

## Operating Instructions

Instrucciones de Uso  
Mode d'emploi

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### Household Massage Lounger Sillón de Masaje Doméstico Fauteuil vibromasseur

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Model No./N<sup>o</sup> de Modelo/N<sup>o</sup> de modèle **EP-MA73**

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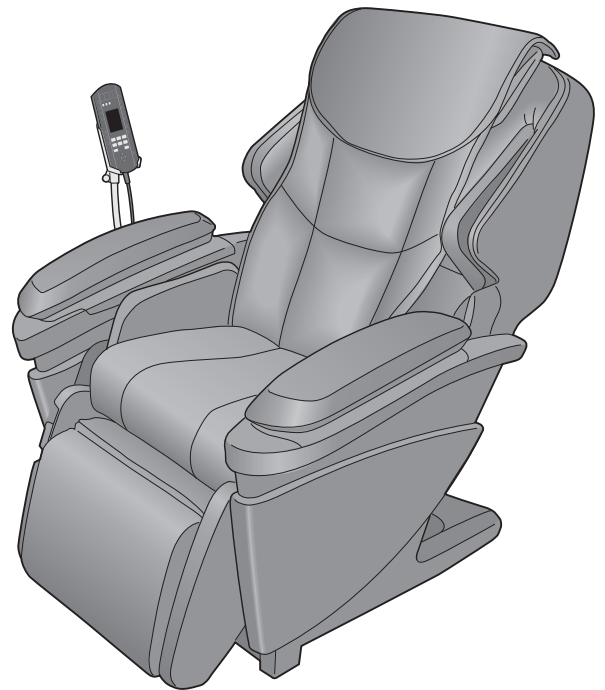
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English EN3

Español SP3

Français FR3



Before operating this unit, please read these instructions completely.

Antes de utilizar esta unidad, lea completamente estas instrucciones y guárdelas para referencia futura.

Avant d'utiliser cet appareil, nous vous recommandons de lire l'ensemble de ces instructions et de les ranger dans un endroit accessible pour une consultation ultérieure.



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# IMPORTANT SAFETY INSTRUCTIONS

Basic precautions should always be followed when using an electrical unit, including the following.

Please ensure that you read all instructions before using the Household Massage Lounger.

**⚠ DANGER** – To reduce the risk of electric shock:

1. Always unplug this unit from the electrical outlet immediately after using and before cleaning.

**⚠ WARNING** – To reduce the risk of burns, fire, electric shock, or injury to persons:

1. Fully insert the power plug to reduce the risk of short-circuit and fire.
2. The unit should never be left unattended when plugged in. Always unplug the unit when not in use.
3. The unit is not to be used by people who cannot move or communicate on their own.
4. Only use the unit for the purpose described in these instructions.
5. Do not stand on the unit.
6. Do not use any accessories other than those recommended by the manufacturer.
7. Always return the seat to the upright position and make sure the leg rest is completely retracted. Be careful that nothing is obstructing the leg rest while retracting. Keep children away from the leg rest.
8. Never operate the unit if it has a damaged power cord or plug. Return the unit to the nearest authorized service center if it is not working properly, if it has been dropped or damaged, or if it has been immersed in water.
9. Keep power cords away from heated surfaces. Do not carry the unit by the power cord.
10. Never block the air openings during operation and make sure that all air openings are kept free of lint and hair, etc. Do not drop or insert anything into any of the openings of the unit.
11. Do not use the unit on top of heating appliances, such as electric carpets, etc. Do not operate the unit under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
12. Do not use the unit in bathrooms or other damp or humid places as this may cause electric shock or cause the unit to malfunction. Do not spill water, etc. onto the controller.
13. Do not use the unit outdoors.
14. Do not use or operate where aerosol spray products are being used or where oxygen is being administered.
15. When unplugging the unit, turn off all controls before removing the plug from power outlet. Do not use the unit with a transformer as this may lead to malfunction or electric shock.
16. Connect this unit to a properly grounded outlet only. See Grounding instructions.
17. Use heated surfaces carefully. May cause serious burns. Do not use over insensitive skin areas or in the presence of poor circulation. The unattended use of heat by children or incapacitated persons may be dangerous.
18. Always raise the comfort cushion to check that the fabric covering the movement area of the massage heads in the backrest has not been ripped before using the unit. Please also check other areas to ensure that the fabric has not been ripped. No matter how small the rip, if you find one then immediately stop using the unit, unplug the power cord and have the unit repaired at an authorized service center.
19. Do not push hands, elbows, arms, feet or legs into the fabric covering the movement area of the massage heads in the backrest while using the unit.
20. Do not use the unit in close proximity to loose clothing or jewelry.
21. Keep long hair away from the unit while in use.
22. Always use sockets and wiring devices at the correct rated value. Use at the specified power supply 120 V, AC. Failure to do so may result in electric shock or fire due to overheating.
23. When "Heat" massage heads are used, do not let the massage heads touch the same place for a long time. Do not use the "Foot Heat" massage for a long time. Low-temperature burn may occur
24. Do not damage the "Heat" (heater) section. (See page EN11.) Do not stick pins or needles into the unit. Do not damage with a sharp object. Doing so may damage the internal heater, causing fire or electric shock.
25. Sit on the unit after confirming there is no foreign matter between the parts of the unit. (Confirm that there are no foreign objects stuck in the comfort cushion, leg rest or hand & arm massage section.) Sit down and ensure that the leg rest is properly locked in place. Failure to observe this precaution may result in accident or injury.
26. Periodically remove dust, etc. from the power plug. Failure to do so may result in insulation failure due to humidity, etc., which may cause fire. (Remove dust using a dry cloth.)
27. Do not insert or unplug the power plug with wet hands. Doing so may cause electric shock.
28. Do not massage any one point for more than 5 minutes at a time. Excessive massaging can overstimulate the muscles and nerves and result in an adverse effect.
29. After each massage, slide the power switch, which is located on the right side of the chair, to the "off" position and turn its lock switch to the "lock" position and remove the key and power plug.
30. Do not attempt to open or disassemble any part of the unit. Only use an authorized Panasonic servicer to fix your unit.
31. If the massager functions abnormally, immediately turn off the power and have the massager checked by an authorized service center.

