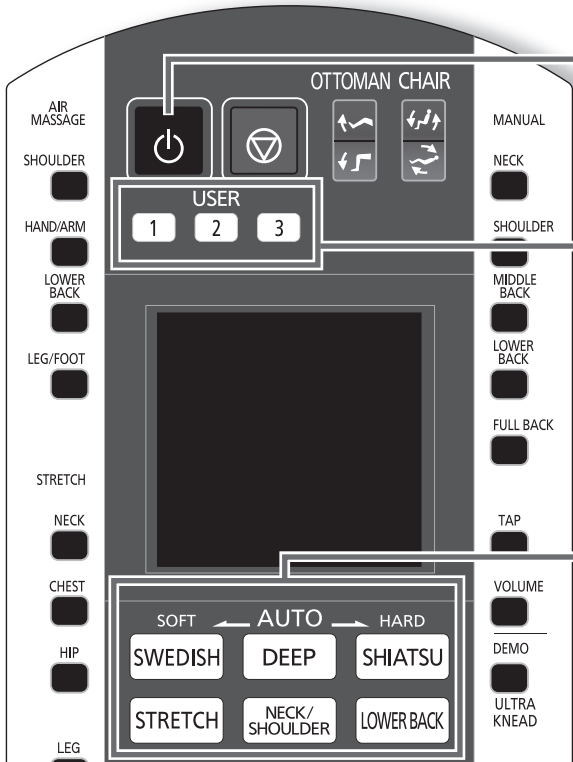


To start the registered program



1 Press  to turn on the power.

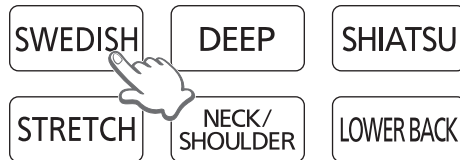
(When not massaging, the power is turned off automatically if 3 minutes or more pass without operation.)

2 Select one of the USER buttons that is registered.

● Registered USER button will light. (Example: )



3 Select and press one of the automatic courses that is registered using the USER button. (Example: "SWEDISH")




Massage with registered setting will start after the body scanning.

● When an unregistered course is selected, the standard automatic course massage is applied.

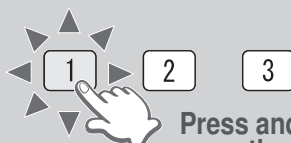
However, the "Heat" massage heads on/off settings, "Foot Heat" on/off settings, temperature settings and volume settings registered to the USER button are applied. (See page EN30.)

To delete the registered settings (Example:)

1 Press  to turn on the power. Press the button you want to delete.



2 Press again and hold for more than 3 seconds until the button changes to flashing.



3 Press again during the button flashes (about 10 seconds).



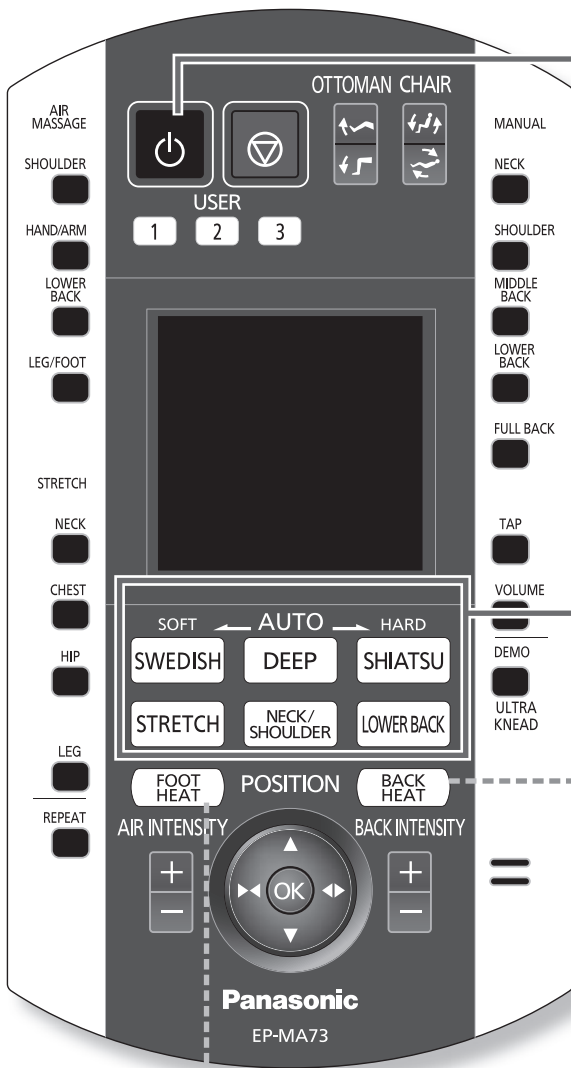
Delete is completed once the flashing stops.

