

Panasonic®

Operating Instructions 使用說明書

(Household) Massage Lounger (家用) 電動按摩椅

Model No. EP-MAK1
型號

English	EN2
繁體中文	TC2



Thank you for purchasing this Panasonic product.

Before operating this unit, please read these instructions completely and save them for future use.

感謝您購買本Panasonic產品。

使用本產品之前，請仔細閱讀本說明書，並妥善保存以供未來使用。



Searching for FAQs has been made easier.

EN 10

Transport, installation and assembly

- Dimensions of main unit! (EN49)

EN 18

How to use the touch panel?

- About user selection / user registration (EN22)
- When you want a complete massage (EN23)
- When you want a massage of a particular body part with your favorite action (EN24)
- Adjusting the intensity (EN30)

EN 28

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- About timer of "Full body auto massage" (EN23)
- About course and operating time (EN28)
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The sound is irritating!

- Operating sound, perception, etc.

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Safety Precautions

Always follow these instructions

This section contains instructions that you must follow to prevent personal injury or damage to property.

■ The instructions are classified according to the level of injury or damage that may occur due to the mistaken use of this unit. Please ensure that you read all instructions before using the Household Massage Lounger.

 WARNING	Denotes a potential hazard that could result in serious injury or death.
 CAUTION	Denotes a hazard that could result in minor injury or property damage.

WARNING

Symptoms



- The following persons should not use this unit:

- (1) Persons who are prohibited from receiving massages by a physician (e.g.: due to thrombosis, deep vein thrombosis of the lower limbs, pulmonary embolism, severe aneurism, acute varicose veins, phlebitis, any type of dermatitis or skin infection [including inflammation of the hypodermis], etc.)
- (2) Persons suffering from osteoporosis, spine fracture, sprain or acute pain such as a pulled or torn muscle
- (3) Persons who have a pacemaker, defibrillator, or other personal medical devices prone to electronic interference
- (4) Pregnant women and women who have just given birth
- (5) Persons with symptoms of acute low back pain, herniated disk, spondylolisthesis, spinal stenosis, degenerative lumbar spondylosis
- (6) Persons who have abnormalities or curvature of the spine

- The following persons should not use the leg massage, lower back/hip massage or pelvis stretch.

- (1) Those with symptoms of acute inflammation around the hip area, acute hip pain, piriformis muscle syndrome or sciatic neuralgia
- (2) Those suffering from osteoarthritis of the hip and bad hip joint
- (3) Those who feel pain, numbness, lethargy in the hip and legs during use

(Otherwise it may worsen symptoms.)

- This unit is not intended for use by persons (including children) with reduced physical sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the unit by a person responsible for their safety. Children should be supervised to ensure that they do not play with the unit.

(Otherwise it may lead to accident or injury.)



- Persons with any of the conditions listed below or who are undergoing medical treatment should consult with their physicians before using the unit.

- (1) Persons who have a malignant tumor
- (2) Persons suffering from heart disease
- (3) Persons who have a loss of heat sensation
- (4) Persons who have sensory abnormalities due to a severe peripheral circulatory disturbance such as diabetes mellitus
- (5) Persons undergoing anticoagulation therapy
- (6) Persons who have a wound where the massager operates
- (7) Persons whose body temperature is over 38 °C (who have a fever)
(E.g.: When a person has acute inflammation symptoms (fatigued, chills, blood pressure fluctuations, etc.) or when debilitated)
- (8) Persons who require bed rest or who are in poor physical shape
- (9) Persons other than those listed above who feel unwell

- If you begin to feel unwell during use or if you do not feel effects of the massage lounger, stop use immediately and consult a physician.

- The unit has a heated surface. Persons insensitive to heat must be careful when using the unit.

(Otherwise it may lead to accident, injury or become unwell.)

Take note of the following points as well



- Absolutely do not modify. Furthermore, do not attempt to disassemble or repair the unit yourself.
(Otherwise it may lead to fire, or may cause the unit to function abnormally resulting in injury.)

■ Instructions that you must follow are indicated using the following symbols. (The following symbols are examples.)



Denotes a specific operating procedure that must not be performed.



Denotes a specific operating procedure that must be performed.

When in use



- When massaging the neck area, be careful of the movement of the massage rollers and avoid massaging the throat area and excessively strong massage action.
- Do not sit on the legrest, backrest or armrests.
- This unit should not be used by children. Also, do not allow children to play on the unit, or to climb on the legrest, seat, backrest or armrests.
- Do not use the massage lounger while holding children.
- Do not push your hands, elbows, arms or feet against the fabric covering the moving parts of the backrest during use.

(Otherwise it may lead to accident or injury.)

- When "HEAT" are used, do not let the massage rollers touch the same place for a long time. (Low temperature burns* may occur.)

* Burns may occur at relatively low temperatures (40 °C to 60 °C) when in contact with the same area of skin for long periods of time, even if you do not feel heat or pain.

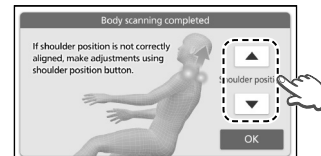


- Always check the fabric covering the backrest or legrest movable parts has not been ripped before using the unit. Please also check other areas to ensure the fabric has not been ripped. No matter how small the rip, if you find one then immediately stop using the unit, unplug the power plug and have the unit repaired at an authorized service center. (Otherwise it may lead to injury or electric shock.)

- Start using a gentle Swedish massage.
- Do not massage for more than 30 minutes a day.
- Do not massage any one part of your body for more than 5 minutes at a time.

(Otherwise it may lead to adverse effect or injury.)

- Use the massage lounger correctly by following instructions for use provided in the Operating Instructions.
- Use buttons to adjust the position of shoulder height, if it is not properly aligned when body scanning (EN20).



- Make sure there are no persons or pets around the unit (front, back, underneath or sides of the unit) before using it for massaging or moving the backrest or legrest. (Otherwise it may lead to accident or injury.)

- After each massage, slide the power switch on the unit backside to the "off" position, turn the lock switch to the "lock" position and then remove the lock switch key and power plug. (To prevent breakage or injury from misuse by children.)

Safety Precautions (continued)

WARNING

Power plug, power cord etc



- Do not do anything that may damage the power cord or power plug.

Do not scratch, modify, use near a heater, excessively bend, twist, pull, place heavy objects on top of, or bundle the cord or plug.

(Otherwise it may lead to electric shock, burning or fire, or fire due to a short circuit.)

→Contact the nearest authorized service center for repairs to the power cord or power plug.

- Do not insert or unplug the power plug with wet hands.
(Otherwise it may lead to electric shock.)



- Always use sockets and wiring devices at the correct rated value.

- Use AC 220 V.
(Cannot be used overseas, nor with a transformer.)

- Always insert the power plug fully into the socket.

(Otherwise it may lead to electric shock or fire due to overheating.)

- Dust the power plug on a regular basis.
 - Remove dust using a dry cloth.
(Otherwise it may lead to fire, due to damp shorting the insulation.)


- When unplugging the power plug, hold the plug itself and do not pull on the power cord.
(Otherwise it may lead to electric shock, burning or fire, or fire due to a short circuit.)

If a malfunction or breakdown occurs



- If a malfunction or breakdown occurs, stop using the chair immediately and unplug the power plug from the wall socket.
(Otherwise it may lead to smoke/fire or electric shock.)

<Examples of malfunctions/breakdowns>

- Does not start when pressing .
- The power supply goes on and off when the power cord is moved.
- Burning smells or abnormal sounds occurring during operation.
- The unit becomes deformed or unusually hot.

→Contact an authorized service center immediately for inspection/repairs.

Symptoms



- Persons who are otherwise healthy but have any of the conditions listed below should consult with their physicians before using the unit.

- (1) Persons whose muscles have deteriorated due to age or weight loss
- (2) Persons with symptoms of lower back and hip pain caused by the bones and muscles, organs and nerves
- (3) Persons who suffer bruises or sprains easily
- (4) Persons who suffer from severe motion sickness
- (5) Persons who have undergone heart or internal surgery in the past
(Otherwise it may lead to adversely affected health.)

- If symptoms such as rashes, reddening, itching, etc. occur as a result of using this unit, stop using the unit and consult a physician.
(Otherwise it may lead to accident or adversely affected health.)

Installation and movement



- The unit should not be used on top of heating appliances, such as electric carpets, etc.
(Otherwise it may lead to fire.)

- Do not drag or push the unit in an installed state.
- Do not move the unit using the castors on the flooring.
(Otherwise it may damage flooring.)

- Do not move with a person on it.
(Otherwise it may lead to falls, causing an accident or injury.)

- Do not hold the sole massage section when moving the unit.
(It may slide in movement, causing injury.)

- Do not use in damp or humid places such as a bathroom.
(Otherwise it may lead to electric shock.)



- Use only on a horizontal surface.
(Otherwise it may lead to a falling accident.)

- Place a mat or other such covering on the floor when moving the unit using the castors.
(Otherwise it may damage the flooring.)

- When moving the unit on its castors, remove any obstacles in the surroundings of the unit, lift up the backrest to the fully upright position, lift the legrest to a position below the waist (less than 80 cm from the floor), and move the unit slowly.
 - Place the controller and the power supply cord on the seat.
 - Since holding the toe part causes the sole massage section to slide, always hold the sides of the legrest.
 - Take care with your feet when lowering the body of the unit, and support the legrest with your hand until finished.
(Otherwise the unit may fall and cause injury.)

CAUTION

Power supply



- To ensure safety, connect the unit to a properly grounded outlet.
 - Otherwise it may lead to accident or discharge.
(Otherwise it may lead to electric shock.)
- Always unplug the power plug from the wall socket when cleaning the unit or removing the cover.
(Otherwise it may lead to electric shock or injury.)
- Always unplug the power plug from the wall socket when not using.
(Since dust and humidity deteriorates insulation, which may result in fire due to electrical fault.)

Take note of the following points as well



- Do not spill water on the unit or controller.
(Otherwise it may lead to electric shock, ignition, or fire due to a short circuit.)



- Store the lock switch key out of the reach of children.
(Otherwise it may lead to accident such as the child swallowing the key.)
- In the event of a power outage, unplug the power plug immediately.
(Otherwise it may lead to accident or injury when the power supply returns.)
- If you have not used the unit for a while, carefully read the operating instructions again and check that the unit is operating normally before use.
(Otherwise it may lead to breakage or injury.)

Before and during use



- Do not use the massage rollers on your head, stomach or bare skin. Also, do not place your hands or feet between the massage rollers.
- Do not only place tips of fingers between the hand & arm massage section.
- Do not use the sole massage section with only tips of toes inserted.
- Do not place your knees between the leg & sole massage section.
- Do not fall asleep while using the unit. Do not use the unit after drinking alcohol.
- Do not stand, jump on, or place objects on the seat until the air is completely extracted after the air action.
(Otherwise it may lead to accident or injury.)

- Do not insert your hands, fingers, feet or head into the following spaces:
 - (1) Between the backrest and seat or armrest
 - (2) Between the legrest and seat or armrest
 - (3) Between the seat and armrest
 - (4) Between the back cover and leg cover
 - (5) Back of the legrest
- Do not unplug the power plug or turn the power switch "off" during massage.
- Do not use the sole massage in a standing position.
(Otherwise it may lead to injury.)

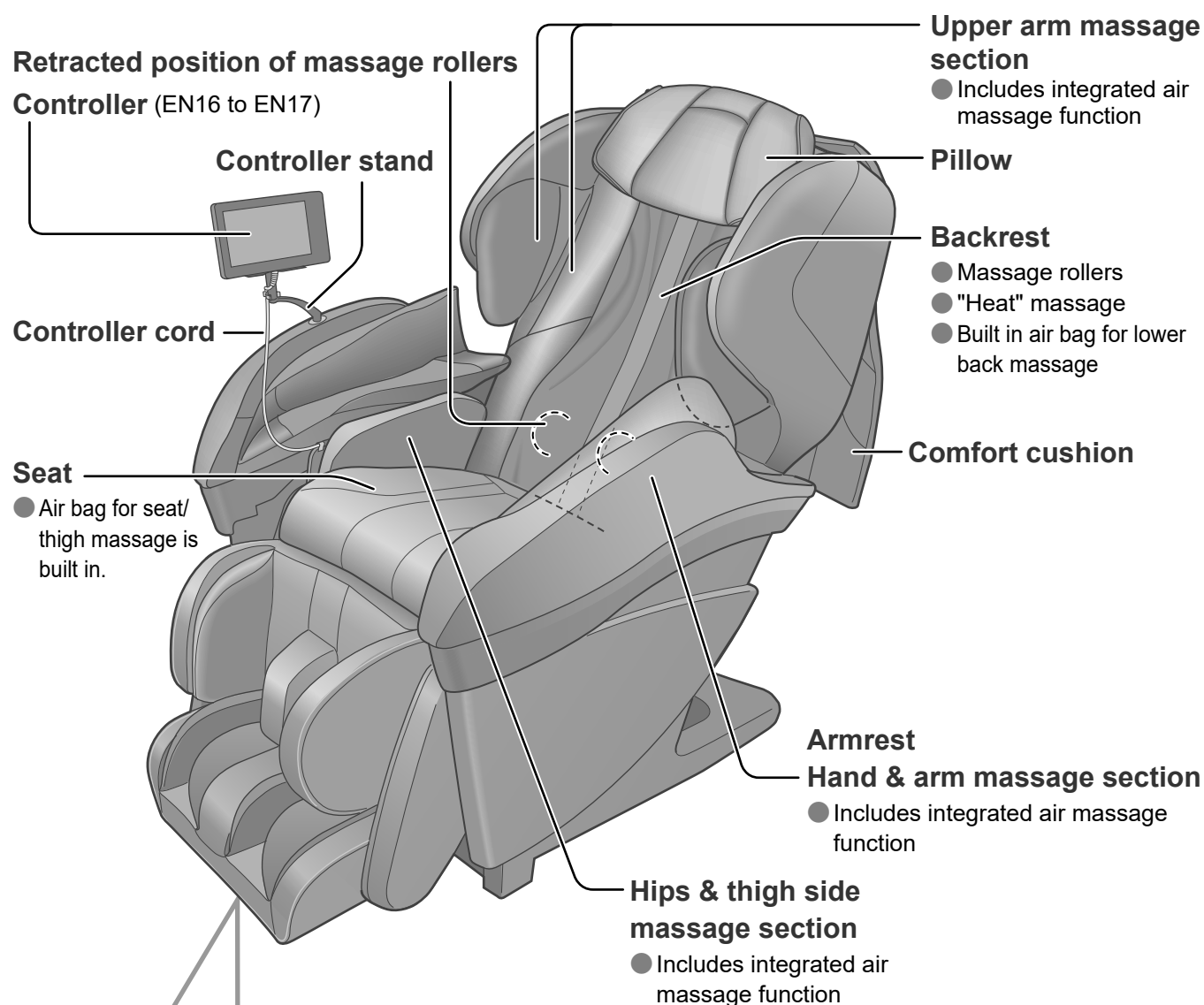
- Do not sit on, stand on, or place objects on the legrest when the legrest is not completely lowered.
(Otherwise it may lead to rotation of the legrest or the unit tipping over, resulting in accident or injury.)

- Do not use at the same time as another medical device.
(Otherwise it may lead to accident or deteriorated health.)



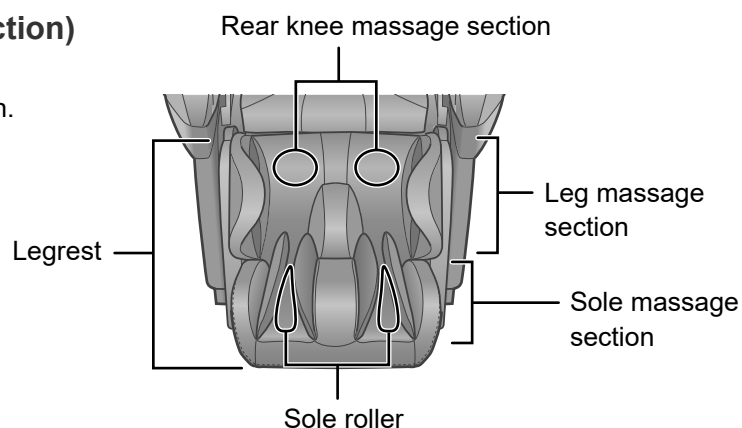
- Check that the massage rollers are in the retracted position.
- Be sure that all operations have stopped before getting off the unit during a massage.
(Otherwise it may lead to accident or injury.)
- Check that there is no foreign matter between the parts of the unit before sitting down.
 - Check that there are no foreign objects stuck in the backrest, legrest or hand & arm massage section.
(Hands, feet or small objects may become trapped, resulting in an accident or injury.)
- Avoid wearing anything hard on your head like a hair accessory, etc. when using the unit.
- Do not massage with any hard objects in your trouser pockets.
- Remove hard objects such as false fingernails, wristwatches or rings when massaging hands or arms.
(Otherwise it may lead to injury.)
- Do not drop anything from your pockets, etc. into the gaps of the device.
(Otherwise it will lose.)

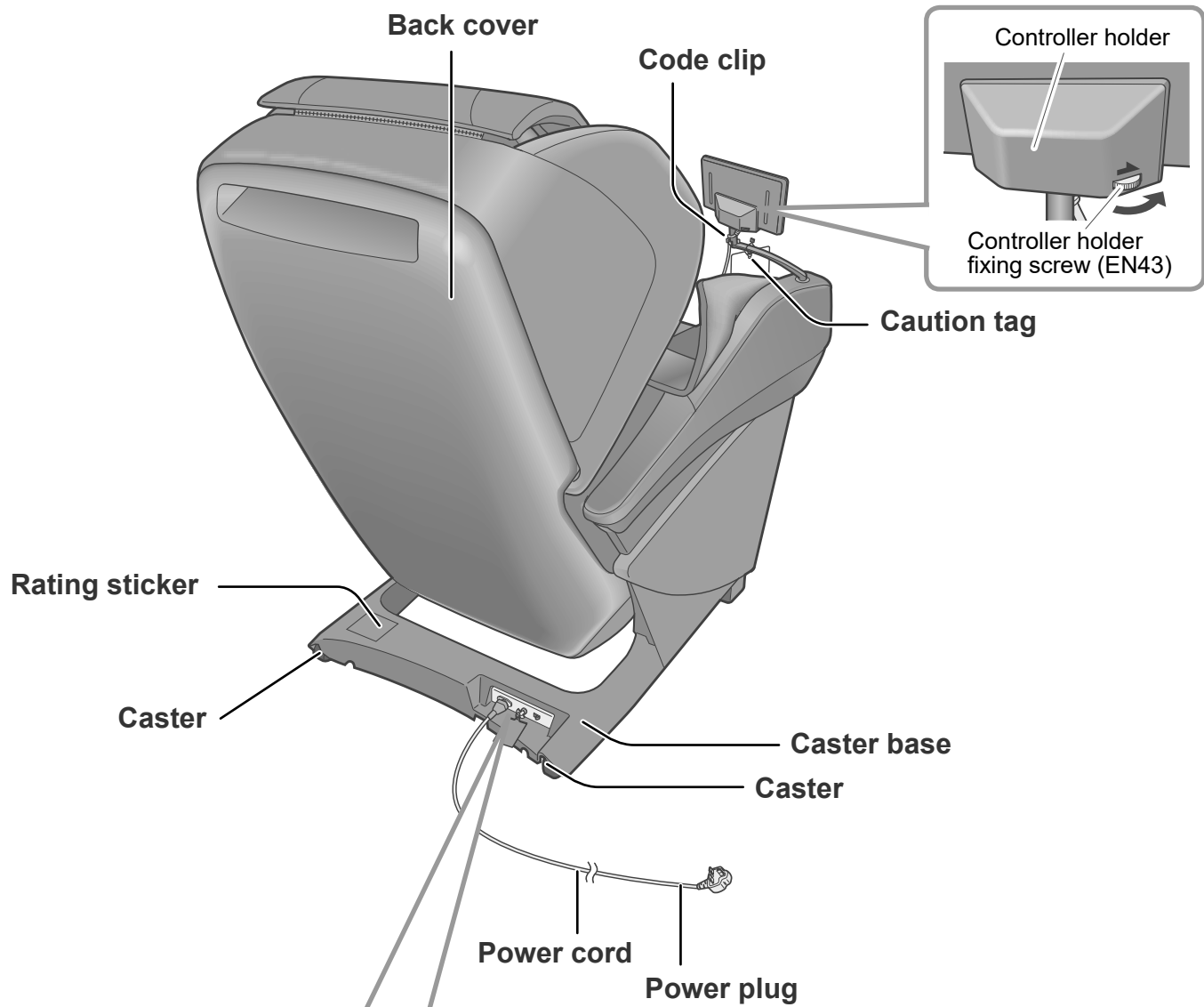
Part names and functions of main unit



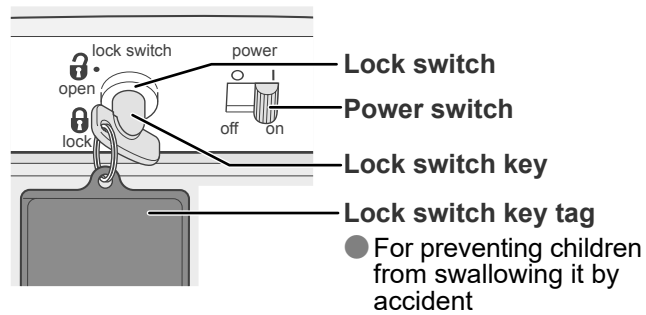
Legrest (Leg & Sole Massage Section)

- Massage by sole roller.
- Includes integrated air massage function.
- Adjust position by sliding the sole massage section. (EN14)





Power switch section

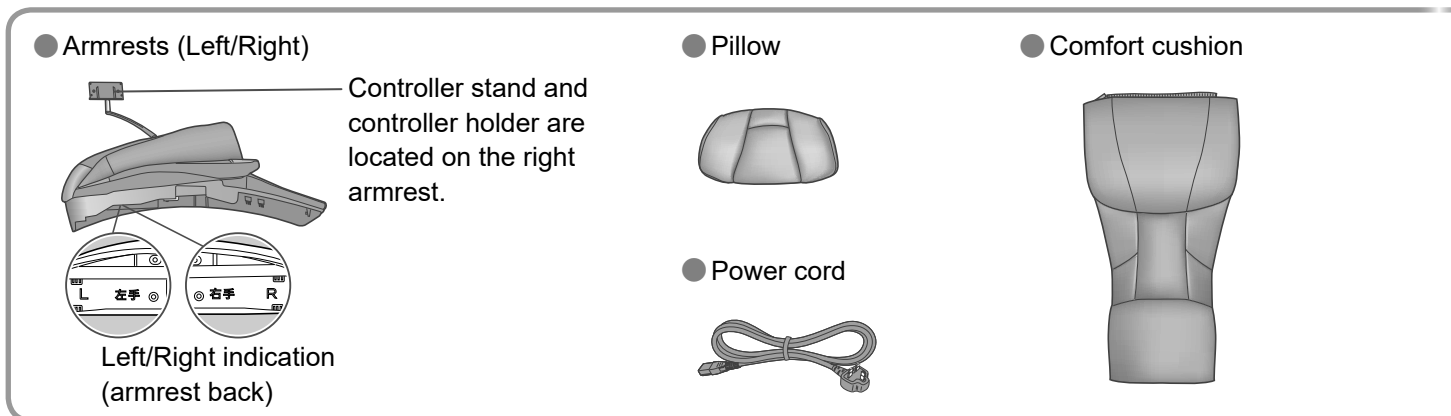


Condition of massage lounger at time of purchase

- Lock switch is set to "open"
- Power switch is set to "on"

Setting up the massage lounger

1) Checking the accessories



2) Where to use the unit

Ensure there is adequate space to recline.

- Unit body dimensions

Height approx. 120 cm × Width* approx. 85 cm × Depth* approx. 200 cm
--

(See EN49 for detailed unit dimensions.)

*When installing near a wall, etc.

In the reclining state, make sure that the backrest and the legrest are away from walls, etc., by 10 cm or more, and the armrest is away from walls, etc., by 5 cm or more.

- Do not expose the massage lounger to direct sunlight or high temperatures, such as in front of heating sources. This can cause discoloration or hardening of the synthetic leather.

3) Installing



- ① The unit must be carried by two or more persons.

- Since the unit is heavy, be careful to avoid back injuries.

Unit weight

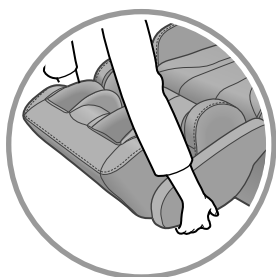
Approx. 87 kg

- ② Watch your step carefully and put down the unit slowly.

Lay out a mat, etc.

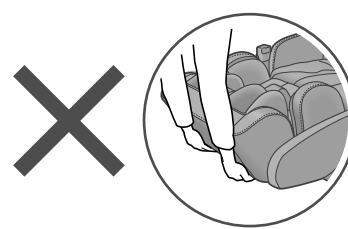
Since the unit may damage the flooring, it is recommended to place the unit on a mat. When placing a mat under the unit, the size of the mat should be sufficient (at least 120 cm × 70 cm) to cover the areas where the unit touches and where the legrest could touch the floor.

Hold the sides of the legrest.



Hold the legrest with your hands until it has been set on the floor completely. If you release the legrest too soon, it will spring back to the initial position.

■ **Do not hold the foot part!**
The sole massage section might slide, and injuries may occur.

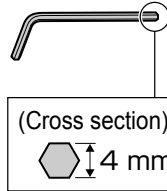


- Lock switch key (1 pc.)



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

- Allen key (1 pc.)

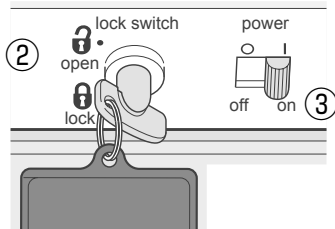


- Attachment screws (M6 x 29), Silver



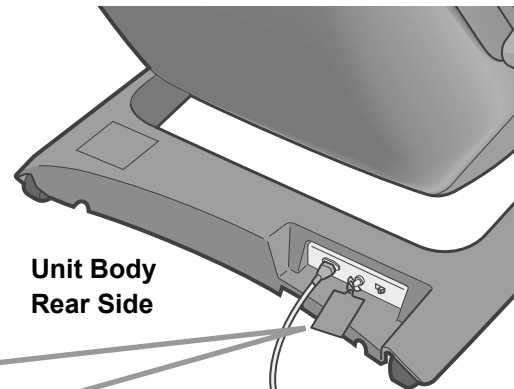
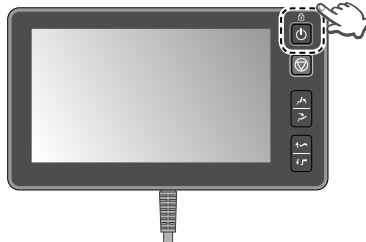
4) Turn on the power and raise the backrest to the upright position

- ① Insert the power plug into the power outlet.
 - Always be sure to insert into an AC 220 V plug.
- ② Confirm the lock switch is set to the "open" position.
- ③ Confirm the power switch is set to the "on" position.

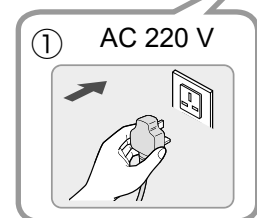


- ④ Press  on the controller twice.

- Press once, and then press again approx. 1 second later. Backrest will rise automatically.



Watch your step to prevent tripping on power cord or the like.



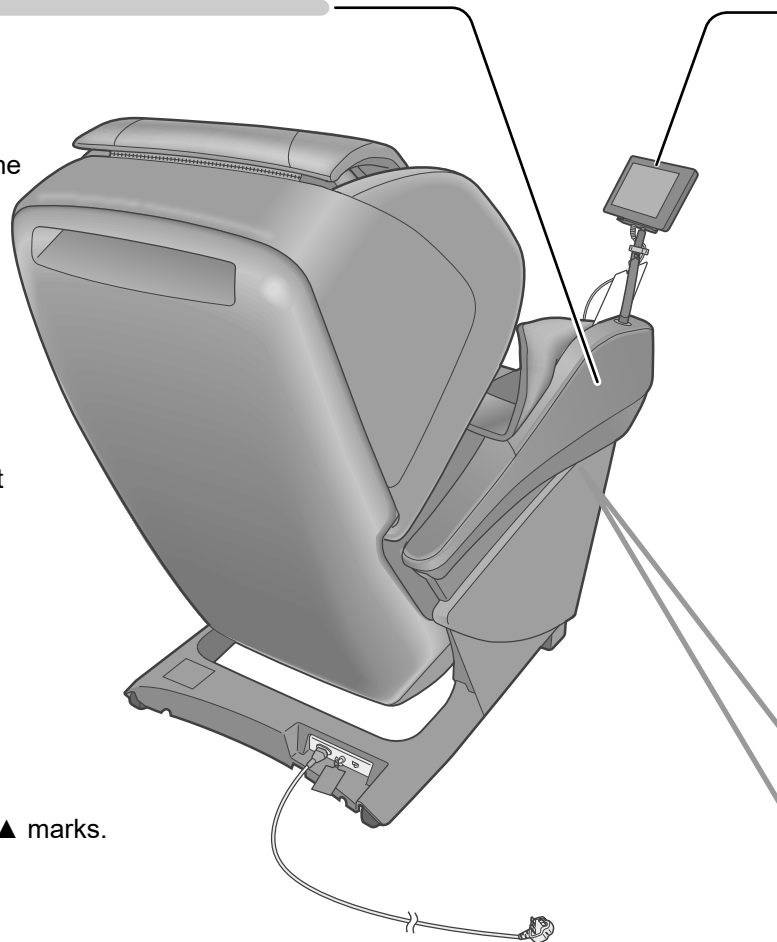
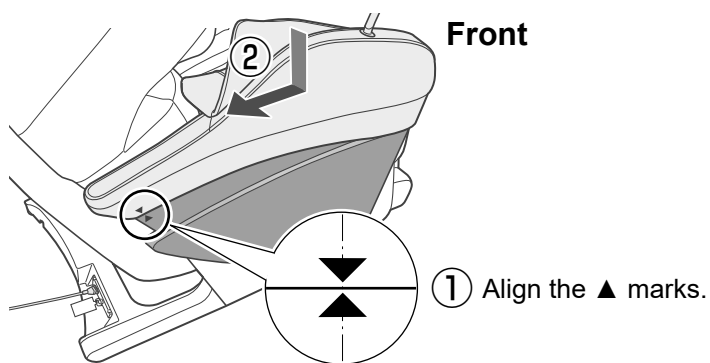
Assembly

1 Fasten the armrest

<Attaching the right armrest>

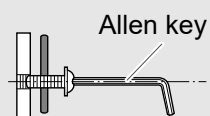
- ① Insert the armrest into the unit.
 - "Right" and "Left" are indicated at the back of the armrest.
 - Insert the armrest from the top aligning the ▲ marks on the side of the armrest.
 - Be careful to avoid pinching your fingers and controller cord.

- ② Slide the armrest toward the back while pushing it downward.



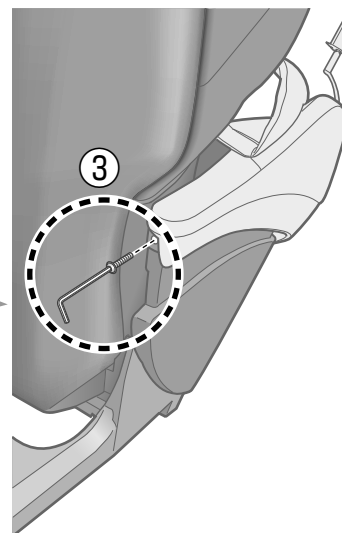
- ③ Fasten the armrest with the attachment screws (one for each side)
 - Use this screw:
Attachment screws (M6 x 29) x 2 pcs. (silver)

■ How to tighten the screws



1. Place the screw on the tip of a allen key.
2. Tighten the screw while ensuring that the screw hole and the screw head are horizontally align.

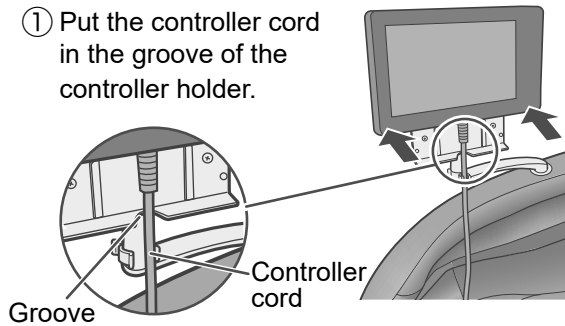
● Screw may be damaged if you tighten the screw inserted into the hole crookedly using an allen key.



