping system which allows you to fasten it to almost any chair. Just slip the straps over the seat or chair and adjust fastening straps to secure. Your massager won't slip or slide away.

**Note:** Do not use this product for more than 15 mins at a time.

The moving dual massage mechanism on the back always "parks" or finishes in its lowest position. It will continue to this position after the power has been turned off. If the electrical supply is interrupted, when power is restored, the mechanism will "park" or move to its lowest position

## MAINTENANCE:

### Cleaning

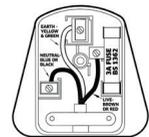
Unplug the appliance and allow to cool before cleaning. Clean only with a soft, slightly damp sponge.

- Never allow water or any other liquids to come into contact with the appliance.
- Do not immerse in any liquid to clean.
- Never use abrasive cleaners, brushes, glass / furniture polish, paint thinner etc to clean.

### Storage

Place the appliance in its box or in a safe, dry, cool place. Avoid contact with sharp edges or pointed objects which might cut or puncture the fabric surface. To avoid breakage, DO NOT wrap the power cord around the appliance. DO NOT hang the unit by the cord.

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



## FKA Brands Ltd

Somerhill Business Park, Tonbridge, Kent TN11 0GP, UK  
Customer Support: +44(0) 1732 378557 | support@homedics.co.uk



IB-GSM800H-GB-0118-01