

**Panasonic**<sup>®</sup>

**Operating Instructions**  
**使用說明書**

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

Model No.      **EP-MAF1**  
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。



# Check interesting items immediately!

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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.

 <b>WARNING</b>	Denotes a potential hazard that could result in serious injury or death.
 <b>CAUTION</b>	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
- (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 suffering from tenosynovitis
- (7) Persons who have a wound where the massager operates
- (8) 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)
- (9) Persons who require bed rest or who are in poor physical shape
- (10) 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, disassemble or repair the unit.

(Otherwise it may lead to fire, or 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 use the massage rollers on your head.
- Do not use the unit on any body part where a medical device is implanted or worn and the area around it.
- 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.)
- Select a gentle massage when using for the first time.
- 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.
- Keep an eye on your children to make sure that they do not play with the unit.
- 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, ignition, 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, ignition, 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. (Otherwise it may damage flooring.)

- 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.)




- 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 not using.  
(Since dust and humidity deteriorates insulation, which may result in fire due to electrical fault.)

### 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 use the hand & arm massage section with only tips of fingers inserted.
- Do not use the sole massage section with only tips of toes inserted.
- Do not place your knees between the leg & sole massage section.  
(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.
- Do not fall asleep while using the unit. Do not use the unit after drinking alcohol.  
(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.
- 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.  
(Otherwise it may lead to accident or injury.)
- Remove the accessories (hair ornaments, necklaces, watches, rings, artificial nails, etc.) on the massage parts.  
(Otherwise it may lead to injury.)
- Do not drop anything from your pockets, etc. into the gaps of the device.  
(Otherwise it may lead to loss.)

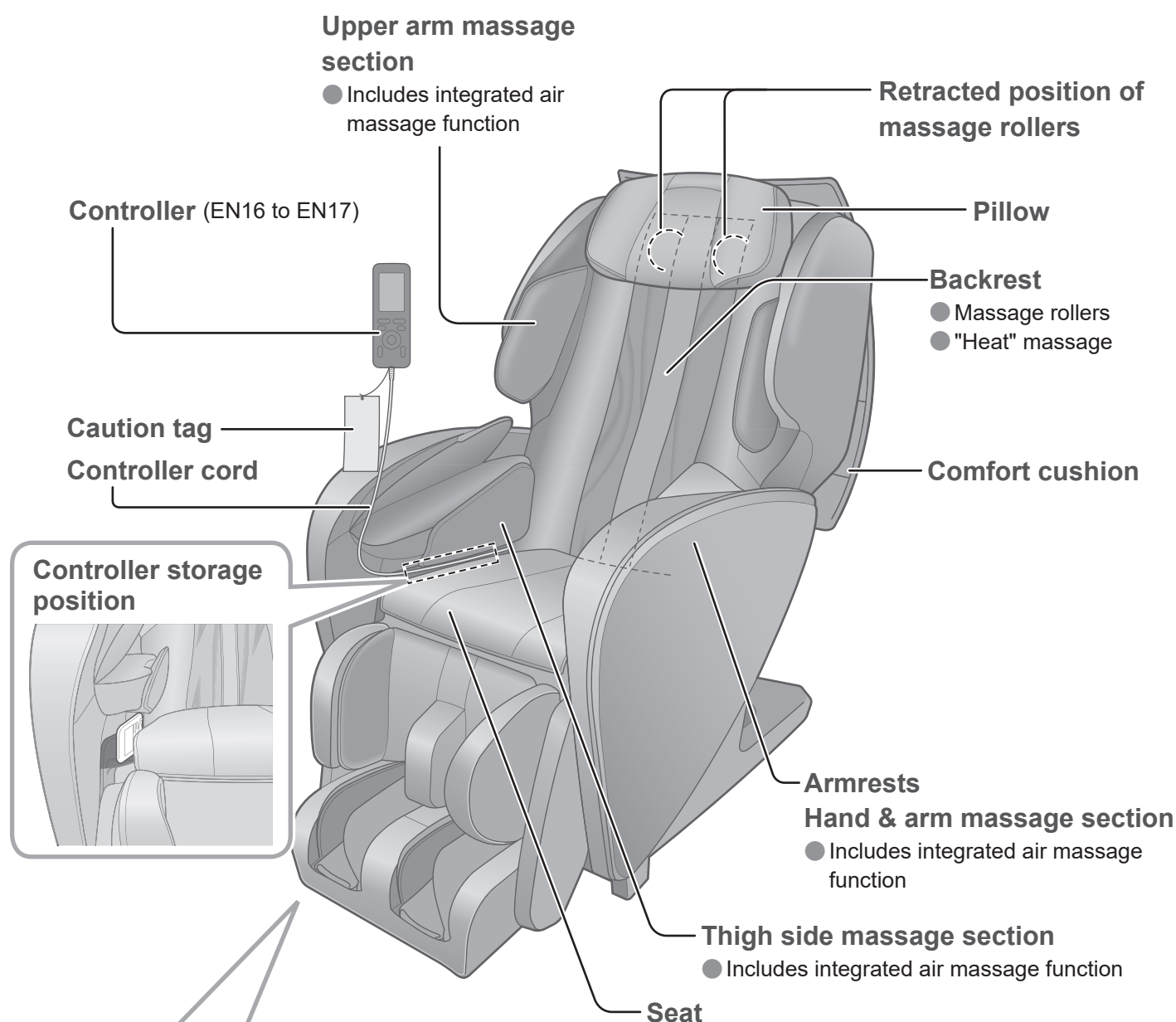
### Take note of the following points as well

-  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.)

### GROUNDING INSTRUCTIONS

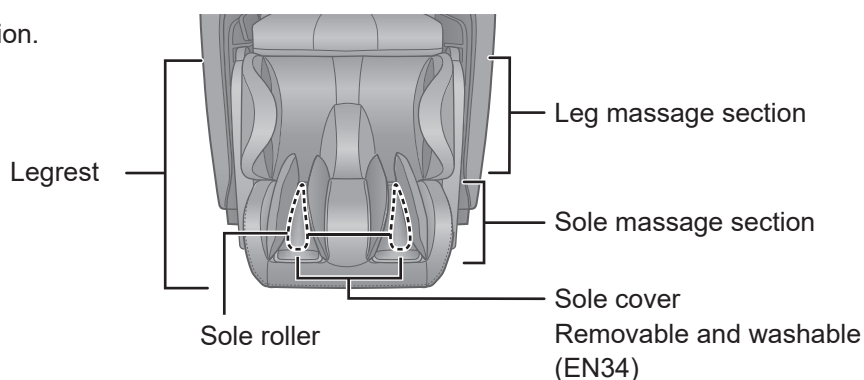
- This unit must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.
- This unit is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into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

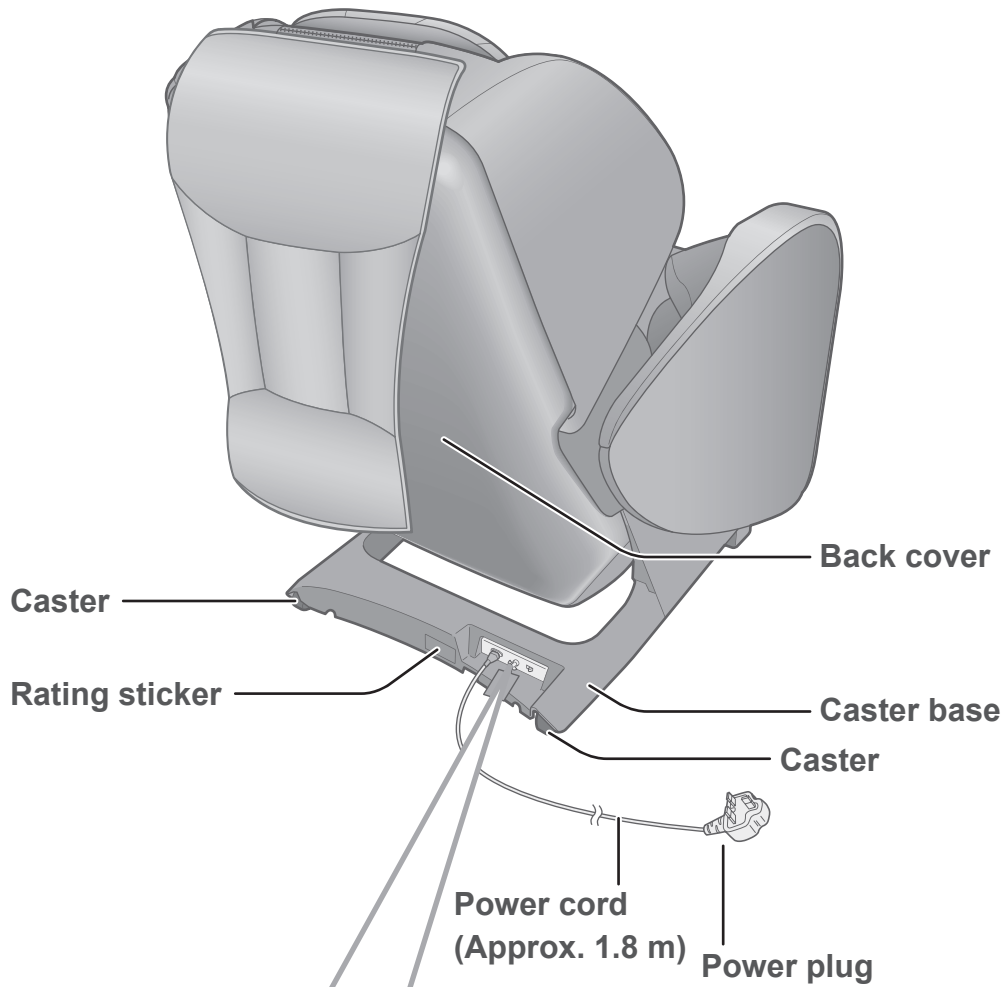
# Part names and functions of main unit



## 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**

The diagram shows a close-up of the control panel. On the left is a 'Lock switch' with an 'open' (unlocked) and 'lock' (locked) position. On the right is a 'Power switch' with 'off' and 'on' positions. A 'Lock switch key' is shown inserted into the lock switch, and a 'Lock switch key tag' is attached to it. A small black dot is shown next to the key tag.