## SAVE THESE INSTRUCTIONS

# SAFETY PRECAUTIONS

## **CAUTION: To avoid the risk of injury:**

1. Persons with any of the conditions listed below or who are undergoing medical treatment or suffer from medical conditions should consult with their physicians before using the unit:
  - a) Pregnant women, people who are ill, in poor physical shape.
  - b) People suffering from back, neck, shoulder, or hip pain.
  - c) People who have a pacemaker, defibrillator, or other personal medical devices prone to electronic interference.
  - d) People suffering from heart disease.
  - e) People who are prohibited from receiving massage by a physician due to thrombosis or aneurism, acute varicose veins, or other circulatory disorders.
  - f) People with irregular curvatures of the spine.
  - g) People who have a loss of heat sensation.
2. This unit should not be used by children. Remove the key when not in use and store out of reach of children.
3. Do not insert your hands, fingers, feet or head into the spaces following spaces:
  - (1) Between the backrest and seat or armrest
  - (2) Between the leg rest and seat or armrest
  - (3) Between the seat and armrest
  - (4) Between the back cover and leg cover
  - (5) Back of the leg rest
4. Do not use the unit against bare skin. While thin clothing may increase effectiveness, exposing the skin directly to the massager may irritate the skin.  
Do not use the unit while wearing anything hard on your head like a hair accessory, etc. Do not use the unit for massaging the head, abdomen, front neck, elbows or knees.  
Do not use excessively strong massage action on the back of the neck.
5. When using the body scanning function, always ensure that the shoulder position is correct. If the shoulder position is not correct, use the POSITION button to adjust it properly. Or stop the massage function and re-try the body scanning function. You can adjust the shoulder position in this way in the automatic course and manual operation. Failure to align the shoulder position correctly can lead to injury.
6. Do not stretch the back muscles for more than approximately 16 minutes at a time. To avoid overstretching the muscles which may result in discomfort, do not use the unit for more than 5 minutes when first using it. You can gradually increase the duration and strength of the massage as you become used to it.  
To prevent excessive massaging, do not use the massager for more than a total of 16 minutes each session. After approximately 16 minutes, the massage heads will be retracted and stop moving.  
The comfort cushion can be removed if you want to experience a stronger back massage. Exercise extreme care when you use this mode in order to avoid back pain or injury. Use only for short periods of time (no more than 16 minutes). Reinstall the comfort cushion if you want to restore to normal massage intensity.
7. While using the massager, if you start feeling sick or if the massage seems painful, stop using it immediately. While using the massager, if the pressure seems too strong, the movement of the massage heads can be stopped at any time by pressing the Quick stop button.
8. Do not go to sleep while using the unit. Do not use the unit after drinking alcohol.
9. When the seat back is in a reclined position, do not sit on it or sit with your legs resting on the headrest. Do not sit on the leg rest as the unit may fall over.
10. Do not allow children or pets to play on or around the unit, especially during operation.
11. Do not unplug the unit or turn it off during operation. Unplug the unit immediately if there is a power outage.
12. Be sure to start on the gentle massage program if using the massager for the first time. The shiatsu massage is stronger and should be enjoyed after one has gotten accustomed to the chair.
13. Do not allow children to play on this mechanized furniture or operate the mechanism. Leg rest folds down on closing so that a child could possibly be injured. Always leave in an upright and closed position. Keep hands and feet clear of mechanism. Only the occupant should operate it.
14. Remove hard objects, such as false fingernails, wristwatches or rings, when massaging hands or arms. Empty pockets of hard objects when massaging the area of the seat or thighs.
15. People with any of the conditions listed below should not use the Hip stretch:
  - 1) People suffering from acute lumbago, spinal disc herniation, or misalignment of the vertebrae
  - 2) People with hip joint problems such as hip osteoarthritis
  - 3) People with osteoporosis
  - 4) People who felt numbness or listlessness in the legsIt may worsen the symptoms.
16. Always return the leg rest to its original position before moving the unit.  
Failure to observe this precaution may result in injury due to the leg rest returning to its original position when the unit is being moved.
17. Store the attachment screws out of reach of children.  
Accidental ingestion may occur.
18. Do not stand, jump on, or place objects on the seat until the air is completely extracted for the air massage.
19. Do not hold the sole massage section when moving the unit.  
Doing so may result in the section sliding as you move the unit, causing injuries.
20. Do not drag or push the unit in an installed state.  
Protect your floor (place a mat or similar) when moving the unit on its castors to avoid damage to your floor.

# SAFETY PRECAUTIONS

21. If you have not used the unit for a while, carefully read this operating instructions again and check that the unit is operating normally before use.  
Failure to do so may result in accident or injury.
22. Do not use at the same time as another medical device. Doing so may cause an accident or deteriorated health.
23. Do not allow children to use the controller holder fixing screw.  
Failure to do so may result in an accident or the child accidentally swallowing the key or screw.

