

HOMEDICS®

Shiatsu Massage Pillow

WITH
HEAT



Instruction Manual

SP-22H-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.
- 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, 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.
- The rear strap should only be used to hold the cushion in position against a chair back. It is not intended for any other use.
- 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.
- 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.
- Not recommended for use on wooden surfaces as the zipper may damage the wood.
Caution is also recommended when using on upholstered furniture.
- 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.
- Not recommended for use on leather furniture.
- 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.

To wash cover

- Unzip and remove cover.
- Follow instructions on wash label.
- Once dry, take care refitting cover and then zip up.



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.

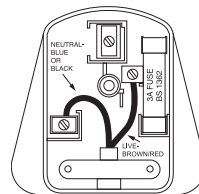
WEEE explanation



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.

Plug

If the plug on this appliance is damaged, it can be replaced with a BS 1363 plug, fitted with a 5A BS 1362 fuse. Only use a 5 amp fuse with this appliance. Care must be taken when changing the plug. If in doubt, contact a qualified electrician.



PRODUCT FEATURES:

Flap

Flip back for a more intense massage.








Power Supply Cord

Note: There is a 15 minute auto shutoff on the unit for your safety

INSTRUCTIONS FOR USE:

Massage Function

1. Plug the adaptor into a 220-240V mains outlet.
2. Connect the adaptor lead to the massager power supply cord.
3. To turn on, press power  button once (Figure 1).
4. To activate Shiatsu massage, press  Shiatsu button. To change direction press  (Figure 1).
5. To activate soothing heat with the massage, press the heat button  (Figure 1). Massage heads will glow red (Figure 2). Allow a few moments for the heating action to warm up.
6. When finished press the power  button again to turn off all massage and heat functions and unplug the pillow.

NOTE:

- **The massage cushion should only be used for a maximum of 15 minutes at any one time.**
- The Shiatsu Pillow is designed for use on the neck, back and shoulders (see Figures 3 and 4).
- Only gentle force should be exerted against the pillow in order to eliminate risk of injury.
- Always remember to switch the appliance off when not in use.
- Take care to position the product where it will not damage wooden or upholstered surfaces.
- For the neck and shoulders it may work better to use the pillow upside down (as shown in Figure 5).
- The elasticated Velcro strap (situated on the rear of the pillow) can be used to secure the pillow to the chair back (see Figure 6).

CAUTION:

To avoid pinching do not lean on Shiatsu back massage mechanism in the pillow when adjusting your body position.

Do not jam or force any part of your body in the moving massage mechanism.



(Figure 1)



(Figure 2)



(Figure 3)



(Figure 4)



(Figure 5)



(Figure 6)





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TWO YEAR GUARANTEE

HoMedics guarantees this product free from defect in material and workmanship for a period of 2 years from the date of purchase, except as noted below.

This 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.

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 are not covered under this guarantee. HoMedics shall not be responsible for any type of incidental, consequential or special damages.

For all guarantee enquiries please contact HoMedics Customer Service on:

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This guarantee does not affect your statutory rights.