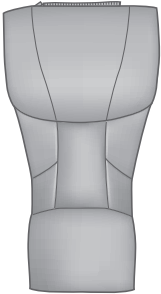
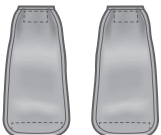
● For preventing children from swallowing it by accident

Condition of chair at time of purchase

- Lock switch "open"
- Power switch "on"

# Setting up the massage lounger

## 1) Checking the accessories

<ul style="list-style-type: none"> <li>● Pillow</li> </ul> 	<ul style="list-style-type: none"> <li>● Lock switch key (1 pc.)</li> </ul>  <p>This is initially inserted in the lock switch of the power switch section prior to leaving the factory.</p>	<ul style="list-style-type: none"> <li>● Comfort cushion</li> </ul> 	<ul style="list-style-type: none"> <li>● Sole covers</li> </ul>  <p>Attached to the main unit prior to leaving the factory.</p>
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## 2) Where to use the unit

Ensure there is adequate space to recline.

- Unit body dimensions 

Height approx. 120 cm × Width* approx. 68 cm × Depth* approx. 200 cm
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 (See EN46 for detailed unit dimensions.)

\*When installing near a wall, etc.

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

**Two or more persons!!**



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

<b>Unit weight</b>	Approx. 73 kg
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- 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.

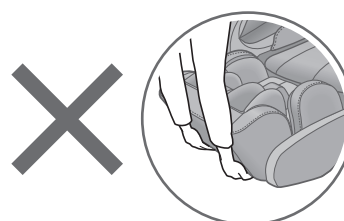


- Hold the sides of the legrest.
- Hold the legrest with your hands until it has been set on the floor completely.

- If you release the legrest too soon, it will spring back to the initial position.

### Do not hold the foot part!

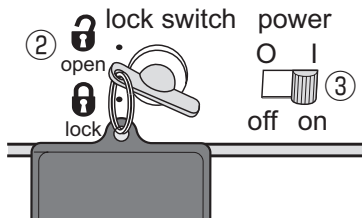
The sole massage section might slide, and injuries may occur.




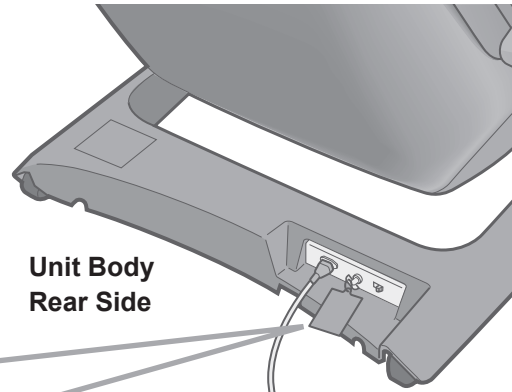
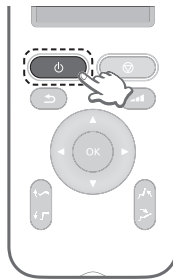


#### 4) Turn on the power and raise the backrest to the upright position

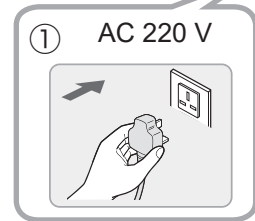
- ① Insert the power plug into the power outlet.
  - Always be sure to insert into an AC 220 V plug.
- ② Confirm the lock switch key is set to the "open" position.
- ③ Confirm the power switch is set to the "on" position.



- ④ Press  on the controller twice.
  - Press it once, and then press it again after the screen appears.
  - Backrest will rise automatically.



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



# 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.)




## Flip up the comfort cushion to check the main unit

If you are using a cloth or blanket to soften the contact sensation of massage rollers, please remove it and check the main unit.

### Check the following points:

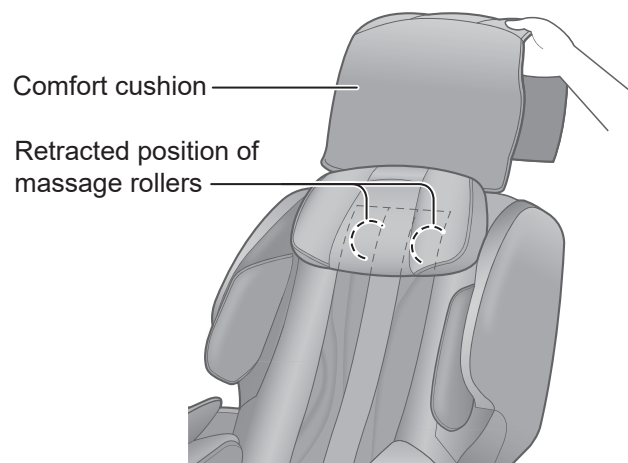
- Is the main unit fabric torn?
- Are there foreign objects sandwiched in the main unit?
- Are the massage rollers in their stowed positions?

- **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. (EN38)
- The comfort cushion can be removed with the fastener.



## **WARNING**

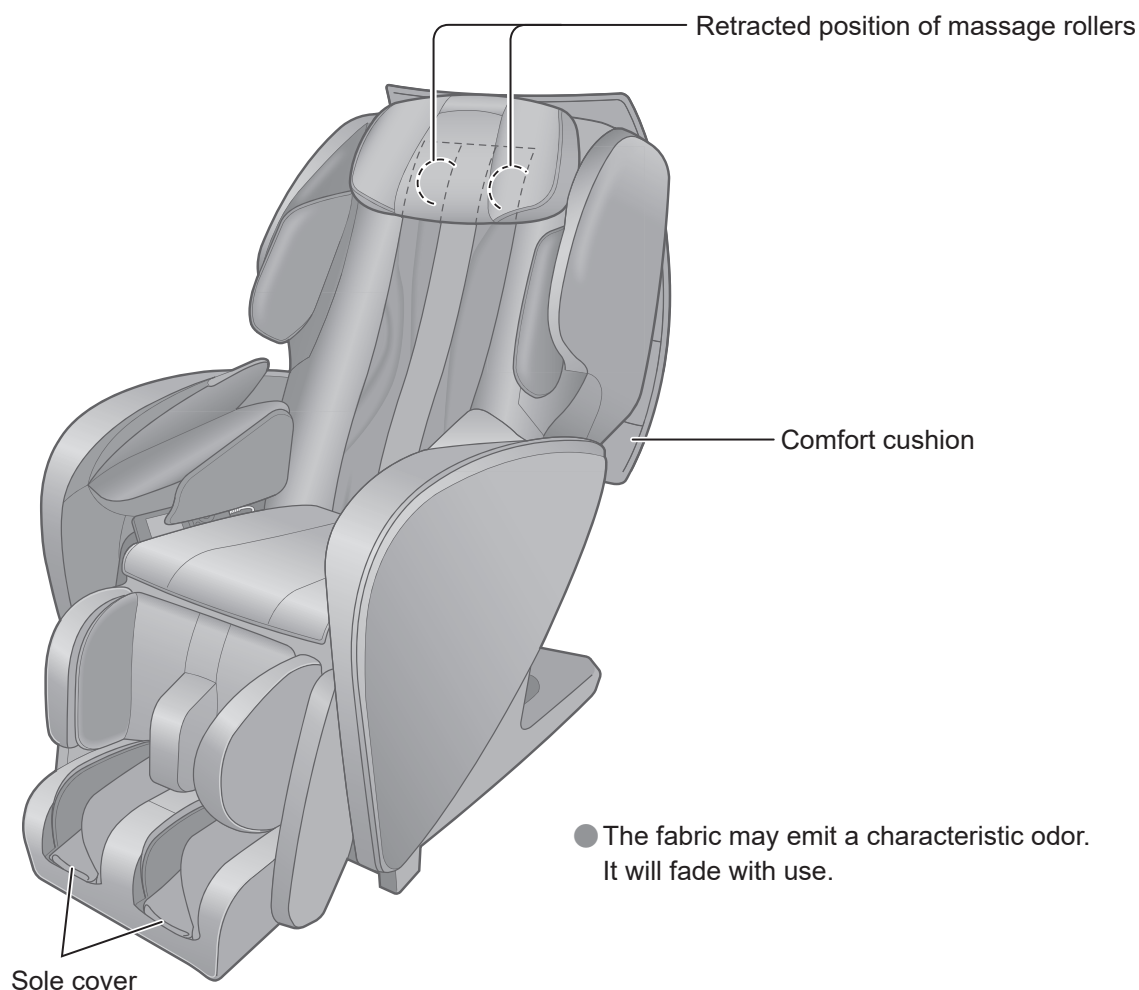
- Always check the fabric covering the backrest or legrest movable parts has not been ripped before using the unit. Please also check other areas to ensure the fabric has not been ripped. No matter how small the rip, if you find one then immediately stop using the unit, unplug the power plug and have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



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

(EN11)

Before starting massage



## Flip up the sole cover to check the main unit


### Check the following points:

- Is the sole cover or the main unit fabric torn?
- Are there foreign objects sandwiched in the main unit?

### <About the sole cover>

- Due to the characteristics of the fabric used for the sole cover, the fabric may be crushed or partially whitened by repeated use.  
(You cannot restore it to its original state even after washing it, which does not affect its use.)
- If you are concerned about creases, please iron it. (EN34)
- If the sole cover is torn, you can buy a new one from your dealer. (EN47)

## Check the legrest position

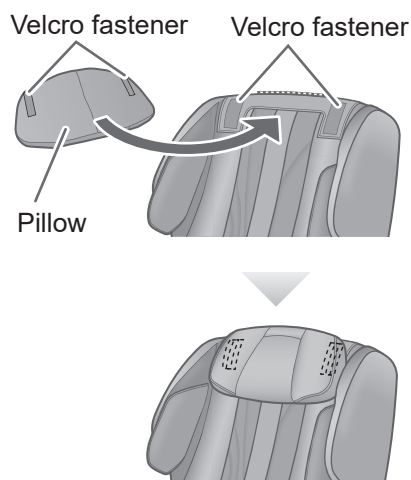
- Make sure the legrest is in the fully lowered position.  
(The legrest contacts the floor in the completely lowered state.)
  - **When the legrest is not fully lowered**  
The legrest will lower by pressing  on twice.

## Before starting massage (continued)

- In order to deliver an effective massage, place your body in the right position.  
Re-align the position if any position drifts during massage.

