

IMPORTANT SAFETY INSTRUCTIONS

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

READ ALL INSTRUCTIONS BEFORE USING. KEEP AWAY FROM WATER.

DANGER— To reduce the risk of electric shock:

- 1) **Always unplug this appliance from the electrical outlet immediately after using and before cleaning.**
- 2) **Do not reach for an appliance that has fallen into water.** Unplug immediately.
- 3) Do not use while bathing or in a shower.
- 4) 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 liquids.

WARNING

— To reduce the risk of burns, fire, electric shock, or injury to persons:

- 1) **An appliance should never be left unattended when plugged in.** Unplug from outlet when not in use, and before putting on or taking off parts.
- 2) Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- 3) This appliance should not be used by, on, or near children, or individuals with certain disabilities.
- 4) Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by Conair.
- 5) **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.**
- 6) Do not carry this appliance by supply cord or use cord as a handle.
- 7) Keep the cord away from heated surfaces.

8) Never drop or insert any object into the product.

9) Do not use outdoors.

10) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

11) To disconnect, turn all controls to the OFF position, then remove plug from outlet.

SAVE THESE INSTRUCTIONS OPERATING INSTRUCTIONS

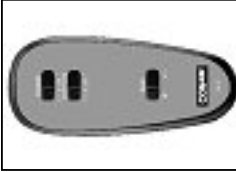
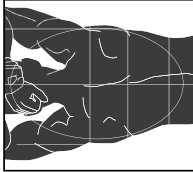
Your Body Benefits® Heated Massaging Seat Cushion is designed to be used in your home or office. We have provided an AC adapter for use in a 120 volt outlet. For your safety, please use only the adapter provided with this massager. Elastic straps are attached to the seat, which allows you to securely fasten the massager to almost any chair.

This massager has been designed for ease of operation. To create your own custom massage, follow these easy steps: With all the slide switches on the hand control in the OFF position, connect the power cord to the hand controller. There are 3 switches on the hand control. The TOP 2 SWITCHES control the vibrating motors:

- | | |
|------------|------------|
| 1st switch | UPPER BACK |
| 2nd switch | LOWER BACK |

Each slide switch has an OFF position and 3 massage strength settings: – LOW, MED (Medium), and HI. Try each motor setting to create the custom massage you desire.

The BOTTOM SWITCH is the ON/OFF heat control. Slide the switch to the right to activate the heat in the middle section of the back. *Please note: As one of the built-in safety features, you must be using the Heated Massaging Seat Cushion for the heat circuit to be activated. Therefore, you cannot “preheat” the massaging system.* After using, return all switches to the OFF position, and disconnect power before storing.



CAUTIONS

• Choking hazard. Keep out of reach of children. This is not a toy. Not to be used as a baby or infant pillow. Read instruction booklet before using.

• This massager should not be used in the following cases: Tuberculosis, benign  and malignant tumors, hemorrhages, inflammations of the skin, phlebitis and thrombosis, open and fresh wounds, bruises, broken skin or varicose veins, undetermined calf pain, or joint pain.

• If you are undergoing treatment for cancer, check with your physician before using.

• **Consult your physician should you have any questions regarding therapeutic use of this massager.**

• Do not use on any unexplained pain or swollen muscles, or following a serious muscular injury, before consulting your physician.

• Keep away from children.

• Discontinue use of massager if pain increases or swelling occurs after application.

• If you are pregnant, consult your physician before using.

• If you are taking any prescription medications, consult your physician before using. Individuals with certain disabilities should consult their physician before using.

MAINTENANCE INSTRUCTIONS

1) 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.

2) To clean the unit, make sure the massager is unplugged. Allow the unit to cool and then wipe down with a damp cloth. Do not use any strong chemical cleaners such as benzine.

RECOMMENDED MASSAGING TIMES

Generally, massage should last 15 minutes on any one particular part of the body. Treatment may be applied once or twice daily as desired.

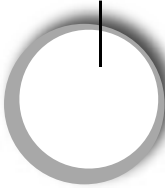
As metabolism varies among individuals, so does their response to massage. You will soon adjust the time to suit your particular needs and personal comfort. If you have any doubts regarding treatment, we recommend you consult your physician.

MASSAGING SEAT CUSHION

Model BM1RL

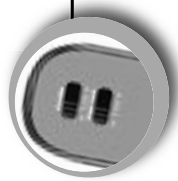


soft-cushioned design
provides extra comfort
and flexibility



heat option
provides soothing
comfort for your
back muscles

hand control
with low,
medium, and
high power
settings, with
or without heat



fits easily
to almost any chair
portable for home
or office



LIMITED ONE YEAR WARRANTY

Conair will repair or replace (at our option) your unit free of charge for 12 months from the date of purchase if the appliance is defective in workmanship or materials. To obtain service under this warranty, return the defective product to the service center listed below, together with your purchase receipt and \$7.00 for postage and handling. California residents need only provide proof of purchase and should call 1-800-326-6247 for shipping instructions. In the absence of a purchase receipt, the warranty period will be 12 months from the date of manufacture.

ANY IMPLIED WARRANTIES, OBLIGATIONS OR LIABILITIES, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTY OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, SHALL BE LIMITED IN DURATION TO THE 12-MONTH DURATION OF THIS WRITTEN, LIMITED WARRANTY. Some states do not allow limitations on how long an implied warranty lasts, so the above limitations may not apply to you.

IN NO EVENT SHALL CONAIR BE LIABLE FOR ANY SPECIAL, INCIDENTAL, OR CONSEQUENTIAL DAMAGES FOR BREACH OF THIS OR ANY OTHER WARRANTY, EXPRESS OR IMPLIED, WHATSOEVER. Some states do not allow the exclusion or limitation of special, incidental or consequential damages, so the above limitation may not apply to you. This warranty gives you specific legal rights, and you may also have other rights, which vary from state to state.

Contains a UL and CSA listed adapter.

Please register this product at: www.conair.com/registration

Service Center

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Service Department
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Glendale, AZ 85307

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Visit us on the web at: www.conair.com

BM1RL
13PS142471

IB-10845A

heated massaging seat cushion



INSTRUCTION BOOKLET FOR MODEL BM1RL

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

CONAIR