# OPERATING PRECAUTIONS

## **⚠ CAUTION: To avoid damaging the chair, follow these precautions:**

1. The chair is designed for a maximum user weight of 120 kg (264 lbs). Exceeding the maximum weight may cause permanent damage to the massage mechanism and/or other components of the unit. Any such damage is deemed to be user abuse and is not covered under the Limited Warranty.
2. Do not sit on or drop the controller. Do not pull the controller cord or the power cord. Be careful not to catch the cord of the controller between the armrest and the chair back.
3. Do not treat the chair roughly, such as turning the chair on its side, turning the chair over or standing on it.
4. Do not treat the covering roughly.
  - Keep sharp or pointed objects away from the covering of the chair. Be careful not to drop lit ashes, lit cigarettes or matches on the chair.
  - Exposure to direct sunlight can cause fading or a change in color of the covering.
5. Do not repeatedly operate any switch at short intervals. Such action may cause the switch to malfunction.
6. Some noise may be heard coming from the massager while in use. This is due to the structure of the massager and is normal.
7. Make sure there are no obstacles behind the chair before reclining it. The chair can be reclined to a maximum angle of 170°. If the back hits a wall or pillar, the chair may malfunction. Be sure to have ample space behind the chair. Recline the chair slowly in order to avoid contact with an obstacle.
8. When excessive pressure is applied to the massage heads, they may stop moving for safety. When moving the heads up from the lowered position, one's body weight may stop the heads' movement. In such a case, slightly raise your body and allow the massage heads to move up.
9. Do not sit on the chair with wet body or hair.
10. The unit must not be used in "wet rooms" (sauna, swimming pool) or outdoors.
11. Always hold the power plug, not the power cord, when unplugging it from a socket.  
Failure to observe this precaution may result in electric shock or short-circuit.

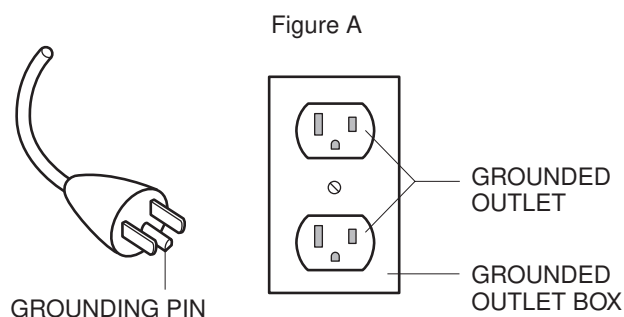
# GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

## **⚠ DANGER**

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug illustrated in Figure A. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.



# Use your chair in a wide variety of situations, with or without the massage function

To use the massage function



## Main functions

- **Automatic course** ▶ Page EN26
- **“Heat” massage heads** ▶ Page EN32
- **“Foot Heat”** ▶ Page EN32
- **Manual operation** ▶ Page EN34
- **Air action** ▶ Page EN38
- **Stretch action** ▶ Page EN38

● Raise the comfort cushion for use.

When not using the massage function



● You can use this unit as a normal reclining chair.

Smart storage

## Intended use, effects and benefits of the massage chair

### ● Massage, massage substitute

- Helps recovery from fatigue
- Promotes blood circulation
- Relieves muscle tiredness
- Relaxes stiff muscles
- Relieves nerve and muscle pain

● See page EN52 for details on how to massage legs or upper body only.

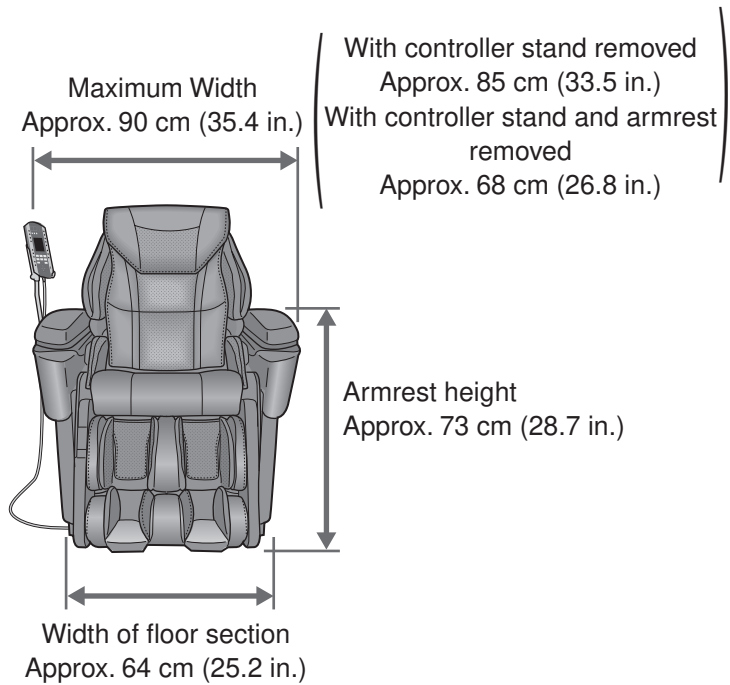
# Specifications

<b>Power supply</b>		AC 120 V 60 Hz
<b>Rated Current</b>		3.2 A
<b>Upper body massage</b>	<b>Massage area (Up-Down)</b>	Approx. 78 cm (30.7 in.) (The massage heads move a total of approx. 62 cm (24.4 in.))
	<b>Massage area (Left-Right)</b>	Distance between massage heads during operation (including width of massage heads) Neck, shoulder, back, lower back: Approx. 5 cm - 21 cm (2.0 in.- 8.3 in.) Distance between massage heads (including width of massage heads) during back roll and up-and-down movement: Approx. 5 cm - 17 cm (2.0 in.- 6.7 in.)
	<b>Massage area (Forward-Back)</b>	Projected amount of massage head (Intensity adjustable) Approx. 10 cm (3.9 in.)
	<b>Massage speed</b>	Knead: From approx. 4 times/min – approx. 73 times/min Tap: From approx. 190 times/min – approx. 520 times/min (one side) Moving speed: From approx. 1 cm/s – approx. 5 cm/s
<b>Air massage</b>	<b>Air pressure (Calf)</b>	3: Approx. 32 kPa 2: Approx. 29 kPa 1: Approx. 17 kPa  (It may vary with the area slightly.)
<b>Reclining angle</b>		Backrest … Approx. 120° – 170° Leg rest (Leg & sole massage section) … Approx. 5° – 85° Leg rest (Flat section) … Approx. 15° – 95°
<b>Automatic shut-off</b>		Around 16 minutes (automatically ends)
<b>Dimensions</b>	<b>When not reclined (H × W × D)</b>	Approx. 115 cm × 90 cm × 122 cm (45.3 in. × 35.4 in. × 48 in.)
	<b>When reclined (H × W × D)</b>	66 cm × 90 cm × 202 cm (26 in. × 35.4 in. × 79.5 in.)
<b>Weight of unit</b>		Approx. 85 kg (187.2 lbs)
<b>Dimensions of box (H × W × D)</b>		Approx. 75 cm × 74 cm × 160 cm (29.5 in. × 29.1 in. × 63 in.)
<b>Weight in box</b>		Approx. 100 kg (220.3 lbs)
<b>Maximum user weight</b>		Approx. 120 kg (264.3 lbs)