Automatic course

About the “Heat” massage heads/“Foot Heat”

⚠ WARNING

- 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.



1 Press  to turn on the power.

(When not massaging, the power is turned off automatically if 3 minutes or more pass without operation.)

2 Press the automatic course button and start the massage.

To turn “Heat” massage heads On


Lit (On)



Lit: “Heat” massage heads On

- Temperature cannot be adjusted.

To turn “Heat” massage heads Off

Press  to turn off.

- Button will turn off.

To turn “Foot Heat” On


Lit (On)



Lit: “High” On



Off: “Foot Heat” Off

- Button also turns off.



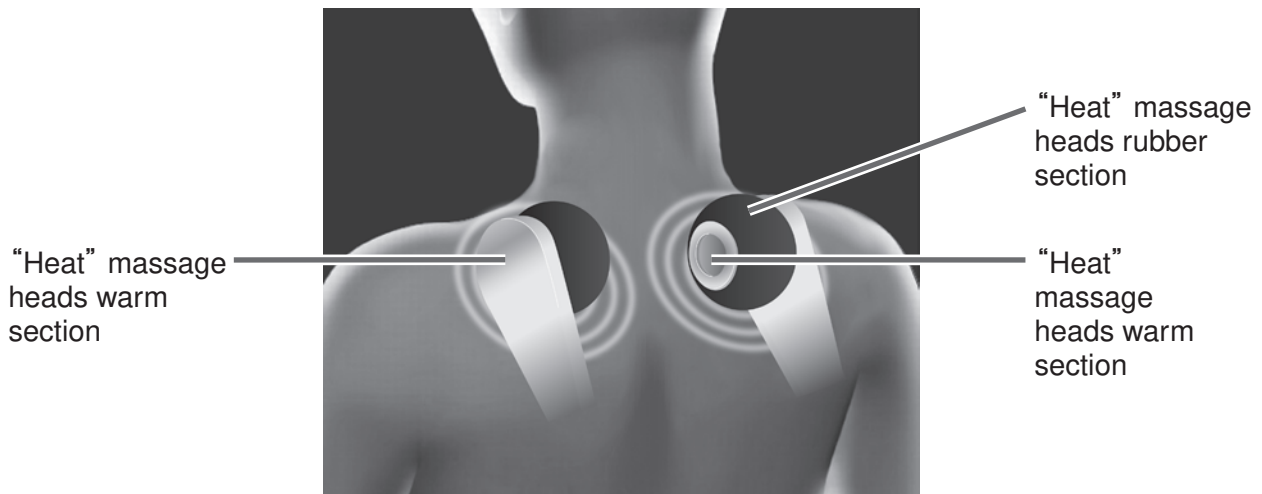
Lit: “Low” On

- Sense of warmth differs depending on your body shape, the massage body part, massage action, clothing, and room temperature.

To turn “Heat” massage heads/“Foot Heat” off each time

- Register “Heat” massage heads/“Foot Heat” as off in the memory. (See page EN30.)