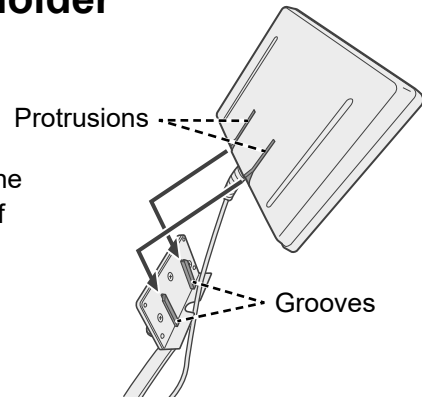
- ④ Fasten the armrest on the left side in the similar manner.

2 Attaching the controller to the controller holder

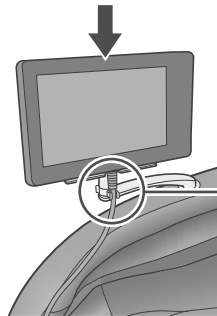
- ① Put the controller cord in the groove of the controller holder.



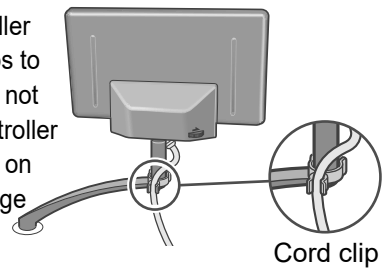
- ② Horizontally align the groove of the controller to the protrusions of the controller holder.



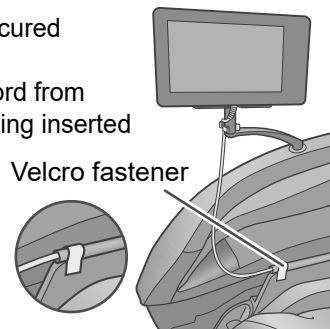
- ③ Push the controller.
 - Push until it snaps into place.



Secure the controller cord with cord clips to ensure the user is not caught by the controller cord when getting on and off the massage lounger.

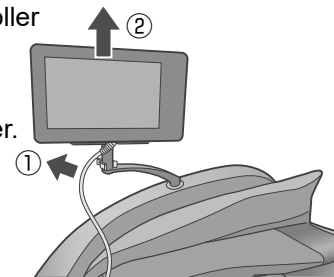


- The controller cord is secured with a velcro fastener. (This is to prevent the cord from obstructing the hand being inserted in the armrest.)
- The controller stand and controller holder cannot be installed on the left armrest.



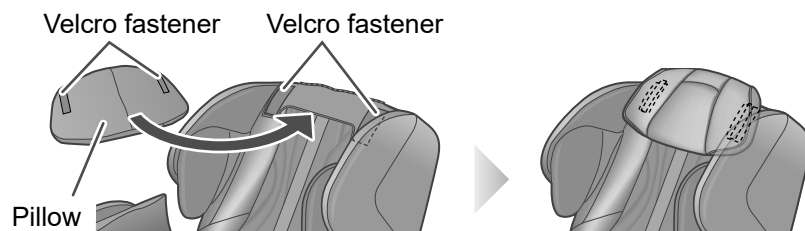
<Detaching the controller>

- ① Remove the controller cord from the cord clips.
- ② Lift up the controller.



3 Attaching the pillow

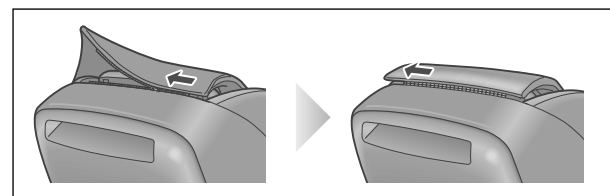
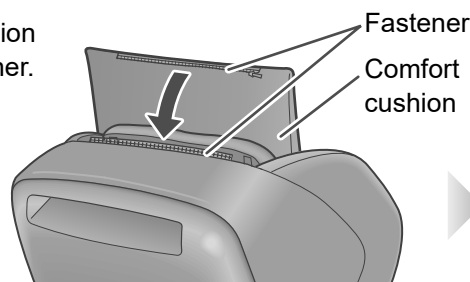
Attach the pillow using the velcro fastener.



- Recommended position of the pillow when using the massage lounger. (EN15)

4 Attaching the comfort cushion

Attach the cushion using the fastener.



Before starting massage

Check the surrounding area

Make sure there are no objects, persons, or pets in the vicinity of the unit.

- The massage lounger may not work when pets such as dogs and cats chew on or trip over the controller cord. (This may result in a breakdown.)

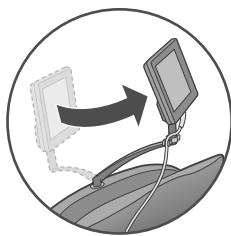
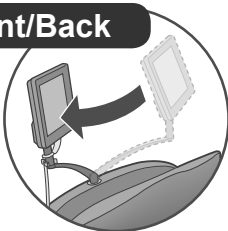


Watch for people and walls in the surrounding area to prevent hitting them when moving the controller stand to the outer side of the unit body.

Adjust the position and orientation of the controller

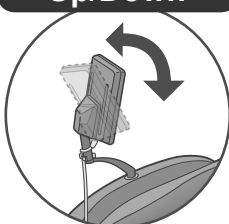
Position: Front - back can be adjusted by the controller stand.

Front/Back

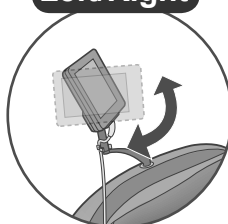


Orientation: Up - down and left - right can be adjusted by the controller holder.

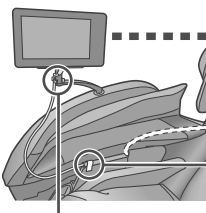
Up/Down



Left/Right



<Using with the controller detached>




The controller can be brought closer to the user by detaching the velcro fastener.

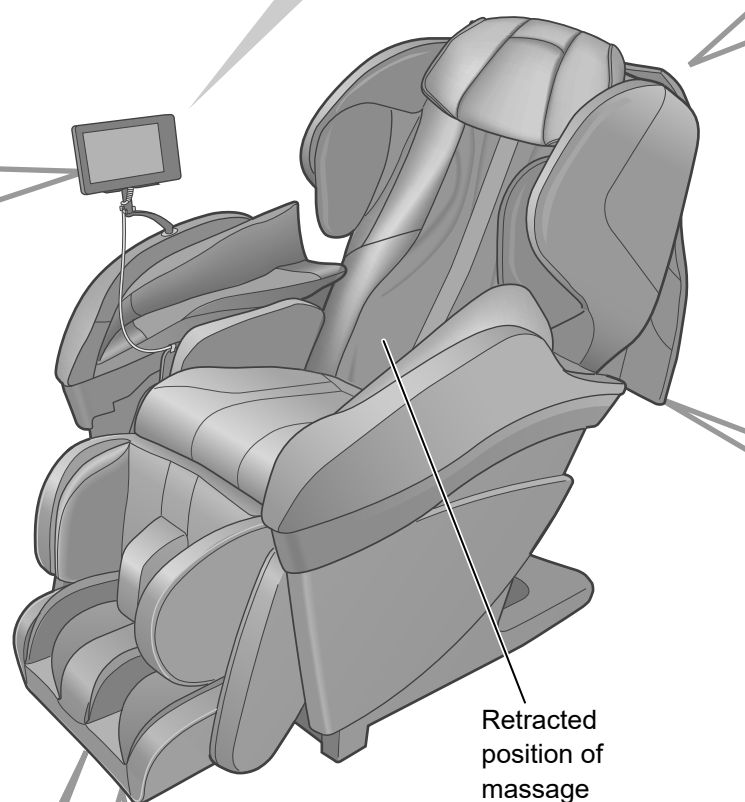
Remove the controller cord from the cord clips before use.

See EN43 for the method of fixing the controller holder.

Check the legrest position

- Make sure the legrest is in the fully lowered position. (The legrest contacts the floor in the completely lowered state.)
 - **When the legrest is not fully lowered**
The legrest will lower by pressing  on twice.

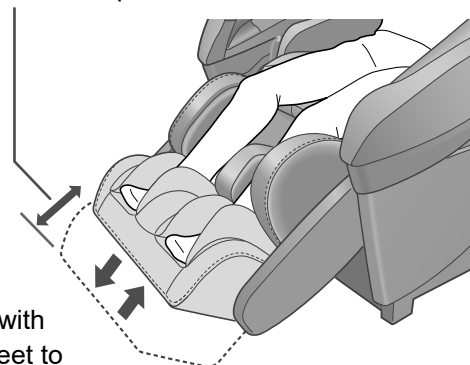
- The fabric may emit a characteristic odor. It will fade with use.



Retracted position of massage rollers

Slide the sole massage section to your preferred position

- Adjust to your preferred position after raising the legrest. (See EN16 for Regarding the reclining angle adjustment)
It will slide up to about 18 cm.



Push with your feet to slide out

Lift your feet slightly and the sole massage section returns

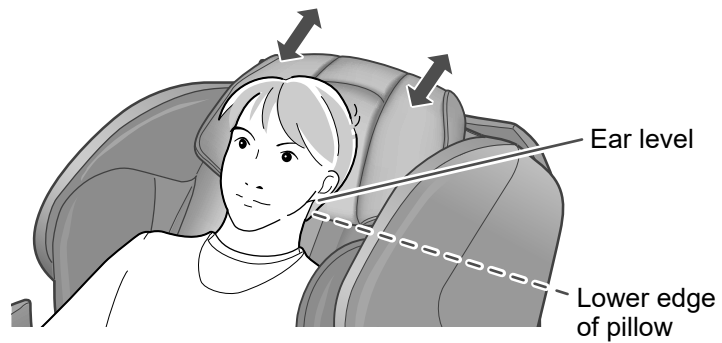
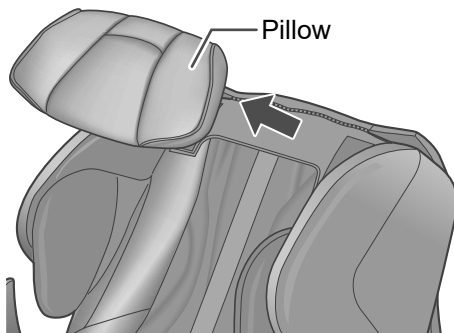
Insert the power supply plug, turn the lock key switch to "open", and power switch to "on".

(EN11)

Adjust the pillow position

Remove the pillow and adjust the height of the pillow so that the bottom edge is at ear level.


- The strength with which the massage roller presses the neck differs depending on the pillow position.
- When the reclining angle changes, the position of the pillow may shift. In that case, adjust the position again.



Flip up the comfort cushion to check the main unit

Check the following points:

- Is the fabric torn?
- Are there foreign objects sandwiched in the main unit?
- Are the massage rollers in their stowed positions?
 - **When the massage rollers are not in the retracted position**

Press  twice to return the massage rollers to the retracted position.

Do not massage with the comfort cushion still on the backrest.

- The fabric may wear faster.
- **U10** may be displayed when the body is not detected. (EN40)

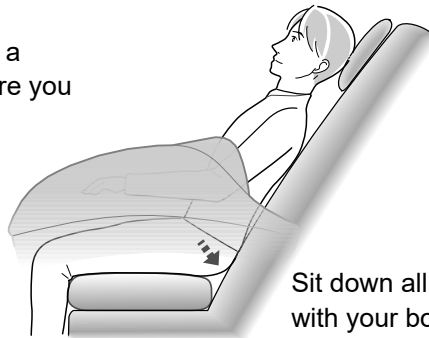


WARNING

- Always check the fabric covering the backrest or legrest movable parts has not been ripped before using the unit. Please also check other areas to ensure 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 plug and have the unit repaired at an authorized service center. (Otherwise it may lead to injury or electric shock.)

Check your sitting position

In order to deliver an effective massage, there is a bulging area in the center of the seat to make sure you sit all the way back.



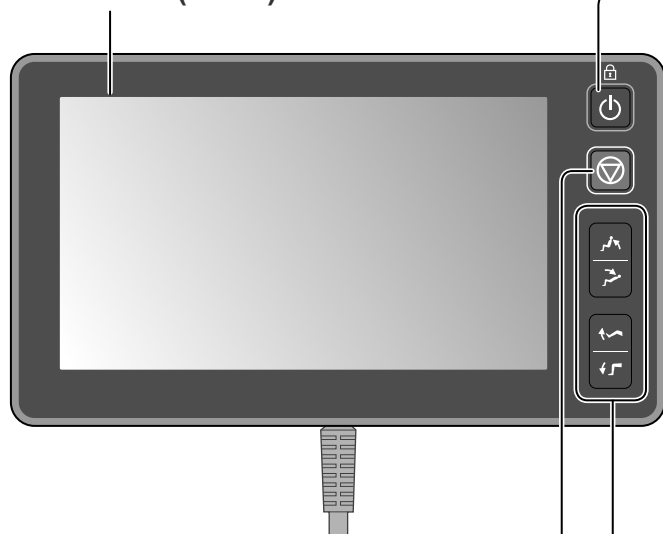
Sit down all the way to the back with your bottom in contact with the backrest.

- Refer to EN29 for details on correct placement of hands, arms, legs and soles.

Part names and functions of the controller

Controller


Touch Panel (EN17)



OFF/ON button

- Starting massage operations
 - The power of the controller is turned on.
 - The power is automatically turned off when the massage operation is completed.
- Suspending ongoing massage operations
 - The legrest goes down automatically, the backrest rises, and the massage rollers are stored in the original positions.
- Setting and canceling child lock of the controller

Emergency stop button

- In case of emergency or feeling abnormal sensations while in operations.
 - Press this button to stop the massage immediately.
 - The legrest, backrest, and massage rollers will not return to their storing positions.
 - Get off the unit body, being careful not to tip over.
- In order to use, press  twice returning the backrest and the massage rollers to their storing positions, and then use again.

Press the reclining angle adjustment button




Press to adjust.

- Turn the power of the controller on to use the massage lounger.
- Backrest and legrest angles can be adjusted.
- When holding down the adjustment buttons, chair adjustment will continue until you hear the limit sound (beep-beep-beep).
- Armrests will move in conjunction with the reclining of the backrest.

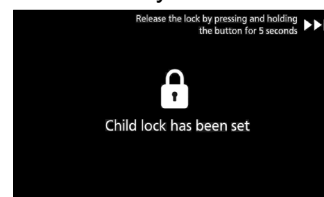
Setting and canceling the child lock


- If this setting is made, the operations are no longer accepted.

How to set

Long press  for about 5 seconds when the power supply of the controller is OFF or when the user selection / registration screen is being displayed.


- The following screen is displayed, and about 10 seconds later the power is switched OFF automatically.



- When  is pressed after making the setting, the following screen is displayed, and after about 10 seconds, the power supply to the controller is switched OFF automatically.



How to cancel

Press and hold down  for about 5 seconds when the screen display described above is shown or when the power of the controller is turned off, in the set condition.

About language selection

The language selection screen will be displayed only the first time when the control unit is activated.
(See EN35 for setting and changing)



Screen displays during massaging operations

- Press the displayed buttons to operate.
- The power is turned OFF automatically if massage is not started and no operation is performed for about 3 minutes.

<Viewing screens>

The "Full body auto massage" course is used as an example for the screen displays shown below. Buttons and status displays vary, depending on the selected course.

User display

- The selected user is displayed. (EN22 to EN24)
- The display is not shown when "Guest" is selected.

Returns to the previous screen

Displays the operation (EN26)

Displays the course (EN23 to EN25)

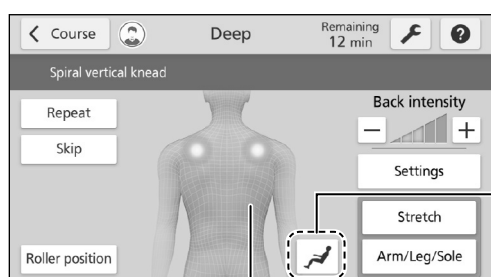
Displays the remaining time

Settings button (EN35)

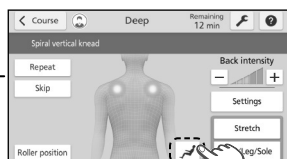
Help button (EN35)

- Settings button and Help button are displayed regardless of the selected course.

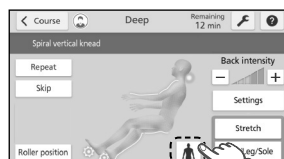
Operations can be adjusted (EN30 to EN34).



- The display of body parts can be switched between upper half of body and full body.
- The display of body parts cannot be switched while the program is being edited. (EN25)



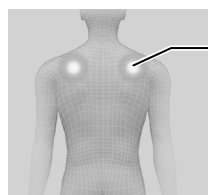
Press



Press

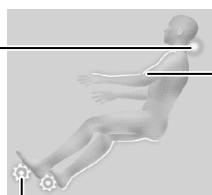
Display of the operation, position, and pressure

- The statuses of massage rollers in operation, as well as sole and air are displayed. (The display indicates rough movements; actual movements or sensations may vary.)



Massage rollers

- The color becomes darker as the pressure on the massage rollers becomes higher.



Sole

- rotates during operation.

Air

(Example: In case of air arm course)



Setting of air: Off



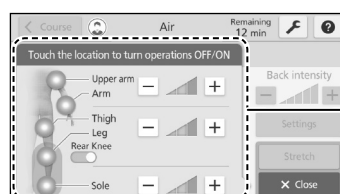
Setting of air: On



Air operating

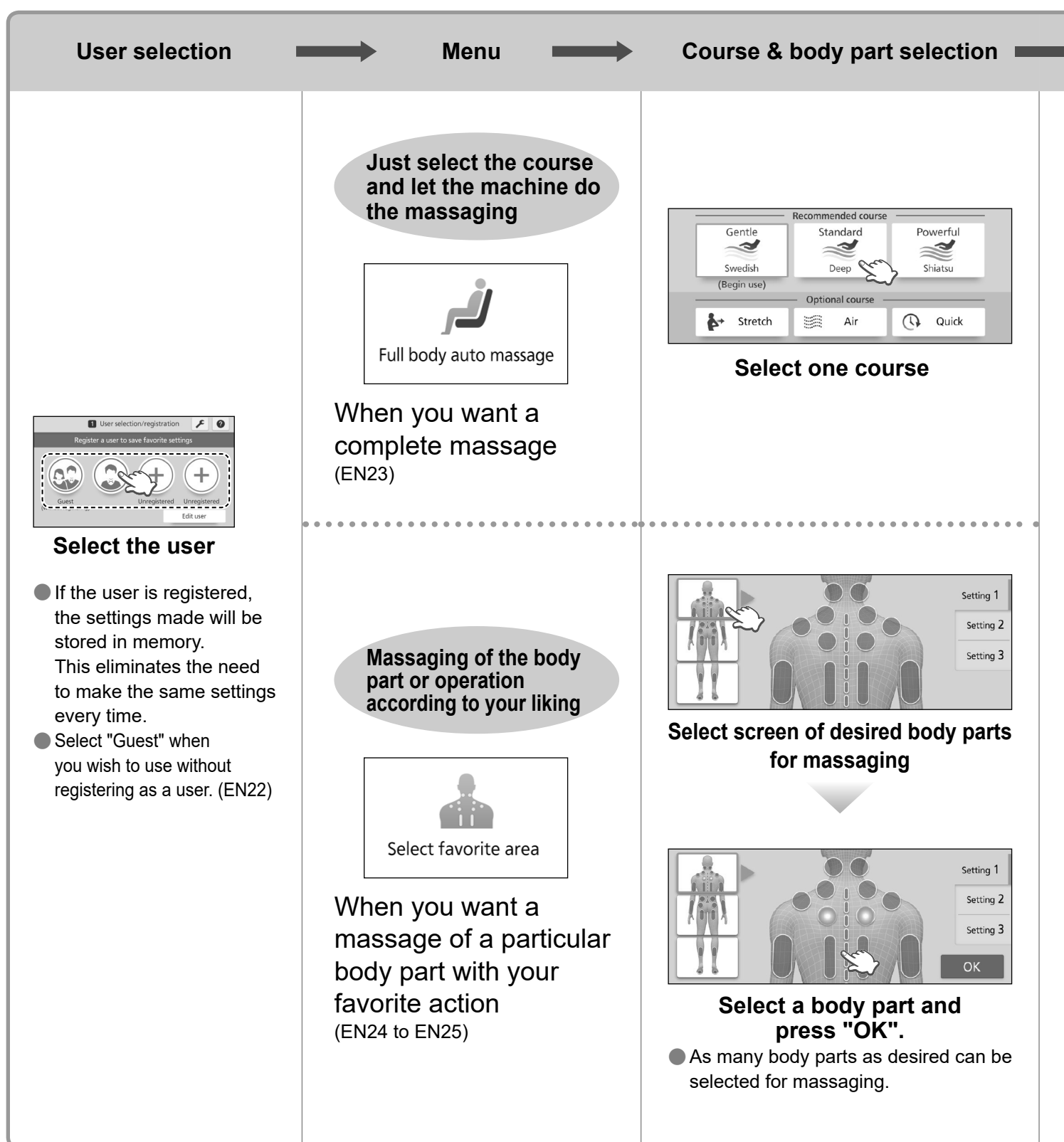
The color of the body part changes continuously.

- The screen on the right is displayed when the air course or operations for body parts that only activates air is selected. (See EN26 for regarding air massage.)



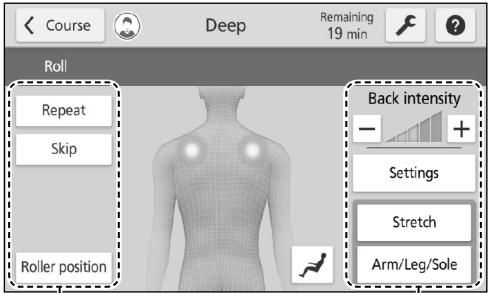
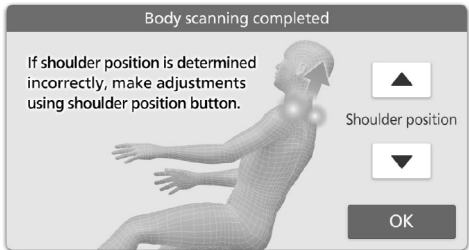
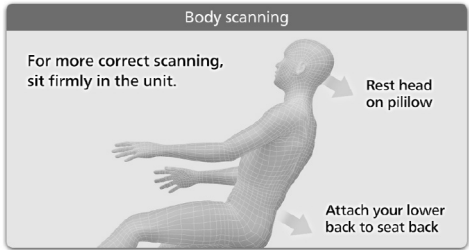
Arm/Leg/Sole actions
Turning operations OFF/
ON, Intensity of actions
display (EN32 to EN33)

Simple use

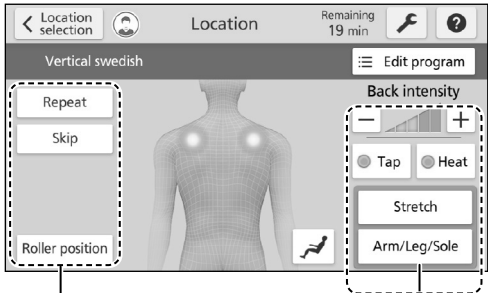


➔ Scanning of shoulder roller position ➔ Start the massage and adjust to suit your desire

● See EN20 to EN21 for details.



Operations can be adjusted (EN30 to EN34)

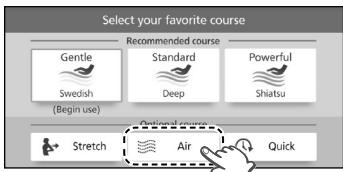


Operations can be adjusted (EN30 to EN34)

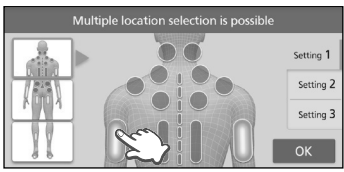
Simple use

Sensing is not performed when any of the followings is selected.

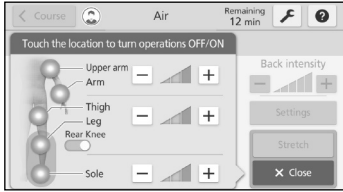
<When air course is selected>



<When operations for body parts that only activates air is selected>



Body parts for which only air is activated:
Upper Arm/Arm/Pelvis/Leg/Sole



Example: Screen displays during massage operations

Scanning of shoulder roller position

- Scanning of shoulder roller position is the operation of estimating the shoulder position in order to ensure that massaging is done matching with the body shape.
(Height range of scanning of shoulder roller position is about 140 cm to 185 cm.)

Scanning of shoulder roller position flow

**Select a course
Otherwise, select a body
part and press "OK".**



**The unit body moves
automatically and becomes
reclined to an angle suitable
for scanning.**



- No scanning is made if the air course, or operation with only air is selected.
(See EN26 for regarding air massage.)

- The movement is not made when the unit body is deeply reclined.

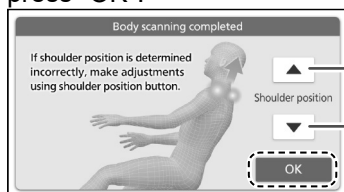
**Sit back and lean gently back so
that your head touches the pillow.**

- For adjustment of the position of the pillow.
(EN15)



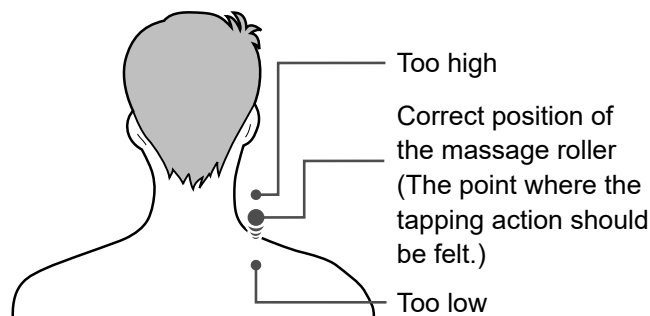
■ Shoulder tapping position is not aligned

Press "▲" or "▼" during the tapping action (about 12 seconds) to adjust the shoulder height position and press "OK".



Moves approx.
1.2 cm up or
down for each
press.

When "OK" is pressed, the scanning of shoulder roller position is completed and the massaging is started.



Scanning of shoulder roller position

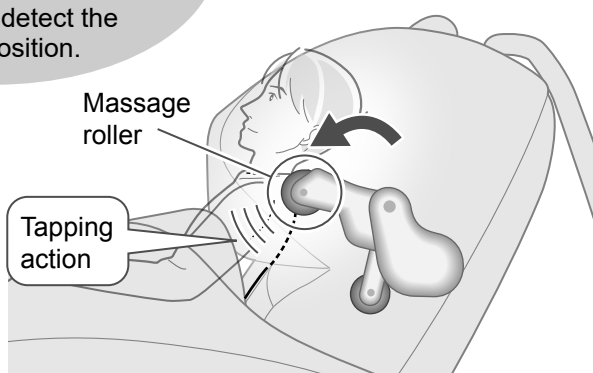
Complete

Massage roller movements

- While a beeping sound is being made, the massage roller rises along the spine to the vicinity of the neck, and the massage roller protrudes.
(When the shoulder position is not correct, the massage roller rises again to the shoulder position repeating the scanning of shoulder roller position.)
- Seat surface air operates to prevent the body from moving during scanning.

Do not move your head from the pillow until tapping action begins!

It will not be able to accurately detect the shoulder position.

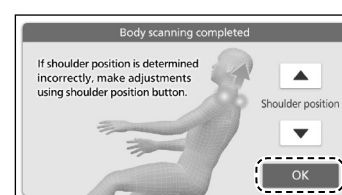


Tapping action

When adjusting the shoulder position, tapping action is performed to make it easy to identify where the massage rollers are.


- About 30 seconds after starting, the massage roller gradually goes down to the shoulder position and starts tapping.
(When tapping position is not correct, verify details described below.)

- When completed, the following screen is displayed, and the massaging is started.



- Even during the tapping action, when you press "OK", scanning will end and massage will start.
- To estimate the approximate height based on the shoulder position, the legrest may automatically adjust its angle so that the sole of the foot touches.

Scanning of shoulder roller position

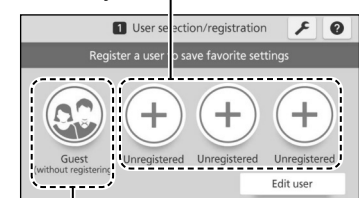
- If the shoulder position is greatly shifted, one press of  will stop the action.
Rest your shoulders back against the backrest firmly and press the button to start again.

About user selection / user registration

When you would like to store the settings made to suit your liking in memory

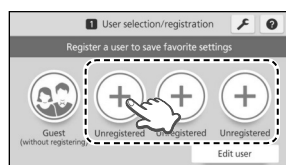
- Perform user registration before using the lounge for massaging.
If user registration is made, the adjustments and settings to massaging are automatically stored and updated in memory.
There is no need to carry out any special operation for storing the settings.
 - The contents of "Skip" and "Stretch" are not stored.
 - Since the shoulder position differs depending on how the user sits, the "Scanning of shoulder roller position" is carried out every time, even if user registration has been made.
- Even when terminated in the middle of massaging, the settings made until then are stored in memory.
 - However, the settings will not be stored in memory if there is a power failure, or the power supply switch at the back panel of the unit body is switched "OFF", or if the power supply cord is pulled out from its power socket.
- Select "Guest" if you do not wish to register and wish to start massaging immediately.

Register as a user and store the message adjustments and settings made in memory.

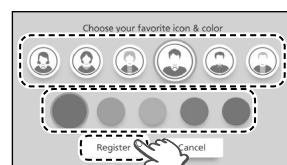


Start massaging immediately

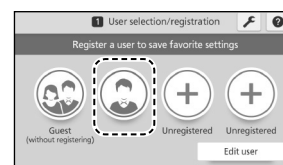
User selection / registration method



Press the button for user registration



Select the icon and color to be registered and press "Register"



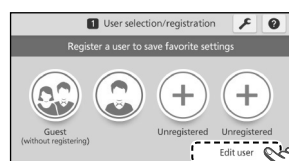
Once registration has been completed, the registered icon is displayed.

The settings made to suit your desire are stored in memory, thereby avoiding the tediousness of having to make the same settings every time!

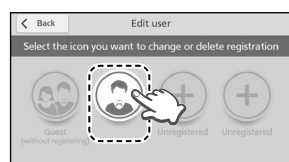
- Once a user is registered, the user only needs to select the registered user for subsequent sessions and the message lounge performs message according to details recorded in memory from the previous session.

Edit user (Changing and deleting user buttons)

- It is possible to change the icon of a registered user, and to delete the registration itself.

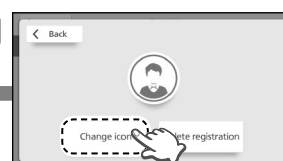


Press "Edit user"

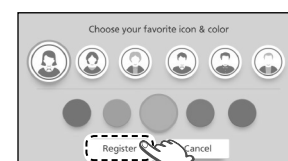


Select the user to be edited

Changing

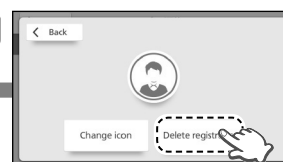


Press "Change icon"

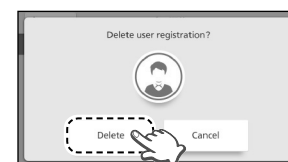


Select a new icon, then press "Register".

Deleting

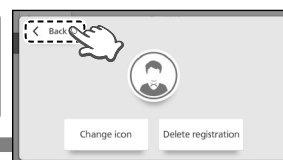


Press "Delete registration"



Press "Delete"

To abort editing

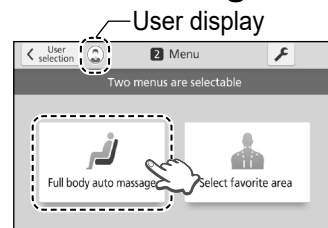
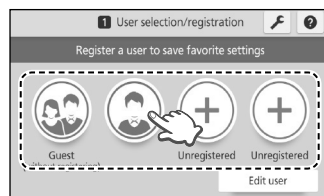


Press "Back"

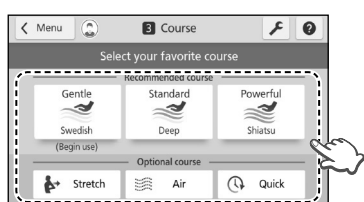
When you want a complete massage

- The power is turned OFF automatically if massage is not started and no operation is performed for about 3 minutes.