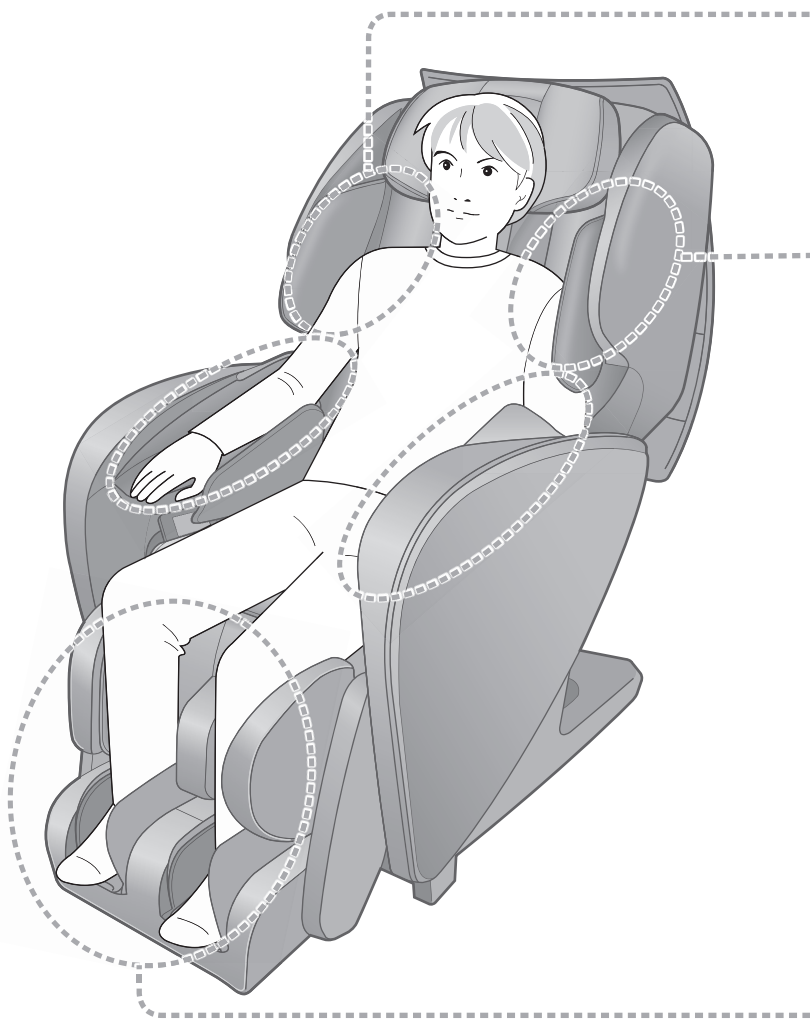
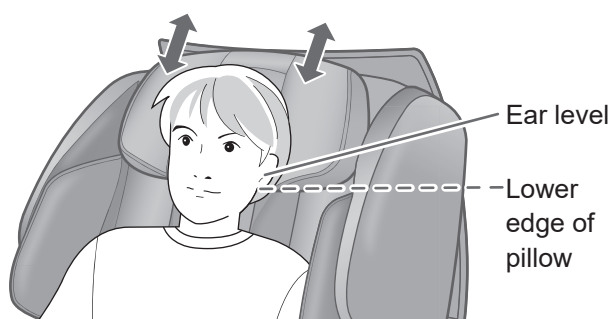
### Adjust the pillow position

Attach the pillow using the velcro fastener.



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.
- As the pillow is easily soiled, it is recommended to spread a towel over it. (Otherwise it may cause staining or discoloration of the fabric.)



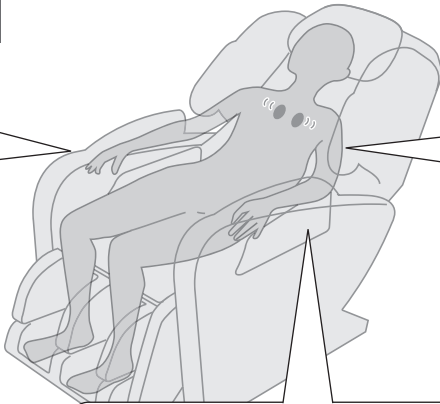
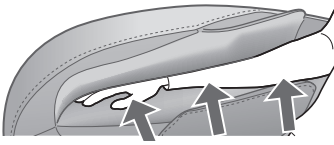
### Check your sitting position

In order to deliver an effective massage, sit down all the way to the back with your bottom in contact with the backrest.

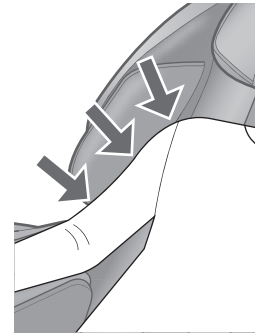


### Hand & arm massage

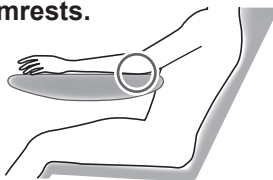
Insert hands and arms deeply into the section.



Place the shoulders and arms so that they come into contact with the upper arm massage section.



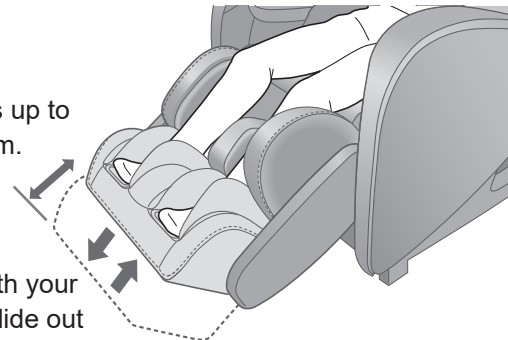
Align elbows with armrests.



### 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 slides up to about 18 cm.

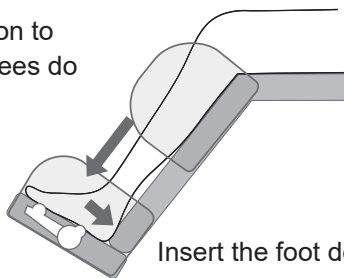


Push with your feet to slide out

Lift your feet slightly and the sole massage section returns

### Leg & sole massage

Slide the section to ensure that knees do not float.



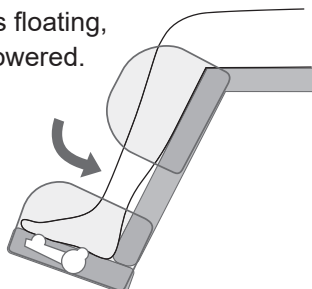
Insert the foot deeply.

**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

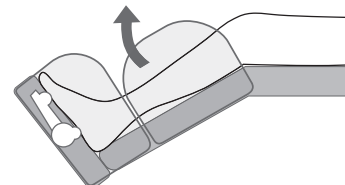


**For short individuals:** Soles do not reach the bottom.

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



Rising



# Part names and functions of the controller

## Controller

### 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.

### BACK button

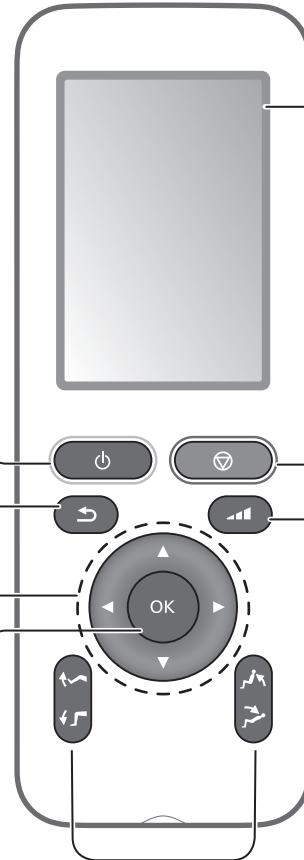
- Returns to the previous screen.

### Vertical selection/adjustment button (▲/▼)

### Horizontal selection/adjustment button (◀/▶)

### OK button


- Executes the operation or function selected on the display.



- A confirmation sound will sound when the operation is accepted.

### Display section

### 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.
  - When you press the button, you will hear a confirmation beep sound.


### Intensity button

- Displays the screen for adjusting the strength of back massage rollers and the strength for upper arms/arms, thighs/ legs, and soles.

### Press the reclining angle adjustment button



Press to adjust.

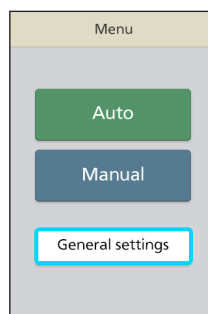
- Press  turn the power of the controller on to use the massage lounger.
- Backrest and legrest angles can be adjusted.
- Armrests will move in conjunction with the reclining of the backrest.
- When holding down the adjustment buttons, chair adjustment will continue until you hear the limit sound (beep-beep-beep).

If you press Emergency stop button, turn off the power switch on the back of the main unit, or unplug the power plug, massage rollers may move automatically the next time you use it. During that time, the display on the right appears, but this is not a malfunction. After the massage rollers has moved for a while, it can be used normally.