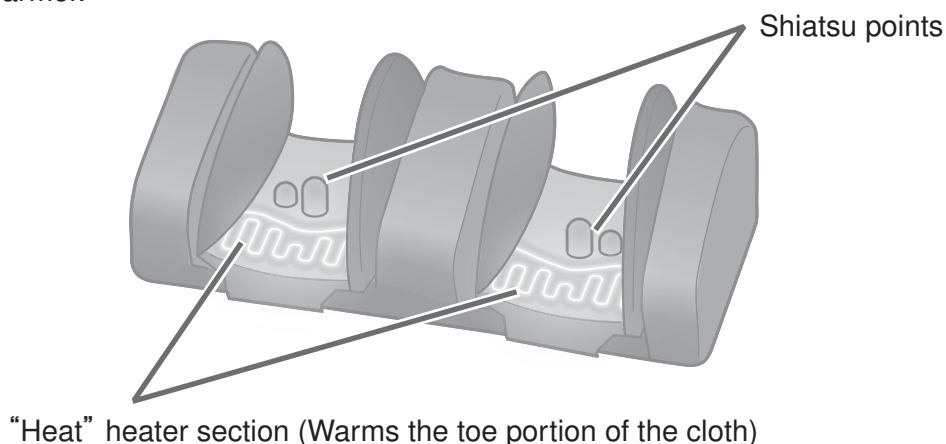
The warm section of the “Heat” massage heads warm up the cloth of the massage location.



The “Foot Heat” uses a built-in “Heat” (heater) section in the sole section to warm the toe portion of the cloth.

Warms the toe portion of the cloth

Place feet so that they are firmly pressed against the “Heat” (heater) section. Raise the sole massage section during use so that soles of your feet touch this section to feel the heat from the heater section. You can also place a blanket over your knees and lower legs to feel even warmer.



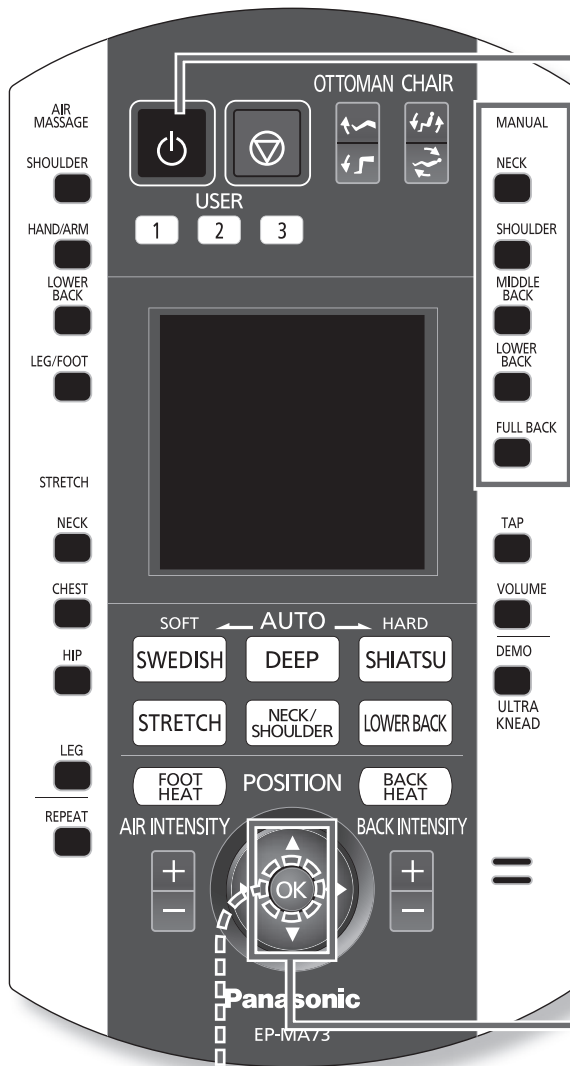
- Heat function cannot be used alone.
- Warmth may vary according to room temperature, clothing and physical build.
- Warmth will vary between “Heat” massage heads and “Foot Heat” .
- If the “Foot Heat” controller is set at a low temperature, try adjusting it higher.

Manual operation

When you want a concentrated massage of a particular body part with your favorite action, such as “Kneading on the neck” or “Tapping on the shoulder”

! WARNING

- 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.