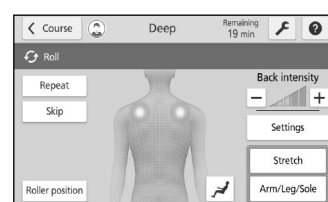
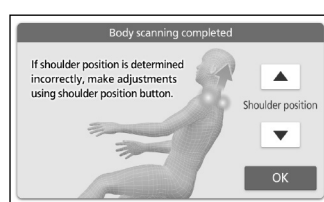
- 1 Turn on the power.**
- 2 Select the user.** (EN22)
- 3 Select "Full body auto massage".**



- 4 Select one course.**



- 5 After scanning ends, massage starts.** (EN20 to EN21)



- Sensing operation starts (EN20 to EN21).

- Displays for massage action.
- During the massage, you can create favorite settings. (EN30 to EN34)
- Details of massage do not change even when Guest is selected.

- 6 After the massage is started, it will automatically end in a maximum of approximately 19 minutes. Massage finished automatically.**

- From next time onwards, the operations will be started with the content previously stored in memory.

About user selection / user registration
When you want a complete massage

■ Features of full body auto massage

<Recommended course>

Until you get used to massaging, please use the Swedish course.

Soft (Beginning to use)



Swedish course: 19 minutes

When you want to gently loosen your body

Gently loosens tension primarily with a spreading operation on the surface of the body.

Air operation is used to apply pressure on fingertips and toe tips.

Standard



Deep course: 19 minutes

When you want to firmly loosen your body

Muscles are properly loosened, primarily with deeply loosening operations.

Finely circling "ultra knead" operation is applied to loosen knotted points. Arms, soles and calves are thoroughly loosened to release fatigue from the whole body.

Stronger



Shiatsu course: 19 minutes

When you want to strongly loosen your body

Knotted points are powerfully loosened, primarily with shiatsu pressure operations. Shiatsu pressure is applied in a perpendicular angle to the body, from the top of shoulders and by squeezing lower back from sides.

Arms, soles and calves are thoroughly loosened to release fatigue from the whole body.

<Optional course>

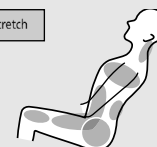
Stretch course: 16 minutes

When you want to stretch the whole body

This course relaxes the body with six stretching operations.

Stretching operations involve movements stretching or twisting the body through combined operation of air pressure and massage rollers.

Stretch



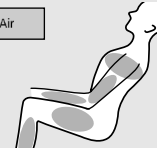
Air course: 16 minutes

When you want to gently loosen your body with air

This course wraps the body with air only and gently loosens the body.

(Massage rollers for the upper body do not move)

Air



Quick course: 10 minutes

When you want to quickly loosen your body

This course loosens tension in the whole body in about 10 minutes.

This course thoroughly loosens the body, primarily with grabbing and loosening operations. Finely circling "ultra knead" operation is applied to loosen knotted points.

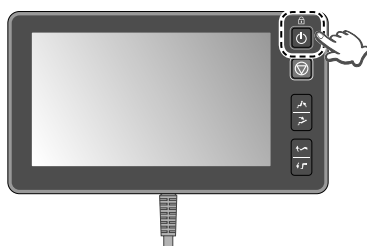
Quick



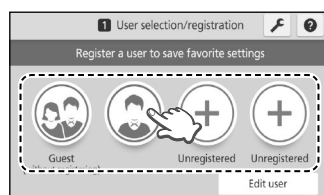
When you want a massage of a particular body part with your favorite action

- The power is turned OFF automatically if massage is not started and no operation is performed for about 3 minutes.
- In "Select favorite area", it is possible to select the desired part and select the desired massaging operation. (See EN25 for details)
- Massage is performed for about 19 minutes after starting. If only a small number of body parts are selected, the massage is repeated on respective body parts.
- Up to three patterns of setting details, such as body parts selected from personal preference, edited massage action and the like.

1 Turn on the power.

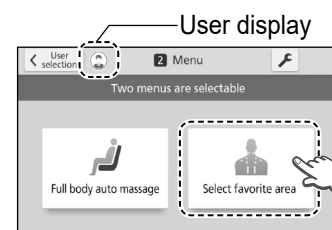


2 Select the user. (EN22)

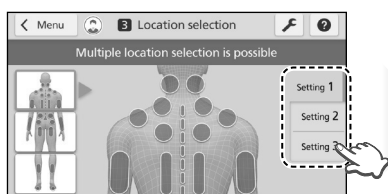


(The registered user is just an example)

3 Select "Select favorite area".

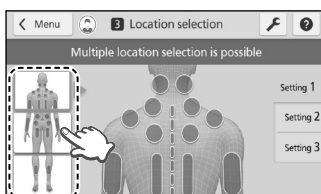


4 Select one of "Setting 1 to 3".



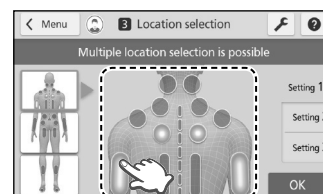
- Screen displays for selected body parts and body parts can be stored in memory.

5 Select the screen for body parts.



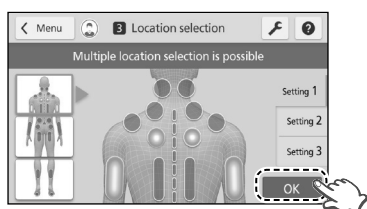
- Select the screen for the desired body part to massage.

6 Select a body part.



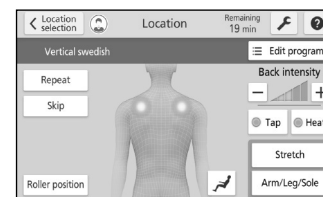
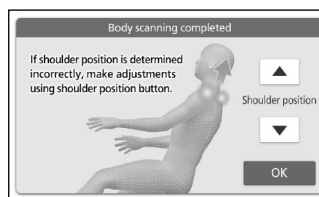
- Select the desired body part for massaging.
- Multiple selection is possible.
- Repeat Steps 5 and 6 to select body parts.

7 press "OK".



- Sensing motion starts. (EN20 to EN21)
- Scanning of shoulder roller position is not made if body parts are selected where only air operates. (See EN26 for air massage)

8 After scanning ends, massage starts. (EN20 to EN21)



- The selected body parts, from neck down to hips, are massaged in sequence.
 - When body part combination only consists of the upper arm, arm, pelvis, legs and sole, massage actions that involve air operations only is performed.
 - When the body part combination consists of the upper arm, arm, pelvis, legs or sole with any other body parts, massage actions are performed on such other body parts as well as the upper arms, arms, pelvis, legs or sole at the same time.
- Storing of setting details in the memory starts.

Setting 1
Setting 2
Setting 3

Details stored in the memory are used to start the operation for subsequent sessions, with the controller displaying the previously set "Setting 1 to 3", "Screen for the desired location" and "Location". There is no need to select body parts. When body parts or settings for ongoing massage are changed, details stored in the memory are overwritten. (Updating of memory does not occur if a power outage occurs)

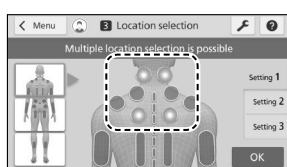
When  was selected, "Settings 1 to 3" is not displayed.

This eliminates the tediousness of having to select the desired body part or the adjustments of massaging every time!

Would like to massage with operations to your liking

- It is possible to switch OFF or ON the massaging operation for each body part, and to carry out only the desired massaging operation. (Edit program)
- The operation is made after starting to massage.
- If user registration has been made, the contents selected in program editing will be stored in memory.

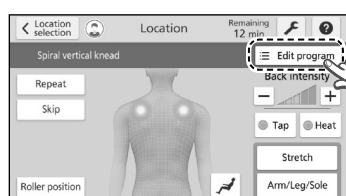
Method of editing a program



Screen displays and actions are described, using the example of the "Neck shiatsu" course.

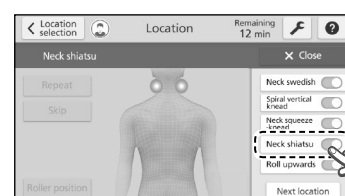
Body part selections: Neck and back.

① Press "Edit program"



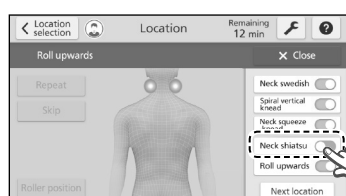
- The program editing screen for the currently selected body part is displayed.
- The operations within the frame (yellow) is performed while the program is being edited.
(Example: Neck squeeze-knead)

② Select the operation for editing.



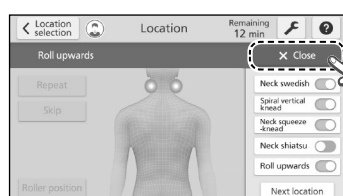
- The edited operation is started.

③ Press



- The selected action expires and the next action is performed.
- If the massaging operations on the same location continue for 5 minutes, the massage rollers move upward by about 3 cm.
(Massage rollers may move downward, depending on their position)

④ Press "Close"

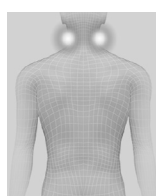
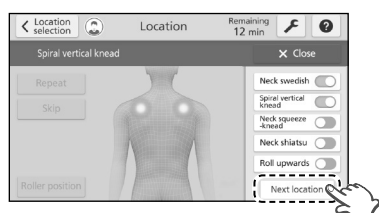


Switches each time it is pressed.

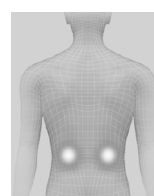
When you want a massage of a particular body part with your favorite action

<When editing operations of other body parts>

Press , then select the operation for editing, then perform Steps ③ and ④ described above.



Press



- Each time is pressed, the program editing screen for the selected body part is displayed.

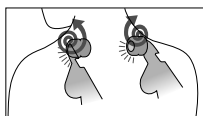
The contents of the action

Massage operation by massage rollers

- When "Full body auto massage" is selected, massaging operations that are suitable for the course are performed automatically.
- When "Select favorite area" is selected, operations that can be displayed or turned on/off vary depending on the selected body parts.

Ultra knead

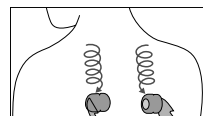
Small kneading action at points.



- 3D Ultra knead
- Ultra knead
- Hip ultra knead
- Shoulder ultra knead
- Squeeze ultra knead

Spiral ultra knead

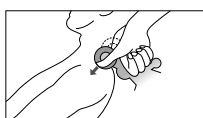
Kneading action while moving up and down.



- Spiral vertical knead
- Spiral lateral knead
- Spiral hip knead
- 3D spiral knead

Shiatsu

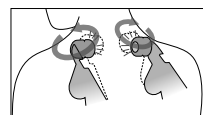
Action compressing muscle knots vertically.



- Neck shiatsu
- Squeezing shiatsu
- Spiral vertical shiatsu
- Hip shiatsu
- Shoulder shiatsu
- Triple shiatsu

Knead

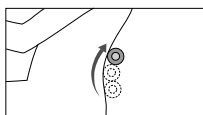
Deep kneading action.



- Neck squeeze-knead
- Compress upwards
- Squeeze-knead
- Deep tissue
- Shoulder knead
- Compress downwards
- Hip knead
- Triple compress

Roll

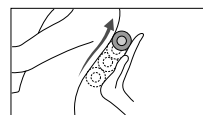
Action to stretch an area.



- Roll upward
- Compress roll
- Waist compress
- Compress roll upwards
- Hip roll

Swedish

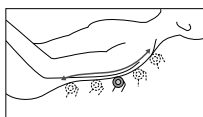
Action of rubbing gently across a wide area.



- Neck swedish
- Upper shoulder swedish
- Vertical swedish
- Vertical spreading swedish
- Hip swedish
- Shoulder swedish
- Swedish downwards
- Pat swedish

Full back roll

Action stretching the body along the backbone.

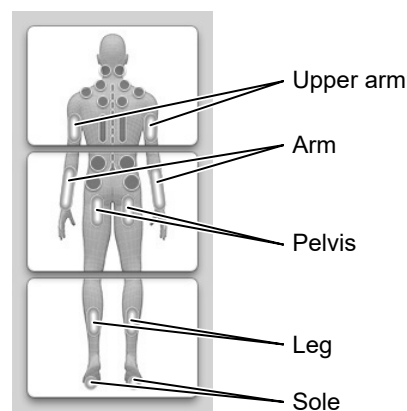
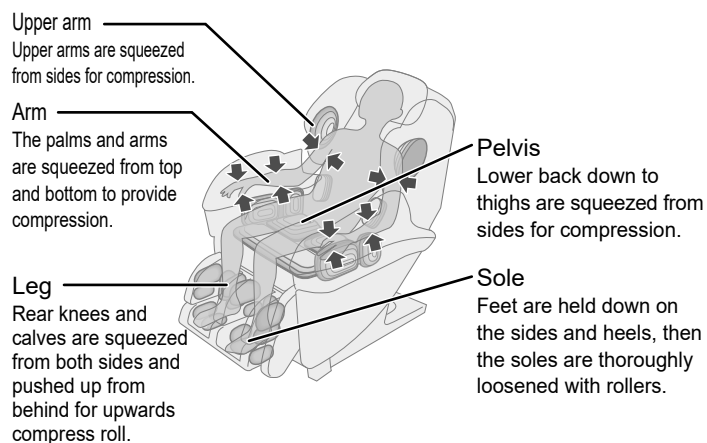


- Roll
- Swedish roll
- Knead roll

- The respective actions are suitable for specific body parts. (Actions of Shiatsu for the "Neck" are different from of the actions for the "Shoulder".)

About air massage operation

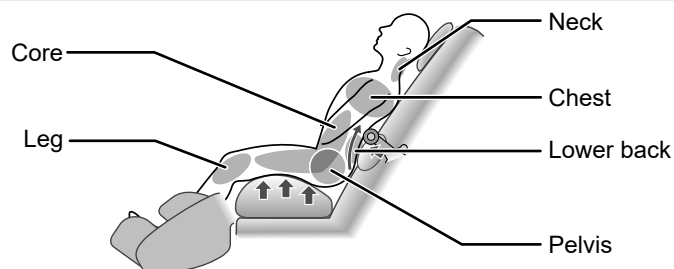
Air massage is that of softly relaxing the body with air bags only air. (The massage rollers of the upper half of the body do not move)



Stretching

A stretching operation is that of stretching or twisting the body using the movements of air or massage rollers.

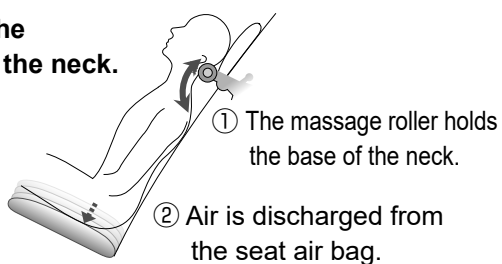
Body parts for stretching



Description of stretch action

"Neck" stretch

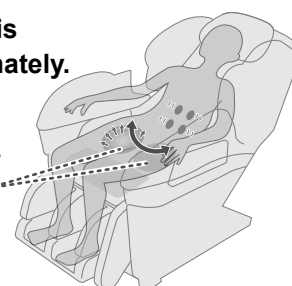
Stretches the muscles of the neck.



"Pelvis" stretch

Stretches and twists the muscles around the pelvis to the left and right alternately.

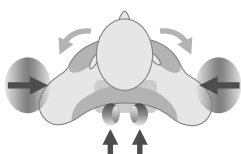
- ① Legrest will lower.
- ② Seat air bag inflates alternately left and right.



"Chest" stretch

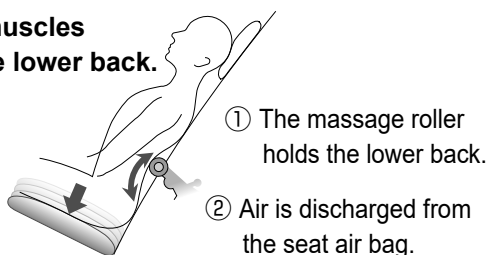
Extends the muscles around the shoulder blades and chest.

- ① Hold the shoulders with the shoulder-side air bags.
- ② Press the back forward with the massage roller.



"Lower back" stretch

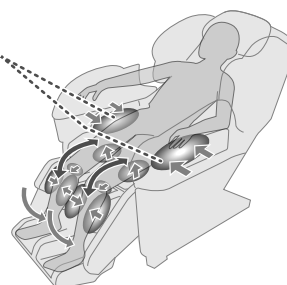
Extends muscles around the lower back.



"Leg" stretch

Extends the muscles from the knee area to the thighs.

- ① The body is held with air bags on the seat or on the sides of thighs.
- ② The legrest is lowered, then calves and knees are pressed from behind.

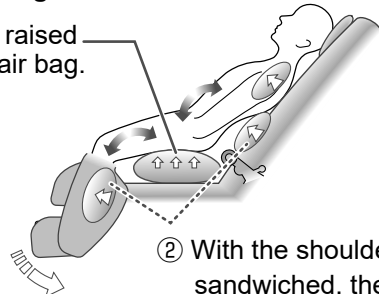


● If you do "leg" stretching with the sole massage section slid out, it may hit the floor.

"Core" stretch

1) Extends from thighs to the lower abdomen.

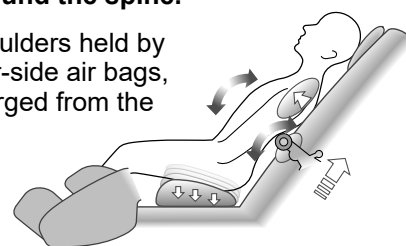
- ① Your hip are raised by the seat air bag.



- ② With the shoulder sides and calf/foot sandwiched, the legrest is lowered.

2) Extends around the spine.

- ③ With the shoulders held by the shoulder-side air bags, air is discharged from the seat air bag.



The contents of the action

The contents of the action (continued)

Hip massage

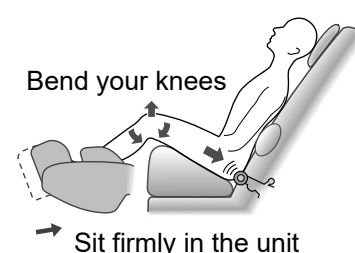
During a hip massage, the seat air bag will lift up your hip and the massage rollers will go round your hip to massage. In addition, by supporting your lower back with the lower back air bag to raise your hip, the massage rollers will be able to reach the muscles of your hip more effectively.

Flow of hip massage

- ① Legrest rises to the highest level.
 - ② Seat airbags are inflated to raise the body.
(positions of legs and hands may shift when this occurs)
 - ③ Rollers move to the buttocks to start massaging.
- Massaging on other body parts stop when hips are massaged.
The air operation starts after massaging the hips when hip massage and air massage are selected in "Select favorite area".
(See EN32 to EN33 for hip massage and EN26 for air massage)

How to use hip massage

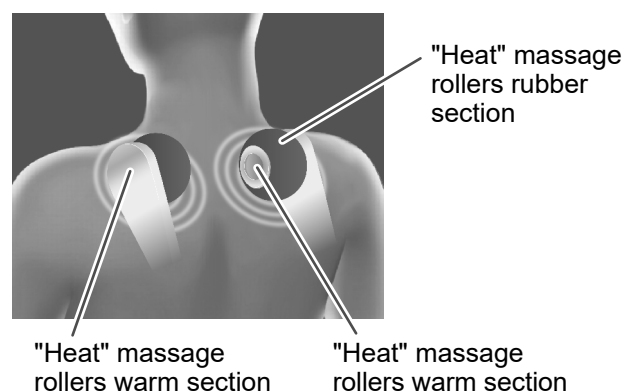
- **Sit back** with your hip in contact with the backrest.
(The massage rollers will not reach the hip adequately if you do not sit back.)
- The intensity of rollers contacting is raised when you **bend your knees**.



"Heat"

The warm section in the "Heat" massage rollers will warm up the fabric of the massage areas.

- Temperature adjustment cannot be made.
- Sense of warmth differs depending on the room temperature, clothing, body shape, action, position, and course.



About course and operating time

Automatically stops at maximum 19 minutes from the start of the massage.

Timer function time setting differs depending on the course.



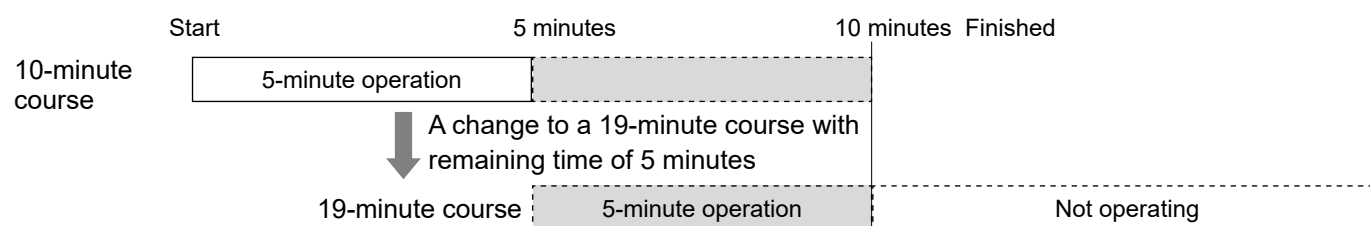
"Swedish", "Deep", "Shiatsu": about 19 minutes
"Stretch", "Air": about 16 minutes
"Quick": about 10 minutes



About 19 minutes

<When courses are changed>

- When the time setting for the course after change is shorter (example: A change from a 19-minute course to a 10-minute course), the remaining time is updated according to time setting after change.
- The remaining time never increases, even when courses are changed while one is ongoing.
(Example: The operation that starts with a 10-minute course and changed to a 19-minute course does not result in the remaining time of 19 minutes.)

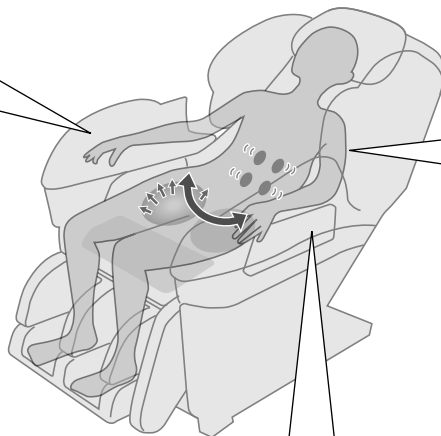
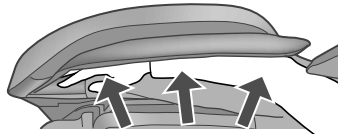


- The remaining time starts with 5 minutes remaining, while the 19-minute course starts with body parts and operations according to the sequence set for the course.

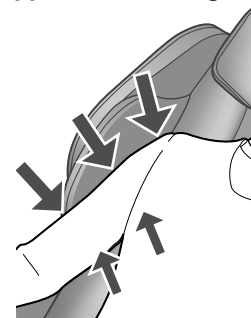
Proper placement of hands, arms, legs and soles

Hand & arm massage

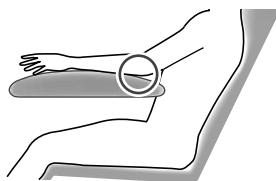
Insert hands and arms deeply into the section.



Place the shoulders and arms so that they come into contact with the Upper Arm Massage Section.



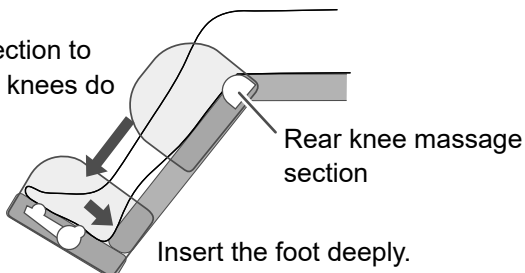
Align elbows with armrests.



Leg & sole massage

- If the contacting positions for rear knee massage section drift during massage, re-align the position again.

Slide the section to ensure that knees do not float.



Rear knee massage section

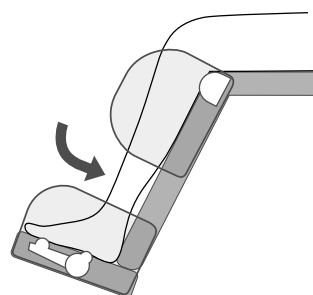
Insert the foot deeply.

For taller persons: Knee floating even when legs are slid with section.

In order to prevent knees floating, the angle of the legs is lowered.



Lowering

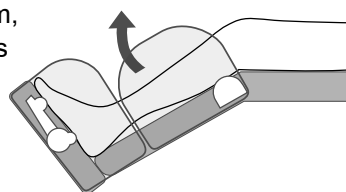


Short individuals: Soles do not reach the bottom.

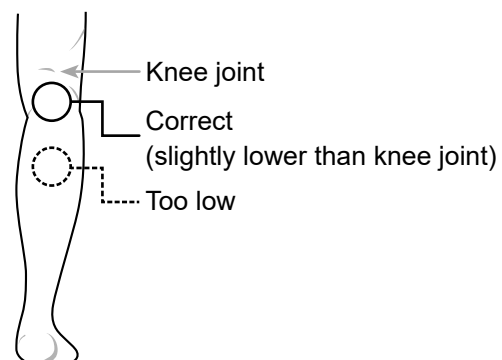
In order to ensure that soles reach the bottom, the angle of the legs is raised.



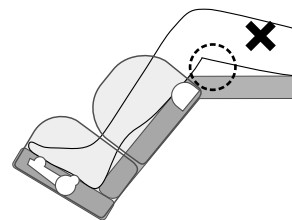
Rising



Rear knee massage section not properly aligned



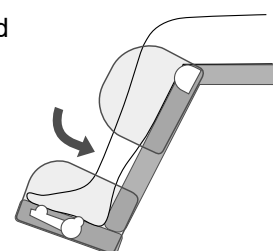
- ① Slide the section to ensure that knees do not float.



- ② The angle of the legs is lowered if that does not work.



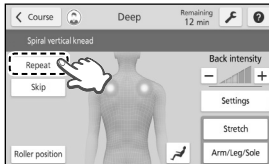
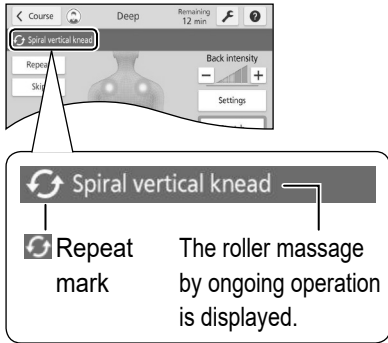
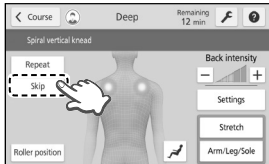
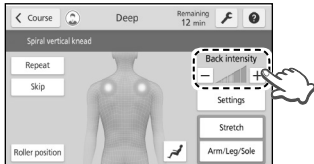






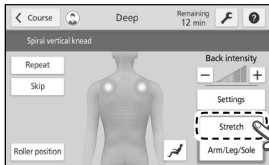
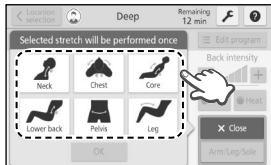
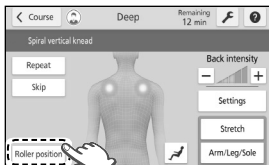
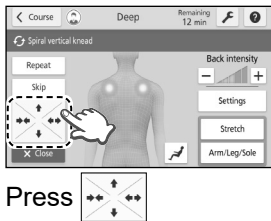

Lowering



The contents of the action
Proper placement of hands, arms, legs and soles


Adjusting the intensity

- It is possible to adjust to your liking the adjustments and settings, etc., during massaging.
- The overall operation time does not change even when adjustments are made with "Repeat", "Skip" or "Stretch" and the like during a massage operation.
 - When "Repeat" or "Stretch" is pressed: Time is taken for adjustment and the course may not be completed.
 - When "Skip" is pressed: The operation may be completed and then resumed from the beginning, depending on the remaining time.
- The content that can be adjusted can differ depending on the selected course. See EN34 for details.

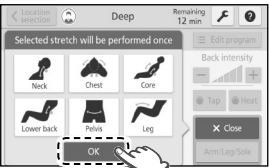
Function name	Description												
Repeat	The currently operating roller massage is repeated about twice the number of operations.	 <p>Press "Repeat".</p>	 <p>The roller massage by ongoing operation is displayed.</p>										
Skip	Suspend ongoing roller massage and move onto the next operation.	 <p>Press "Skip".</p>											
Back intensity	Back intensity can be adjusted in 5 stages.	 <p>Press "-" or "+".</p>	<table><tr><td>Intensity</td><td>Lowest</td><td>Low</td><td>M</td></tr><tr><td>Back intensity display</td><td></td><td></td><td></td></tr></table>	Intensity	Lowest	Low	M	Back intensity display					
Intensity	Lowest	Low	M										
Back intensity display													
Stretch	One stretching operation is added to the ongoing course.	 <p>Press "Stretch".</p>	 <p>Select one.</p>										
Roller positions adjustment	Roller positions in vertical and horizontal directions can be adjusted.	 <p>Press "Roller position".</p>	 <p>Press .</p>										

Settings & adjusting method

- This may not be accepted if selected when an operation is switching to another operation.
- Details can be checked on the touch panel while the motion is repeated.
- The number of repetitions is the same whether pressed once or pressed twice or more times.

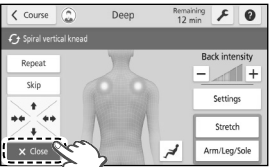
Medium	High	Highest
		

- Refer to descriptions provided on EN42 for instructions when the highest intensity setting is not strong enough or when the lowest intensity setting is too strong.
- The adjustment may not be accepted if selected when an operation is switching to another operation.
- The intensity display section flashes while adjusting. Adjustments are not accepted when flashing.




Press "OK".

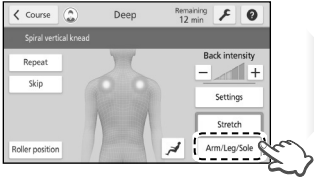
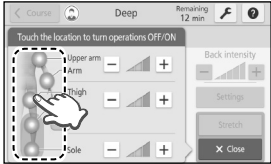
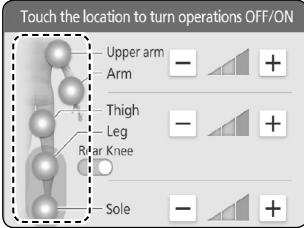
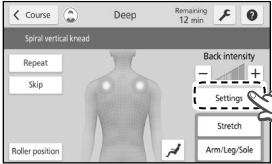
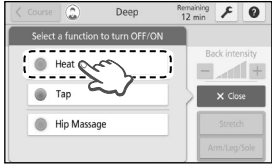
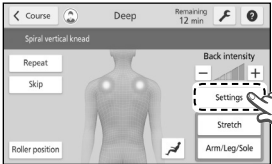
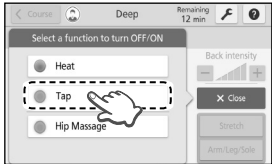
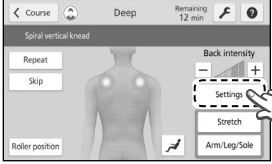

- The selected stretch operation is made once.
After it is completed, the operation returns to the original course.
- See EN27 for details of stretch actions.



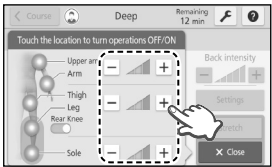
Press "Close".

- Press  to perform adjustments when adjusting positions of rollers for an ongoing motion.
- Adjustments can be made up to three times in each direction.
 - Adjustment may not be possible depending on the place where the massaging is being made.