### About language selection

The language selection screen will be displayed only the first time when the control unit is activated. (See EN27 for setting and changing)

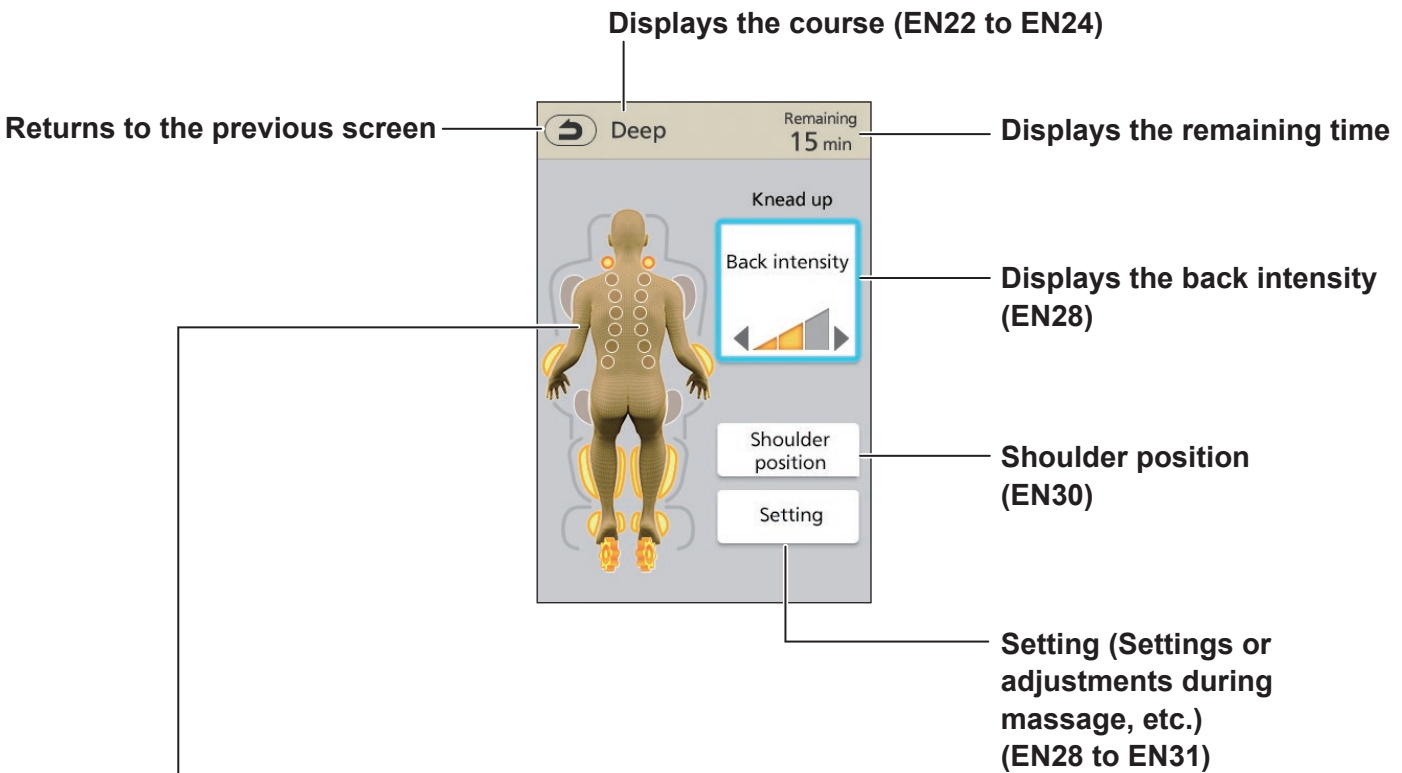


## Screen displays during massaging operations

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

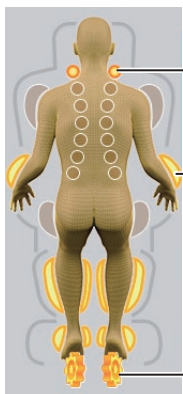
### <Viewing screens>

The "Auto" course is used as an example for the screen displays shown below.



### Display of the operation and position

- 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

- Flashes to display the position of the massage roller currently being performed.

#### Air

- Lights up to display the currently selected air massage operation.
- Flashes to display the position of the air massage currently being performed.

#### Sole

- Flashes during operation.

# Simple use

**Menu** → **Course & action selection**

**Just select the course and let the machine do the massaging**

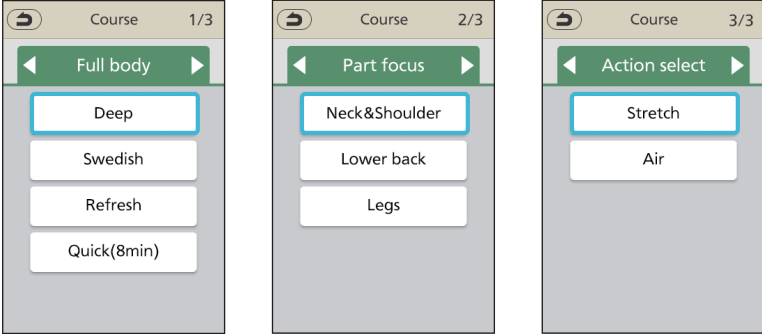
**Auto**

When you want a complete massage (EN22 to EN23)

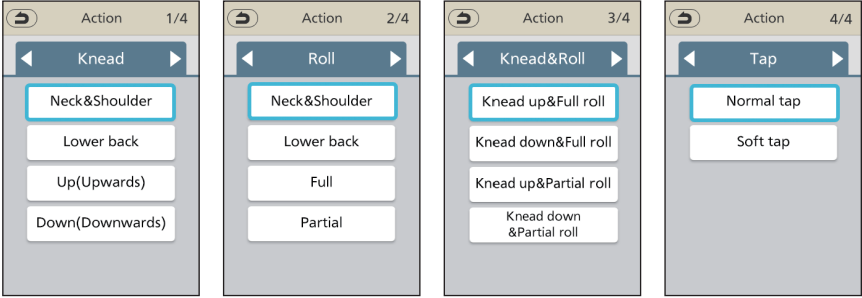
**Message with your favorite action**

**Manual**

When you want to massage with your favorite action (EN24)



Select one course, press **OK**

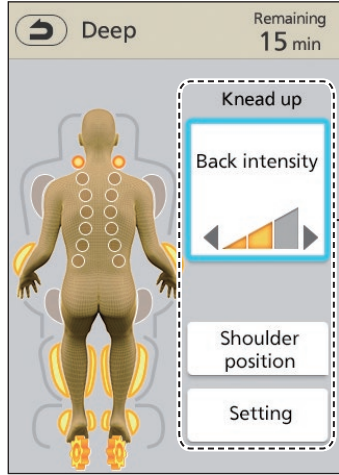
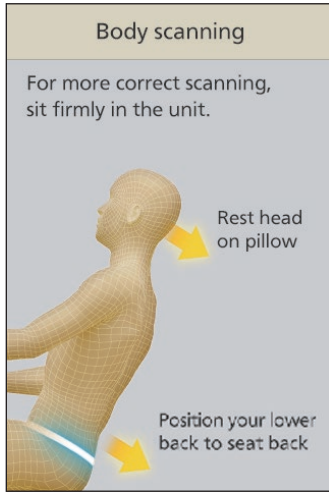


Select one action, press **OK**

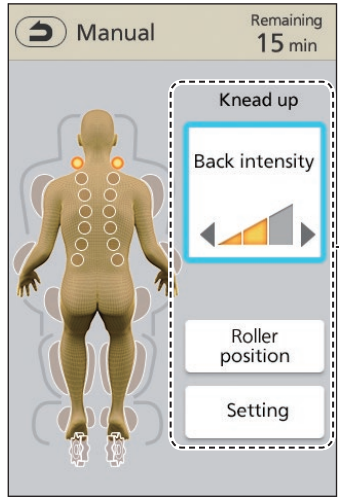
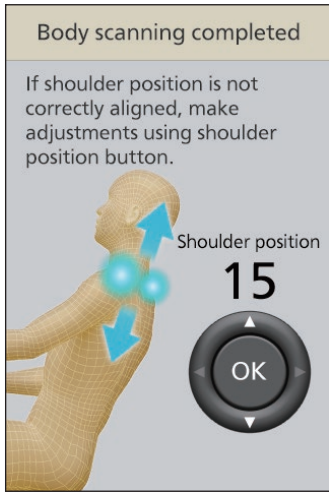


➔ **Body scanning** ➔ **Start the massage and adjust to suit your desire**

● See EN20 to 21 for details.



Actions can be adjusted. (EN28 to EN32)



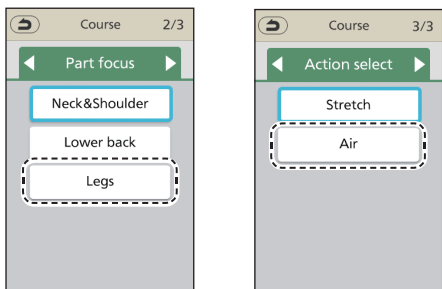
Actions can be adjusted. (EN28 to EN32)

Simple use

Body scanning is not performed when any of the followings is selected.

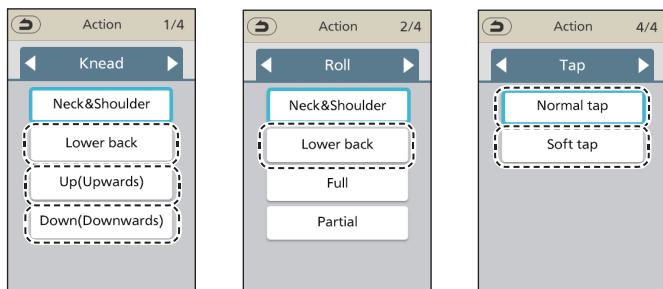
■ **Auto**

<When Legs course and Air course are selected>



■ **Manual**


< When Lower back Knead, Up(Upwards), Down(Downwards), Lower back roll, Normal tap, Soft tap are selected>



# Body scanning

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

## Body scanning flow

Select one course or one action, press 



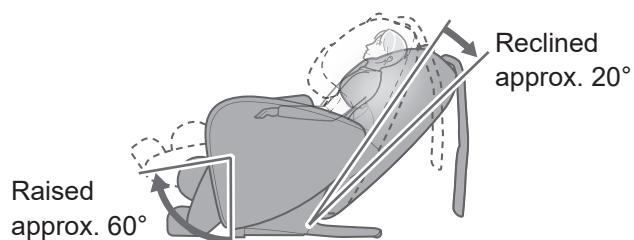
The unit body moves automatically and becomes reclined to an angle suitable for body scanning.



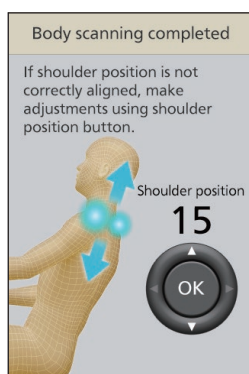
- If you have adjusted the reclining before use, the angle will not change.


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

- For adjustment of the position of the pillow. (EN14)

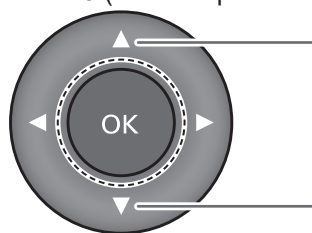


### ■ Shoulder tapping position is not aligned




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

- The shoulder position can be adjusted from 1 (for shorter persons) to 20 (for taller persons).