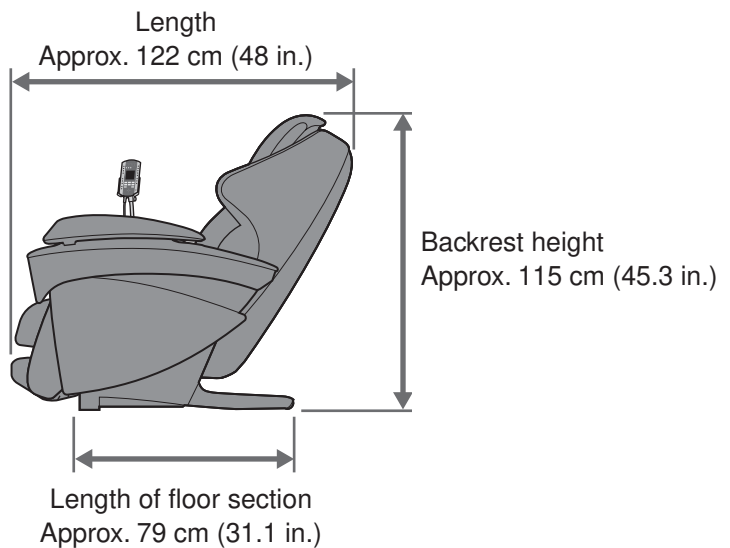
For those who weigh 100 kg (220.3 lbs) or more, the product operations may make more noise and the fabric cover may wear faster.

# Unit dimensions

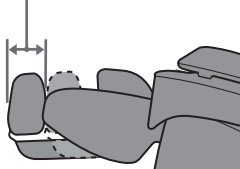
## Front



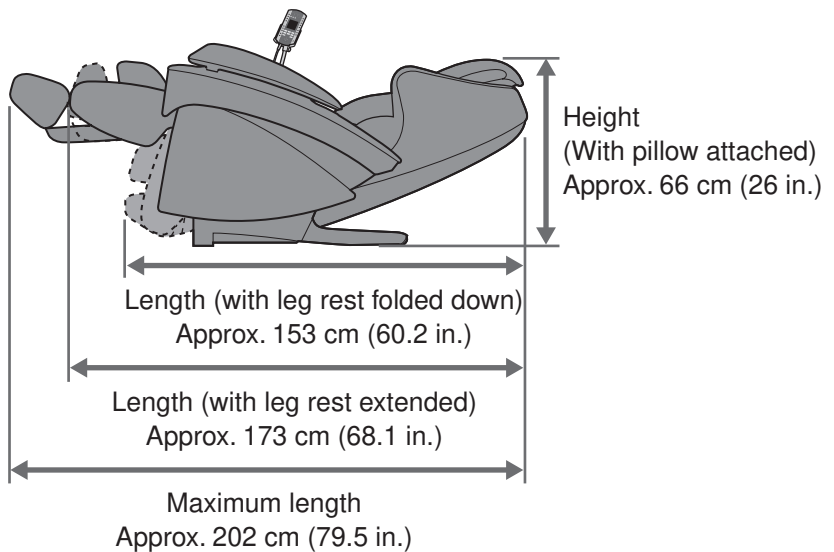
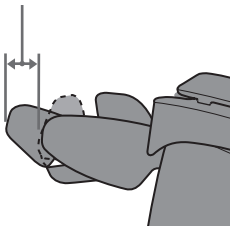
## Side



Amount of slide of sole massage section  
Approx. 18 cm (7.1 in.)

