

- An appliance should never be left unattended when plugged in.** Unplug from outlet when not in use, before cleaning and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.

## WARNING

- Keep Dry – Do not operate in a wet or moist condition.
- Use the covering shows any sign of deterioration, such as checking, blistering, or cracking.
- Carefully examine the covering before each use. Discard the appliance if the covering shows any sign of deterioration, such as checking, blistering, or cracking.
- Never use pins or other metallic fasteners with this appliance.
- Do not place or store appliance where it can fall or be pulled into a tub or sink. Do not place in or drop into water or other liquid.
- Do not use while bathing or in a shower. Use only in a dry area.
- Do not reach for an appliance that has fallen into water. Unplug immediately.
- Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

## DANGER

**Read all instructions before using this appliance.**

When using an electrical appliance, basic precautions should always be followed, including the following:

# IMPORTANT SAFETY INSTRUCTIONS

### PRECAUCIONES

- Pida consejo a su médico antes de usar este aparato si usted está embarazada o padece de cualquier condición médica, incluso: problemas cardíacos, cáncer, infección, fractura de hueso o dolor persistente.

- Interrumpa el uso de este aparato y llame a su médico en caso de dolor persistente en los músculos o las articulaciones. Esto podría ser síntoma de una condición más seria.

- No utilice este aparato si usted padece de cualquiera de los problemas siguientes: heridas abiertas o nuevas, úlceras de la piel (ampollas), venas varicosas, moretones, cortaduras, quemaduras, inflamación, hinchazón, decoloración o sensibilidad al calor.

- Este aparato no debería ser usado por personas que padezcan de enfermedades que puedan limitar o en cualquier manera inhibir su capacidad de sentir en las partes del cuerpo donde se usa este producto.

- No utilice este aparato si usted padece de cualquiera de los problemas siguientes: diabetes, tuberculosis, tumor benigno o maligno, flebitis o trombosis, problemas circulatorios, inflamación o heridas abiertas o nuevas. Pida consejo a su médico antes de usarlo en caso de hongo, hinchazón, fractura o dolor persistente.

- Este producto ha sido diseñado para proporcionar masajes relajantes. Deje de usarlo y pida consejo a su médico en caso de dolor o incomodidad.

- No lo use mientras esté dormido/a o adormilado/a.

- Nunca opere los controles, enchufe o desenchufe el aparato con las manos mojadas.

- This appliance should not be used by, on, or near children or individuals with certain disabilities.
- Use this appliance only on the body such as neck, lower back and feet as intended and described in this manual. Do not use attachments not recommended by Conair.
- Never operate this appliance if it has a damaged cord or plug, if it is not working properly, or if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
- Do not carry this appliance by supply cord or use cord as a handle.
- Keep the cord away from heated surfaces.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Never drop or insert any object into the product.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, turn all controls to the OFF position, then remove plug from outlet.
- Use heated surface carefully. May cause serious burns. Do not use on insensitive skin area or in the presence of poor circulation. The unattended use of heat by children or incapacitated persons may be dangerous.
- Burns will result from improper use.
- Temperatures sufficiently high to cause burns may occur regardless of the control setting. Do not use on an infant or invalid or on a sleeping or unconscious person. Do not use on insensitive skin or on a person with poor blood circulation. Check the skin in contact with the heated area of the appliance frequently to reduce the risk of blistering.
- Do not Crush – Avoid sharp folds.
- Never remove cover.

To reduce the risk of electric shock, this appliance has a polarized plug (one blade is wider than the other). This plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. Do not change the plug in any way.

Because of the power of shiatsu massage, for your comfort and safety the maximum recommended continuous massage time is 15 minutes. The unit is designed to automatically shut off in 15 to 30 minutes of use. The unit will remain off for a rest period and will automatically turn back on in approximately 45 minutes. The heat however, will remain on during the rest period. If you have finished your massage session, you should slide both the heat and massage switches to OFF.

Slide the heat button to the ON position to initiate heat function; slide to OFF to turn off. The red LED light will go on to indicate the heat is on. Slide the switch first to LO massage and then to HI to determine which is most comfortable for you.

The Shiatsu massage cushion with heat has been designed for ease of operation and is intended for household use only. The massage can be used to relieve tense muscles throughout the body, such as the neck, lower back, and feet. We have designed it with a 6-foot long power cord for your convenience. Make sure all switches are in the OFF position, and plug cord into 120 volt outlet. Position the massage comfortably against the part of the body to be massaged. With the easy-to-use handheld controller, select shiatsu massage intensity or heat or a combination of both. There is a slide switch to activate the heat and a separate slide switch for a shiatsu massage. Slide the heat button to the ON position to initiate heat function; slide to OFF to turn off. The red LED light will go on to indicate the heat is on. Slide the switch first to LO massage and then to HI to determine which is most comfortable for you.