Moves approx. 1.5 cm up or down for each press.

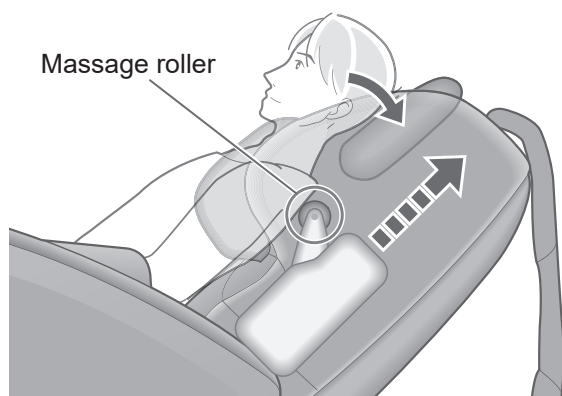
When  is pressed, the body scanning is completed and the massaging is started.



## Body scanning

## Complete

- While a beeping sound is being made, the massage roller slowly rises to the top.



### Be sure to put your head on the pillow.

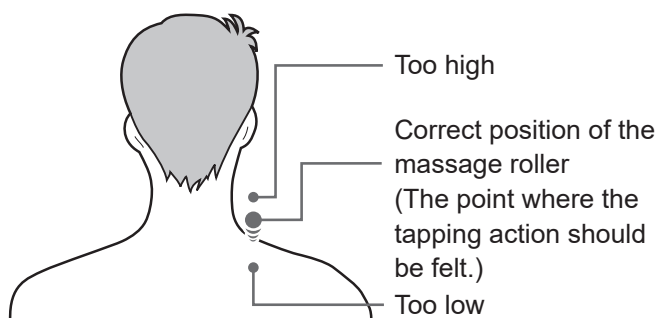
- Do not move your head from the pillow until you have determined the shoulder position.  
If the correct shoulder position is not be found, an error message **U10** may appear, and the operation may get terminated.  
(Error display EN43)

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



- Even during the tapping action, when you press **OK** body scanning will end and massage will start.  
If **OK** is not pressed, massage will start after about 1 or 2 seconds.
- 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.

Body scanning

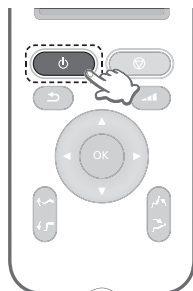


- If the shoulder position is greatly shifted, one press of **Power** will stop the action. Rest your shoulders back against the backrest firmly and press the button to start again.

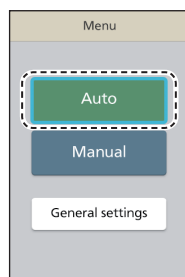
# When you want a complete massage

- 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.

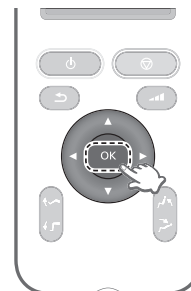


## 2 Select "Auto" from the menu.

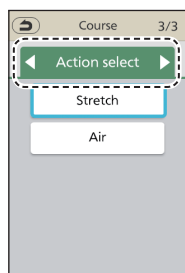
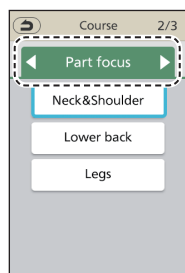
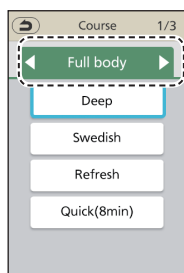


Select with ▲ or ▼.

## 3 Press OK.

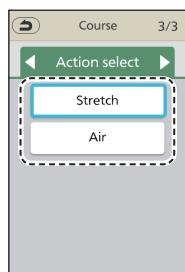
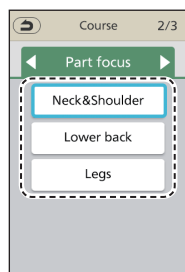
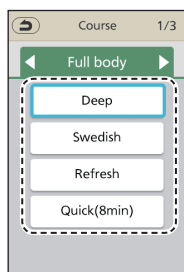


## 4 Select the type of your desired auto course from "Full body", "Part focus" and "Action select".



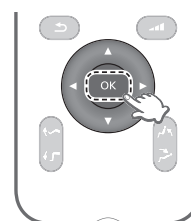
Select with ◀ or ▶.

## 5 Select one course from the type selected in Step 4.



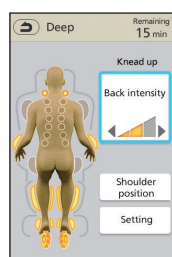
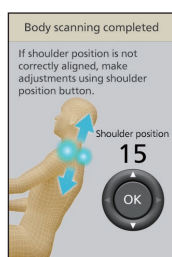
Select with ▲ or ▼.

## 6 Press OK.



- Start body scanning. (EN20 to EN21)
- Body scanning may be skipped depending on the selected course. (EN19)

## 7 After body scanning ends, massage starts.



- Displays for massage action.
- During the massage, you can create favorite settings. (EN28 to EN32)

## 8 After the massage is started, it will automatically end in a maximum of approximately 15 minutes. Massage finished automatically.

## ■ Features of Auto course

### <Full body>

Deep

15 minutes

#### When you want to firmly loosen your body as you have a stiff neck, frozen shoulders, and a very tired waist

Gently loosens tension by firmly stretching your waist from your neck and shoulders with massage actions such as Knead, Tap, Neck&Shoulder, and Lower back roll.

Legs, soles and arms are thoroughly loosened to release fatigue from the whole body.

Swedish

15 minutes

#### When you want to gently loosen your stiff neck and frozen shoulders to release fatigue from the whole 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.

Refresh

15 minutes

#### When you want to lightly loosen your stiff neck, frozen shoulders and tired waist

Relaxes your body quickly and comfortably primarily with tapping actions. This is a refreshing and exhilarating course. Arms, soles and calves are firmly loosened.

Quick(8min)

8 minutes

#### When you want to quickly loosen your body in your spare time

Based on the Deep course, this course is condensed in about 8 minutes by focusing on the points where stiffness and fatigue are easily felt.

- The massage operation (see P.25 for details) that matches the course is automatically performed.

When you want a complete massage

### <Part focus>

Neck&Shoulder

15 minutes

#### When you want to firmly loosen your stiff neck and frozen shoulders

This course focuses on loosening the neck and shoulders primarily with Neck&Shoulder Knead, Neck&Shoulder roll and grabbing actions.

Lower back

15 minutes

#### When you want to firmly loosen your waist

This course focuses on loosening the back and waist primarily with Lower back Knead, Lower back roll and grabbing actions.

Legs

15 minutes

#### When you want to firmly loosen your legs

Air operation or roller massage is used to loosen the soles, calves, and thighs.

### <Action select>

Stretch

15 minutes

#### When you want to stretch to loosen your body

This course stretches your body through combined operation of air pressure and massage rollers.

Air

15 minutes

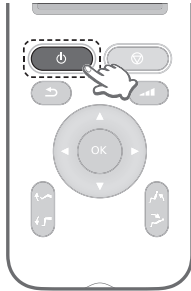
#### When you want to gently loosen your body with air

This course wraps the body with air and gently loosens the body. (Sole roller also works.)

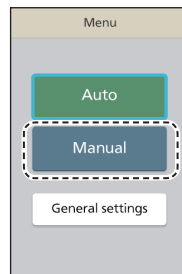
# When you want a massage with your favorite action

- 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.

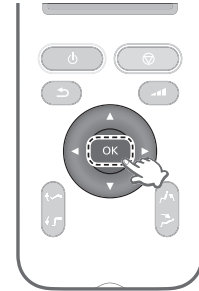


## 2 Select "Manual" from the menu.

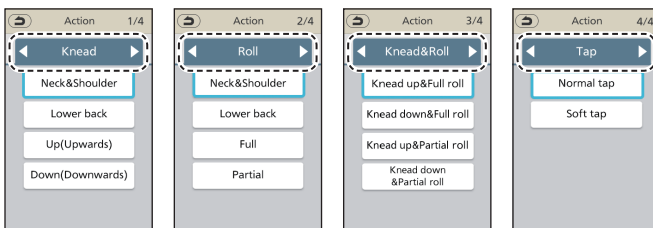


Select with ▲ or ▼.

## 3 Press OK.

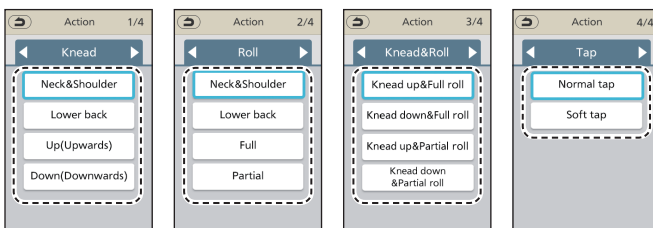


## 4 Select the type of your favorite action from "Knead", "Roll", "Knead&Roll" and "Tap".



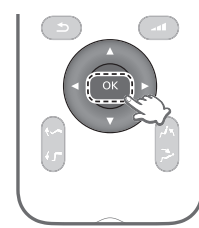
Select with ◀ or ▶.

## 5 Select one action from the type selected in Step 4.



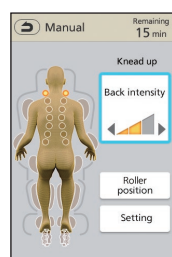
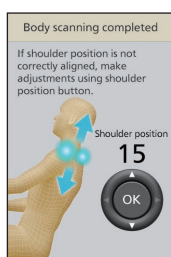
Select with ▲ or ▼.

## 6 Press OK.



- Start body scanning. (EN20 to EN21)
- Body scanning may be skipped depending on the selected course. (EN19)

## 7 After body scanning ends, massage starts.



- If you select **Knead down**, **Knead up**, **Partial roll**, **Knead up & Partial roll**, **Knead down & Partial roll**, **Normal tap** or **Soft tap**, the position of the massage rollers will not move automatically. Be sure to adjust the position after starting. (P.30)

- Displays for massage action.
- During the massage, you can create favorite settings. (EN28 to EN32)

## 8 After the massage is started, it will automatically end in a maximum of approximately 15 minutes.

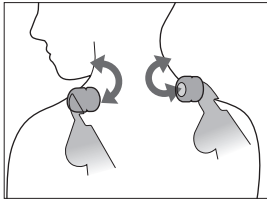
**Massage finished automatically.**

# The contents of the action

## Massage operation by massage rollers

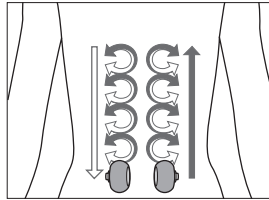
### Neck&Shoulder Knead

Action kneading the neck and spine.