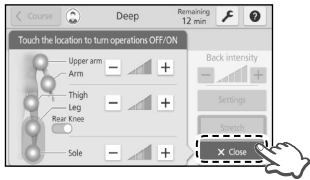
Adjusting the intensity (continued)

Function name	Description	
Arm/Leg/Sole actions	<p>Turns OFF/ON operations for upper arm/arm, as well as thigh/leg and soles.</p> <p>The operating intensity can be adjusted in 3 stages.</p>	 <p>Press "Arm/Leg/Sole".</p>  <p>Select a body part</p> <ul style="list-style-type: none"> When "Select favorite area" is selected, it is possible to add or cancel a body part from this screen. <p><Turning operations OFF/ON></p> <p>Motions are turned OFF/ON by pressing the body parts.</p>  <ul style="list-style-type: none"> Turned on: ON Turned off: OFF Since movement of the leg part is necessary for sole massaging, if the sole part is set to "ON", the leg part will also turn "ON". The rear knee operation is included in the operation of the leg part. It is possible to switch the rear knee part ON or OFF by making the leg part "ON".
Heat	Heat is turned OFF/ON.	<p>Settings for full body auto massage</p>  <p>Press "Settings".</p>  <p>Press "Heat".</p> <ul style="list-style-type: none"> Turned on: ON Turned off: OFF
Tap action	Tapping operation is turned OFF/ON.	<p>Settings for full body auto massage</p>  <p>Press "Settings".</p>  <p>Press "Tap".</p> <ul style="list-style-type: none"> Turned on: ON Turned off: OFF
Hip massage	Hip massage is turned OFF/ON.	<p>Settings for full body auto massage</p>  <p>Press "Settings".</p>  <p>Press "Hip Massage".</p> <ul style="list-style-type: none"> Turned on: ON Turned off: OFF

Settings & adjusting method



Press "-" or "+".

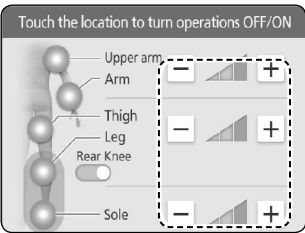


Press "Close".

● See EN26 for air action.

<Intensity of actions>

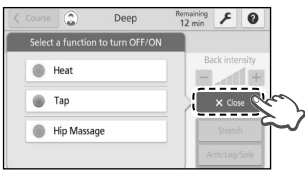
Intensity of motions can be adjusted in 3 stages by pressing "-" or "+" for desired body parts.



Intensity	Low	Medium	High
Upper arm/arm and thigh/leg and sole intensity display			

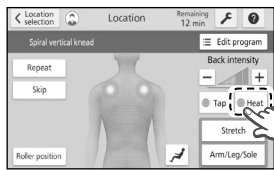
Adjusting the intensity

F



Press "Close".

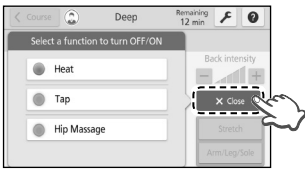
Settings for select favorite area



Press "Heat".

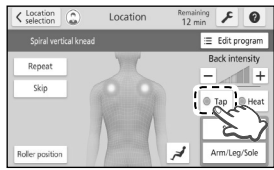
- Turned on: ON
- Turned off: OFF

F



Press "Close".

Settings for select favorite area

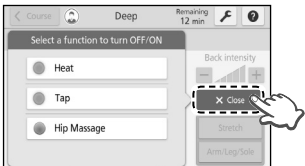


Press "Tap".

- Turned on: ON
- Turned off: OFF

● Individual operations can be turned OFF/ON.

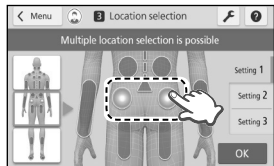
F



Press "Close".

Settings for select favorite area

● Hip massage can be turned OFF/ON on the Body Part Selection screen.



Adjusting the intensity (continued)

Details on available adjustments

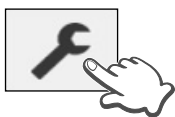
Details on available adjustments vary depending on the selected course.

O: Adjustments available —: Adjustments not available

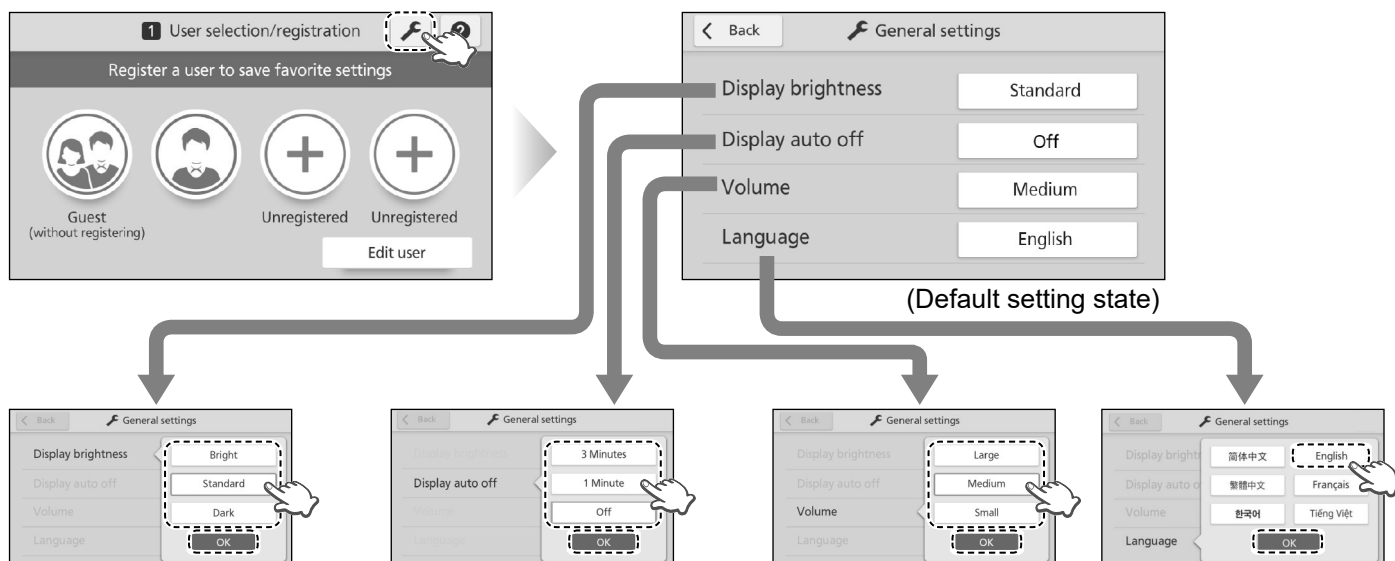
Adjustment function	Full body auto massage				Select favorite area
	Recommended course	Optional course			
	Swedish/Deep/Shiatsu	Stretch	Air	Quick	
Repeat	<input type="radio"/>	<input type="radio"/>	—	<input type="radio"/>	<input type="radio"/>
Skip	<input type="radio"/>	<input type="radio"/>	—	<input type="radio"/>	<input type="radio"/>
Back intensity	<input type="radio"/>	<input type="radio"/>	—	<input type="radio"/>	<input type="radio"/>
Stretch	<input type="radio"/>	<input type="radio"/>	—	<input type="radio"/>	<input type="radio"/>
Roller position adjustment	<input type="radio"/>	<input type="radio"/>	—	<input type="radio"/>	<input type="radio"/>
Arm/Leg/Sole actions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Heat	<input type="radio"/>	<input type="radio"/>	—	<input type="radio"/>	<input type="radio"/>
Tap action	<input type="radio"/>	<input type="radio"/>	—	<input type="radio"/>	<input type="radio"/> Individual operations can be turned OFF/ON.
Hip massage	<input type="radio"/>	<input type="radio"/>	—	<input type="radio"/>	—

About the settings and screen panel

Settings screen

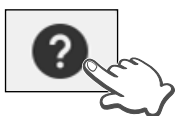


- **Display brightness** **Setting the brightness of the touch panel**
- **Display auto off** **Setting the time until the screen becomes dark**
 - The screen is dimmed when operation is not performed for a set time. When the screen is touched, it returns to a brighter display. Operation is possible when the screen display is bright.
 - If massaging has not been started, the power supply turns OFF automatically if no operation is made for about 3 minutes.
- **Volume** **Setting the operation tone volume**
- **Language** **Select a language**

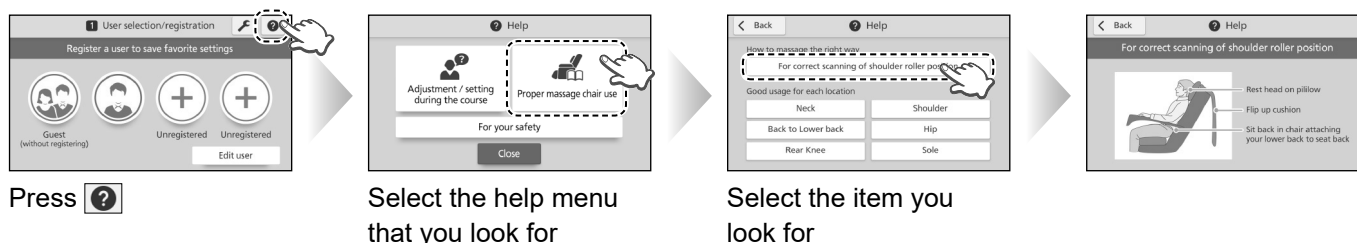


Adjusting the intensity
About the settings and screen panel

Help screen



The help screen is displayed, and it will be possible to view the explanations according to the screen that was being displayed.



After completing the massage

Once the time is up


After the timer has finished,

- The legrest will lower so you can stand up safely.

If you have extended the sole massage section slide, it may hit the floor and not stow completely. Raise your legs to retract all the way.

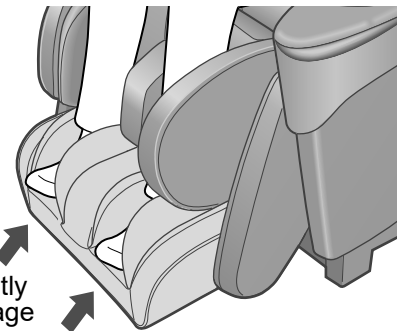
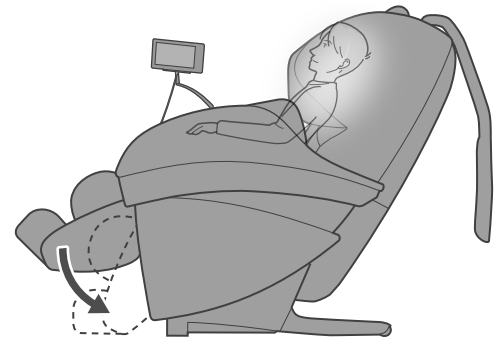
- Backrest does not rise automatically. Press **Return the backrest** and the backrest will rise.
- The massage rollers move to their retracted positions.

In the middle of the massage, when it ends with the emergency stop button

Fully return the sole massage section to the original position and then press  twice.

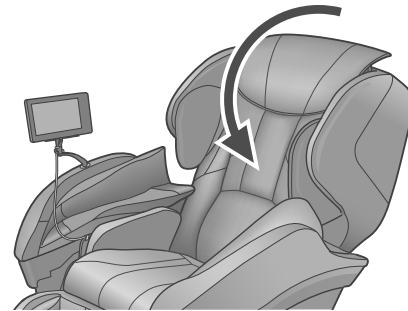
- The legrest is lowered automatically, the backrest is returned to the upright position and massage rollers as well as sole rollers are stored at original positions.

Lift your soles slightly and the sole massage section returns.



Return the massage lounge to normal status

Place a comfort cushion on the backrest.

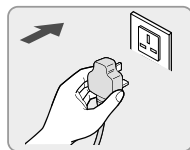


Turn the power off

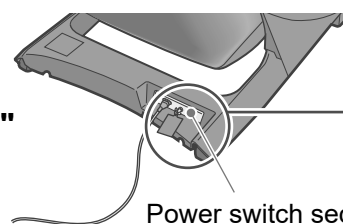
1 Slide the power switch to the "off" position.

2 Turn the lock switch key to the "lock" position and remove it.

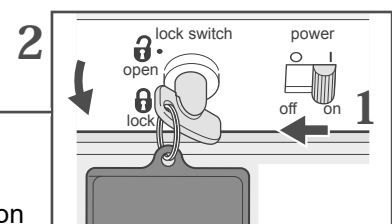
3 Remove the power plug from the electrical outlet.



4 The lock switch key must be stored out of the reach of children.



Power switch section



WARNING

- After each massage, slide the power switch on the unit backside to the "off" position, turn the lock switch to the "lock" position and then remove the lock switch key and power plug. (To prevent breakage or injury from misuse by children.)


Moving the unit

Lift and move the main unit

Lift and move with one person holding the sides of the legrest and one person holding the backrest cover groove. (EN10)

Always carry the lounge with at least two people!!

Moving the unit on its casters

- Remove the obstacles in the vicinity
 - Move with the backrest fully upright.
- The backrest rises up if  is pressed twice.

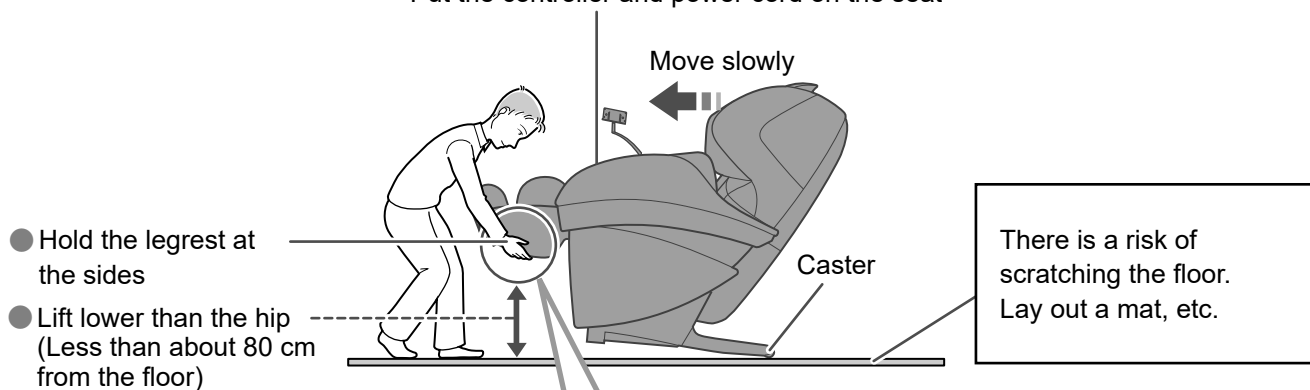
Since the unit is heavy, be careful to avoid back injuries.

Lifting weight when moving on casters

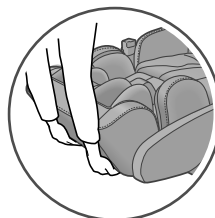
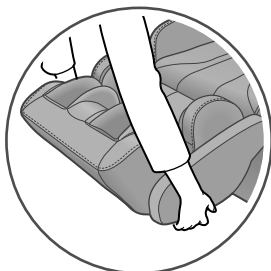
Approx. 35 kg

Hold the legrest at the sides and move the unit on its casters.

Put the controller and power cord on the seat



Hold at the sides



Do not hold by the foot part. The sole massage section might slide, and injuries may occur.

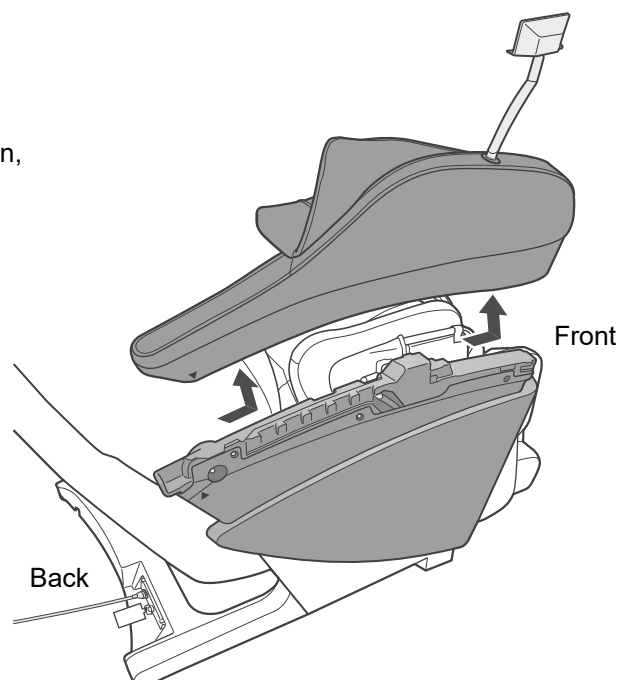
When you lower the unit

- Put the unit down slowly and watch your step carefully.
- Hold the legrest with your hands until it has been set on the floor completely. If you release the legrest too soon, it will spring back to the initial position.

Detaching the armrest

Detaching the armrest makes it easier to move.

- ① Remove the attachment screws (EN12 Step 1 - ③).
- ② Slide armrests to the front and raise with both hands.



After completing the massage
Moving the unit

Cleaning and maintenance

Never use chemicals such as thinner, benzine, alcohol, etc.

Notes on use

- Be careful when using the unit with clothing such as jeans or colored clothes. (Cause of color transfer to the synthetic leather and fabric portions)
- Please avoid long time contact with plastic products etc. (Cause of discoloration)
- If you use hair dressing, please spread a towel on the parts they may touch.

Synthetic leather part

Wipe with a soft and dry cloth

- Never use cleaners available on the market that contain ethanol ingredients. (Cause of discoloration, change of properties)
- Do not rapidly dry off with a dryer, etc.



<When the dirt is severe>

- ① Soak a soft cloth in water or a 3 % - 5 % solution of neutral kitchen detergent with warm water and squeeze well.
- ② Briskly rub the surfaces.
- ③ Finally, rinse the cloth in water and wring it out, then wipe off all the detergent.
- ④ Wipe with a soft, dry cloth.
- ⑤ Allow the unit to dry naturally.



- For hard-to-clean soiling, wipe with the same neutral kitchen detergent solution, etc. but using a commercially available "sponge of melamine foam material".

Fabric parts

- ① Soak a soft cloth in water or a 3 % - 5 % solution of neutral kitchen detergent with warm water and squeeze well and wipe.
- ② Use water or a neutral kitchen detergent and brush on areas where the seat fabric is particularly soiled.
 - Be careful not to brush the fabric too much to avoid damage.
- ③ Finally, rinse the cloth in water and wring it out, then wipe off all the detergent.
- ④ Allow the unit to dry naturally.
 - Since color may transfer from clothing to the seat fabric, be careful when using the unit with clothing such as jeans or colored clothes.



Plastic area

- ① Soak a soft cloth in water or a 3 % - 5 % solution of neutral kitchen detergent with warm water and squeeze well and wipe.
- ② Finally, rinse the cloth in water and wring it out, then wipe off all the detergent.
 - Make sure to wring tightly before wiping the controller (other than the touch panel part).
- ③ Allow the unit to dry naturally.



Touch panel part

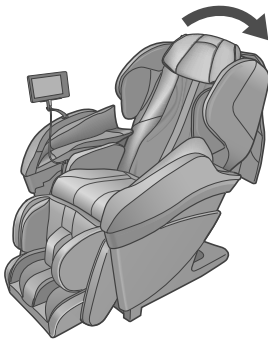



Lightly wipe using a soft dry cloth such as a gauze.

<When the dirt is severe>



Wipe off the dirt using a cloth dipped in water and wrung thoroughly, and then lightly wipe using a dry soft cloth such as a gauze, etc.



Q&A

	Question	Answer
Before use		
<div>Doctor Consultation</div> <div>How to use</div>	Can I use the unit if I have an illness that requires regular medical attention?	<p>Consult your doctor before using this unit.</p> <p>Massage is a form of stimulation by tactile pressure in which pressure is applied to the muscles to relax them. This may exacerbate some illnesses. Be sure to consult a doctor if you have an illness. (EN4)</p>
	The position of the upper body and the position of the legs do not match. What can I do to align massaging positions?	<p>Separating massage of the upper body and legs is recommended.</p> <div> <div> <p>● Massaging only the upper body</p> <p>Raise the comfort cushion to expose the backrest and pillow for use.</p>  </div> <div> <p>● Massaging only the legs</p> <p>Use the leg & sole massage section with the comfort cushion on the backrest.</p>  </div> </div>
	Can people shorter than 140 cm or taller than 185 cm still use it?	<p>Yes.</p> <p>The following methods are recommended, as the correct shoulder position may not be found during scanning of shoulder roller position.</p> <div> <div> <p><If shorter than 140 cm></p>  <p>Place a cushion on the seat and sit firmly.</p> </div> <div> <p><If taller than 185 cm></p>  <p>Recline the backrest and slide your body down.</p> </div> </div> <p>For taller persons: Please use by reclining the backrest. For shorter persons: Please use by raising the backrest and lifting the legrest.</p>
	How many times can this be used in one day?	<p>Use for less than about 30 minutes in one day.</p> <p>● Rest for about 10 minutes after using for 16 minutes or more.</p>

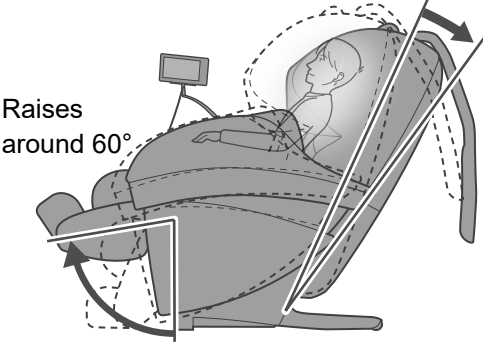



Q&A (continued)

	Question	Answer
During operation		
Scanning of shoulder roller position*	During scanning of shoulder roller position or a massage, 7 short beeps sounded (U10 was displayed) and the action stopped. What happened?	<p>Messages stop for safety if the body cannot be detected for one of the following reasons.</p> <ul style="list-style-type: none"> ● The user is not sitting. ● The head and/or back is not touching the backrest. ● A cushion is placed against the backrest or the user is wearing thick clothing. <ul style="list-style-type: none"> • Sit firmly, lean gently back so that your head touches the pillow, press  and then press  to start again. ● The comfort cushion is not raised.
Upper body	The mechanical intensity adjustment button for the upper half of the body does not work sometimes.	<p>The upper body massage roller intensity button is ineffective in following instances.</p> <p>This is an intentional condition to prevent suddenly intensifying strength and is not a malfunction.</p>
	There is a delay in movement when adjusting the position.	<p>The massage rollers may not move immediately depending on when the position button is pushed. (There may be a small time lag. This is not an abnormality.)</p> <p>If you hear the limit sound (beep-beep-beep) when the button is pushed, this means that it is at the furthest position and cannot move any further.</p>
	The height (intensity) on the left feels different to that on the right.	<p>It is designed to differ in some cases.</p> <p>An alternating tapping mechanism is used to create a more natural sensation. The massage rollers therefore do not move in unison in some massages. The massage roller height (intensity) on the left differs from that on the right in these massages. This is not a malfunction.</p>
	The massage rollers sometimes move bit by bit in a twitching manner.	<p>The chair is detecting the pressure acting on the massage rollers and changing the massage strength. The massage rollers may move bit by bit depending on the pressure but this is not an abnormality.</p>
Soles	The sole roller sometimes moves before the course begins...	<p>Before the course begins, the sole roller moves into place. This is not an abnormality.</p>
Hands & Arms	During auto course (including memory course), air action and sole roller action may suddenly stop and transit to the next operation...	<p>When hip massage or stretching operations start during an automatic course, air operation and sole roller movements are suspended. This is due to the priority on the air motion that is linked to movements of rollers to enhance the effectiveness of hip massage or stretching operations.</p> <p>For this reason, in the number of times arm massage is performed on the left and the right may differ with alternated application of pressure for air arm massage.</p>

* Scanning of shoulder roller position: action of measuring the body.

Question	Answer
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During operation (continued)

Reclining	<p>The angle of the backrest, legrest or armrest automatically changes at times.</p> <p>The angle automatically changes in the following cases.</p> <ul style="list-style-type: none"> While scanning the shoulder roller position <div> <p>The unit body moves automatically, and gets inclined to the angle that makes scanning easy.</p> <ul style="list-style-type: none"> The movement is not made when the unit body is inclined deeply. </div>  When  is pressed to end the massage. <div> <p>The chair automatically returns to the upright position.</p> <ul style="list-style-type: none"> Only the legrest returns to the original position if the massage is completed according to the timer. If  is pressed to end the massage, all operations immediately stop and the angle does not automatically change. </div>
	<p>The backrest is not restored to upright position after massaging.</p> <p>Only the legrest is retracted when the motion comes to stop by timer operation.</p> <p>Press  twice to restore the backrest to the upright position.</p>

After use

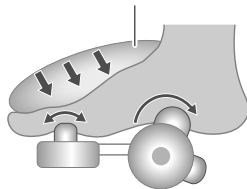
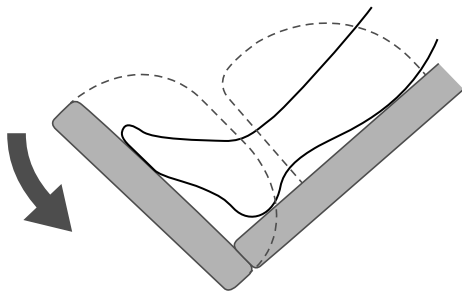
Hand & arm	<p>Red marks are left on the under side of my hands/arms after a hand & arm massage.</p> <p>Marks may remain on the hands and arms after use. These eventually fade and are not a problem.</p>
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Q&A

How to adjust the <Position>


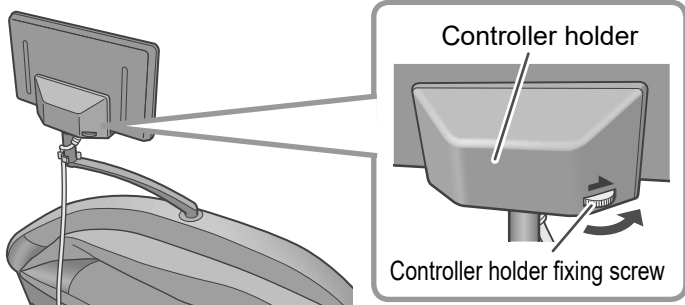



Scanning of shoulder roller position*	<p>The correct shoulder position cannot be found during scanning of shoulder roller position. (The shoulder position slips each time.)</p> <p>Correct scanning of shoulder roller position may not be possible for some sitting positions (such as leaning forward).</p> <p>Adjust with the shoulder position "▲" and "▼" button. (EN 20 to EN21)</p> <p>For more correct scanning, sit firmly in the unit and lean back gently so that <u>your head is touching the pillow (backrest).</u></p>
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Q&A (continued)

	Question	Answer
How to adjust the <Intensity>		
Upper body	The auto course is "not strong enough even at the strongest setting..." or is "too strong even at the weakest setting..."	<p>Try the following methods.</p> <ul style="list-style-type: none"> ● Maximum intensity is set for a course but the intensity is insufficient. Leaning back the backrest results in more body weight pressing against the main unit for stronger massaging. ● Minimum intensity is set for a course by the intensity is excessive. Placing cloth or blanket over the backrest can soften the contact sensation of massage rollers.
Hip	The hip massage is weak ...	<p>Please sit further in.</p> <p>When you sit further in, the gap between the backrest and the hip becomes smaller, making it easier for the massage rollers to contact your body. (EN28)</p>
Hand & arm	Can hand & arm massage be performed simultaneously?	Massaging is performed alternately, to ensure that the user can stop the operation whenever any anomaly or danger is sensed.
Sole	I hardly feel any difference in intensity in the sole roller even after adjustment ...	<p>The sole roller intensity is adjusted by the strength of the foot side air pressure holding the soles. Therefore, depending on the operating pattern, intensity difference may not be felt.</p> <p>Foot side air bag</p> 
	Sole roller is too intense even at the gentlest setting ...	<p>Slightly lower the sole massage section so that the heel is raised above it, which will weaken the effect of the roller.</p> 

Question	Answer
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Other

Controller	The controller holder is unsteady.	<p>Tighten the controller holder fixing screw.</p> <p>The holder is held tighter by turning the mounting screw in the direction of .</p> <ul style="list-style-type: none">Controller holder cannot be completely secured in order to allow adjustment to desired positions and orientations. 								
	The displays of the operation or position seem to be different ...	<p>The actions shown represent rough movements. Actual movements or sensations may vary.</p>								
Noise	The noise grows louder after using the chair for a long time.	<p>This may be a malfunction. Contact the nearest Panasonic service center for an inspection and repair.</p>								
Timer function	Is there a timer function?	<p>Yes.</p> <p>To prevent overuse, the massage automatically ends at a maximum of 19 minutes after starting. (EN28)</p> <p>When the timer ends, the legrest automatically lowers and the massage rollers are stowed.</p> <p>Press  to use again.</p>								
	Does the time vary depending on the course?	<p>The time setting of the timer function changes depending on the course. (EN28)</p> <div><div><p>Full body auto massage</p></div><div><table><tr><td>Swedish</td><td rowspan="2">} about 19 minutes</td></tr><tr><td>Deep Shiatsu</td></tr><tr><td>Stretch</td><td rowspan="2">} about 16 minutes</td></tr><tr><td>Air</td></tr><tr><td>Quick</td><td>about 10 minutes</td></tr></table></div></div>	Swedish	} about 19 minutes	Deep Shiatsu	Stretch	} about 16 minutes	Air	Quick	about 10 minutes
	Swedish	} about 19 minutes								
Deep Shiatsu										
Stretch	} about 16 minutes									
Air										
Quick	about 10 minutes									
Can I change time settings myself?	<p>That is not possible.</p> <p>The set time is predetermined for each course.</p> <div><div><p>Select favorite area</p></div><p>About 19 minutes</p></div>									

Troubleshooting




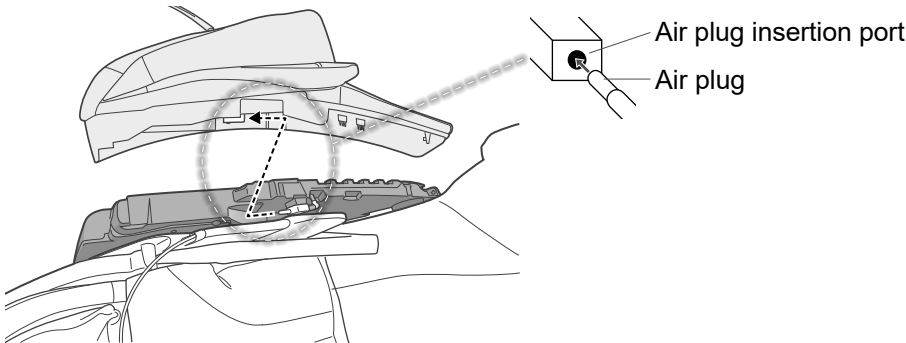



Investigate the "Problem" and apply the "Remedy" below.

If the problem still exists after following the remedy, contact an Panasonic service center.

Refer to EN51 for details when requesting repair.

Problem	Cause and Remedy
The action stops mid-way.	There was a power outage. → Since the operation would have stopped, press  twice to return the backrest and the massage rollers to the storage position, and then start to use again. (The operation does not restart even if the unit has recovered from a power failure.)
	If excessive force is applied to the massage rollers during operation, in the interests of safety the action may stop. → Turn off the power switch, wait for approx. 10 seconds and then turn the power switch on again.
	If the operation returns to the menu selection screen while a course was ongoing, the operation stops.
The seat cannot be reclined and the legrest cannot be lowered.	If the unit encounters an obstacle or if excessive force is exerted on it during operation, in the interests of safety the unit will come to a stop. → When the backrest and the legrest have stopped, switch slide the power switch on the backside of unit body to the "off" position, and switch it "on" again after about 10 seconds, and then operate the unit.
The massage rollers do not come up to the shoulder or neck.	If your head does not contact the pillow or your back does not contact the backrest, the shoulder position may be detected as lower than the actual position during the scanning of shoulder roller position. → Sit on the seat in the deepest position and put your head on the pillow, and then repeat the operations again from the start. (EN20 to EN21)
The height of the left and right massage rollers is different.	An alternating tapping method is employed, which means that this phenomenon will naturally occur. There is nothing wrong with the unit. (EN40)
"Heat" massage rollers do not get warm.	"Heat" is set to Off.
	Sense of warmth from the massage rollers differs depending on your body shape, the massage body part, massage action, clothing, and room temperature.
The "Heat" massage rollers do not cool down even after being turned off.	Because of the structure of the heater, the "Heat" massage rollers will feel warm for a while after heating due to the residual heat.
	Continuing to massage the same area even after turning off the "Heat" switch may increase the temperature felt.