1 Press  to turn on the power.

(When not massaging, the power is turned off automatically if 3 minutes or more pass without operation.)

2 Select the body part you want to massage.

MANUAL

NECK

SHOULDER

MIDDLE BACK

LOWER BACK

FULL BACK

- List of manual massage options is displayed.

(Example)

When “NECK” is selected

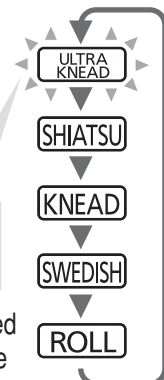



3 Select action you prefer.



The currently selected action flashes

- Action can also be selected by repeatedly pressing the area selected in step 2.



- When  is selected, “ROLL” or a combination of “ROLL” and another action can be selected.

4

4 Press to start the action.

- The massage heads will move to selected position automatically to start the massage after the body scanning is completed. See page EN26 about body scanning.
- See pages EN36-37 for setting the massage in accordance with your preferences.
- When a massage to the same location has continued for 5 minutes, it will automatically move up approximately 3 cm (1.2 in.).

Body scanning for manual operation

NECK/SHOULDER/FULL BACK ... Normal body scanning.




MIDDLE BACK/LOWER BACK ... Simple body scanning. (The massage heads will not come up to the shoulder position.)

To change an action in the middle of a massage

Select your favorite one again in steps ② to ④.

- Press  within approximately 40 seconds after reselecting an action in step ②, otherwise the reselection will be cancelled automatically.

If you want to massage with tapping action only

- ① Press  to turn on the power.
- ② Select .
- ③ Start the tapping action by pressing .
 - Body scanning will not be performed.
 - To change the action, select with steps ② – ④ on the previous page.

When you want a concentrated massage of a particular body part with your favorite action, such as “Kneading on the neck” or “Tapping on the shoulder” (Continued)

To adjust to your preference

Using air massage together

AIR MASSAGE

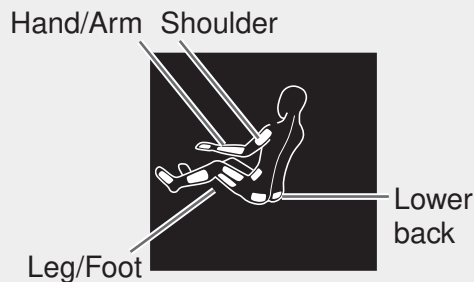
SHOULDER

HAND/ARM

LOWER BACK

LEG/FOOT

Operation can be turned on/off by pressing buttons on the left.



On/off for the air massage can be confirmed on the display.
(Lit: On, Off: Off)

Changing the intensity of the air massage

When performing an air massage,
AIR INTENSITY

Adjust by pressing



● Intensity is displayed in 3 levels.