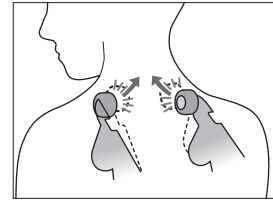
### Lower back Knead

Action kneading the waist.



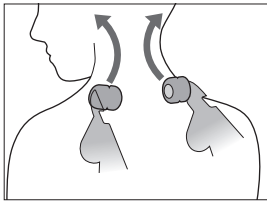
### Knead up / Knead down

Deep kneading action.



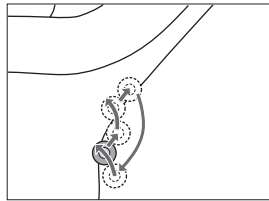
### Neck&Shoulder roll

Action stretching the neck.



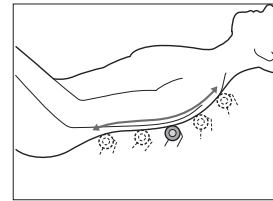
### Lower back roll

Action stretching the waist.



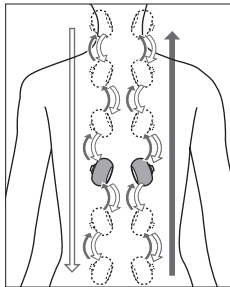
### Roll / Partial roll

Action stretching the body along the backbone.



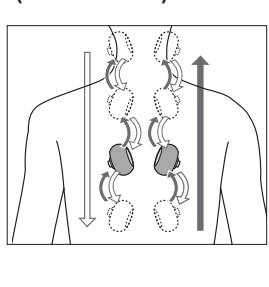
### Knead up&Full roll / Knead down&Full roll

Action rolling on the whole spine while kneading up and kneading down.



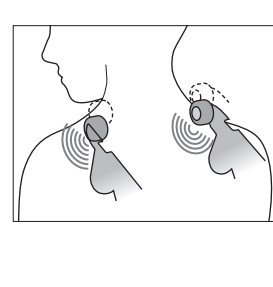
### Knead up&Partial roll / Knead down&Partial roll

Action rolling on part of the spine while kneading up and kneading down (about 12 cm).



### Tap (Normal / Soft)

Action tapping alternately on the left and right.

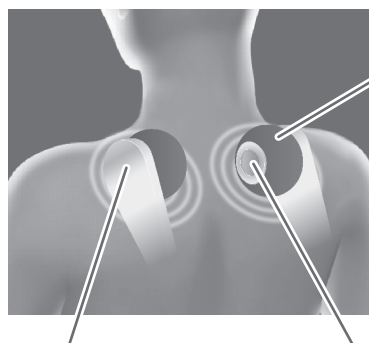


When you want a massage with your favorite action  
The contents of the action

## "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.



"Heat" massage rollers rubber section

"Heat" massage rollers warm section

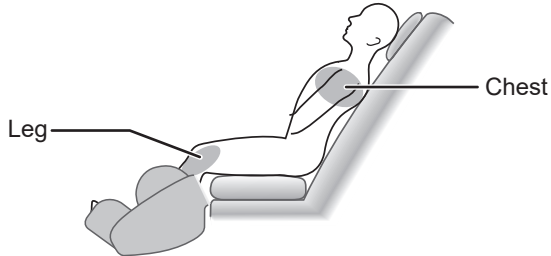
"Heat" massage rollers warm section

# The contents of the action (continued)

## Stretching

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

### Body parts for stretching



#### "Chest" stretch

**Extends the muscles around the shoulder blades and chest.**

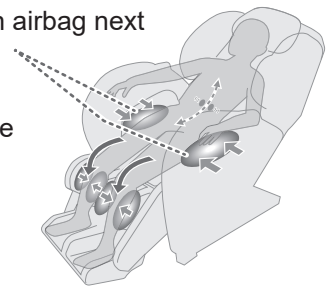
- ① Hold the shoulders with the shoulder-side air bags.
- ② Press the back forward with the massage roller.



#### "Leg" stretch

**Extends the muscles from the knee area to the thighs.**

- ① Hold your body with an airbag next to your pelvis.
- ② While the waist is stretched with massage rollers, the legs are pinched, and then the legrest is lowered to stretch the legs.



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

## About air massage operation

Air operation is that of softly relaxing the body with only air.

#### Upper arm

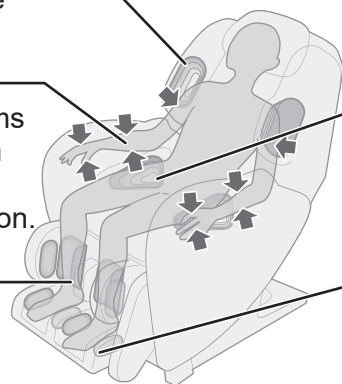
Upper arms are squeezed from sides to provide compression.

#### Arm

The palms and arms are squeezed from top and bottom to provide compression.

#### Leg

Calves are squeezed from both sides and pushed up from behind for upwards compress roll.

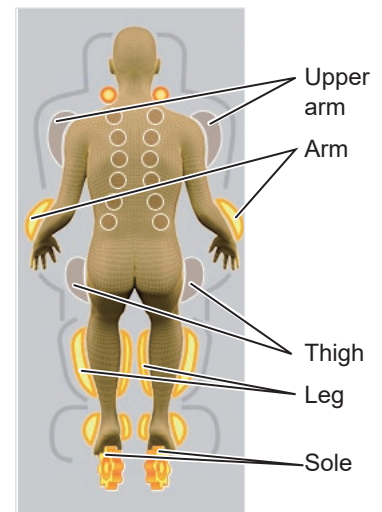


#### Thigh

The pelvic area to the front of thighs are firmly squeezed.

#### Sole

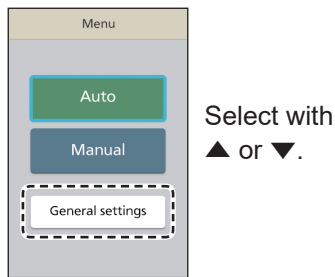
Feet are held down on the sides, then the soles are thoroughly loosened with rollers.



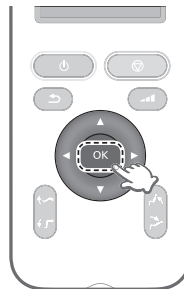
# Screen settings

- **Language** ..... Select a language
- **Display brightness** ..... Setting the brightness of the display section
- **Volume** ..... Setting the operation tone volume

**1** Select "General settings" from the menu.

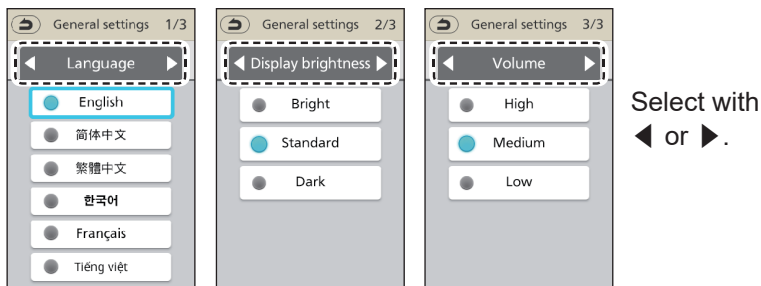


**2** Press **OK**.

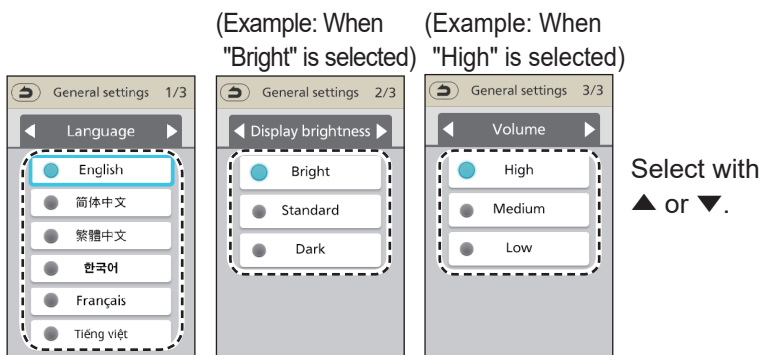


The contents of the action

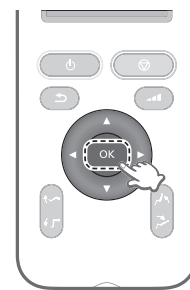
**3** Select the "Language", "Display brightness" or "Volume" screen.



**4** Select any one.



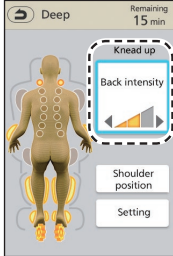
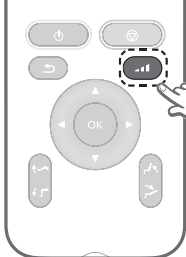

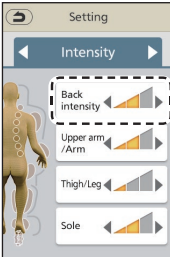
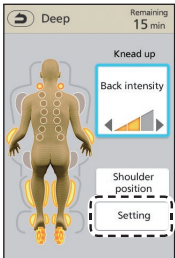

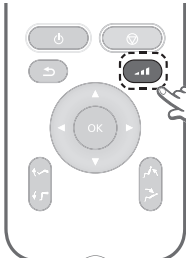

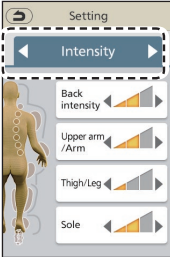
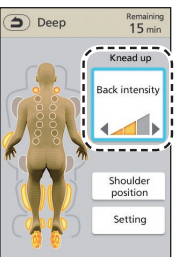

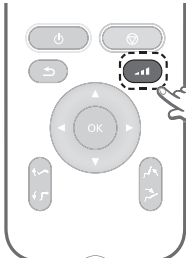

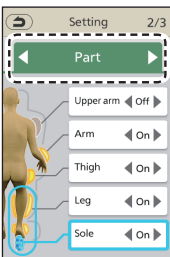
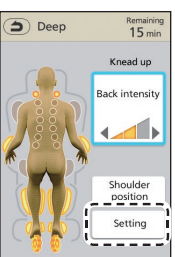

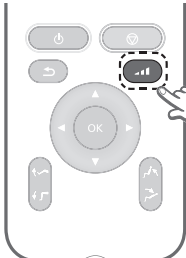

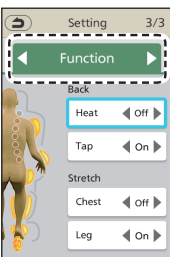
**5** Press **OK**.