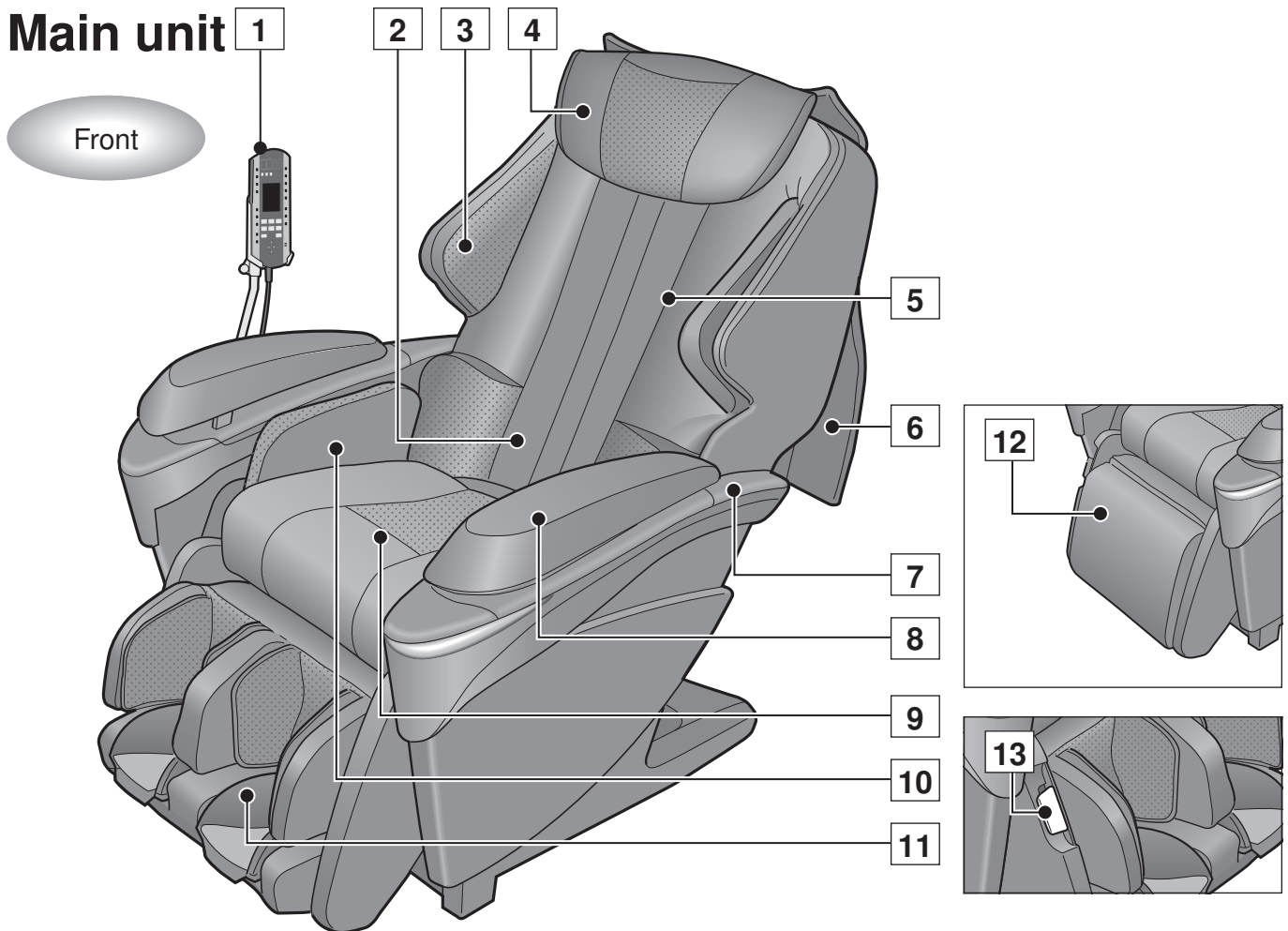


Amount of recline of leg section  
Approx. 11 cm (4.3 in.)



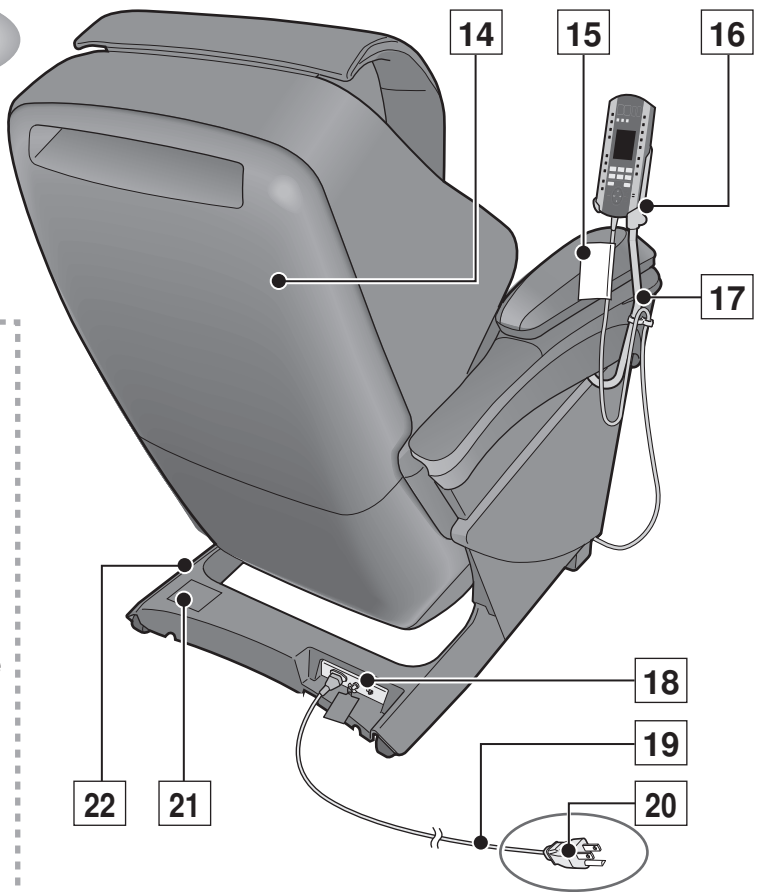


# Part names and functions

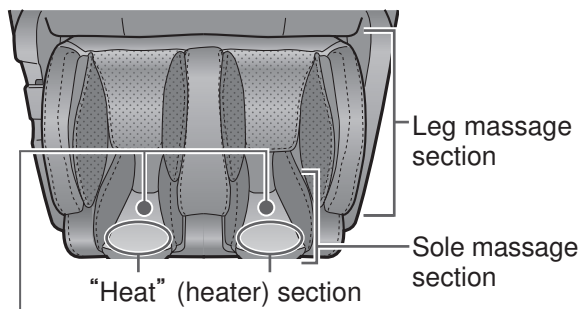


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|--|---|
| <p><b>1 Controller</b> ▶ See pages EN12-13</p> <hr/> <p><b>2 Retracted position of massage heads</b></p> <hr/> <p><b>3 Shoulder side massage section</b><br/>● Includes integrated air massage function.</p> <hr/> <p><b>4 Pillow</b></p> <hr/> <p><b>5 Backrest</b><br/>● Massage heads:<br/>→ Includes the massage mechanism.<br/>→ Includes "Heat" massage heads.<br/>● Air bag for lower back massage is built in.</p> <hr/> <p><b>6 Comfort cushion</b></p> <hr/> <p><b>7 Armrest</b><br/>● Moves with the backrest.</p> <hr/> <p><b>8 Hand &amp; arm massage section</b><br/>● Includes integrated air massage function.</p> | <p><b>9 Seat</b><br/>● Air bag for seat/thigh massage is built in.</p> <hr/> <p><b>10 Seat &amp; thigh side massage section</b><br/>● Includes integrated air massage function.</p> <hr/> <p><b>11 Leg rest-Leg &amp; sole massage section</b><br/>● Includes air massage function.<br/>● Position can be adjusted by sliding sole massage section.<br/>● Includes built-in "Heat" (heater) section.</p> <hr/> <p><b>12 Leg rest-Flat section</b><br/>● Use the unit as a comfort chair by rotating and storing when not using for massaging.</p> <hr/> <p><b>13 Leg rest rotation lock release lever</b><br/>● Rotate the leg rest manually while pulling the lever.<br/>(Flat section ⇔ Leg &amp; sole massage section)</p> |
|--|---|