Fine adjustment of the position

POSITION

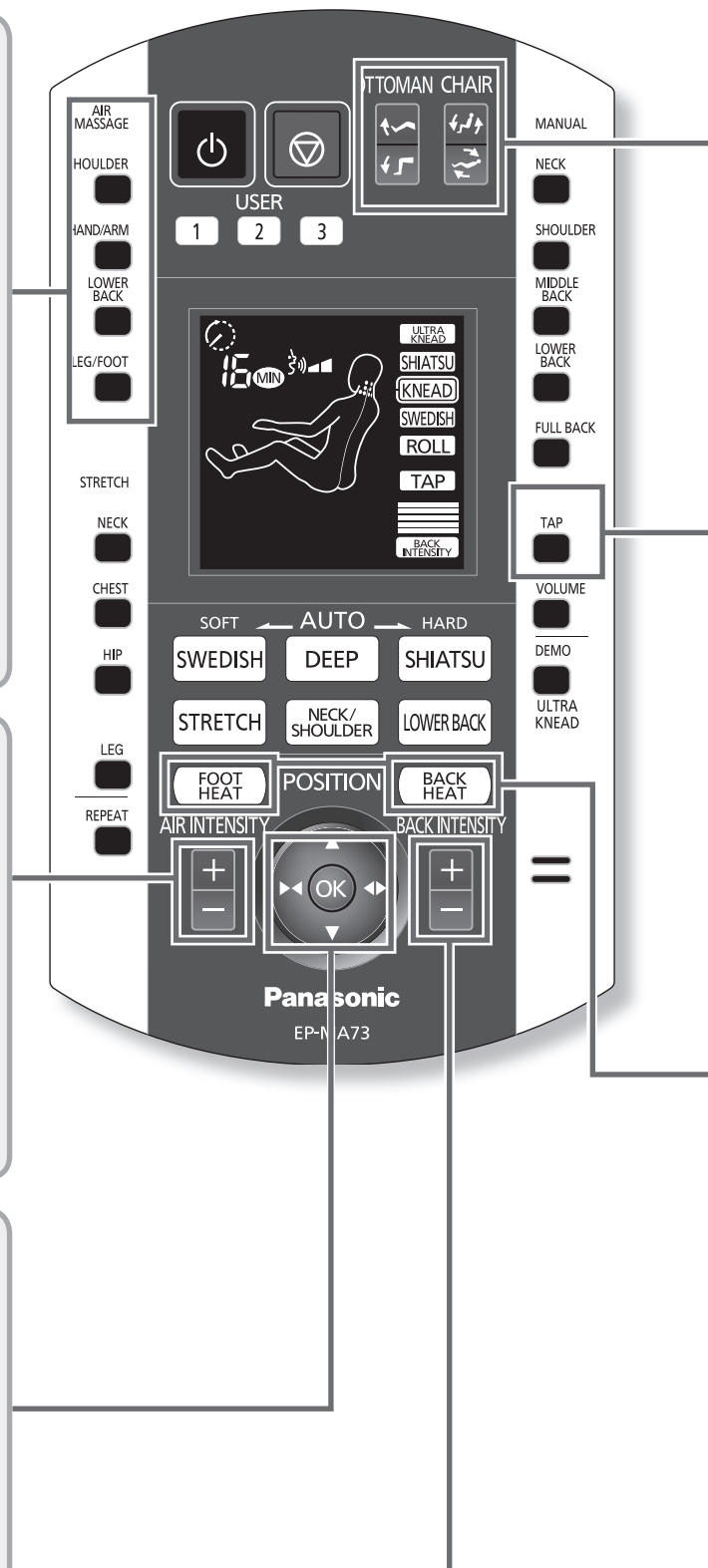
It can be adjusted with



● When you keep on pressing the button up or down, the position will move continuously until you release the button.

Caution

The stretch action will not be performed simultaneously. The manual operation is cleared when any STRETCH button is pressed.



Adjusting the reclining angle and leg rest to massage in relaxing position

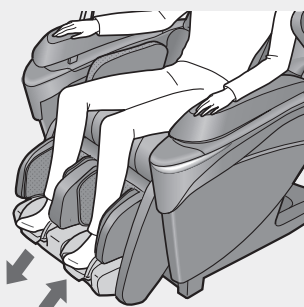
To adjust the reclining angle and the leg rest angle:

OTTOMAN CHAIR

Adjust by pressing



To adjust the amount of sliding of the sole massage section:



Push with the soles of your feet to slide the sole massage section out.

Lift your soles slightly and the sole massage section returns.


- See page EN43 for description on how to adjust the reclining angle and the leg rest.

Adding tapping actions to the current operation

Press .

- You can select tap on/off every time it is pressed. You cannot select on/off when you are massaging only with the tapping action.


Turning the “Heat” massage head and “Foot Heat” On and Off

You can turn the “Heat” massage heads on/off by pressing .



Lit: “Heat” massage heads On.
Off: “Heat” massage heads Off.

- Temperature cannot be adjusted.
- For details, see page EN33.

You can turn on/off the “Foot Heat” by pressing .



High



Low

Lit: “Foot Heat” On
Off: “Foot Heat” Off

- Temperature can be adjusted between two levels.
- For details, see page EN33.

- Sense of warmth differs depending on your body shape, the massage body part, massage action, clothing, and room temperature.