Troubleshooting (continued)

Problem	Cause and Remedy
Reclining does not take place even though a massage is started. (The seat does not automatically recline.)	If the backrest has fallen over about 20 °, it does not recline automatically. (EN41)
The backrest does not return to the upright position.	If the unit is stopped by automatic shut-off or by pressing  , it will not return automatically for safety. → To return from the reclined position to the original position, press  twice.
The unit will not operate at all.	There is a power failure.
	The power plug has been disconnected. (EN11)
	Power switch on the rear panel is set to "off".
	The child lock has been applied. (EN16)
	Course selection or body part selection has not been made.
Touch panel is inoperable	Touch panel may become inoperable due to interference from other electronic devices in the vicinity. → Press the  button and turn off the power switch on the back of the main unit. After about 10 seconds, turn the power back to "on" to operate.
It is not possible to massage hands and arms.	Air plug may come loose from the air plug insertion port if the armrest is not secured.  → Check connection of the air plug and secure installation of the armrest. (EN12)
Sometimes the power won't turn on when  is pressed again when a massage has finished.	Due to shutdown (approx. 5 seconds)  may not be accepted. → Wait at least 5 seconds once all movement has stopped before pressing  .
	The child lock has been applied. (EN16)
Red, blue, or green pixels are visible on the touch panel	Defective pixels that do not light, remain continuously lit, appear non-uniform, or experience color shifts are characteristic of touch screens and considered normal.
The unit has been damaged.	→ To prevent accidents, be sure to contact an Panasonic service center. (EN51)
The power cord or power plug is abnormally hot.	


Error display

<Example of error display>

U10

For safety reasons, action will terminate automatically when it cannot detect if someone is seated.

If this error occurs even if you are seated, press the emergency stop switch, sit further in chair attaching your lower back to seat back, and repeat the operation.

Error display	Contents
U10	For safety reasons, action will terminate automatically when it cannot detect if someone is seated. If this error occurs even if you are seated, press  , sit back all the way to the backrest, and operate from the start again.
F03 ~ F39	There is a malfunction inside the massage device. Stop using and ask your dealer to inspect and repair the chair. (Service and maintenance will be carried out smoother if the error number is communicated when contacting.)

Sounds and sensations of the unit

The following sounds and sensations occur while using the unit. However, they occur due to the construction of the unit and are perfectly normal.

From each air massage unit (see EN8 for the position of each air massage unit)

"Snapping", hollow, bending and thrusting sounds

Inflating sound of air bag as well as sounds and sensations of air bag as they rub against each other during air operations.

"Popping", "Clunking" sounds

Sounds and feels like the massage rollers are straining to get over wrinkles in the cloth

"Rattle", "Squeak", "Rustle" sounds

Operating sounds of the kneading or tapping actions

"Creaking" sound

Creaking sound when the massage rollers are in operation

"Rattle", "Jerk" sounds

Operating sounds when the massage rollers move up or down

"Rumble" sound

Sound of the belt rotating

"Motor" sounds

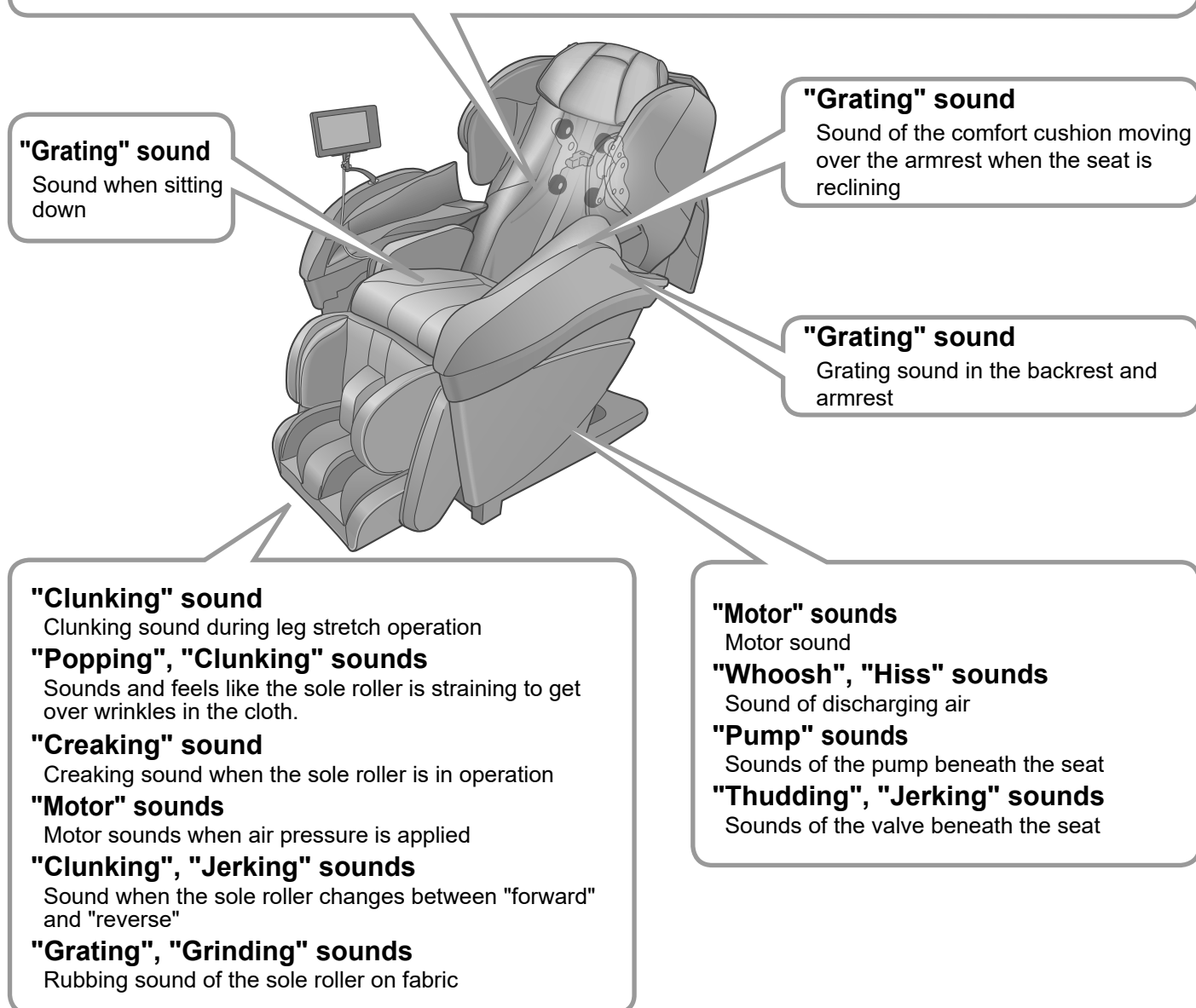
Motor sounds when air pressure is applied

"Clunking", "Jerking" sounds

Sounds when the massage rollers change from "push" to "pull"

"Rubbing" sound

Rubbing sound of the massage rollers on the seat fabric



Sounds and sensations of the unit

Error display

If these sounds have grown louder, there may be a malfunction.

● Contact the nearest Panasonic service center for inspection and repair.

Specifications

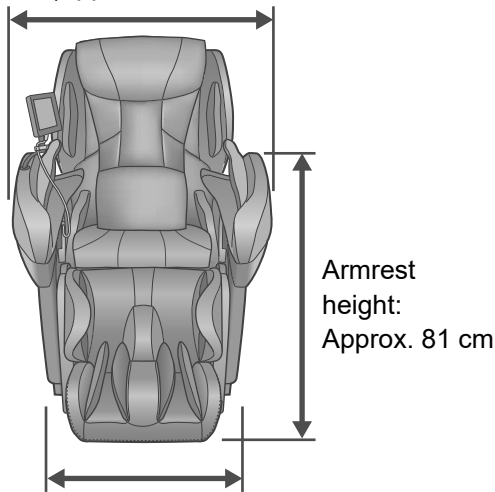
Power supply		AC 220 V 50 Hz
Power consumption		135 W (when the controller is "off", approx. 0.3 W)
Heater unit power consumption		23 W
Upper body massage	Massage area (Up-Down)	Approx. 79 cm (The massage rollers move a total of approx. 63 cm)
	Massage area (Left-Right)	Roller spacing during kneading operations (including roller widths) Neck, shoulders and back: Approx. 5 cm to 21 cm; Lower back and buttocks: Approx. 5 cm to 25 cm Roller spacing (including roller widths) for vertical movements and spinal stretching Approx. 5 cm to 17 cm
	Massage area (Front-Back)	Strength adjustment range: Approx. 10 cm
	Massage speed	Knead: Approx. 4 times per minute to 73 times per minute Tap: Approx. 190 times per minute to 520 times per minute (one side) Moving speed: Approx. 1 cm per second to 5 cm per second
Air massage	Air pressure (Rear knee)	3: Approx. 34 kPa 2: Approx. 31 kPa 1: Approx. 18 kPa (there are slight variations between body parts)
Soles massage	Massage speed	Approx. 8 times per minute to 21 times per minute
Reclining angle		Backrest: Approx. 120° to 170° Legrest (Leg & Sole Massage Section): Approx. 5° to 85°
Timer		Around 19 minutes (automatically ends)
Dimensions	When not reclining (H × W × D)	Approx. 120 cm × 85 cm × 130 cm
	When reclining (H × W × D)	Approx. 79 cm × 85 cm × 200 cm
Mass		Approx. 87 kg
Upholstery		Synthetic leather

For persons weighing 100 kg or more, the product operations may make more noise and the fabric cover may wear faster.

Unit dimensions

Front

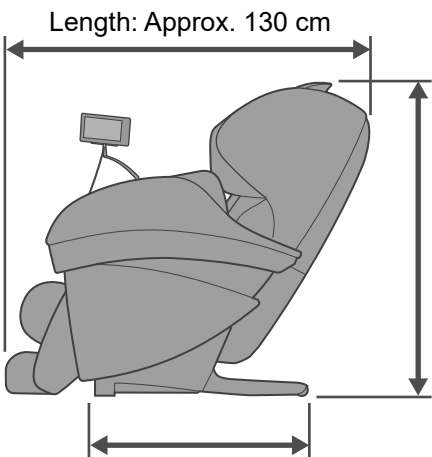
Max. width: Approx. 85 cm (Approx. 68 cm with the armrest detached)



Armrest
height:
Approx. 81 cm

Width of floor section:
Approx. 64 cm

Side

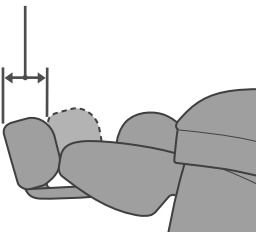


Length: Approx. 130 cm

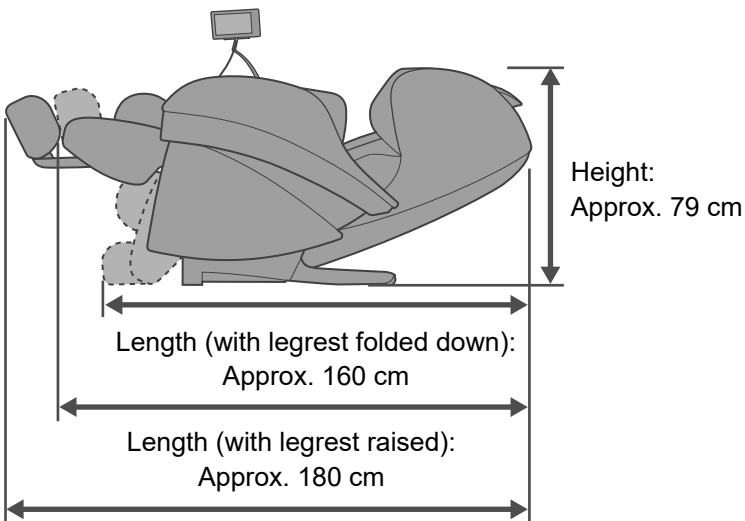
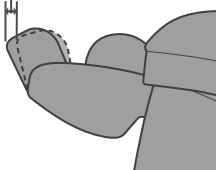
Backrest
height:
Approx. 120 cm

Length of floor section:
Approx. 79 cm

Extension length of
sole massage section:
Approx. 18 cm



Sole massage section movement:
Approx. 2 cm



Height:
Approx. 79 cm

Length (with legrest folded down):
Approx. 160 cm

Length (with legrest raised):
Approx. 180 cm

Maximum length: Approx. 200 cm

列出各種常見問題以方便尋找

TC10

關於搬運、設置及組裝

- 我想知道主機的尺寸！（TC49）

TC18

您可以輕鬆透過觸控面板依個人喜好設定按摩模式！

- 關於使用者選擇／使用者登記（TC22）
- 要全身按摩時（TC23）
- 要為身體某部位利用喜愛的動作進行集中按摩（TC24）
- 調整強度（TC30）

TC28

完成前需要多久的時間？

- 關於「全身自動按摩」的定時器（TC23）
- 關於按摩模式和運作時間（TC28）
- 依個人喜好調整和設定（TC30）

TC28

關於溫熱按摩

TC47

聲音有點奇怪！

- 操作聲音、感覺等…

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安全須知

請務必遵守

以下將說明使用規範，請務必遵守，以防止危害人體或發生財物損失。

■ 以下將依據各種嚴重程度說明當用法錯誤時，會發生的危害與損害程度。
在家使用本按摩椅前請務必閱讀所有說明。



警告

若不遵守可能導致人員死亡或重傷。



注意

若不遵守可能導致人員受到輕傷、或發生財物上的損失。



警告

症狀



● 具有下列任何狀況或正在接受治療的人請勿使用。

- (1) 被醫師告知禁止按摩者（例如由於血栓症、下肢深層靜脈栓塞、肺栓塞、重度動脈瘤、急性靜脈曲張、靜脈炎、任何類型的皮膚炎或皮膚感染[包括皮下組織炎症]等）
- (2) 骨質疏鬆症、脊椎骨折、扭傷、肌肉拉傷等患有急性疼痛性疾病的患者
- (3) 安裝心律調整器或其他易受電子干擾的體內植入型醫療用器材者
- (4) 孕婦，或剛生產過後的婦女
- (5) 急性腰痛、椎間盤突出、腰椎滑脫症、脊柱管狹窄症、腰椎退化性疾病的患者
- (6) 脊椎骨異常或彎曲者

● 有以下症狀者請勿使用小腿按摩、腰部／臀部按摩或骨盆伸展。

- (1) 臀部周邊急性發炎、急性臀部痛、梨狀肌症候群或坐骨神經痛的患者
- (2) 有髖關節變形等髖關節較脆弱者
- (3) 使用時有臀部或小腿部位疼痛、麻痺、倦怠感者

（否則可能會加劇症狀。）

● 本產品不適合身體感應下降或心智能力低，或缺乏經驗和知識的人（包括兒童）使用，除非由負責其安全的人監督或指導他們使用本產品。應監督兒童以阻止兒童玩弄產品。

（否則可能會導致意外或受傷。）



● 具有下列任何狀況或正在接受治療的人，在使用本機前請務必諮詢醫生。

- (1) 惡性腫瘤患者
- (2) 心臟病患者
- (3) 熱覺喪失者
- (4) 糖尿病等高度末梢循環障礙之知覺障礙者
- (5) 接受抗凝血治療者
- (6) 按摩部位有傷口者
- (7) 體溫超過38 °C（發燒）者（例如：有急性發炎症狀（倦怠感、畏寒、血壓波動等）或體力衰弱時）
- (8) 需靜養或身體狀態不佳者
- (9) 上述以外的身體不適者

● 使用中若出現身體異常或使用後仍未出現效果時，請立即停用並就醫。

● 主機體具有加熱表面。對熱不敏感的人必須小心使用。

（否則可能會導致意外、受傷或不適。）

並請注意以下事項



● 嚴禁改造。此外，請勿嘗試自行拆解或維修。
（否則可能會導致起火，或運作異常而造成傷害。）

■ 符號分類說明如下。



禁止事項。



強制執行事項。

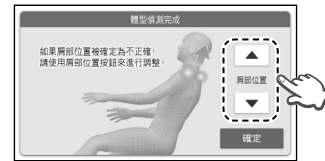
使用須知



- 按摩頸部時請注意按摩輪的移動，並避免按摩喉部和過強的按摩力度。
 - 請勿坐在腿置台、靠背或扶手上。
 - 切勿讓兒童使用。此外，請勿讓兒童在主機體上玩耍或爬到腿置台、椅座、靠背或扶手上。
 - 請勿在抱小孩時使用按摩椅。
 - 使用時請勿將手、手肘、手臂或腳靠在覆蓋靠背移動部分的布料上。
- (否則可能會導致意外或受傷。)
- 使用「溫熱」按摩輪時，請勿讓按摩輪長時間接觸相同部位。
- (以防發生低溫燙傷※)
- ※ 若長時間接觸皮膚相同部位，即使未感覺到熱或疼痛，也有可能在較低溫度（40 °C至60 °C）下造成灼傷。



- 使用前，請務必檢查覆蓋靠背或腿置台可動部位的布料是否破損。也請檢查其他區域以確保布料未破損。即使是微小的破損也請立即停用，拔除電源插頭後進行維修。
- (否則可能會導致受傷或觸電。)
- 剛開始時請用柔和的揉撫放鬆等以進行按摩。
 - 一天內切勿使用超過 30 分鐘。
 - 按摩同部位的時間為5分鐘以內。
- (否則可能會導致反效果或受傷。)
- 請依照使用說明書中提供的正確使用說明來使用按摩椅。
 - 掃描肩部位置時請使用按鈕進行調整，以確保按摩高度不低於使用者的肩部位置（TC20）。



- 按摩中或移動靠背、腿置台時，務必確認周圍（主機體後方、下方、前方、側方）沒有其他人或寵物。
- (否則可能會導致意外或受傷。)
- 每次按摩後，請將機體背面的電源切換鈕轉到「off」（關閉）位置，將鎖定切換鈕轉到「lock」（鎖定）位置，然後移除鎖定切換鑰匙和電源插頭。
- (防止兒童誤用導致故障或受傷。)

安全須知（接續）

警告

電源插頭、電源線等



- 切勿破壞電源線及電源插頭。

請勿刮傷、修改、在加熱器附近使用、過度彎曲、扭曲、拉扯、捆綁電線或插頭，或在其上放置重物。

「使用時，電源線應保持平順，不得受到物品擠壓、曲捲或拉扯，以維護使用安全性」

（否則可能會因短路而導致觸電、火災或起火。）

→若要維修電源線或電源插頭，請聯繫Panasonic 服務中心

- 切勿以濕手插拔電源插頭。
（否則可能會導致觸電。）



- 遵守插座或配線器材的使用限度。
- 請使用 AC 220 V。
（無法在海外或搭配變壓器使用。）
- 將電源插頭確實插到底。

（否則可能會因過熱而導致觸電或起火。）

- 請定期清潔電源插頭。
 - 用乾布清理灰塵。

（否則可能會因濕氣而造成絕緣不良，而導致起火。）


- 拔下電源插頭時請握住插頭，勿拉扯電源線。
（否則可能會因短路而導致觸電、火災或起火。）

若發生故障



- 如發生異常與故障時，請立即停用，並拔除插頭。
（否則可能會導致冒煙／起火或觸電。）

<異常、故障例>

- 按  時未啟動。
- 移動電源線時，電源開啟再關閉。
- 使用時出現焦味或異音。
- 主機體變形或過熱。

→立即聯繫Panasonic 服務中心進行檢查／維修。

症狀



- 即使是身體健康者，若符合以下情況，請務必諮詢醫生後再使用。

- (1) 隨著年齡增長而出現肌肉衰退者或身體瘦弱者
- (2) 因骨骼、肌肉、器官、神經造成之腰部或臀部疼痛症狀者
- (3) 容易挫傷或扭傷者
- (4) 容易嚴重暈車者
- (5) 過去曾接受心臟或內臟手術者
（否則可能會導致健康惡化。）

- 若因使用本產品而出現皮疹、發紅、發癢等症狀，請停止使用並就醫。
（否則可能會導致意外或健康惡化。）

關於設置、移動



- 請勿在電熱毯等加熱電器上使用本產品。
（否則可能會導致起火。）

- 切勿在已設置狀態下拖曳或移動主機體。

- 請勿在地板上用腳輪移動主機體。
（否則可能會損壞地板。）

- 請勿在椅子上有人的狀態下移動。
（否則可能會因跌倒，造成意外或受傷。）

- 移動主機體時，切勿握住腳掌按摩部分。
（移動時可能會滑動，導致受傷。）

- 勿用於浴室等潮濕場所。
（否則可能會導致觸電。）



- 僅可在水平表面上使用。
（否則可能會導致墜落意外。）

- 用腳輪移動時，請事先鋪上護墊等物品。
（否則地板可能會受損。）

- 用腳輪移動主機體時請移除周圍障礙物，將靠背完全立起，將腿置台抬起至低於腰部的位置（離地不到 80 cm），並緩慢移動主機體。
 - 將操作器和電源線放在椅座上。
 - 由於握住部分會導致腳掌按摩部分滑動，因此請一律握住腿置台的側面。
 - 放下機體時請小心雙腳，並用手支撐腿置台直到完成。
（否則主機體可能會掉落並導致受傷。）

⚠ 注意

關於電源



- 為確保安全，請將主機體連接至正確接地的插座。
・ 可能會造成故障及漏電。
(否則可能會導致觸電。)
- 清潔主機體或拆卸外罩時，務必將電源插頭從插座上拔下。
(否則可能會導致觸電或灼傷。)
- 不使用時，從插座上拔除電源插頭。
(因為灰塵與濕氣會使絕緣劣化，這可能會因漏電而導致起火。)

並請注意以下事項



- 請勿將水灑在主機體或操作器上。
(否則可能會因短路而導致觸電、火災或起火。)



- 請將鎖定切換鑰匙保管於兒童無法取得之處。
(否則可能會導致意外，例如兒童吞下鑰匙。)
- 停電時請立即拔下電源插頭。
(否則復電時可能會導致意外或受傷。)
- 如果已有一段時間未使用，使用前請再次詳閱使用說明書並檢查主機體是否正常運作。
(否則可能會導致故障或受傷。)

使用前和使用時



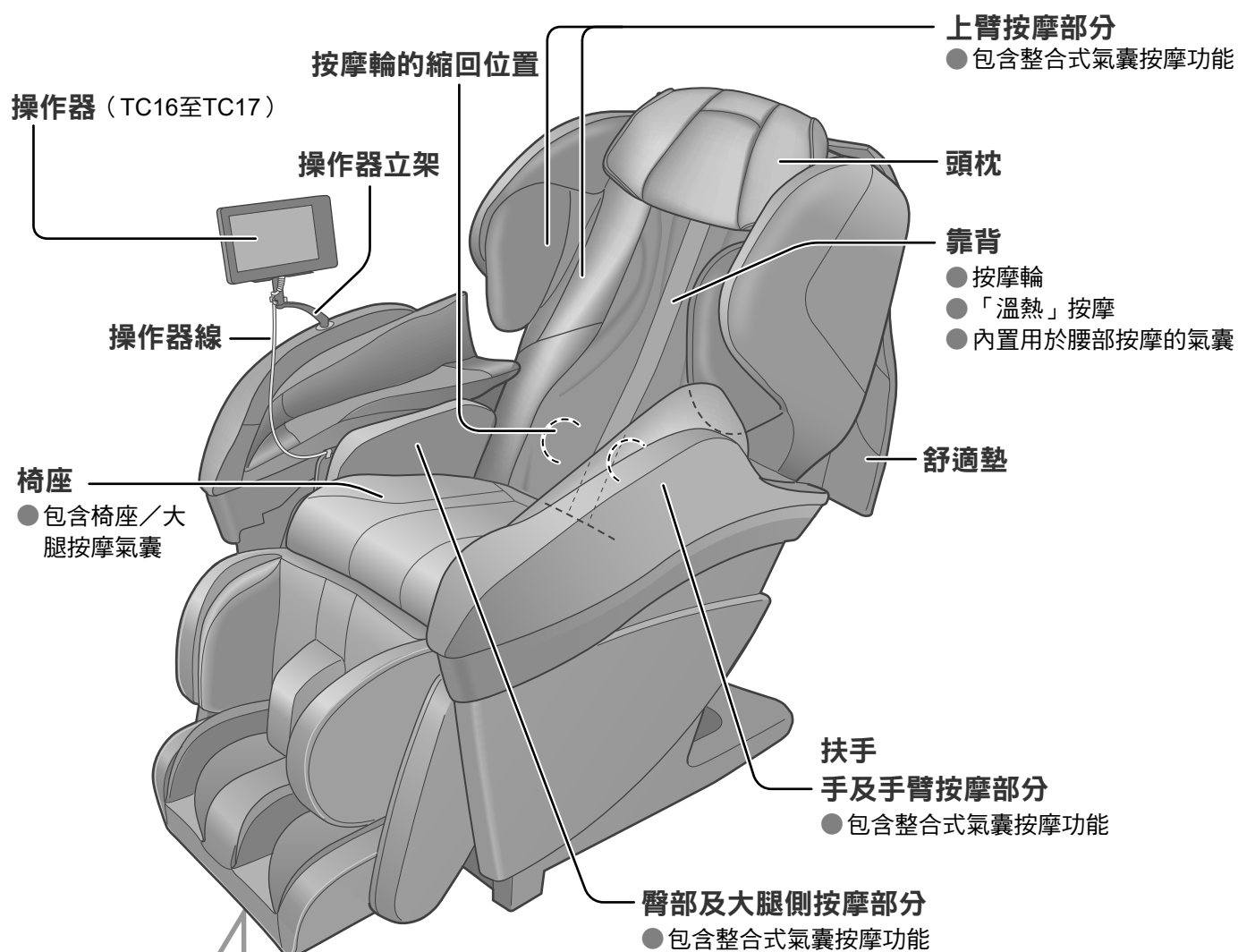
- 請勿讓頭部、腹部或皮膚接觸按摩輪。
此外，請勿將手腳置於按摩輪之間。
- 請勿在只插入手指尖的狀態下使用手及手臂按摩部分。
- 請勿在只插入腳趾尖的狀態下使用腳掌按摩部分。
- 勿將膝蓋夾在小腿・腳掌按摩部分。
- 使用中請勿睡著。飲酒後切勿使用。
- 在氣囊中的空氣未被完全抽出時，前請勿在椅座上站立、跳躍或放置物體。
(否則可能會導致意外或受傷。)

- 請勿將手、手指、腳或頭伸入下列空間：
 - (1) 靠背與椅座、扶手間隙
 - (2) 腿置台與椅座、扶手間隙
 - (3) 椅座與扶手間隙
 - (4) 背面外罩與小腿蓋間隙
 - (5) 腿置台內側
- 按摩時請勿拔除電源插頭或將電源切換鈕轉到「off」(關閉)位置。
- 切勿站著使用腳掌按摩。
(否則可能會導致受傷。)
- 腿置台未完全降下時，切勿坐、站在腿置台上，或在上方放置物品。
(否則可能會導致腿置台轉動或主機體傾倒而造成意外或受傷。)
- 切勿同時使用其他治療器。
(否則可能會導致意外或影響身體健康。)



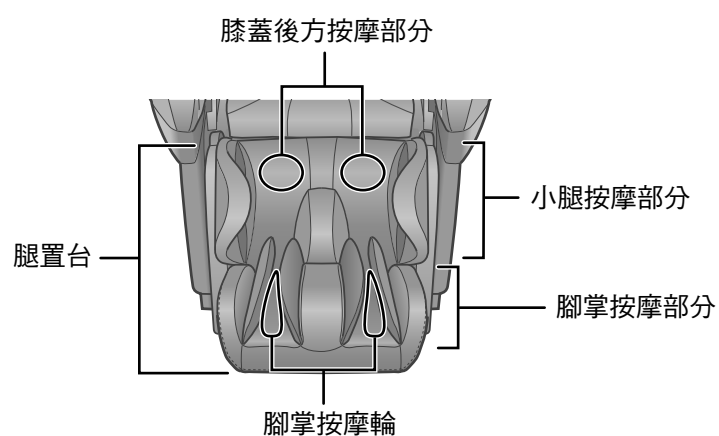
- 檢查按摩輪是否處於收納位置。
- 按摩中若要離開主機體，務必停止運行動作後再離開。
(否則可能會導致意外或受傷。)
- 確認主機體上未夾入異物後再坐入。
・ 檢查是否有異物卡在靠背、腿置台或手及手臂按摩部分。
(以防手腳或配件夾入主機體而發生事故、受傷)
- 拆除頭部髮飾等硬物後再坐入。
- 褲子口袋內有硬物時，先取出後再進行按摩。
- 按摩手或手臂時，先卸除腕錶、人造指甲、戒指等硬物。
(否則可能會導致受傷。)
- 請勿讓口袋中的物品掉落在裝置的縫隙中。
(以防遺失物品。)

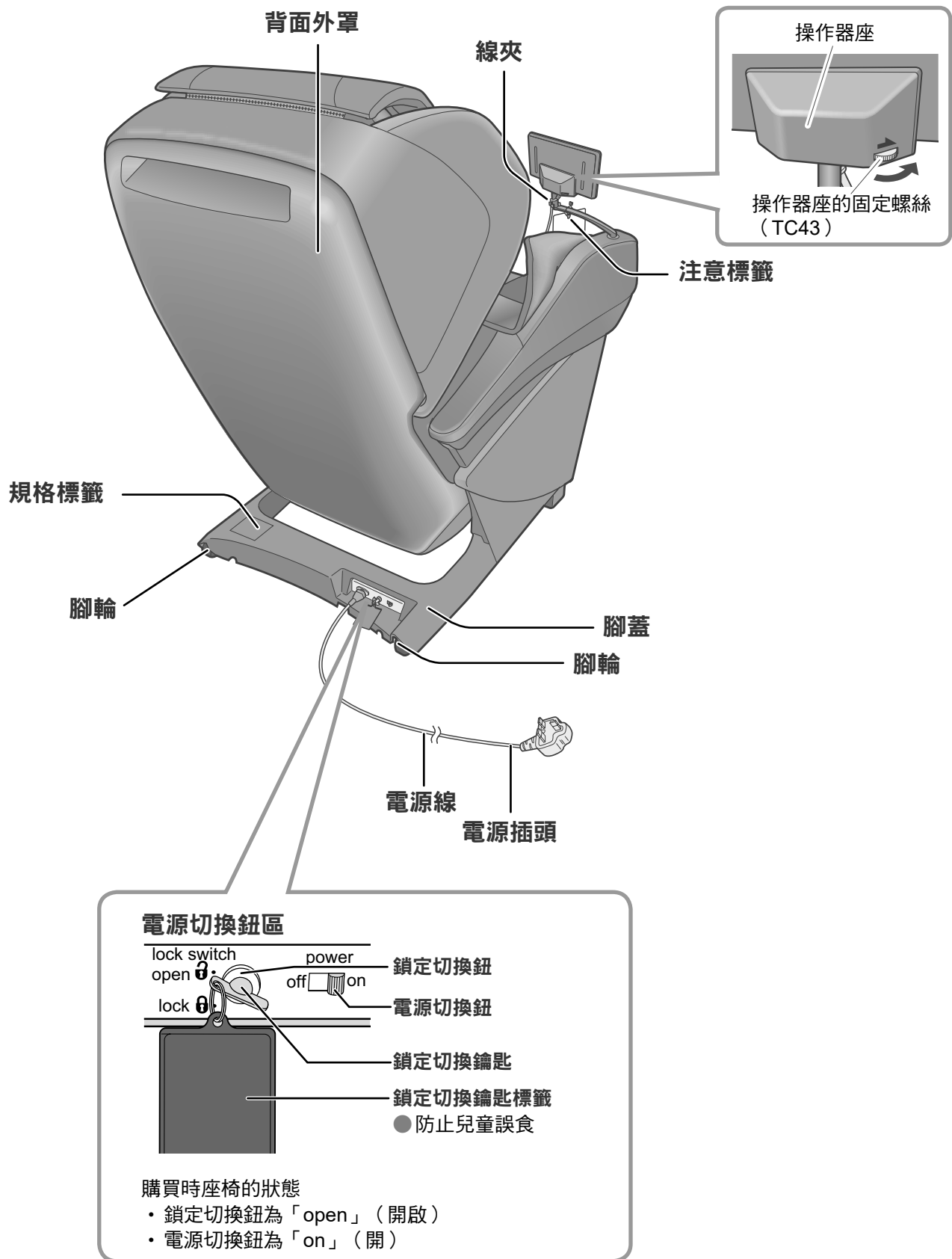
主機各部位名稱和功能



腿置台（小腿及腳掌按摩部分）

- 透過腳掌按摩輪按摩。
- 包含整合式氣囊按摩功能。
- 滑動腳掌按摩部分以調整位置。(TC14)