# Adjusting the intensity

- It is possible to adjust to your liking the adjustments and settings, etc., during massaging.
- The content that can be adjusted can differ depending on the selected course. See EN32 for details.

Function name	Description	
<p><b>Back intensity</b></p>	<p>Adjust back intensity.</p> <p>Auto: 3 stages manual: Up to 5 stages (The stage varies with the action.)</p>	 <p>Select "Back intensity" with ▲ or ▼.</p>  <p>Press .</p> 
<p><b>Intensity of Upper arm/Arm · Thigh/Leg · Sole</b></p>	<p>Intensity of Upper arm/Arm · Thigh/Leg · Sole can be adjusted in 3 stages.</p>	 <p>Select "Setting" with ▲ or ▼.</p> <p>Press .</p>  <p>Press .</p> 
<p><b>Action of Upper arm · Arm · Thigh · Leg · Sole</b></p>	<p>Turn OFF/ON Upper arm · Arm · Thigh · Leg · Sole.</p>	 <p>Select "Back intensity" with ▲ or ▼.</p> <p>Press .</p>  <p>Press .</p> 
<p><b>Heat</b></p>	<p>Turn OFF/ON Heat.</p>	 <p>Select "Setting" with ▲ or ▼.</p> <p>Press .</p>  <p>Press .</p> 



## Settings & adjusting method

### <For Auto>

Intensity	Low	Medium	High
Back intensity display			

adjust with ◀ or ▶.

- If the strongest setting is not strong enough, or if the weakest setting is too strong, refer to EN40.
- Adjustments may not be accepted when the massage movements are switched.
- Adjustments will not be accepted while the intensity display is flashing.

### <For Manual>

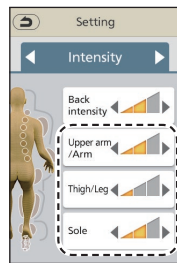
Intensity	Lowest	Low	Medium	High	Highest
Back intensity display					

adjust with ◀ or ▶.

Select "Back intensity" with ▲ or ▼.

Adjusting the intensity

Select screen of "Intensity" with ◀ or ▶.

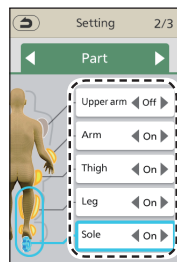


Select part with ▲ or ▼

Intensity	Low	Medium	High
Upper arm/ Arm · Thigh/ Leg · Sole intensity display			

adjust with ◀ or ▶.

Select screen of "Part" with ◀ or ▶.

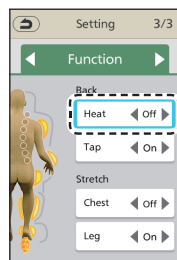


Select part with ▲ or ▼



Switch each time when press ◀ or ▶.

Select screen of "Function" with ◀ or ▶.

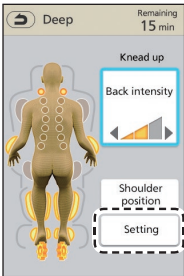
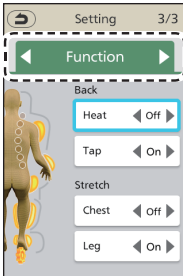
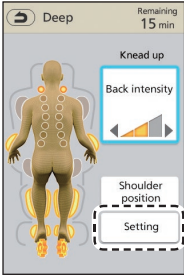
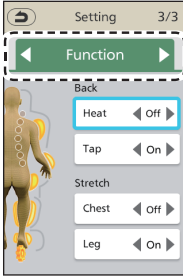
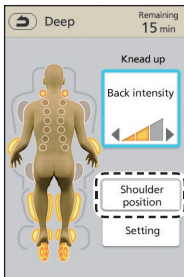
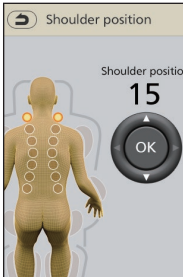
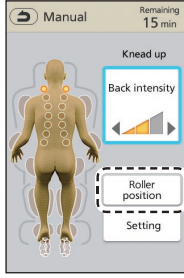
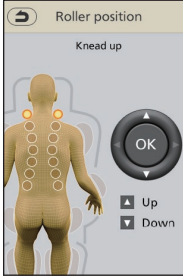


Select Heat with ▲ or ▼



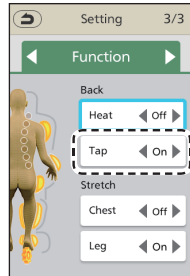
Switch each time when press ◀ or ▶.

# Adjusting the intensity (continued)

Function name	Description	
<p><b>Tap action</b></p>	<p>Turn OFF/ON Tap action.</p>	 <p>Select "Setting" with ▲ or ▼. Press <b>OK</b>.</p> 
<p><b>Stretch</b></p>	<p>Turn OFF/ON Stretching operation.</p>	 <p>Select "Setting" with ▲ or ▼. Press <b>OK</b>.</p> 
<p><b>Shoulder position (Only)</b></p> <p>Auto</p>	<p>Roller positions in vertical directions can be adjusted.</p>	 <p>Select "Shoulder position" with ▲ or ▼. Press <b>OK</b>.</p> 
<p><b>Roller position (Only)</b></p> <p>Manual</p>	<p>Roller operation positions in vertical and horizontal directions can be adjusted.</p>	 <p>Select "Roller position" with ▲ or ▼. Press <b>OK</b>.</p> 

## Settings & adjusting method

Select screen of "Function" with ◀ or ▶.



Select "Tap" with ▲ or ▼.

<For Auto>



Switch each time when press ◀ or ▶.

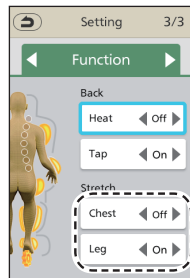
<For Manual>

If Tap is "On", you can choose from two types: "Normal" and "Soft".



Switch each time when press ◀ or ▶.

Select screen of "Function" with ◀ or ▶.



Select Stretching part with ▲ or ▼.



Switch each time when press ◀ or ▶.

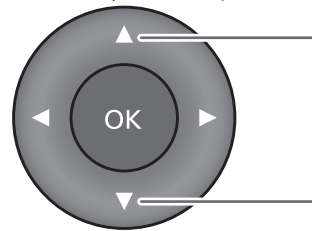
- The Stretch action is performed once on the spot at the next "On".
- After it is completed, the previous course resumes.
- For the content of the Stretch action, please refer to EN26.

Adjusting the intensity

Select Shoulder position with ▲ or ▼.

Press .

- The shoulder position can be adjusted from 1 (for shorter persons) to 20 (for taller persons).



Moves approx. 1.5 cm up or down for each press.


<Vertical adjustments>

- Adjust the position with ▲ or ▼.
- Press and hold the button to move until you release it.

<Horizontal adjustments>

- Adjust the position with ◀ or ▶.  
(◀: Narrow; ▶: Wide)
- Such adjustments are applicable only to "Neck&Shoulder roll", "Lower back roll", "Normal tap/Soft tap" and "Roll/Partial roll".

Press .

● Press  before adjusting to return to the original screen.

▶ Continued on the next page EN31

## Adjusting the intensity (continued)

### Details on available adjustments

Details on available adjustments vary depending on the type.

"Parts focus" and "Action select" differ depending on the course.

○ : Adjustments available — : Adjustments not available

Adjustment function	Auto					Manual	
	Full body	Part focus		Action select		Knead/Roll/ Knead&Roll	Tap
		Neck& Shoulder/ Lower back	Legs	Stretch	Air		
Back intensity	○	○	—	○	—	○	○
Intensity of Upper arm/ Arm · Thigh/ Leg · Sole	○	○	○	○	○	○	○
Action of Upper arm · Arm · Thigh · Leg · Sole	○	○	○	○	○	○	○
Heat	○	○	—	○	—	○	○
Tap action	○	○	—	○	—	○	—
Stretch	○	○	—	○	—	—	—
Shoulder position	○	○	—	○	—	—	—
Roller position	—	—	—	—	—	○	○

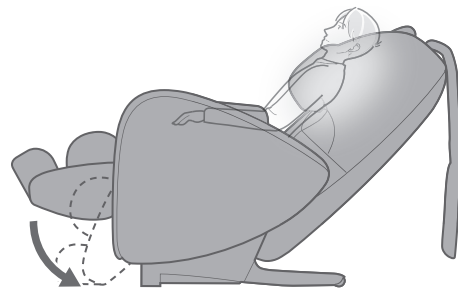
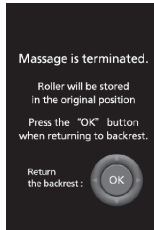
# After completing the massage

## Once the timer is up

- 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. After the right screen appears, press **OK** and the backrest will rise.
- The massage rollers or sole rollers move to their retracted positions.

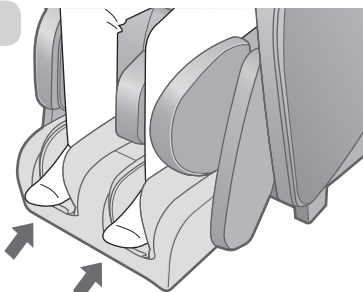


## In the middle of the massage, when it ends with the Emergency stop button

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

- The legrest is lowered automatically, the backrest is returned to the upright position and massage rollers or sole rollers as well as sole rollers are stored at original positions. When storage is complete, you will hear a confirmation beep sound.

Lift your soles slightly and the sole massage section returns.