Adjusting the back intensity

BACK INTENSITY



Back intensity can be adjusted by pressing on the “+” or “-” of the BACK INTENSITY.

- The intensity of manual operation is displayed.
- Level of intensity that can be adjusted depends on the action.

Caution

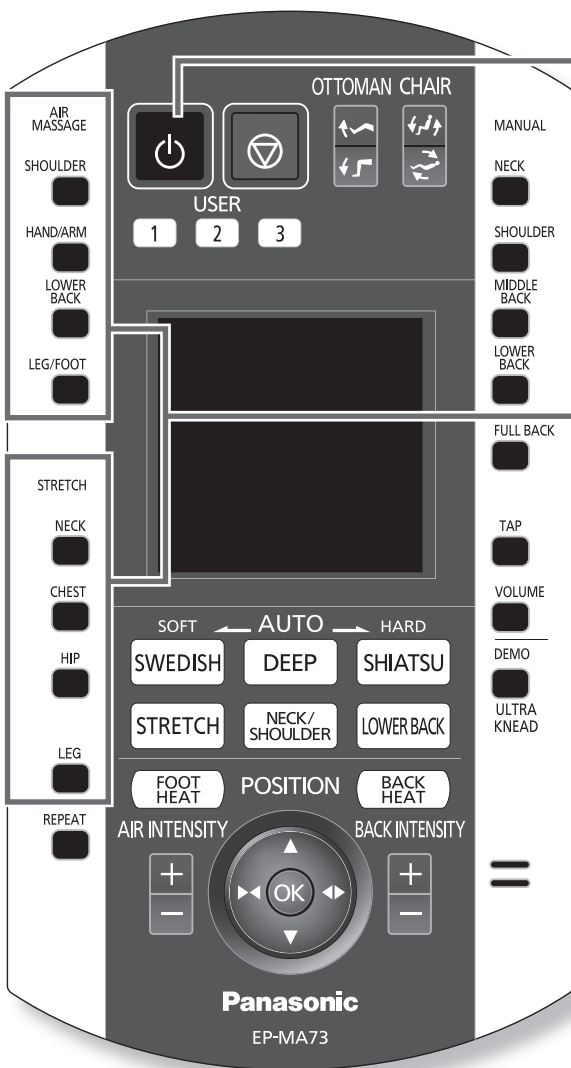
Intensity might increase drastically when the intensity is increased in multiple steps. Always increase the intensity one step at a time, checking how it feels.



- For safety reasons, it is designed not to increase the intensity drastically.

Air action Stretch action

To perform air massage for shoulder / hand/arm / lower back / leg/foot, or stretch for neck / chest / hip / leg

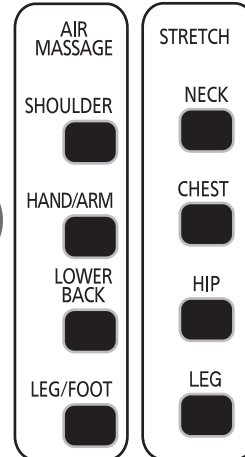


1

Press  to turn on the power.

(When not massaging, the power is turned off automatically if 3 minutes or more pass without operation.)

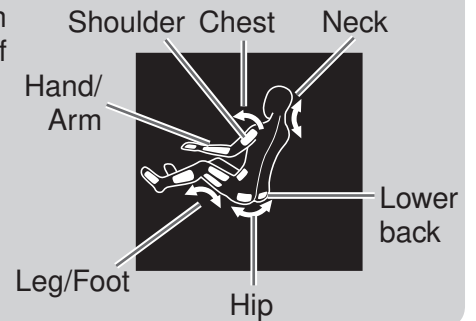
2



Select the body part you want to massage.

On/off for the air massage or stretch can be confirmed on the display.

- Lit: On
- Off: Off



To adjust the air intensity

AIR INTENSITY

Adjust by pressing



- Intensity is displayed in 3 levels.

To adjust the back intensity (only for stretch)


BACK INTENSITY

Adjust by pressing




- Intensity is displayed in 3 levels.