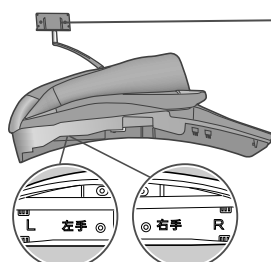




設置按摩椅

1) 檢查配件

● 扶手（左 / 右）



左 / 右說明（扶手背面）

操作器立架和操作器座位於右側扶手。

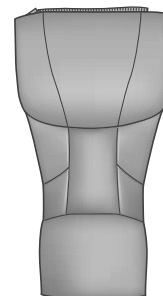
● 頭枕



● 電源線



● 舒適墊



2) 使用主機體的場所

確保預留足夠的傾斜空間。

● 機體尺寸 高度約120 cm × 寬度* 約85 cm × 深度* 約200 cm

（關於詳細的主機體尺寸請參閱TC49。）

*安裝在牆壁附近時

在傾斜狀態下，確保靠背和腿置台與牆壁相距10 cm以上，扶手與牆壁相距5 cm以上。

● 請勿讓按摩椅曝露於陽光直射或高溫下，例如熱源前面。否則可能會導致人造皮革褪色或變硬。

3) 安裝



① 必須由2人以上搬運主機體。

• 由於主機體較重，請小心搬運避免背部受傷。

主機體重量

約87 kg

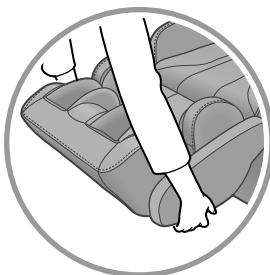
② 留意腳下，慢慢放下主機體。

在地板上鋪上墊

由於可能會損壞地板，因此建議將主機體放在墊子上。

在地板上放置墊子時，墊子的尺寸應足以（至少120 cm × 70 cm）覆蓋主機體與腿置台接觸地面部分的尺寸。

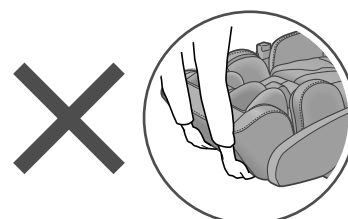
握住腿置台的側面。



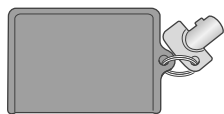
用手握住腿置台，直到完全放在地板上。
如果太早放開腿置台，它將彈回原位。

■ 請勿握住腿置台前方！

腳掌按摩部分可能會滑動而造成受傷。

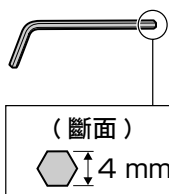


● 鎖定切換鑰匙（1個）

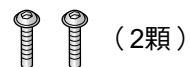


購買時插在電源切換鈕區的鎖定切換鈕上。

● 六角扳手（1個）

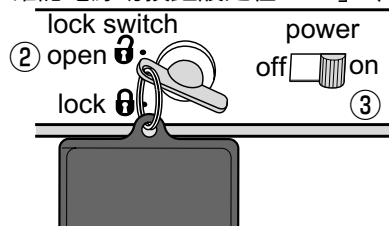



● 固定螺絲
（M6 × 29），銀灰色

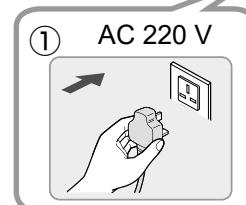
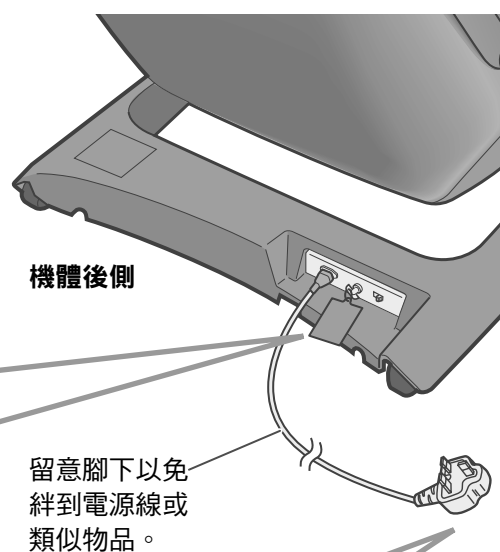


4) 開啟電源，立起靠背

- ① 將電源插頭插入電源插座。
• 務必插入AC 220 V插座。
- ② 確認鎖定切換鑰匙設定在「open」（開啟）位置。
- ③ 確認電源切換鈕設定在「on」（開）位置。



- ④ 按操作器的  兩次。
• 先按一次，約1秒後再按一次。靠背將自動升高。



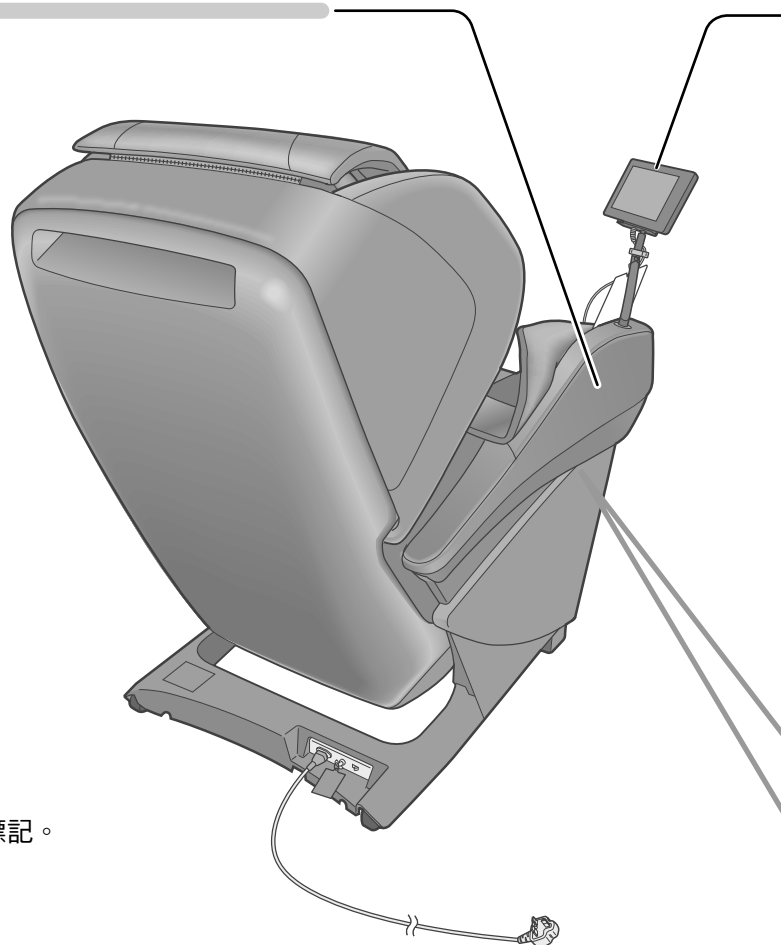
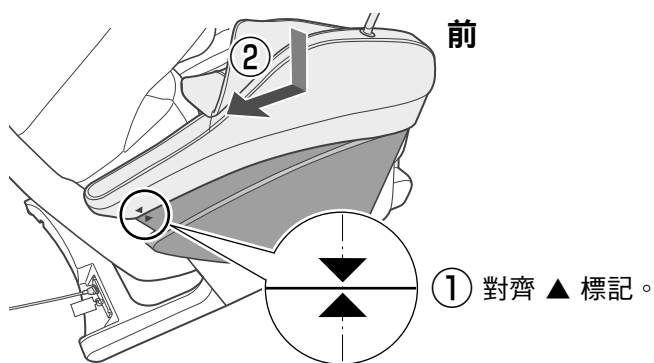
組裝

1 固定扶手

<安裝右側扶手>

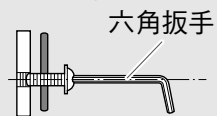
- ① 將扶手插入主機體。
 - 扶手背面標有「右手」和「左手」。
 - 對齊扶手側面的 ▲ 標記，從頂部插入扶手。
 - 小心避免夾到手指和操作器連接線。

- ② 將扶手往後滑動並往下壓。



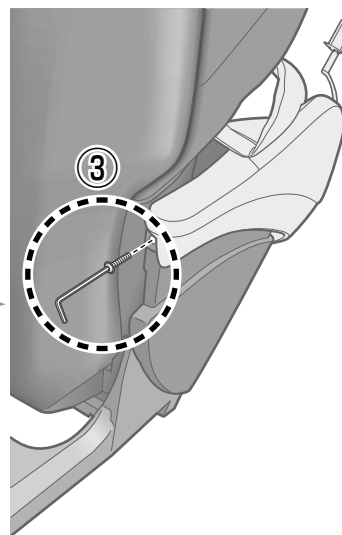
- ③ 用固定螺絲固定扶手（左右各一）
 - 使用此螺絲：
固定螺絲(M6 × 29) × 2顆（銀灰色）

■ 螺絲的固定方法



1. 將螺絲放在六角扳手末端上。
2. 鎖緊螺絲，同時確保螺絲孔和螺絲頭同一水平。

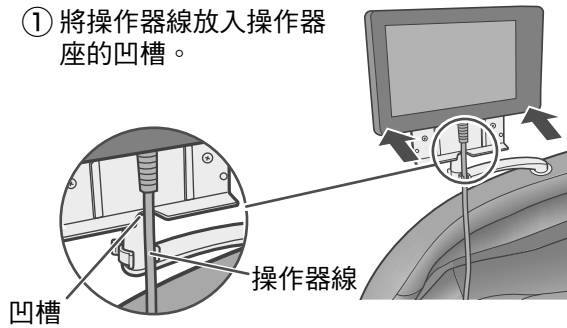
● 如果歪斜地使用六角扳鎖緊孔中的螺絲，螺絲可能會損壞。



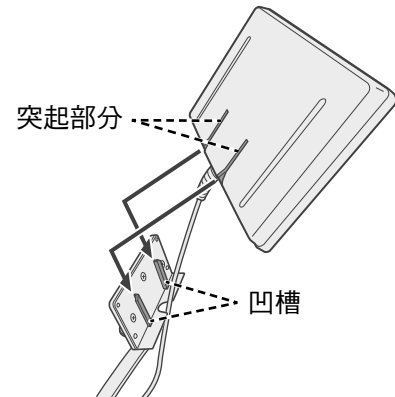
- ④ 以相同方式將扶手固定在左側。

2 將操作器安裝至操作器座

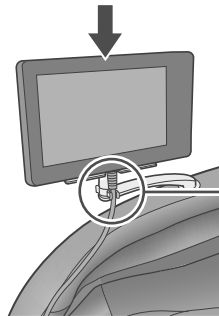
- ① 將操作器線放入操作器座的凹槽。



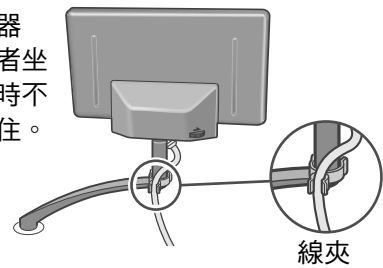
- ② 將操作器的凹槽水平對齊操作器座的突起部分。



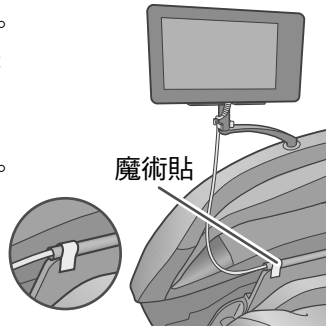
- ③ 按壓操作器。
• 按壓直到卡入定位。



用線夾固定操作器線，以確保使用者坐進和離開按摩椅時不會被操作器線纏住。

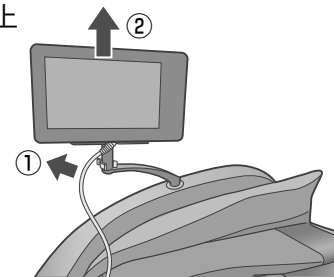


- 操作器線以魔術貼固定。（這是為了防止手伸入扶手內部時被線纏住。）
- 操作器立架和操作器座無法安裝在左側扶手上。



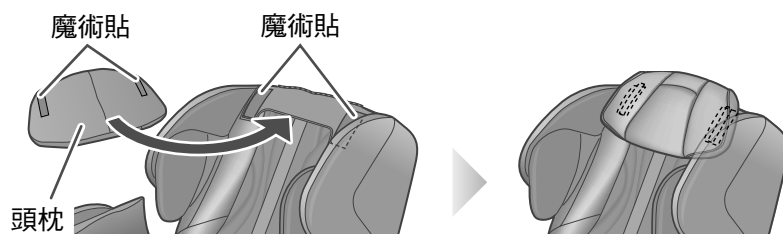
<拆卸操作器>

- ① 將操作器線從線夾上拆下。
② 抬起操作器。



3 安裝頭枕

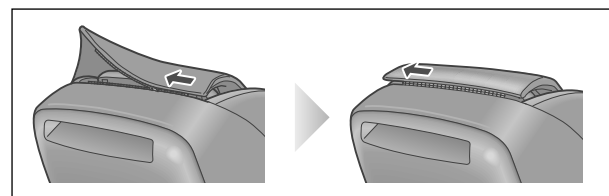
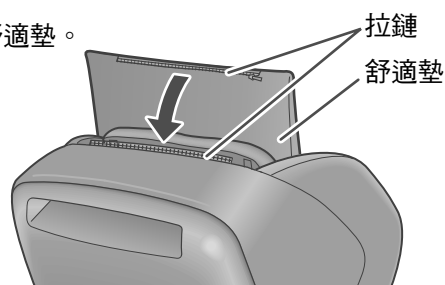
使用魔術貼安裝頭枕。



- 使用按摩椅時的建議頭枕位置。（TC15）

4 安裝舒適墊

使用拉鏈安裝舒適墊。



TC13

開始按摩前

檢查周圍區域

確保主機體附近沒有物體、人或寵物。

- 狗、貓等寵物咬住或絆到操作器線時，按摩椅可能無法運作。
(可能會導致故障。)

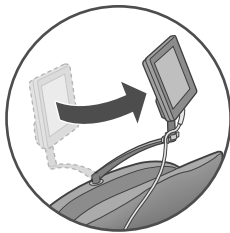
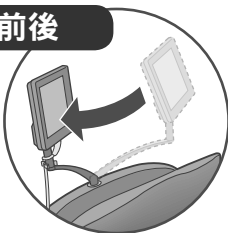


將操作器立架移至機體外側時請注意周圍區域，以免撞到人和牆壁。

調整操作器的位置和方向

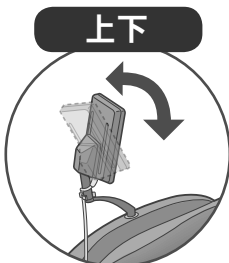
位置：使用操作器立架進行前後調整。

前後

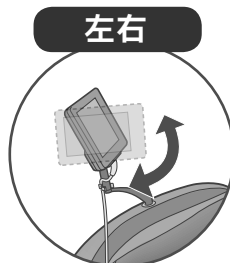


方向：使用操作器座進行上下左右調整。

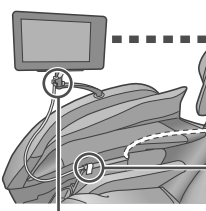
上下



左右



<在拆下操作器的情況下使用>




拆下魔術貼，即可讓操作器更靠近使用者。

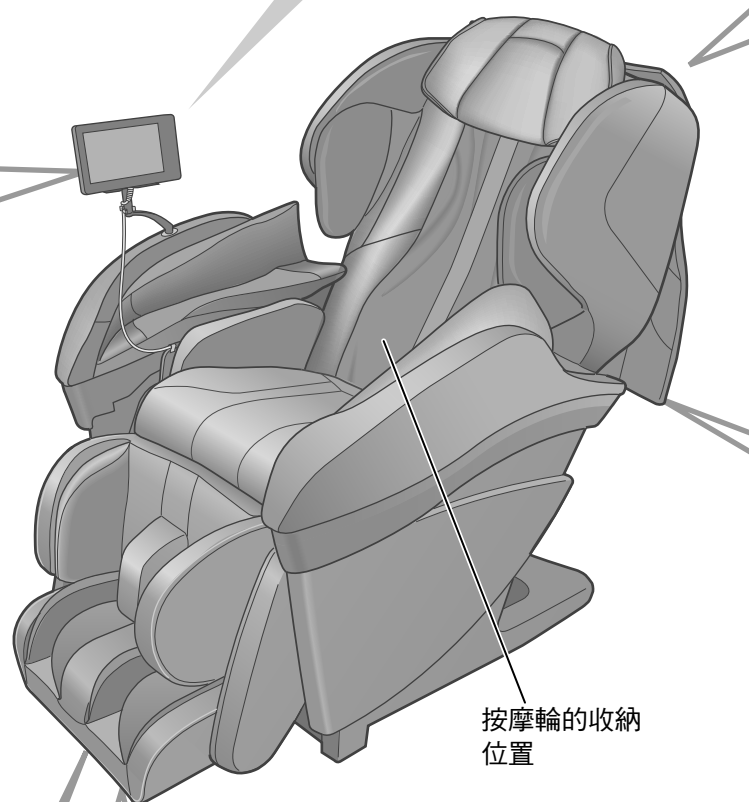
使用前，將操作器線從線夾上拆下。

關於固定操作器座的方法請參閱TC43。

檢查腿置台位置

- 確定腿置台處於完全降低位置。
(腿置台在完全降低的狀態下會接觸地面。)
- 腿置台未完全降低時，按  兩次以降低腿置台。

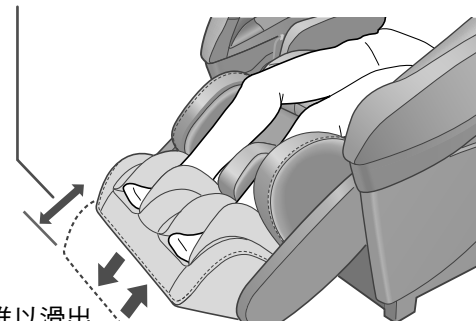
- 布料可能會散發特殊氣味。氣味會隨著使用而變淡。



按摩輪的收納位置

將腳掌按摩部分滑動至您偏好的位置

- 升高腿置台後，調整至您偏好的位置。
(關於傾斜角度調整請參閱TC16)
滑動距離最長大約18 cm。



用腳推以滑出

稍微抬起雙腳，腳掌按摩部分即退回

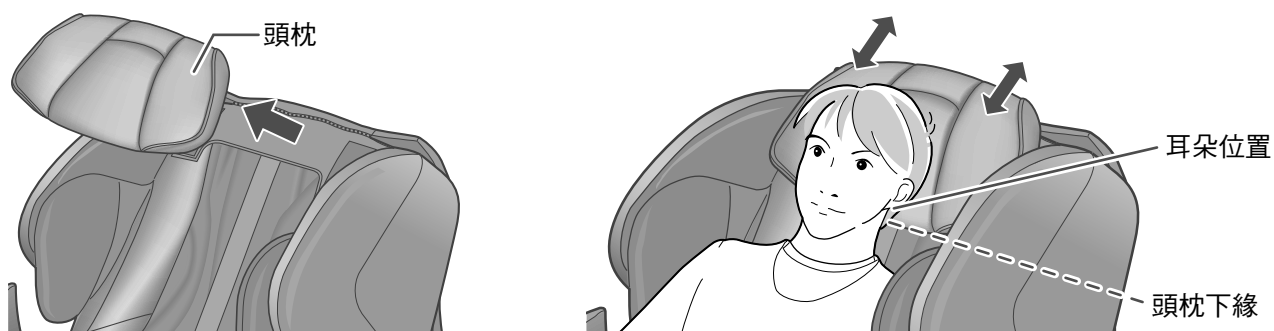
插入電源插頭，將鎖定切換鑰匙轉到「open」（開啟），電源切換轉到「on」（開）。

（TC11）

調整頭枕位置


調整頭枕的高度至耳朵位置

- 按摩輪按壓頸部的強度因頭枕位置而異。
- 傾斜角度改變時，頭枕可能會移位。在此情況下請再次調整位置。



翻起舒適墊以檢查主機

檢查以下幾點：

- 布料是否破損？
- 是否有異物夾在主機中？
- 按摩輪是否處於收納位置？
 - 按摩輪不在收納位置時，按  兩次以讓按摩輪回到收納位置。

請勿在舒適墊仍在靠背上的情況下按摩。

- 布料可能會更快磨損。
 - 未偵測到身體時，可能會顯示 **U10**。
- （TC40）

警告

- 使用前，請務必檢查覆蓋靠背或腿置台可動部位的布料是否破損。也請檢查其他區域以確保布料未破損。即使是微小的破損也請立即停用，拔除電源插頭後進行維修。（否則可能會導致受傷或觸電。）

檢查坐姿

為了提供有效的按摩，椅座中心有凸起區域以確保您完全坐進椅內。



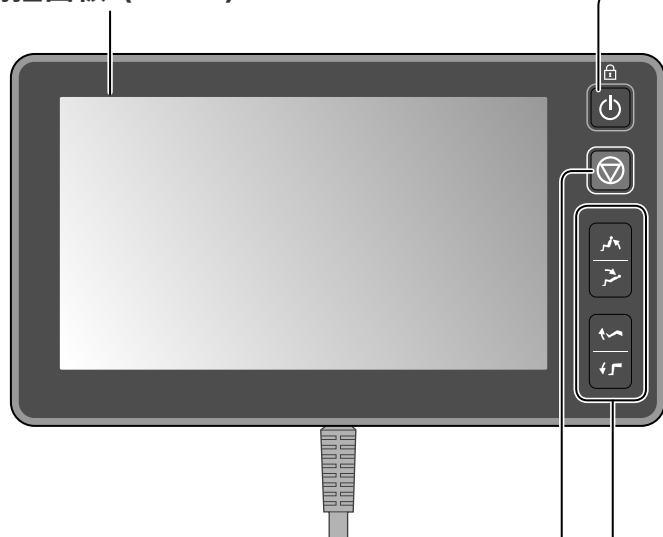
完全坐進椅內，讓臀部接觸靠背。

- 關於手和手臂、腿和腳掌的正確位置請參閱TC29。

操作器各部位名稱和功能

操作器


觸控面板 (TC17)



關／開按鈕

- 開始按摩操作
 - 操作器的電源開啟。
 - 按摩操作完成後，電源會自動關閉。
- 暫停正在進行的按摩操作
 - 腿置台自動下降、靠背上升，按摩輪收回原位。
- 設定和取消操作器的兒童安全鎖

緊急停止按鈕

- 以防緊急情況或使用時有異常感覺。
 - 按此按鈕可立即停止按摩。
 - 腿置台、靠背和按摩輪不會回到收納位置。
 - 離開機體，小心不要跌倒。
- 若要使用，請按  兩次使靠背和按摩輪回到收納位置，然後再次使用。(按第一次喚醒螢幕畫面後再按一次。)

按傾斜角度調整按鈕



按下即可調整。

- 開啟操作器電源以使用按摩椅。
- 靠背和腿置台角度可以調整。
- 按住調整按鈕時，座椅調整將持續，直到聽到限制音（嗶嗶嗶）。
- 扶手將隨著靠背傾斜而移動。

設定和取消兒童安全鎖

- 若進行此設定，則不再接受操作。

■ 設定方法

操作器電源關閉或顯示使用者選擇／登記畫面

時，長按  約5秒。

- 隨即顯示以下畫面，約10秒後，電源會自動關閉。



- 進行設定後按  時會顯示以下畫面，約10秒後，操作器電源會自動關閉。



■ 解除方法

在設定狀態下出現上述螢幕畫面或操作器電源關

閉時，按住  約5秒。

關於語言選擇

只有在初次啟動操作器時才會顯示語言選擇畫面。
(關於設定和變更請參閱TC35)



按摩操作期間的畫面顯示

- 按顯示的按鈕進行操作。
- 若未開始按摩且約3分鐘內未進行操作，電源會自動關閉。

<檢視畫面>

以下所示的畫面顯示是以「全身自動按摩」模式為例。按鈕和狀態顯示會因所選模式而異。

使用者顯示

- 顯示所選的使用者。
(TC22至TC24)
- 選擇「訪客」時不會顯示畫面。

顯示模式 (TC23至TC25)

顯示剩餘時間

設定按鈕 (TC35)

說明按鈕 (TC35)

- 不論選擇任何模式，都會顯示設定按鈕和說明按鈕。

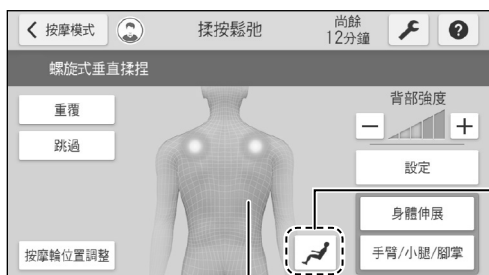
回到上一個畫面

顯示操作 (TC26)



可調整操作 (TC30至TC34)。

操作器各部位名稱和功能



- 身體部位顯示可在上半身與全身之間切換。
- 編輯程式時，無法切換身體部位顯示。(TC25)



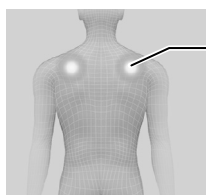
按



按

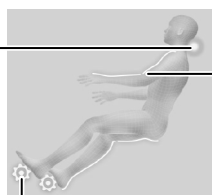
操作、位置和壓力顯示

- 顯示操作中按摩輪的狀態，以及腳掌和氣囊。
(畫面顯示粗略的移動；實際移動或感覺可能不同。)



按摩輪

- 按摩輪的壓力加大 / 調高時，顏色會變深。



腳掌

- 在操作期間旋轉。

「氣囊按摩」

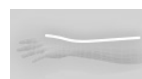
(例：在氣囊手臂按摩模式的情況下)



氣囊設定：關閉

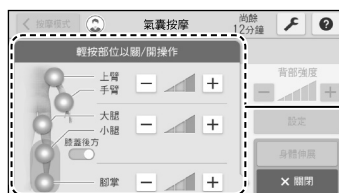


氣囊設定：開啟



「氣囊按摩」操作
身體部位的顏色持續改變。

- 選擇氣囊按摩模式或只啟動氣囊的身體部位操作時，會顯示右側的畫面。
(關於氣囊按摩請參閱TC26。)



手臂／小腿／腳掌動作
關閉／開啟操作、動作強度顯示 (TC32至TC33)

簡易使用

使用者選擇

選單

按摩模式和身體部位選擇

只需選擇模式並執行按摩



全身自動按摩

要全身按摩時
(TC23)



選擇使用者

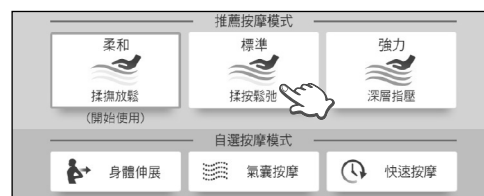
- 如果已登記使用者，則所做的設定將儲存在記憶體中。因此不必每次都進行相同的設定。
- 若要在不登記為使用者的情況下使用，請選擇「訪客」。(TC22)

依您的喜好按摩身體
部位或操作

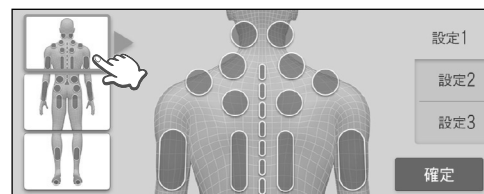


選擇喜愛的部位

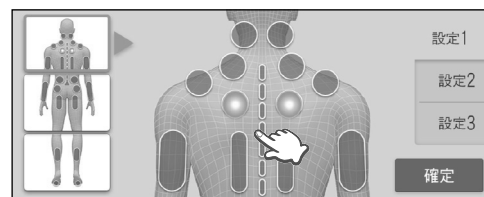
要為身體某部位利用喜愛的
動作進行集中按摩
(TC24至TC25)



選擇一個模式



要按摩的身體部位選擇畫面



選擇身體部位並按「確定」。

- 可應需要選擇多個身體部位進行按摩。

肩部按摩輪位置掃描

開始按摩並依個人喜好調整

● 如需詳細資訊請參閱TC20至TC21。



可調整操作 (TC30至TC34)



可調整操作 (TC30至TC34)

簡易使用

選擇以下任何一項時，不會執行感測。

<選擇氣囊按摩模式時>



<選擇只啟動氣囊的身體部位操作時>



只啟動氣囊的身體部位：
上臂／手臂／骨盆／小腿／腳掌



例：按摩操作期間的畫面顯示

TC19

肩部按摩輪位置掃描

- 肩部按摩輪位置掃描是判斷肩部位置以配合體形進行按摩的操作。
(肩部按摩輪位置掃描的高度範圍約為140 cm至185 cm。)

肩部按摩輪位置掃描流程

選擇模式或選擇身體部位並按「確定」。

機體會自動移動並傾斜至適合掃描的角度。

- 若選擇氣囊按摩模式或只啟動氣囊的操作，則不會進行掃描。
(關於氣囊按摩請參閱TC26。)

- 機體深度傾斜時，不會進行移動。

往後坐並輕輕往後靠，讓頭部接觸頭枕。

- 調整頭枕位置。(TC15)



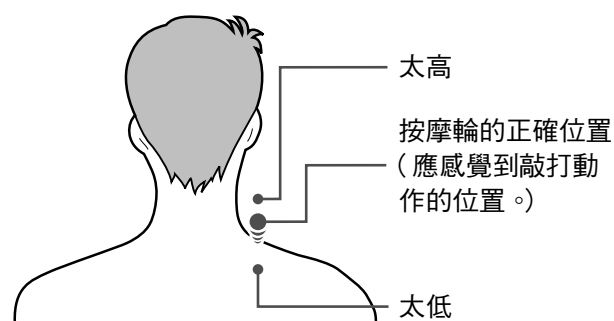
■ 肩部敲打位置未對齊

在敲打動作期間(約12秒)按「▲」或「▼」調整肩部高度位置，然後按「確定」。



每按一次則往上或往下移動約1.2 cm。

按「確定」後，即完成肩部按摩輪位置掃描並開始按摩。



肩部按摩輪位置掃描



完成

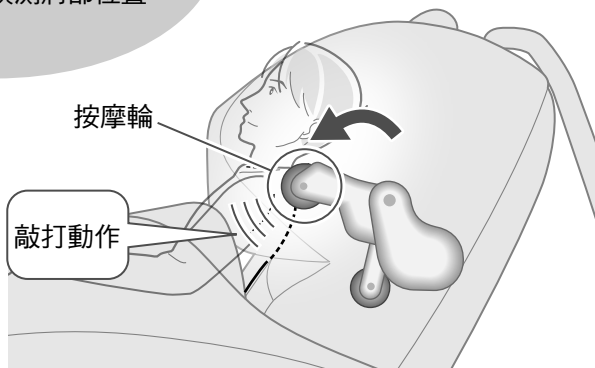
按摩輪移動

- 在發出嗶聲的同時，按摩輪會沿著脊椎上升至頸部附近並伸出。
(肩部位置不正確時，按摩輪會再次上升至肩部位置重複肩部按摩輪位置掃描。)
- 椅座表面氣囊啟動以防止身體在掃描期間移動。

敲打動作

- 調整肩部位置時會執行敲打動作，以便確定按摩輪的位置。
- 開始約30秒後，按摩輪會逐漸下降至肩部位置並開始敲打。
(若敲打位置不正確，請確認下述資訊。)

請勿讓頭部離開頭枕，
直到敲打動作開始！
否則無法準確偵測肩部位置。




- 完成後，會顯示以下畫面並開始按摩。



- 若在敲打動作期間按「確定」，將結束掃描並開始按摩。
- 腳置台會根據肩部高度的估計位置而調整角度，讓腳掌能碰到擱腳板。

肩部按摩輪位置掃描

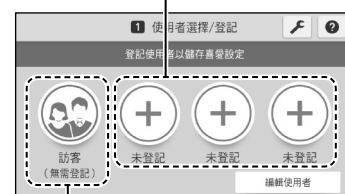
- 如果肩部位置大幅移動，按一下  將停止動作。
將肩部緊靠在靠背上，按下按鈕以重新開始。

關於使用者選擇／使用者登記

若要將依個人喜好所做的設定儲存至記憶體

- 使用按摩椅之前，請先執行使用者登記。
如果已完成使用者登記，就會在記憶體中自動儲存和更新按摩調整及設定。
不必執行任何特殊操作即可儲存設定。
 - 不會儲存「跳過」和「身體伸展」的內容。
 - 由於肩部位置因使用者的坐姿而異，因此每次都會執行「肩部按摩輪位置掃描」，即使已完成使用者登記也一樣。
- 即使在按摩過程中終止，在此之前所做的設定也會被儲存至記憶體。
 - 然而，如果停電、將機體後面板上的電源切換鈕轉到「OFF」（關閉）或將電源線從電源插座上拔下，則設定就不會被儲存至記憶體。
- 如果不想登記並想要立即開始按摩，請選擇「訪客」。