Back



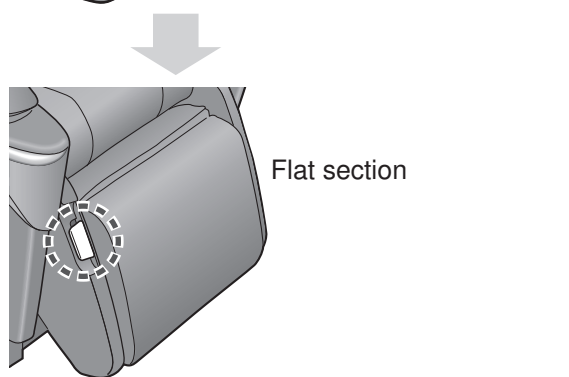
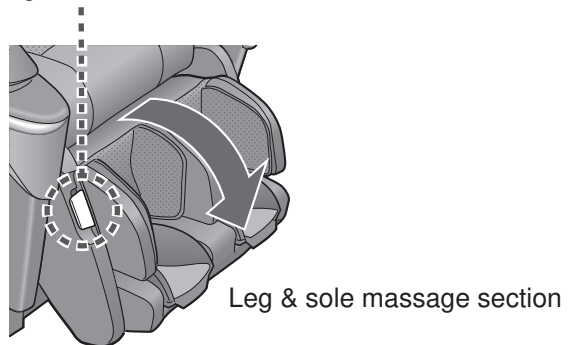
**Leg rest-Leg & sole massage section**



● Sole covers  
(can be removed for washing ▶ See page EN47.)

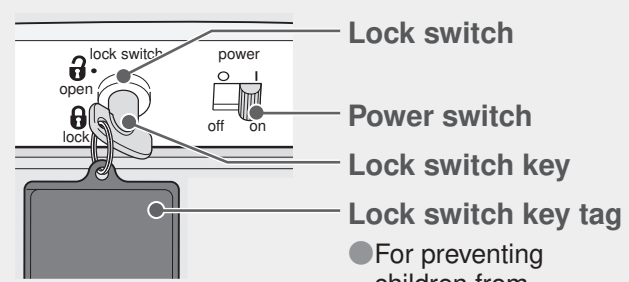
**Can be stored when not using for massage**

Leg rest is rotated manually while pulling on the leg rest rotation lock release lever.



- |                             |                          |
|-----------------------------|--------------------------|
| <b>14</b> Back cover        | <b>19</b> Power cord     |
| <b>15</b> Caution sticker   | <b>20</b> Power plug     |
| <b>16</b> Controller holder | <b>21</b> Rating sticker |
| <b>17</b> Controller stand  | <b>22</b> Leg cover      |