# OPERATING INSTRUCTIONS

## SAVE THESE INSTRUCTIONS

- Este aparato no debería ser utilizado por, sobre o cerca de niños o personas con alguna discapacidad.

- Use este aparato solamente con el propósito para el cual fue diseñado y según se describe en este manual. Sólo use accesorios recomendados por el fabricante.

- No opere este aparato si el cordón o la clavija estuviesen dañados, después de que hubiese funcionado mal o que se hubiese caído o si estuviese dañado. Regrese el aparato a un centro de servicio autorizado para su revisión, reparación o ajuste.

- No coja ni transporte el aparato por el cordón.
- Mantenga el cordón alejado de las superficies calientes.
- Nunca bloquee las aberturas de aire. Manténgalas libres de pelusas, cabellos y elementos similares.
- Nunca deje caer ni inserte un objeto en ninguna de las aberturas.
- No lo utilice en exteriores.

- No lo haga funcionar donde se estén usando productos en aerosol (spray) o donde se esté administrando oxígeno.

- Apague (OFF) todos los controles antes de desconectar el cordón del tomacorriente.

- Las superficies calientes pueden provocar quemaduras. Utilice la función de calor con cuidado. No lo emplee en áreas insensibles o en caso de insuficiencia circulatoria. El uso de este producto por niños o personas discapacitadas puede ser peligroso.

- El uso inadecuado del producto puede causar quemaduras.
- Pueden ocurrir quemaduras, cualquiera que sea la temperatura usada. No lo emplee en bebés o personas dormidas o inconscientes. No lo emplee en áreas insensibles o en caso de insuficiencia circulatoria. Para evitar el riesgo de ampollas o quemaduras, examine la piel en contacto con la superficie caliente frecuentemente.

- No lo aplaste ni lo doble.

- Nunca quite la cubierta.

- To clean the unit, make sure the massager is unplugged. Allow the unit to cool and then wipe down with a cloth. Do not use any strong chemical cleaners such as benzine.
- Store massager in a secure place, away from excessive heat or sharp objects. Do not handle the massager by any of the electrical cords and do not wrap the cord around the unit.

## MAINTENANCE INSTRUCTIONS

- Ensure that your hands are dry when operating the controls or removing the plug.
- Never use while sleeping or drowsy.

- Use of this product should be pleasant and comfortable. Should pain or discomfort result, discontinue use and consult your physician.

- Do not use if you have diabetes, tuberculosis, benign or malignant tumors, phlebitis or thrombosis, or if you have poor circulation, or if any area of your skin is inflamed or has an open wound. Consult a physician before using if you have any kind of fungal infection, swelling, fracture or persistent pain.

- Never use any massaging product on open wounds, discolored areas, or skin eruptions, ulcerated sores or varicose veins are present.
- This product should never be used by any individual suffering from any ailments that would limit or altogether inhibit the user's capacity to feel or have any sensation in the body part that this product is being used for.

- Do not use if you have diabetes, tuberculosis, benign or malignant tumors, phlebitis or thrombosis, or if you have poor circulation, or if any area of the body that is swollen, burned, bruised, inflamed or where skin eruptions, ulcerated sores or varicose veins are present.

- If you experience pain in a muscle or joint for a prolonged period of time, discontinue use and consult your doctor. Persistent pain could be a symptom of a more serious condition.

- Consult your doctor before using in case of illness or medical condition, including but not limited to pacemaker use, pregnancy or cancer.

### CAUTIONS

# IMPORTANTES MEDIDAS DE SEGURIDAD

Siempre que use aparatos eléctricos, debe tomar precauciones básicas, entre las cuales las siguientes. **Lea todas las instrucciones antes de usar este aparato.**

#### LEA TODAS LAS INSTRUCCIONES ANTES DE USARLO.

#### *MANTÉNGALO ALEJADO DEL AGUA.*

### PELIGRO –

Para reducir el riesgo de electrocución:

- Siempre desconecte este aparato después de usarlo y antes de limpiarlo.**
- No trate de alcanzar el aparato después de que hubiese caído al agua. **Desconéctelo inmediatamente.**

- No lo use en el baño o la ducha. Utilícelo en un lugar seco únicamente.

- No deje ni guarde este aparato donde pueda caer o ser jalado a la tina o al lavabo. No lo coloque ni lo deje caer al agua u otro líquido.

- Nunca use alfileres ni otros sujetadores metálicos con este producto.

- Examine cuidadosamente la cubierta antes de cada uso. Deseche el cojín si ésta presentara cualquier signo de deterioro.

- Manténgalo seco - No lo utilice en lugares húmedos.

## ADVERTENCIA –

- Nunca deje este aparato desatendido mientras esté conectado. Desconéctelo inmediatamente después de usarlo, antes de limpiarlo y antes de instalar o remover accesorios.**

- No haga funcionar este aparato debajo de una cobija o de una almohada. Esto podría provocar un recalentamiento y presentar un riesgo de incendio, electrocución o herida.