登記為使用者並將所做的按摩調整和設定儲存至記憶體。



立即開始按摩

使用者選擇／登記方法



按下按鈕進行使用者登記



選擇要登記的圖示和顏色，然後按「登記」



登記完成後會顯示登記的圖示。

依個人喜好所做的設定會被儲存至記憶體，免去每次都必須進行相同設定的麻煩！

- 一旦登記使用者，以後只需選擇已登記使用者，按摩椅就會根據上一次記錄在記憶體中的資訊執行按摩。

編輯使用者（變更和刪除使用者按鈕）

- 您可變更已登記使用者的圖示及刪除登記。



按「編輯使用者」



選擇要編輯的使用者

變更



按「變更圖示」



選擇新的圖示，然後按「登記」。

刪除



按「刪除登記記錄」



按「刪除」

若要中止編輯



按「返回」

要全身按摩時

- 若未開始按摩且約3分鐘內未進行操作，電源會自動關閉。

1 開啟電源。



2 選擇使用者。 (TC22)



(已登記使用者只是例子)

3 選擇「全身自動按摩」。



4 選擇一個模式。



- 感測操作開始
(TC20至TC21)。

5 掃描結束後即開始按摩。 (TC20至TC21)



- 顯示按摩動作。
- 按摩期間您可建立喜愛的設定。
(TC30至TC34)
- 按摩的內容不變，即使選擇訪客時也一樣。

6 按摩開始後，將在最長約19分鐘內自動結束。 按摩自動完成。

- 從下一次開始，將根據上一次儲存在記憶體中的內容開始操作。

關於使用者選擇／使用者登記
要全身按摩時

■ 全身自動按摩的功能

<推薦按摩模式>

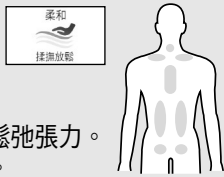
在您習慣按摩之前，請使用揉撫放鬆模式。

柔和（剛開始使用）

揉撫放鬆模式：19分鐘

要柔和鬆弛身體時

主要透過在身體表面上的擴散操作柔和鬆弛張力。
氣囊按摩操作對指尖和腳趾尖施加壓力。

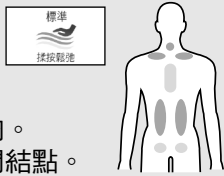


標準

揉按鬆弛模式：19分鐘

要適度鬆弛身體時

主要透過深度鬆弛操作適度鬆弛肌肉。
套用畫圖式「深度揉捏」操作以鬆開結點。
徹底鬆弛手臂、腳掌和小腿以釋放全身的疲勞。

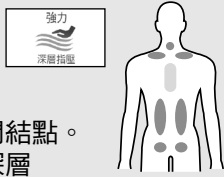


強力

深層指壓模式：19分鐘

要強力鬆弛身體時

主要透過深層指壓壓力操作強力鬆開結點。
從肩膀上方以垂直角度對身體施加深層指壓壓力，並從側面擠壓腰部。
徹底鬆弛手臂、腳掌和小腿以釋放全身的疲勞。

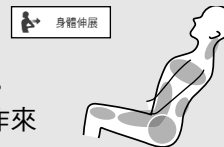


<自選按摩模式>

身體伸展模式：16分鐘

要伸展全身時

此模式以六個伸展操作讓身體放鬆。
伸展是通過氣囊和按摩輪的結合協作來
拉伸或扭動身體的動作。



氣囊按摩模式：16分鐘

要透過氣囊柔和鬆弛身體時

此模式只以氣囊包覆身體並柔和鬆弛身體。
(上半身的按摩輪不會移動)



快速按摩模式：10分鐘

要快速鬆弛身體時

此模式在大約10分鐘內鬆弛全身的張力。
此模式主要透過抓捏和鬆弛操作徹底鬆弛身體。
套用畫圖式「深度揉捏」操作以鬆開結點。



要為身體某部位利用喜愛的動作進行集中按摩

- 若未開始按摩且約3分鐘內未進行操作，電源會自動關閉。
- 在「選擇喜愛的部位」中，可選擇所需部位和所需的按摩操作。（如需詳細資訊請參閱TC25）
- 開始後會執行按摩約19分鐘。如果只選擇少數的身體部位，則會對各個身體部位重複按摩。
- 最多儲存三組設定，例如依個人偏好選擇的身體部位、編輯的按摩動作等。

1 開啟電源。

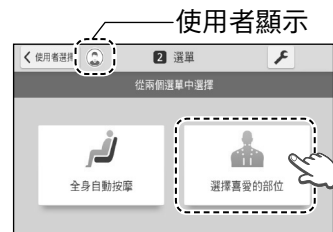


2 選擇使用者。 (TC22)



(已登記使用者只是例子)

3 選擇「選擇喜愛的部位」。



4 選擇「設定1到3」 的其中之一。



- 所選身體部位的畫面顯示和身體部位可儲存至記憶體。

5 選擇身體部位的 畫面。



- 選擇要按摩的身體部位畫面。

6 選擇身體部位。



- 選擇要按摩的身體部位。
- 可選擇多個部位。
- 重複步驟5和6選擇身體部位。

7 按「確定」。



- 感測動作開始。
(TC20至TC21)
- 如果選擇只啟動氣囊的身體部位，則不會進行肩部按摩輪位置掃描。
(關於氣囊按摩請參閱TC26)


8 掃描結束後即開始按摩。 (TC20至TC21)



- 依序按摩所選的身體部位，從頸部到臀部。
 - 身體部位組合只包含上臂、手臂、骨盆、小腿和腳掌時，會執行只涉及氣囊按摩操作的按摩動作。
 - 身體部位組合包含上臂、手臂、骨盆、小腿或腳掌與任何其他身體部位時，會同時對其他身體部位及上臂、手臂、骨盆、小腿或腳掌執行按摩動作。
- 開始將設定資訊儲存至記憶體。



設定1 之後將使用儲存在記憶體中的資訊開始操作，操作器顯示
設定2 先前設定的「設定1到3」、「所需部位的畫面」和「部
設定3 位」。不必選擇身體部位。
變更正在進行按摩的身體部位或設定時，會覆蓋儲存在記
憶體中的資訊。
(如果發生停電，則不會更新記憶體)

選擇  時，不會顯示「設定1到3」。

這可省去每次選擇所需身體部位或按摩調整的麻煩！

若要以個人喜好的操作按摩

- 您可以關閉或開啟各個身體部位的按摩操作，或者僅執行所需的按摩操作。（編輯按摩模式）
- 開始按摩後進行操作。
- 如果使用者登記已完成，則在程式編輯中選擇的內容將儲存至記憶體。

編輯程式的方法



以「頸部指壓」為例說明畫面顯示和動作。

身體部位選擇：頸部和背部。

① 按「編輯按摩模式」



- 隨即顯示目前選擇身體部位的程式編輯畫面。
- 在編輯程式時執行框（黃色）內的操作。（例：頸部按摩揉捏）

② 選擇要編輯的模式。



- 編輯的操作開始。

③ 按




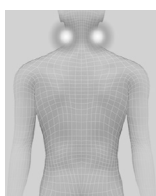
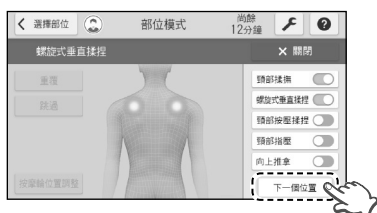
- 所選動作結束，執行下一個動作。
- 如果對同一個部位的按摩操作持續達五分鐘，按摩輪會向上移動約3 cm。（按摩輪可能會向下移動，視位置而定）

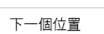
④ 按「關閉」

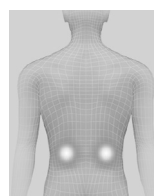



<編輯其他身體部位的操作時>

按 ，選擇要編輯的模式，然後執行上述的步驟 ③ 和 ④。



按 



- 每當按下 ，就會顯示所選身體部位的程式編輯畫面。

要為身體某部位利用喜愛的動作進行集中按摩

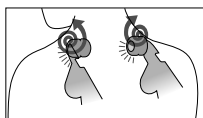
動作內容

按摩輪的按摩操作

- 選擇「全身自動按摩」時，會自動執行適合此模式的按摩操作。
- 選擇「選擇喜愛的部位」時，可顯示或開啟／關閉的操作會因所選的身體部位而異。

深度揉捏

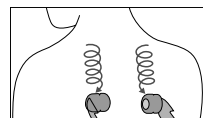
在點做小範圍揉捏動作。



- 3D 深度揉捏
- 深度揉捏
- 臀部深度揉捏
- 肩部深度揉捏
- 按壓深度揉捏

螺旋式深度揉捏

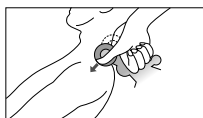
在上下移動的同時做揉捏動作。



- 螺旋式垂直揉捏
- 螺旋式橫向揉捏
- 螺旋式臀部揉捏
- 3D 螺旋式揉捏

指壓

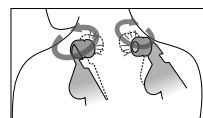
垂直推壓肌肉結的動作。



- 頸部指壓
- 按壓式指壓
- 螺旋式垂直指壓
- 臀部指壓
- 肩部指壓
- 三重指壓

揉捏

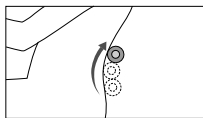
深度揉按動作。



- 頸部按壓揉捏
- 向上推壓
- 按壓揉捏
- 揉按鬆弛
- 肩部揉捏
- 向下推壓
- 臀部揉捏
- 三重推壓

滾動

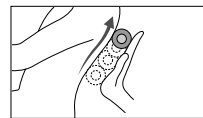
伸展區域的動作。



- 向上推拿
- 推壓滾動
- 腰部推壓
- 向上推壓滾動
- 臀部滾動

揉撫放鬆

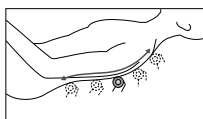
柔和摩擦較大區域的動作。



- 頸部揉撫
- 上肩揉撫
- 垂直揉撫
- 垂直擴散揉撫
- 肩部揉撫
- 向下揉撫
- 輕拍式揉撫
- 臀部揉撫

推拿

沿著脊椎伸展身體的動作。

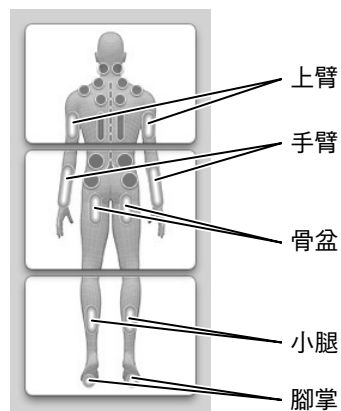
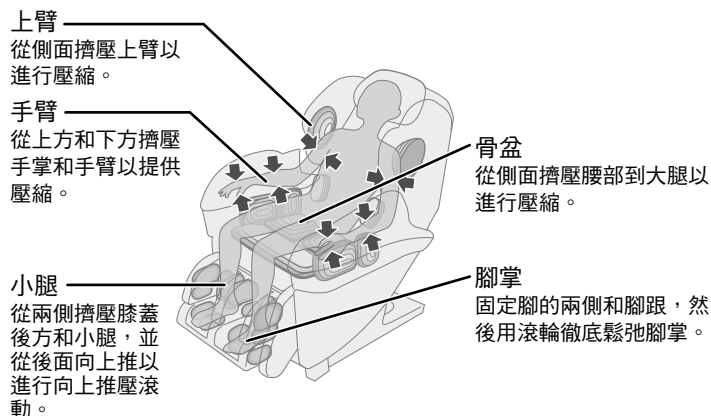


- 推拿
- 揉捏推拿
- 揉撫推拿

- 對應的動作適用於特定身體部位。（「頸部」指壓的動作與「肩部」的動作不同。）

關於氣囊按摩操作

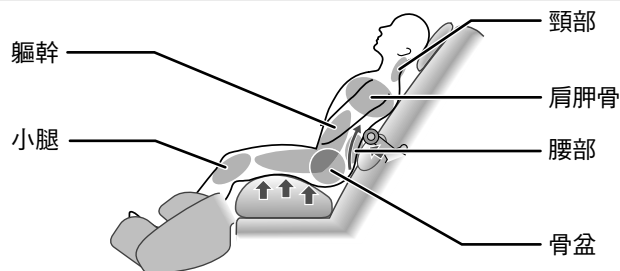
氣囊按摩操作只用氣囊柔和鬆弛身體。（上半身的按摩輪不會移動）



伸展

伸展操作是利用氣囊或按摩輪的移動來伸展或扭轉身體。

伸展的身體部位



伸展動作說明

「頸部」伸展

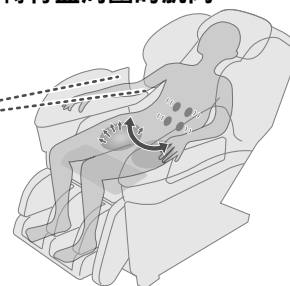
伸展頸部肌肉。



「骨盆」伸展

以左右交替的方式延伸和扭轉骨盆周圍的肌肉。

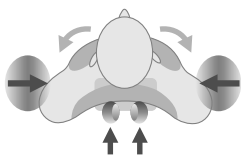
- 1) 腿置台會降低。
- 2) 椅座氣囊左右交替充氣。



「肩胛骨」伸展

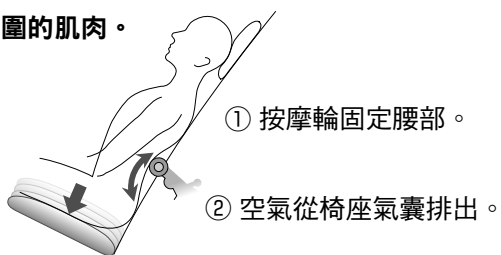
延伸肩胛骨和胸部周圍的肌肉。

- 1) 以肩部側氣囊固定肩部。
- 2) 用按摩輪向前按壓背部。



「腰部」伸展

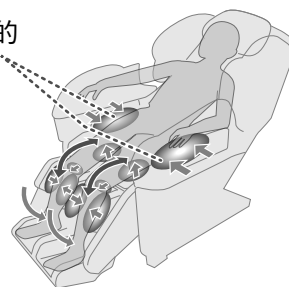
延伸腰部周圍的肌肉。



「小腿」伸展

延伸從膝部到大腿的肌肉。

- 1) 以椅座上或大腿側面的氣囊固定身體。
- 2) 腿置台降低，然後從後面按壓小腿和膝蓋。

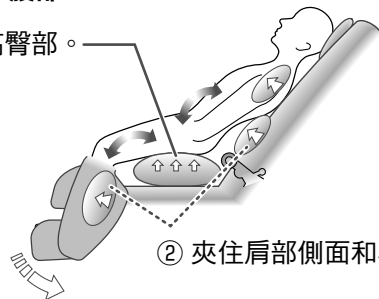


● 如果在腳掌按摩部分滑出時進行「小腿」伸展，可能會撞到地板。

「軀幹」伸展

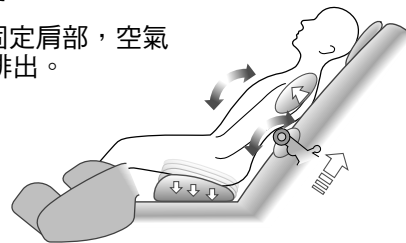
1) 從大腿延伸到下腹部。

- 1) 椅座氣囊提高臀部。



2) 延伸脊椎周圍。

- 3) 肩部側氣囊固定肩部，空氣從椅座氣囊排出。



- 2) 夾住肩部側面和小腿/腳，降低腿置台。

動作內容（接續）

臀部按摩

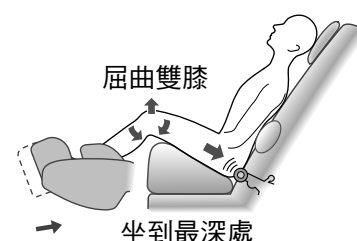
臀部按摩期間椅座氣囊會提高臀部，按摩輪將按摩臀部周圍。此外，透過以腰部氣囊支撐腰部來提高臀部，按摩輪將能更有效地觸及臀部肌肉。

■ 臀部按摩流程

- ① 腿置台上升至最高位置。
 - ② 椅座氣囊充氣以提高身體。
（此時腿和手的位置可能改變）
 - ③ 滾輪移至臀部開始按摩。
- 按摩臀部時，對其他身體部位的按摩會停止。
在「選擇喜愛的部位」中選擇臀部按摩和氣囊按摩時，按摩臀部後開始氣囊按摩操作。
（關於臀部按摩和氣囊按摩，請參閱TC32至TC33及TC26）

■ 如何使用臀部按摩

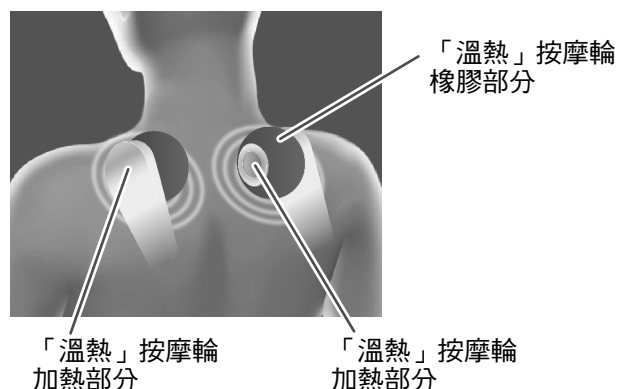
- 往後坐，讓臀部接觸靠背。
- （如果不往後坐，按摩輪將無法充分觸及臀部。）
- 彎曲膝蓋時，滾輪接觸的強度會升高。



「溫熱」

「溫熱」按摩輪的加熱部分將加熱按摩區域的布料。

- 無法進行溫度調整。
- 溫熱感因室溫、衣服、體形、動作、位置和模式而異。



關於按摩模式和運作時間

從按摩開始最長19分鐘後自動停止。

定時功能時間設定因模式而異。



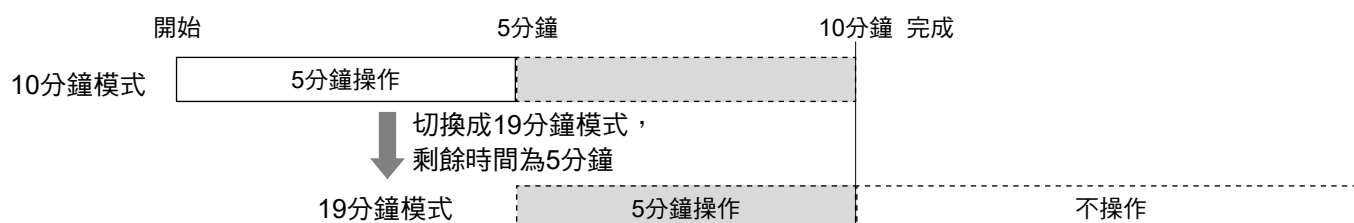
「揉撫放鬆」、「揉按鬆弛」、「深層指壓」：約19分鐘
「身體伸展」、「氣囊按摩」：約16分鐘
「快速按摩」：約10分鐘



約19分鐘

<切換模式時>

- 如果切換後的模式時間設定較短（例如從19分鐘模式切換成10分鐘模式），則切換後會根據時間設定更新剩餘時間。
- 剩餘時間絕不會增加，即使在過程中切換模式也一樣。
（例：如果以10分鐘模式開始操作再切換成19分鐘模式，則剩餘時間不會變成19分鐘。）

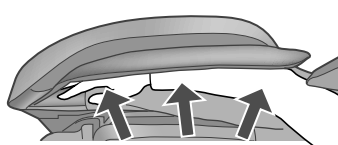


- 剩餘時間從剩餘5分鐘開始，19分鐘模式則根據為模式設定的順序從身體部位和操作開始。

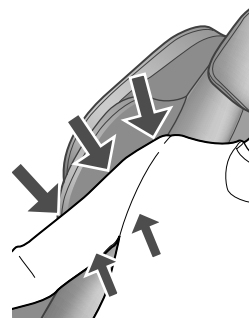
手及手臂、小腿和腳掌的正確位置

手及手臂按摩

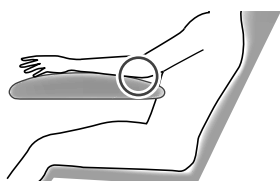
將手和手臂伸入。



讓肩部和手臂接觸上臂按摩部分。



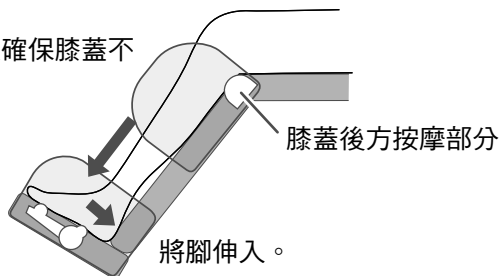
將手肘與扶手對齊。



小腿及腳掌按摩

- 如果按摩期間膝蓋後方按摩部分的接觸位置偏移，請重新對齊位置。

滑動部分以確保膝蓋不會騰空。



膝蓋後方按摩部分

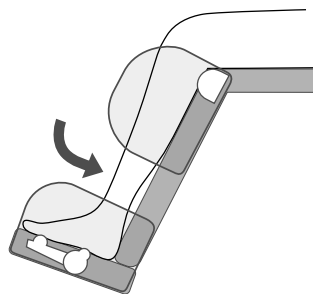
將腳伸入。

對較高的人：腿隨著部分滑動時，膝蓋騰空。

為了防止膝蓋騰空，
降低腿的角度。



降低

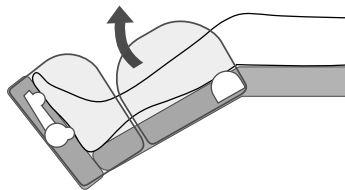


較矮的人：腳掌未觸及底部。

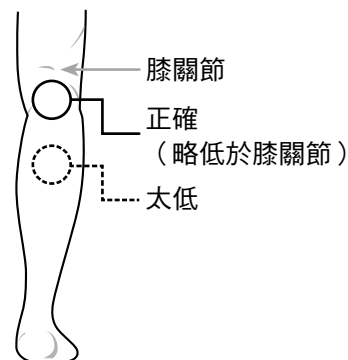
為了確保腳掌觸及底部，
升高腿的角度。



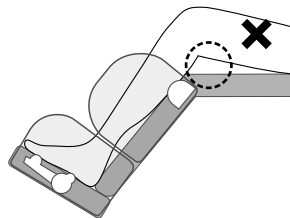
升高



膝蓋後方按摩部分未正確對齊



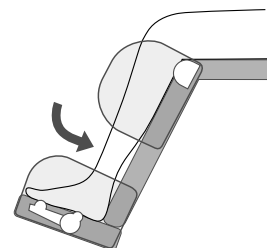
① 滑動部分以確保膝蓋不會騰空。



② 如果無效，則降低腿的角度。




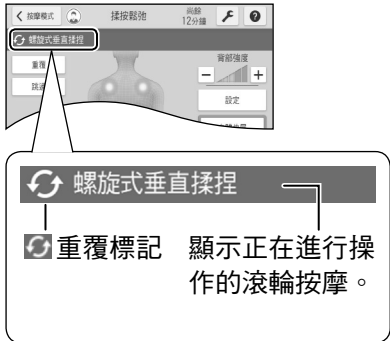











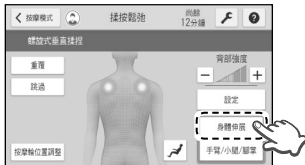


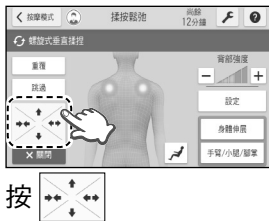

降低



動作內容
手及手臂、腿和腳掌的正確位置

調整強度

- 您可以在按摩期間依個人喜好調整和設定。
- 即使在按摩操作期間使用「重覆」、「跳過」或「身體伸展」等進行調整，整體操作時間也不會改變。
 - 按「重覆」或「身體伸展」時：需要時間進行調整，模式可能無法完成。
 - 按「跳過」時：操作可以完成，然後從頭開始繼續，視剩餘時間而定。
- 可調整的內容因所選模式而異。如需詳細資訊請參閱TC34。

功能名稱	說明									
重覆	重複目前操作的滾輪按摩， 操作次數約為兩倍。	<div></div> <p>按「重覆」。</p> <div></div>								
跳過	暫停正在進行的滾輪按摩並 進入下一個操作。	<div></div> <p>按「跳過」。</p>								
背部強度	背部強度可5段調整。	<div></div> <p>按「-」或「+」。</p> <table><tr><td>強度</td><td>最低</td><td>低</td><td></td></tr><tr><td>背部強度顯示</td><td></td><td></td><td></td></tr></table>	強度	最低	低		背部強度顯示			
強度	最低	低								
背部強度顯示										
身體伸展	增加一個伸展操作至正在進行的模式。	<div></div> <p>按「身體伸展」。</p> <div></div> <p>選擇其中之一。</p>								
按摩輪位置調整	可調整垂直和水平方向的按摩輪位置。	<div></div> <p>按「按摩輪位置調整」。</p> <div></div> <p>按 </p>								

設定和調整方法

- 如果在切換至其他操作時選擇，可能無法接受。
- 重複動作時，可在觸控面板上查看詳細資訊。
- 無論按一次還是按兩次或更多次，重複次數都相同。

中	高	最高

- 如果最高強度設定不夠強或最低強度設定太強，請參閱TC42上提供的說明。
- 如果在切換至其他操作時選擇，則可能無法接受調整。
- 調整時，強度顯示部分會閃爍。閃爍時不接受調整。




按「確定」。

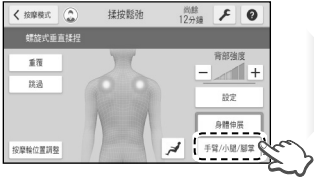

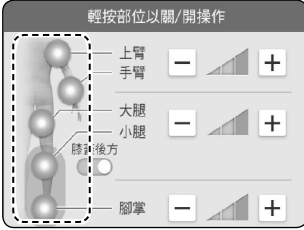














- 進行所選的伸展操作一次。
完成後，操作會回到原本的模式。
- 關於伸展動作的詳細資訊請參閱TC27。



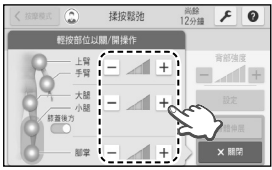
按「關閉」。

- 針對正在進行的動作調整滾輪位置時，按  進行調整。
- 各個方向的調整最多可進行三次。
 - 視按摩時所在的位置而定，可能無法調整。

調整強度（接續）

功能名稱	說明	
手臂／小腿／腳掌動作	關閉／開啟上臂／手臂・大腿／小腿和腳掌的操作。 操作強度可3段調整。	<div></div> <div>按「手臂／小腿／腳掌」。</div> <div></div> <div>選擇身體部位</div> <div><ul style="list-style-type: none">選擇「選擇喜愛的部位」時，可從此畫面新增或取消身體部位。</div> <div><關閉／開啟操作></div> <div>按身體部位以關閉／開啟動作。</div> <div></div> <div><div> 亮起：開啟</div><div> 熄滅：關閉</div><div><ul style="list-style-type: none">由於腳掌按摩必須移動小腿部分，因此如果腳掌部分設為「開啟」，則小腿部分也將「開啟」。膝蓋後方操作包含在小腿部分操作中。將小腿部分設為「開啟」，即可開啟或關閉膝蓋後方部分。</div></div>
溫熱	關閉／開啟溫熱。	<div>全身自動按摩的設定</div> <div></div> <div>按「設定」。</div> <div></div> <div>按「溫熱」。</div> <div><div> 亮起：開啟</div><div> 熄滅：關閉</div></div>
敲打動作	關閉／開啟敲打操作。	<div>全身自動按摩的設定</div> <div></div> <div>按「設定」。</div> <div></div> <div>按「敲打」。</div> <div><div> 亮起：開啟</div><div> 熄滅：關閉</div></div>
臀部按摩	關閉／開啟臀部按摩。	<div>全身自動按摩的設定</div> <div></div> <div>按「設定」。</div> <div></div> <div>按「臀部按摩」。</div> <div><div> 亮起：開啟</div><div> 熄滅：關閉</div></div>

設定和調整方法



按「-」或「+」。

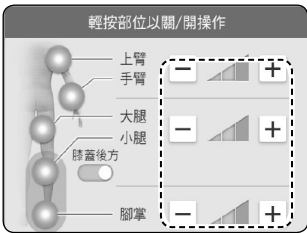


按「關閉」。

● 關於氣囊按摩動作請參閱TC26。

<動作強度>

動作強度可3段調整，方式是針對所需的身體部位按「-」或「+」。



強度	低	中	高
上臂／手臂和大腿／小腿和腳掌強度顯示			

調整強度



按「關閉」。

選擇喜愛的部位的設定



- 亮起：開啟
- 熄滅：關閉

按「溫熱」。



按「關閉」。

選擇喜愛的部位的設定



- 亮起：開啟
- 熄滅：關閉

按「敲打」。

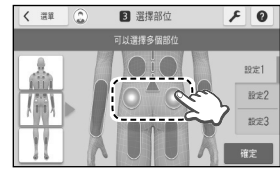
● 可關閉／開啟個別操作。



按「關閉」。

選擇喜愛的部位的設定

● 在身體部位選擇畫面上可關閉／開啟臀部按摩。



調整強度（接續）

可調整的模式

各按摩模式的可調整功能有所不同。

○：可調整 —：不可調整

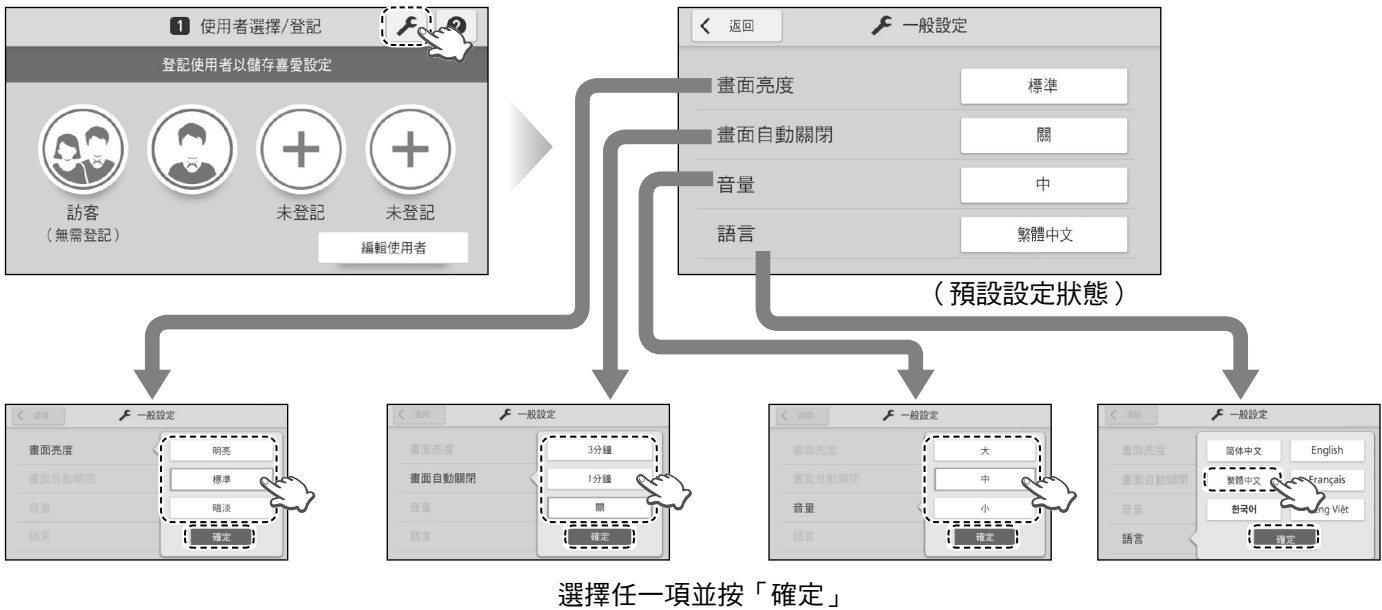
調整功能	全身自動按摩				選擇喜愛的 部位
	推薦按摩模式	自選按摩模式			
	揉撫放鬆／揉按鬆弛／深層指壓	身體伸展	氣囊按摩	快速按摩	
重覆	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="radio"/>	<input type="radio"/>
跳過	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="radio"/>	<input type="radio"/>
背部強度	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="radio"/>	<input type="radio"/>
身體伸展	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="radio"/>	<input type="radio"/>
按摩輪位置調整	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="radio"/>	<input type="radio"/>
手臂／小腿／ 腳掌動作	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
溫熱	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="radio"/>	<input type="radio"/>
敲打動作	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="radio"/>	<input type="radio"/> 可關閉／開啟個 別操作。
臀部按摩	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>	<input type="radio"/>	<input type="checkbox"/>