**18 Power switch section**



**Lock switch**

**Power switch**

**Lock switch key**

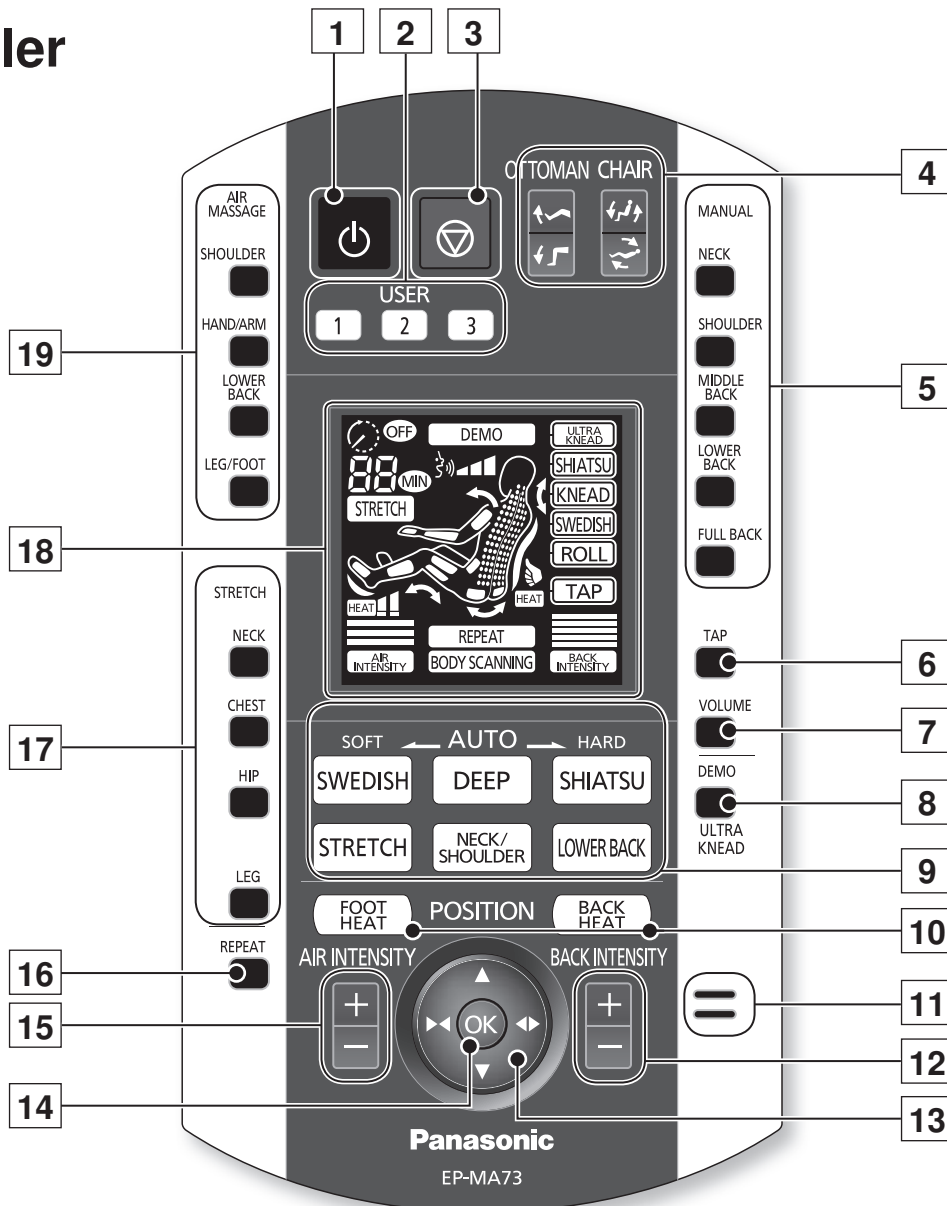
**Lock switch key tag**

● For preventing children from swallowing it by accident.

● Lock switch is set to "open" and power switch is set to "on" prior to leaving the factory.

## Part names and functions (Continued)

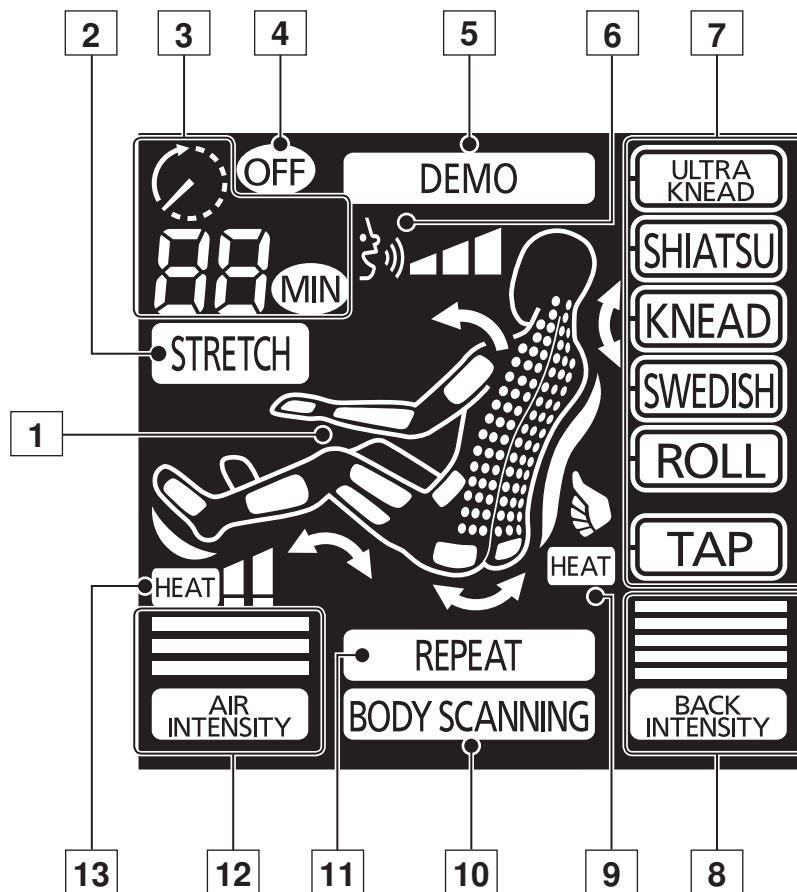
### Controller



● This illustration is when all lamps are illuminated.

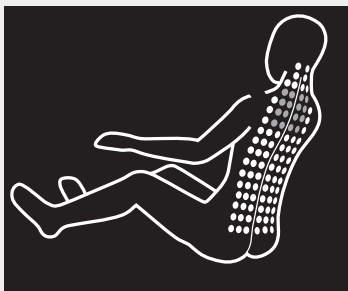
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| <p><b>1</b> On/Off button</p> <p><b>2</b> USER buttons ▶ See pages EN30-31</p> <p><b>3</b> Quick stop button<br/>● Press this button to stop the massage immediately.</p> <p><b>4</b> OTTOMAN/CHAIR controllers ▶ See page EN43</p> <p><b>5</b> MANUAL selection button ▶ See page EN34</p> <p><b>6</b> TAP button ▶ See page EN37</p> <p><b>7</b> Voice guidance volume controller ▶ See page EN51</p> <p><b>8</b> DEMO button ▶ See page EN26</p> <p><b>9</b> AUTO selection buttons ▶ See page EN26</p> <p><b>10</b> BACK HEAT (“Heat” massage heads) ▶ See page EN32<br/>On/Off button<br/>“Foot Heat” On/Off button ▶ See page EN32</p> | <p><b>11</b> Speaker</p> <p><b>12</b> Back massage intensity controller ▶ See page EN25</p> <p><b>13</b> POSITION button ▶ See page EN27</p> <p><b>14</b> OK button</p> <p><b>15</b> Air massage intensity controller ▶ See page EN25</p> <p><b>16</b> REPEAT button ▶ See page EN28</p> <p><b>17</b> STRETCH selection On/Off buttons ▶ See page EN38<br/>● “Neck”, “chest”, “hip”, “leg” stretch.</p> <p><b>18</b> Display ▶ See page EN13</p> <p><b>19</b> AIR MASSAGE selection On/Off buttons ▶ See page EN38<br/>● “Shoulder”, “arm”, “lower back”, “leg/foot” air.</p> |
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# Display



● This illustration is when all lamps are illuminated.