Turning "Heat" massage heads On and Off (only for stretch)

Press  to turn this on and off.

- See page EN32 for details.

Turning "Foot Heat" On and Off

Press  to turn this on and off.

- See page EN32 for details.

Effective method for using the leg/foot air massage or stretch

Adjust the leg rest so that your sole fits on sole massage section completely.

- Place your feet so that the arch of your feet are touching the shiatsu points.

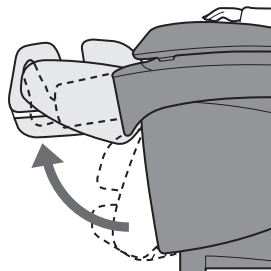
For a person with small body dimensions

- If the leg rest is raised, it is easier to fit your sole on it.

OTTOMAN CHAIR



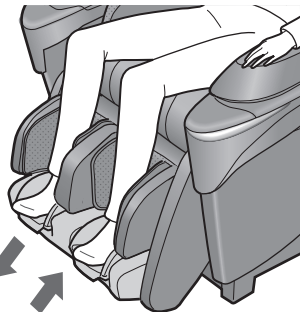
Press the button.



For a person with large body dimensions

- If the slide of the sole massage section is adjusted, your knees will not be lifted as much.

Push with the soles of your feet to slide the sole massage section out.



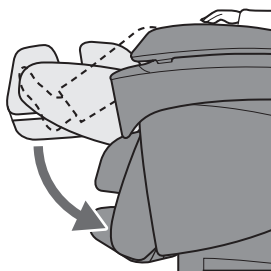
Lift your soles slightly and the sole massage section returns.

- Knees will not be lifted as much also by lowering the leg rest.

OTTOMAN CHAIR

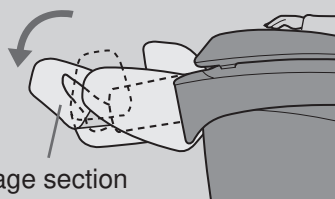


Press the button.



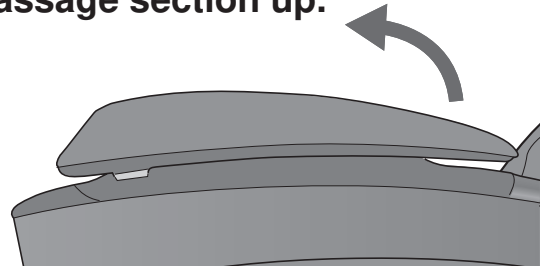
It is possible to massage your leg completely by laying the sole massage section flat.

Sole massage section

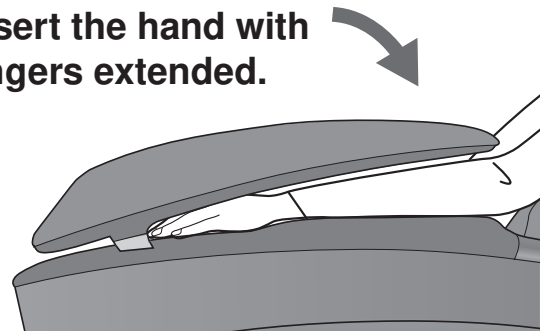


How to use the hand & arm massage

1 Lift the hand & arm massage section up.

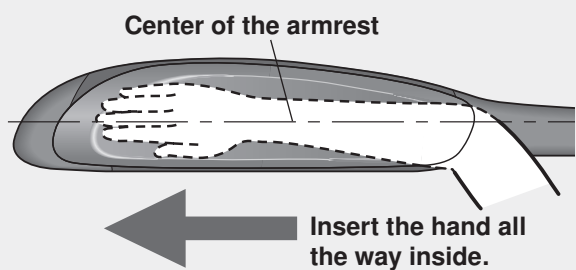


2 Insert the hand with fingers extended.



Effective method for using the hand & arm massage

Position the forearm and hand at the center of the armrest.



- Raise the backrest if there is any difficulty when positioning the hand and forearm.