

HOMEDICS®



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Handheld Shiatsu Massager



Instruction Manual

HHP-355-15-GB

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 can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.
- 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.
- This product requires a 220-240 V AC power.
- DO NOT attempt to repair the appliance. There are no user serviceable parts. For service, send to a 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.

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.
- If the product feels excessively hot, switch off at mains and contact the HoMedics Service Centre.
- You may soften massage force by placing a towel between yourself and the unit.
- 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.

MAINTENANCE:

Cleaning

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

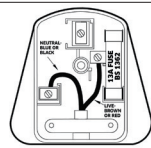
- Never allow water or any other liquids to come into contact with the appliance.
- Do not immerse in any liquid to clean.
- Never use abrasive cleaners, brushes, glass / furniture polish, paint thinner etc to clean.

Storage


Place the appliance in its box or in a safe, dry, cool place. DO NOT wrap the power cord around the appliance. DO NOT hang the unit by the cord.

Plug (MODEL HHP-355-15-GB)

If the plug on this appliance is damaged, it can be replaced with a BS 1363 plug, fitted with a 13A BS 1362 fuse. The recommended fuse for this appliance is 13 amp. 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.

PRODUCT FEATURES:


Handheld Shiatsu Massager provides vibrating speeds to meet different massage needs and penetrates deep into your muscle layers to relieve aching and stiff muscles, helping you feel relaxed, recharged and feeling better.

Ergonomic and lightweight design

Control panel with speed adjustment and auto mode buttons



This unit should never be used without the Soft Mesh Cover in place



Interchangeable heads for all massage needs
Wave head for soothing smooth massage



Fig.1

Arc head for invigorating massage



Roller head for deep tissue massage



Soft mesh cover



INSTRUCTIONS FOR USE:

Massage Function

1. Plug the appliance into a 220-240V mains outlet and push the power button and you will hear a beep.
2. Your massager comes equipped with 4 attachments (Figure 1). Attach the different heads by twisting off the soft mesh cover (Figure 2) and clipping the heads on and off (Figure 3). **Always replace the Soft Mesh Cover before use.**
3. To activate the massager, push the power button and you will hear a beep. Adjust the massage intensity using the arrow buttons on the control panel, up for more intensity, down for less intensity (Figure 4).
4. Apply the massager head lightly to the area you wish to treat. Move the unit slowly, holding it over the targeted area. Treat the area for a short period of time and move to another area. **NEVER** treat the same area for longer than 3 minutes.
5. To turn the unit off, push the power button and you hear the beep. For your safety the device will automatically turn off after 15 minutes of continuous use.



Fig.2



Fig.3



Fig.4

Tips for Use

Massage in a firm circular motion, concentrating on targeted problem areas of the body.

This unit should never be used without the Soft Mesh Cover in place (Attachment 4).

HOMEDICS®

TWO YEAR GUARANTEE

HoMedics Inc. guarantees this product from defect in material and workmanship for a period of 2 years from the date of purchase, except as noted below. This HoMedics product guarantee does not cover damage caused by misuse or abuse; accident; the attachment of any unauthorised accessory; alteration to the product; or any other conditions whatsoever that are beyond the control of HoMedics. This guarantee is effective only if the product is purchased and operated in the UK / EU. A product that requires modification or adaptation to enable it to operate in any country other than the country for which it was designed, manufactured, approved and / or authorised, or repair of products damaged by these modifications is not covered under this guarantee. HoMedics shall not be responsible for any type of incidental, consequential or special damages.

To obtain guarantee service on your product, return the product post-paid to your local service centre along with your dated sales receipt (as proof of purchase). Please refer to 'HoMedics Service Centre' information leaflet for details of your local service centre. Upon receipt, HoMedics will repair or replace, as appropriate, your product and return it to you, post-paid. Guarantee is solely through HoMedics Service Centre. Service of this product by anyone other than the HoMedics Service Centre voids the guarantee.

This guarantee does not affect your statutory rights.

HoMedics Service Centre

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