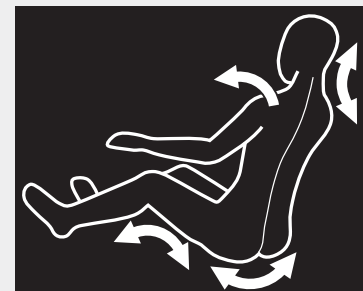
## 1 Massage area display



Current approximate massage position flashes.



Currently selected air massage parts light up.  
Current air massage position flashes.



Currently selected stretch parts light up.  
Current stretch position flashes.

**2 Stretch action display** ▶ See page EN38

**3 Remaining time display**

**4 Massage ending display**

**5 Demo course (ULTRA KNEAD) display**

**6 Voice guidance volume display** ▶ See page EN51

**7 Operation display**

- Currently performing massage actions light up while massaging.
- Currently selected action's frame is flashed when manual operation is selected.

**8 Back intensity display** ▶ See page EN29

**9 "Heat" massage heads display** ▶ See page EN29

**10 Body scanning display** ▶ See page EN26

**11 Repeat display** ▶ See page EN28

**12 Air intensity display** ▶ See page EN28

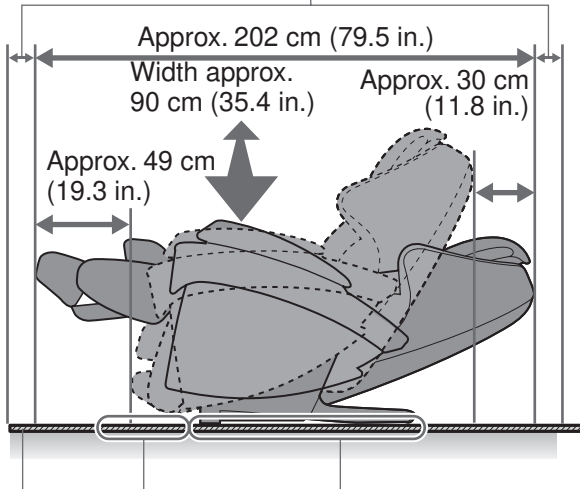
**13 "Foot Heat" display** ▶ See page EN29

# Setting up the massage lounger

## 1 Where to use the unit

- Ensure there is adequate space to recline.

Keep at least 10 cm (3.9 in.) away from the wall.



- For details on the dimensions of the unit, see page EN9.

Mat Area where leg rest could touch the floor Area where unit touches the floor

- Do not expose the massage lounger to direct sunlight or high temperatures, such as in front of heating sources, because this can cause discoloration or hardening of the synthetic leather.
- Place the unit on a mat to prevent floor damage. When placing a mat under the unit, the size of the mat should be sufficient (at least 120 cm × 70 cm (47.2 in. × 27.6 in.)) to cover the areas where the unit touches and where the leg rest could touch the floor, as shown in the diagram on the above.
- Install the unit near a power outlet.

## 2 Confirm that the main unit and the accessories are in the box.

### Main unit

**Controller**

### Accessories

- Armrests (Right/Left)
- Pillow
- Allen key — 1
- Attachment screws (M6 × 13) — Black (4 pcs.)
- Attachment screws (M6 × 20) — Silver (2 pcs.)
- Comfort cushion
- Controller stand
- Lock switch key
- Power cord
- Controller holder
- Controller holder fixing screw
- Clip

**Right/Left indication (Back of the armrest)**

The holes in the fabric at the back of the hand & arm massage section are due to the manufacturing process and are not a fault.

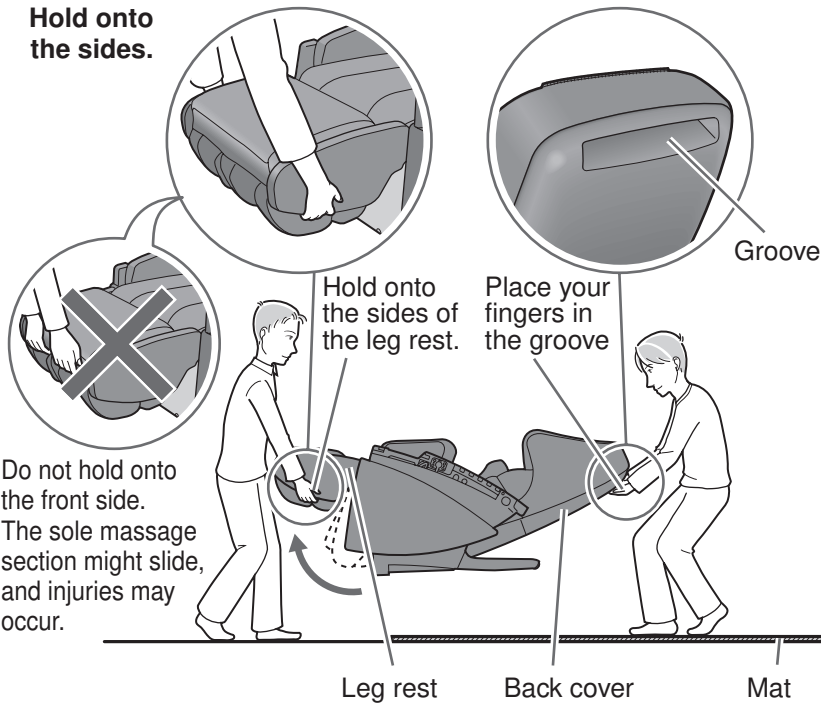
**(Cross-section)**

4 mm

This is initially inserted in the lock switch of the power switch section prior to leaving the factory.

# 3 Removing everything from the box and installing the unit

Hold onto the sides.



- Since the unit is very heavy, be careful to avoid back injuries. (The unit must be carried by two or more persons.)

Unit weight	Approx. 85 kg (187.2 lbs)
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To put the unit down on the floor

- Put the unit down slowly watching your step carefully.
- Put down the leg rest by holding it with your hands until it has been set on the floor completely. If you release your hands before the leg rest is fully extended, the leg rest will forcefully return to the initial position.
- The floor may get damaged, so it is recommended to place a mat etc. on the floor.