關於設定和說明畫面

設定畫面

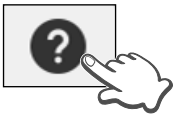


- 畫面亮度——設定觸控面板的亮度
- 畫面自動關閉——設定螢幕變暗前的時間
 - 未執行操作達到設定的時間時螢幕會變暗。
 - 觸碰螢幕時會恢復成較亮的畫面。
 - 螢幕畫面變亮時可進行操作。
 - 如果尚未開始按摩，未進行操作約3分鐘後，電源將自動關閉。
- 音量——設定操作音的音量
- 語言——選擇語言

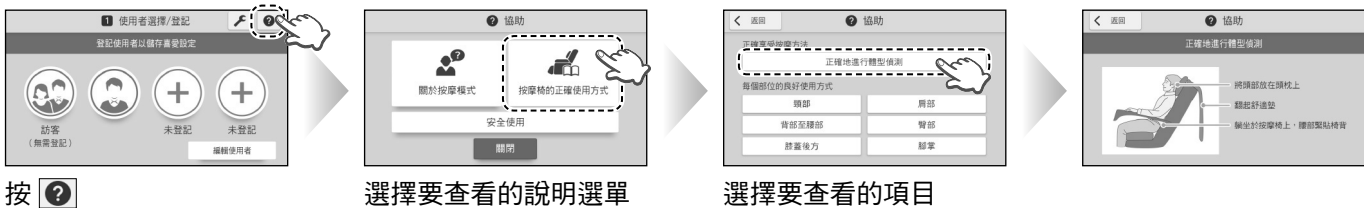


調整強度
關於設定和說明畫面

說明畫面



顯示說明畫面，您可依據顯示的畫面檢視說明。



完成按摩後

時間到之後


時間到之後，

- 腿置台會降低，讓您可以安全的站起。

如果已讓腳掌按摩部分滑出，可能會撞到地板而無法完全收回。請抬起雙腿以便完全收回。

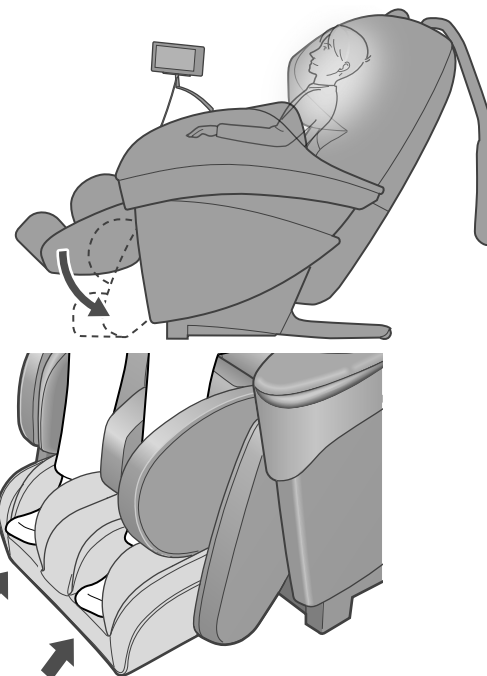
- 靠背不會自動升起。
按 **靠背升起**，靠背將升起。
- 按摩輪移至收納位置。

在按摩過程中使用緊急停止按鈕結束按摩時

將腳掌按摩部分完全退回原位，然後按  兩次。

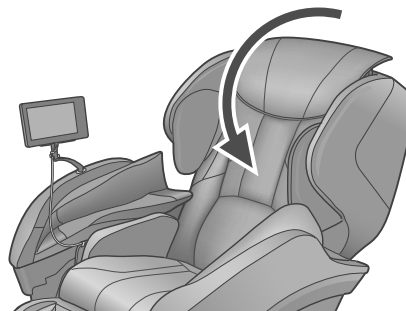
- 腿置台自動降低，靠背回到直立位置，按摩輪及腳掌滾輪收回原位。

稍微抬起腳掌，腳掌按摩部分即收回。



將按摩椅恢復至通常使用的位置

將舒適墊放在靠背上。



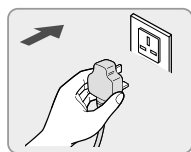
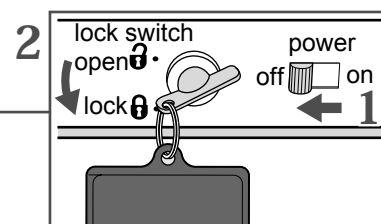
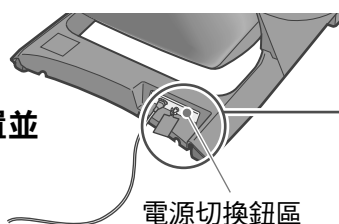
關閉電源

1 將電源切換鈕滑到「off」（關閉）位置。

2 將鎖定切換鑰匙轉到「lock」（鎖定）位置並取下。

3 將電源插頭從電源插座上拔下。

4 鎖定切換鑰匙必須放在兒童無法觸及之處。



警告

- 每次按摩後，請將機體背面的電源切換鈕轉到「off」（關閉）位置，將鎖定切換鈕轉到「lock」（鎖定）位置，然後移除鎖定切換鑰匙和電源插頭。（防止兒童誤用導致故障或受傷。）


移動主機體

移動時抬起主機

一人握住腿置台的側面，另一人握住靠背蓋凹槽，抬起並移動。
(TC10)

務必至少由兩人搬運
按摩椅！

用腳輪移動主機體

- 移除附近的障礙物
- 在靠背完全立起的狀態下移動。
如果按  兩次，靠背會升起。

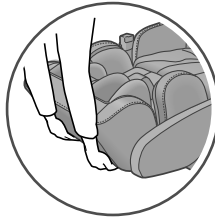
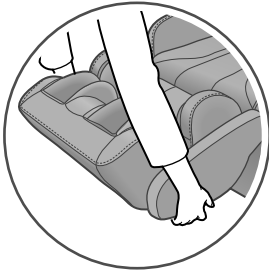
由於主機體較重，請小心避免背部受傷。

用腳輪移動時的抬舉重量	約35 kg
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握住腿置台側面並用腳輪移動主機體。



握住側面



請勿握住腿置台前部。
腳掌按摩部分
可能會滑動，且可能造成受傷。

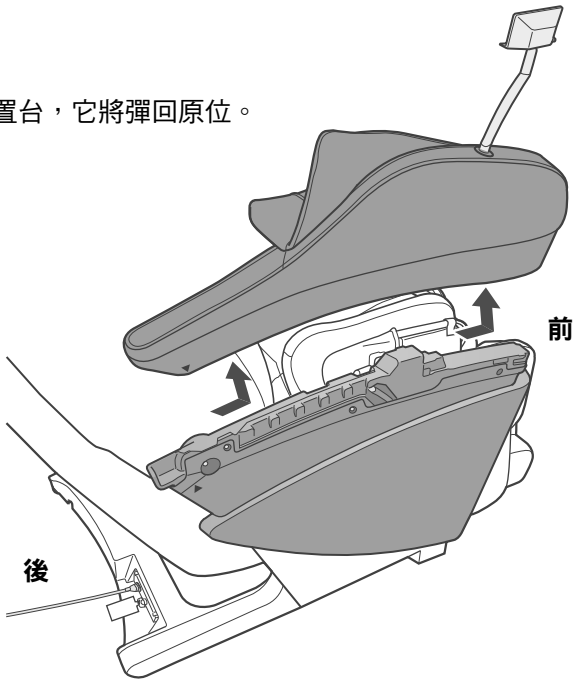
放下主機體時

- 慢慢放下主機體並留意腳下。
- 用手握住腿置台，直到完全放在地板上。如果太早放開腿置台，它將彈回原位。

拆卸扶手

拆卸扶手較容易移動。

- ① 拆下固定螺絲 (TC12步驟 1-③)。
- ② 將扶手向前滑並用雙手抬起。



完成按摩後
移動主機體

清潔和保養

切勿使用稀釋劑、汽油、酒精等化學品。

使用注意事項

- 穿著牛仔褲或彩色衣服等衣物使用本機時請小心。
(衣物可能褪色而沾染到人造皮革和布料)
- 請勿讓塑膠產品長期接觸人造皮革部分。(會導致變色)
- 如果使用美髮劑，請在可能接觸的部分鋪上毛巾。

人造皮革部分

用軟的乾布擦拭

- 切勿使用市面上含有乙醇成分的清潔劑。
(會導致變色、特性改變)
- 請勿用風筒等物品快速烘乾。



< 污垢嚴重時 >

- ① 用軟布沾清水擰乾、或以溫水加入廚房用的中性清潔劑 3 % - 5 % 而混成的稀釋液後，用軟布沾濕後擰乾。
- ② 以濕布輕輕擦拭表面。
- ③ 最後，用水清洗濕布並擰乾，然後擦去所有清潔劑。
- ④ 用軟的乾布擦拭。
- ⑤ 讓主機體自然風乾。



- 針對難以清潔的污垢，使用相同的中性廚房清潔劑溶液擦拭。

布料部分

- ① 用軟布沾清水擰乾、或以溫水加入廚房用的中性清潔劑 3 % - 5 % 而混成的稀釋液後，用軟布沾濕後擰乾。
- ② 用水或中性廚房清潔劑和刷子布料上的頑固污漬。
 - 小心勿過度擦拭布料以免損壞。
- ③ 最後，用水清洗濕布並擰乾，然後擦去所有清潔劑。



- ④ 讓主機體自然風乾。
 - 衣物可能褪色而沾染到人造皮革和布料，因此穿著牛仔褲或彩色衣服等衣物使用本機時請小心。

塑膠區域

- ① 用軟布沾清水擰乾、或以溫水加入廚房用的中性清潔劑 3 % - 5 % 而混成的稀釋液後，用軟布沾濕後擰乾。
- ② 最後，用水清洗濕布並擰乾，然後擦去所有清潔劑。
 - 擦拭操作器（觸控面板部分以外）之前請務必擰乾。
- ③ 讓主機體自然風乾。



觸控面板部分

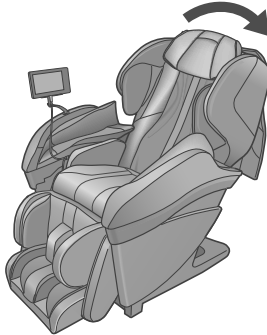
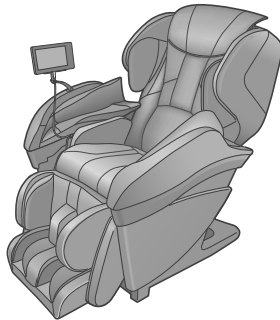


用軟的乾布輕輕擦拭，例如紗布。

< 污垢嚴重時 >

用沾水並擰乾的布擦去污垢，然後用乾的軟布（例如紗布）輕輕擦拭。



問答集（Q&A）

Q（問題）		A（答案）	
使用前			
向醫生諮詢	因生病而需定期覆診時，是否也可使用？	請先諮詢醫生後再使用。 按摩屬於「觸壓刺激」，是透過對肌肉施壓以獲得抒解的行為。此行為有可能會導致某些疾病惡化。因此必須諮詢醫生。 （TC4）	
	上半身的位置和腿的位置不一致。如何對齊按摩位置？	建議分開按摩上半身和腿部。 <div>● 僅按摩上半身 掀開舒適墊，露出靠背和頭枕以便使用。 </div> <div>● 僅按摩腳部 請將舒適墊裝在靠背的狀態下，使用小腿和腳掌按摩。 </div>	
使用方法	身高未滿140cm或超過185cm以上的人否可使用？	可以。 在進行位置掃描時，如對不準肩部位置，則建議採用以下方式。 〈未滿140 cm 時〉  請在椅座上鋪上坐墊，請坐到座位最深處。 對較高的人：請傾斜靠背使用。 對較矮的人：請立起靠背並提高腿置台使用。 〈超過185 cm 時〉  請讓靠背平臥，身體躺下。	
	一天可以使用多少次？	一天請勿使用超過30分鐘。 ● 使用16分鐘以上後，請休息約10分鐘。	

問答集（接續）

Q（問題）		A（答案）
使用時		
肩部按摩輪位置掃描*	肩部按摩輪位置掃描或按摩期間，發出7次短嗶聲（顯示 U10 ）且動作停止。發生什麼事？	<p>若由於以下原因而偵測不到身體，則按摩會停止以確保安全。</p> <ul style="list-style-type: none">● 使用者未坐入。● 頭部及／或背部未接觸靠背。● 有墊子放在靠背上或使用者穿著厚重衣物。<ul style="list-style-type: none">• 往後坐並輕輕往後靠，讓頭部接觸頭枕，按 ，然後按  重新開始。● 未掀開舒適墊。
上半身	上半身的按摩強度調整按鈕有時會無法操作。	<p>上半身按摩輪強度按鈕在下述情況下會無法操作。</p> <p>這是為了防止突然加強強度所刻意設計，並非故障。</p>
	調節位置後仍未立即運作...	<p>視按下位置按鈕的時機而定，按摩輪可能不會立即移動。（雖有些許的時間差，但並非異常。）</p> <p>如果按下按鈕時聽到限制音（嗶嗶嗶），表示已達最末端，無法再繼續移動。</p>
	感覺左右高度（強度）不同。	<p>以結構上來說，有時會出現左右不同的感覺。</p> <p>為了以更自然的感覺進行按摩，因而採用交替捶拍構造。因此，按摩輪在某些按摩中不會同時移動。在這些按摩中，感覺左右高度（強度）不同。但並非故障。</p>
	按摩輪有時會以斷斷續續的方式逐點移動。	<p>按摩椅正在偵測按摩輪上的壓力並改變按摩強度，按摩輪根據壓力可能會逐點移動，此為正常現象。</p>
腳掌	腳掌按摩輪有時會在模式開始前移動...	<p>模式開始前，腳掌按摩輪會移動至定位。</p> <p>此為正常現象，敬請安心使用。</p>
手・手臂	自動模式（包括記憶模式）期間，氣囊動作和腳掌按摩輪動作可能會突然停止並進入下一個操作...	<p>在自動模式期間，當開始臀部按摩或伸展操作時，氣囊動作和腳掌按摩輪動作將會停止。這是因為優先進行與滾輪移動相關的氣囊動作，以提升臀部按摩或伸展操作的效果。</p> <p>因此，當左右交替地進行手臂按摩時，每隻手臂的按摩次數可能不同。</p>

* 肩部按摩輪位置掃描：測量身體的動作。

Q (問題)

A (答案)

使用中 (接續)

斜臥

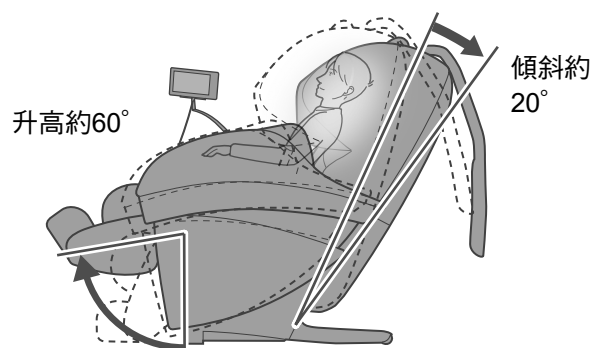
主機體有時會自動改變靠背、腿置台、扶手角度...


遇到以下情況時會自動改變角度。

- 掃描肩部按摩輪位置時


機體會自動移動並傾斜至方便掃描按摩位置。

- 機體深度傾斜時，不會進行移動。




- 按  結束按摩時。

會自動回到立起狀態。

- 當結束定時運作時，將只有腿置台返回原位。
- 如果按  結束按摩，則所有操作將立即停止，角度不會自動改變。

按摩後，靠背未恢復成直立位置。

動作透過定時器操作停止時，只會收回腿置台。

按  兩次將靠背恢復成直立位置。

使用後

手及手臂

使用手及手臂按摩後，我的手、手臂下側有紅色痕跡。

使用後，手和手臂上可能會留下痕跡。痕跡會隨著時間消失，請勿擔心。

問答集 (Q&A)

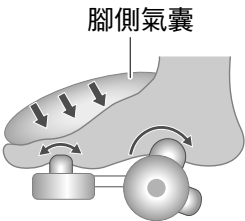
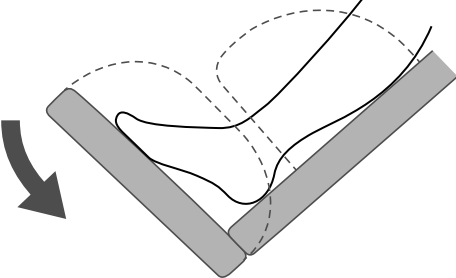
問答集（接續）


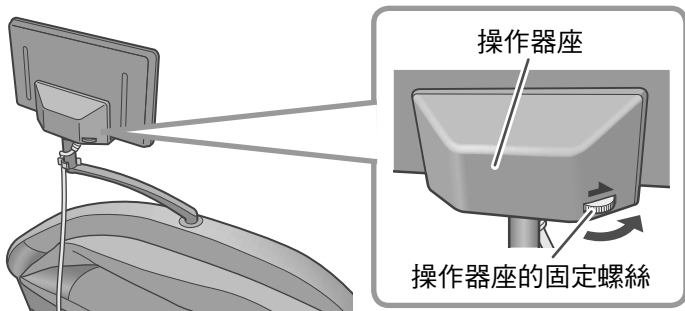



Q（問題）	A（答案）
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如何調教位置

肩部按摩輪位置掃描*	肩部按摩輪位置掃描期間找不到正確的肩部位置。 (肩部位置每次都變動。)	某些坐姿（例如向前傾）可能導致無法正確掃描肩部按摩輪位置。 使用「▲」和「▼」按鈕調整肩部位置。（TC20至TC21） 為了進行更正確的掃描，請坐入最深處並輕輕往後靠，讓頭部接觸頭枕（靠背）。
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如何調教力度

上半身	自動模式「在最強設定下仍不夠強」或「在最弱設定下仍太強」。	請嘗試以下方式。 ●為模式設定最大強度，但強度不足。 將靠背向後傾，可藉由體重向下壓，以提高按摩強度。 ●為模式設定最小強度，但強度太高。 將布或毯子放在靠背上可減輕按摩輪的接觸感。
臀部	臀部按摩很弱...	請坐得更深。 坐得更深時，靠背與臀部之間的空隙變小，按摩輪會更容易接觸身體。（TC28）
手及手臂	是否能同時執行手及手臂按摩？	交替執行按摩，以確保使用者可在察覺異常或危險時停止操作。
腳掌	即使調整後，也幾乎感覺不到腳掌按摩輪的強度有任何差異...	腳掌按摩輪強度是由固定腳掌的腳側氣囊強度調整。 因此，視乎操作模式而定，可能會感覺不到強度差異。 
	即使是最弱設定下，腳掌按摩輪仍太強...	稍微降低腳掌按摩部分，使腳跟抬起，這會減弱滾輪的效果。 


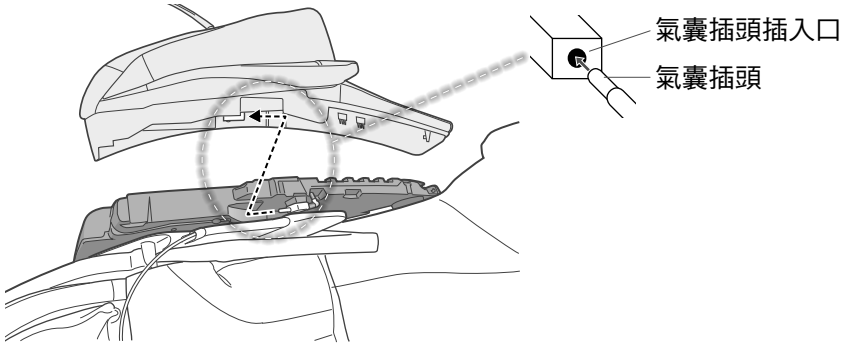



Q （問題）		A （答案）	
其他			
操作器	操作器座不穩。	<p>鎖緊操作器座的固定螺絲。</p> <p>朝  方向轉動安裝螺絲，將操作器座固定得更緊。</p> <ul style="list-style-type: none">• 操作器座無法完全固定，以便調整至所需的位置和方向。 <div></div>	
	操作或位置的顯示似乎不同…	<p>顯示的動作表示粗略的移動。</p> <p>實際移動或感覺可能不同。</p>	
聲音	長時間使用下來，聲音越來越大聲…	這可能是故障。請聯繫Panasonic 服務中心進行檢查和維修。	
定時功能	有無定時功能？	<p>有。</p> <p>為了防止過度使用，按摩會在開始後最長19分鐘內自動結束。 （TC28）</p> <p>當時間一到，腿置台會自動降低，按摩輪收回。</p> <p>按  即可再次使用。</p>	
	時間是否因模式而異？	定時功能的時間設定因模式而異。 （TC28）	<div><p>全身自動按摩</p><p>揉撫放鬆 揉按鬆弛 深層指壓 身體伸展 氣囊按摩 快速按摩</p><p>約19分鐘 約16分鐘 約10分鐘</p></div>
	是否能自行變更時間設定？	不能。 已預先設定各個模式的時間。	<div><p>選擇喜愛的部位</p><p>約19分鐘</p></div>

問題解決

請查閱以下「問題」並採用「補救方法」。
處理後仍有異常時，請聯絡 Panasonic 服務中心。
關於要求維修時的細節，請參閱TC51。

問題	原因和補救方法
按摩輪突然停止運作。	停電。 → 由於操作已停止，請按  兩次使靠背和按摩輪回到收納位置，然後再次開始使用。 (即使已復電，操作也不會重新開始。)
	如果在操作期間對按摩輪施力過大，基於安全起見，動作可能會停止。 → 關閉電源切換鈕，等待約10秒，然後再次開啟電源切換鈕。
	如果在模式進行過程中回到清單選擇畫面，則操作會停止。
椅座無法傾斜，腿置台無法降低。	若本機作業時遇阻礙物或過度的外力，為安全起見，本機將停止作業。 → 靠背和腿置台停止後，將機體背面的電源切換鈕轉到「off」(關閉)位置，約10秒後再切換至「on」(開)，然後操作主機體。
按摩輪未往上移至肩部或頸部。	若頭部未接觸頭枕或背部未接觸靠背，則在肩部按摩輪位置掃描期間，肩部位置可能會被偵測為低於實際位置。 → 坐進座位最深處，把頭靠在頭枕上，然後從頭開始重複操作。 (TC20至TC21)
左右按摩輪的高度不同。	採用交替敲打法，因此這是自然現象。主機體沒問題。 (TC40)
「溫熱」按摩輪未變熱。	「溫熱」設為「關閉」狀態。
	按摩輪的溫熱感會因體形、按摩身體部位、按摩動作、衣物及室溫而異。
即使關閉「溫熱」按摩輪功能，仍能感覺到熱度。	由於加熱器的結構，因此「溫熱」按摩輪加熱後會因為餘熱而保持溫熱一段時間。
	關閉「溫熱」開關後繼續按摩相同部位可能會提高體感溫度。
開始按摩後並未傾斜。 (座位無法自動傾斜。)	如果靠背下降超過20° 則不會自動傾斜。 (TC41)
靠背並未返回直立的位置。	如果透過自動關閉或按  停止主機體，則不會自動返回以確保安全。 → 若要從傾斜位置回到原位，請按  兩次。

問題解決（接續）


問題	原因和補救方法
機體完全無法運作。	停電。
	電源插頭已拔下。 (TC11)
	主機體的電源切換鈕設定在「off」（關閉）。
	已啟用兒童安全鎖。 (TC16)
	未進行按摩模式選擇或身體部位選擇。
觸控面板無法使用。	<p>觸控面板可能會因附近其他電子裝置的干擾而無法使用。</p> <p>→ 按  按鈕並關閉主機背面的電源切換鈕。約10秒後，將電源開關轉回「on」（開）即可使用。</p>
無法按摩手及手臂。	<p>若未固定扶手，則氣囊插頭可能會從氣囊插頭插入口鬆脫。</p> <div data-bbox="641 937 1487 1278">  </div> <p>→ 檢查氣囊插頭的連接並安裝扶手。 (TC12)</p>
有時在按摩完成後再按  時，電源無法開啟。	<p>按摩完成後約需5 秒，再按  。</p> <p>→ 所有移動停止後，等待至少5秒再按  。</p>
	已啟用兒童安全鎖。 (TC16)
在觸控面板上可看到紅色、藍色或綠色像素。	不亮、持續亮起、看起來不平均或出現色偏的瑕疵像素是觸控螢幕的特性，屬於正常現象。
本機已毀損。	→ 為防止意外，請務必聯繫Panasonic 服務中心。 (TC51)
電源線或插頭溫度過高。	

故障顯示

<故障顯示的例子>

U10

為安全起見，如果未能確認使用者坐姿安全，按摩模式將終止。
如果使用者坐姿適當，但仍產生錯誤訊息，請按下緊急停止開關，重新躺坐，然後重覆操作。

故障顯示	目錄
U10	基於安全起見，如偵察到沒有人坐在本機時，動作將自動終止。如果就座後仍發生此錯誤，請按  ，完全坐進椅內，再次從頭開始操作。
F03 ~ F39	這是按摩椅的內部故障。 請停止使用，請向Panasonic 服務中心查詢及維修。 (如果聯繫時提供故障代碼，維修將會進行得更順利。)

在意聲音或感覺時

使用按摩椅時會有以下的聲音和感覺。但這些是機器構造所致，完全正常。

來自各個氣囊按摩部分（關於各個氣囊按摩部分的位置，請參閱TC8）

「劈啪」、空心、彎曲和推擠的聲音

氣囊按摩操作期間，氣囊的充氣聲及氣囊互相摩擦時的聲音和感覺。

「砰砰」、「咚咚」聲

按摩輪與布料皺褶摩擦的聲音

「咯咯」、「嘎吱」、「沙沙」聲

揉按、捶拍動作等動作聲

「嘎吱」聲

按摩輪運作時的嘎吱聲

「咯咯」、「抽動」聲

按摩輪上下移動時的運作聲

「隆隆」聲

皮帶運轉聲

馬達聲

施加空氣壓力時的馬達聲

「咚咚」、「抽動」聲

按摩輪從「推」變成「拉」時的聲音

「摩擦」聲

按摩輪在椅座布料上的摩擦聲

「沙沙」聲

坐入時的聲音

「沙沙」聲

椅座傾斜時，舒適墊在扶手上移動的聲音

「沙沙」聲

靠背和扶手的摩擦聲音

「咚咚」聲

小腿伸展操作時的咚咚聲

「砰砰」、「咚咚」聲

按摩輪與布料皺褶摩擦的聲音

「嘎吱」聲

腳掌按摩輪運作時的嘎吱聲

馬達聲

施加空氣壓力時的馬達聲

「咚咚」、「抽動」聲

腳掌按摩輪在「向前」與「向後」之間切換時的聲音

「沙沙」、「摩擦」聲

腳掌按摩輪在布料上的摩擦聲

馬達聲

馬達聲

「嗖嗖」、「嘶嘶」聲

氣囊排氣聲

泵聲

來自椅座下的泵動作聲

「砰砰」、「抽動」聲

來自椅座下的閥門動作聲

在意聲音或感覺時
故障顯示

聲音變大時有可能是故障。

● 如有此狀況，請委託Panasonic 服務中心檢修。

規格

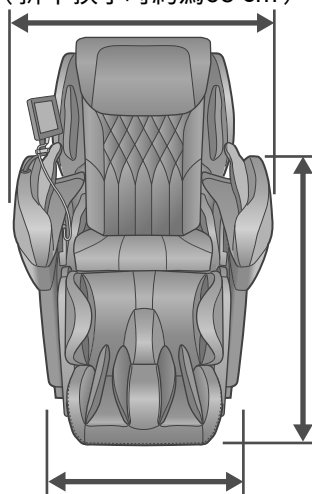
關於電源		AC 220 V 50 Hz
消耗電量		135 W (操作器「關閉」時約為0.3 W)
加熱器消耗電量		23 W
上半身按摩	按摩區域 (上下)	約 79 cm (按摩輪總共移動約63 cm)
	按摩區域 (左右)	揉捏操作期間的按摩輪間距 (包括按摩輪寬度) 頸部、肩部和背部：約5 cm 至 21 cm；腰部和臀部：約5 cm 至 25 cm 垂直移動和脊柱伸展的按摩輪間距 (包括按摩輪寬度) 約5 cm 至 17 cm
	按摩區域 (前後)	強度調整範圍：約10 cm
	按摩速度	揉捏：約每分鐘 4 次至每分鐘73 次 敲打：約每分鐘190 次至每分鐘 520 次 (一側) 移動速度：大約每秒1 cm 至每秒 5 cm
氣囊按摩	氣壓 (膝蓋後方)	3：約 34 kPa 2：約 31 kPa 1：約 18 kPa (按摩部位不同而稍有差異)
腳掌按摩	按摩速度	約每分鐘8次至每分鐘21次
傾斜角度		靠背：約120° 至 170° 腿置台 (小腿與腳掌按摩部分)：約5° 至 85°
定時器		約19分鐘 (自動結束)
尺寸	未傾斜時 (高 × 寬 × 深)	約120 cm × 85 cm × 130 cm
	傾斜時 (高 × 寬 × 深)	約79 cm × 85 cm × 200 cm
重量		約87 kg
布料		人造皮革

如果使用者體重為 100 kg 以上，則產品運作可能會發出更多噪音，布料外罩可能會磨損得更快。

主機體尺寸

正面

最大寬度：約 85 cm
(拆下扶手時約為68 cm)

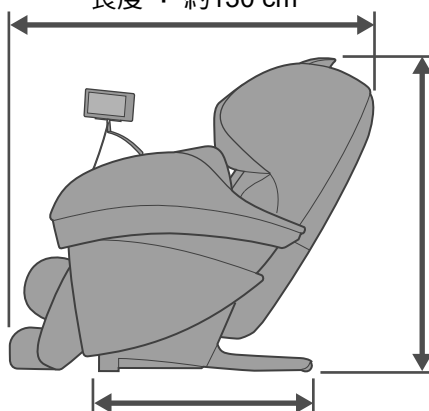


扶手高度：
約81 cm

底部寬度：約64 cm

側面

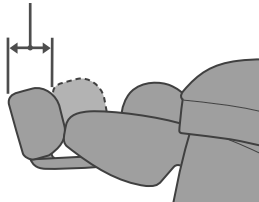
長度：約130 cm



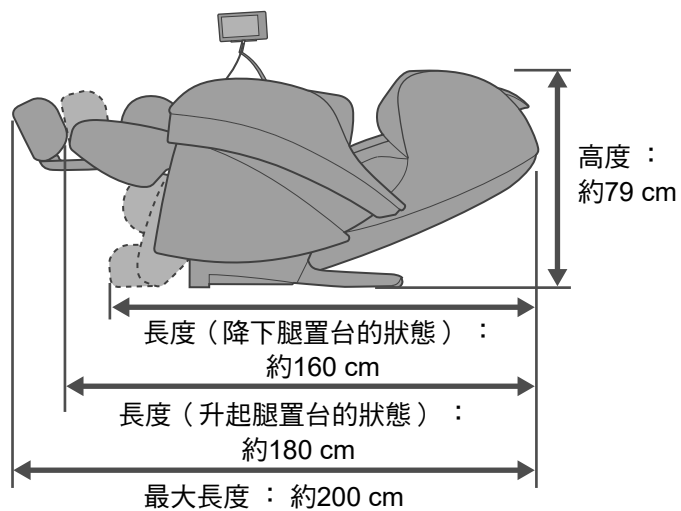
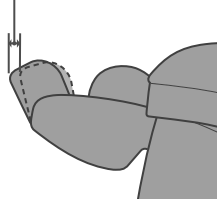
靠背高度：
約120 cm

接地部分長度：約79 cm

腳掌按摩部分的延伸
長度：約18 cm



腳掌按摩部分移動：
約2 cm



高度：
約79 cm

長度（降下腿置台的狀態）：
約160 cm

長度（升起腿置台的狀態）：
約180 cm

最大長度：約200 cm

規格

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