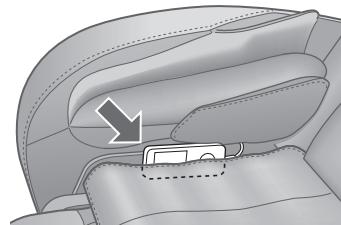
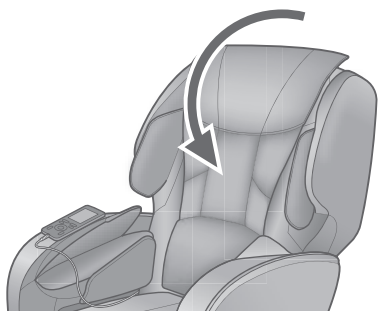


Adjusting the intensity  
After completing the massage

## Return the massage lounge to the position it is usually used

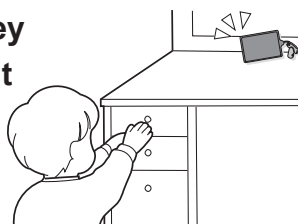
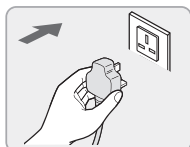
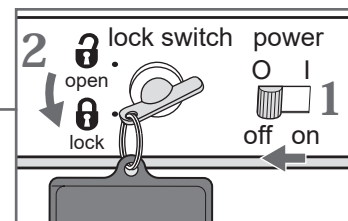
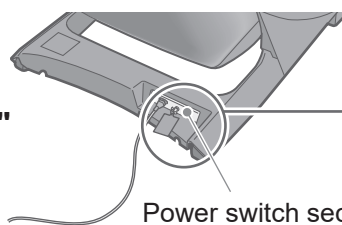
Place a comfort cushion on the backrest.

Return the controller to its storage position.



## 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.



## WARNING

- After each massage, slide the power switch on the backside of unit body 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.)

# Cleaning and maintenance

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

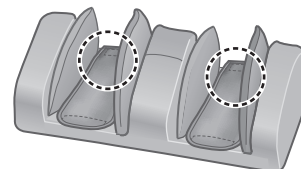
## Notes on use

- 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)

## Sole Massage Section

### Remove the dirt from the heel section with a vacuum cleaner.

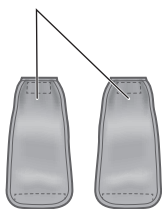
- Any accumulated fibers or dust will adhere to the velcro fastener of the sole cover, which may weaken the fixing force. Clean regularly with a vacuum cleaner.



### Sole cover: totally removable and washable

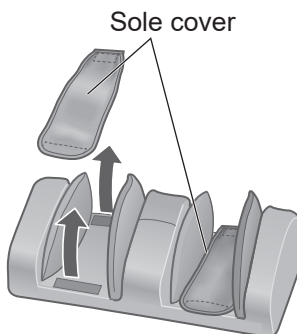
- If the whole surface of the velcro fastener of the sole cover is not in close contact, socks and stockings may get torn.

The narrower side is the heel side.



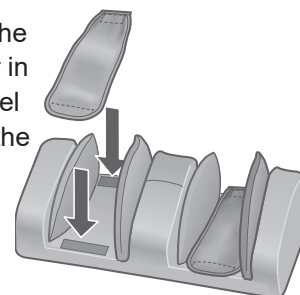
#### ■ Removal

Remove the velcro fastener.



#### ■ Installation

- Fasten it with the velcro fastener in the order of heel side and then the toe side.

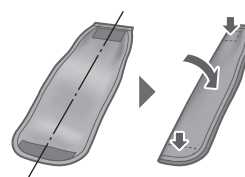


### [When you wash it completely]

#### Wash it with a laundry net.

- Fold the sole cover in half, fasten the velcro fastener, and wash it completely. If you wash it without folding, the velcro fastener may damage the sole cover.
- If dust or hair gets tangled in the velcro fastener, remove it with a toothpick.

Quality indication  
100 % Polyester



#### ■ To wash with water

- Do not use a washing machine.

- ① Soak it in water below 30 °C and press to wash it gently.
  - Never wash it by rubbing.
  - Never use detergent containing bleaching agents, as it may cause discoloration.
  - Wash it separately from other items, as it is easy to transfer dye.



- ② Rinse thoroughly.

- ③ Drain the water by pressing it lightly.
  - Never wring it out or dehydrate it, as it may damage the fabric or loosen the strands.

- After washing, if you are concerned about creases, please iron it. (Precautions for using an iron)



Cover it with a cloth and limit the temperature of the sole plate to 150 °C.



### 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.



### 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.



### 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".

### ■ In case of dry cleaning

When requesting dry cleaning (Sekiyu system) at a laundry shop, please observe the following instruction to prevent damage to the fabric.

- Wash it with a laundry net.
- Wash it softly and never tumble dry it.



# Moving the unit

## Lift the main unit when moving

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.

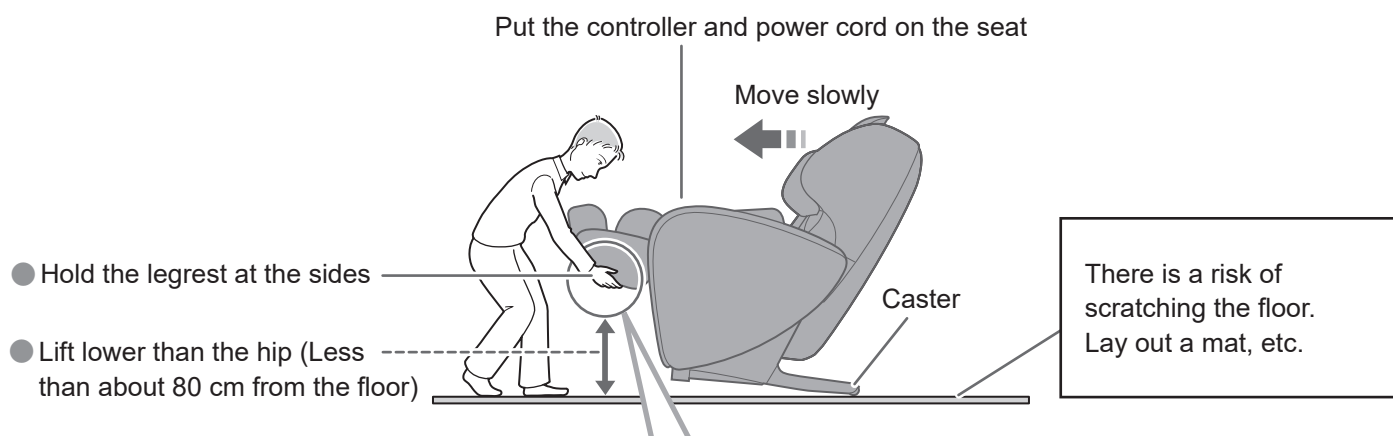
The backrest rises up if  is pressed twice.

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

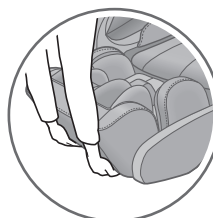
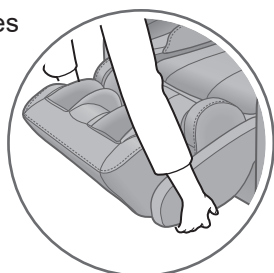
Lifting weight when moving on casters
---------------------------------------

Approx. 35 kg
---------------

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



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


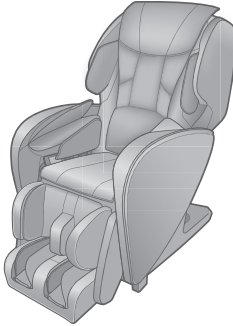


- Put the unit down slowly and watch your step carefully.
- Hold the legrest with your hands until it has been set on the floor completely. If you release the legrest too soon, it will spring back to the initial position.



# Q&A

Question	Answer
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## Before use

Doctor Consultation	<p>Can I use the unit if I have an illness that requires regular medical attention?</p>	<p><b>Consult your doctor before using this unit.</b></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>
How to use	<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>	<p><b>Separating massage of the upper body and legs is recommended.</b></p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>● <b>Massaging only the upper body</b></p> <p>Raise the comfort cushion to expose the backrest and pillow for use.</p>  </div> <div style="width: 45%;"> <p>● <b>Massaging only the legs</b></p> <p>Use the leg &amp; sole massage section with the comfort cushion on the backrest.</p>  </div> </div>
How to use	<p>Can people shorter than 140 cm or taller than 185 cm still use it?</p>	<p><b>Yes.</b></p> <p>The following methods are recommended, as the correct shoulder position may not be found during body scanning.</p> <div style="display: flex; justify-content: space-around;"> <div style="width: 45%;"> <p>&lt;If shorter than 140 cm&gt;</p>  <p>Place a cushion on the seat and sit firmly.</p> </div> <div style="width: 45%;"> <p>&lt;If taller than 185 cm&gt;</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 to use	<p>How many times can this be used in one day?</p>	<p><b>Use for less than about 30 minutes in one day.</b></p> <ul style="list-style-type: none"> <li>● Rest for about 10 minutes after using for 16 minutes or more.</li> </ul>

Moving the unit

Q&A

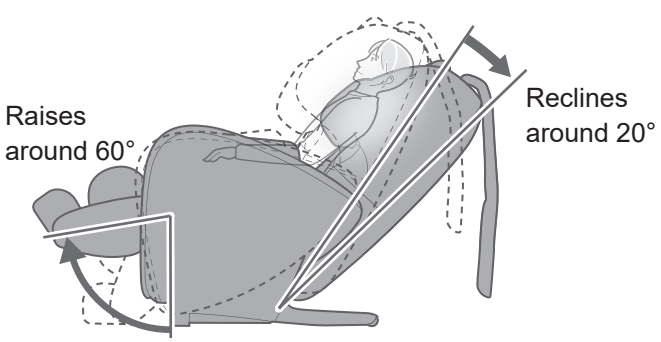



## Q&A (continued)

	Question	Answer
<h3>During operation</h3>		
Body scanning*	During body scanning or a massage, 7 short beeps sounded ( <b>U10</b> was displayed) and the action stopped. What happened?	<p><b>Messages stop for safety if the body cannot be detected for one of the following reasons.</b></p> <ul style="list-style-type: none"> <li>● The user is not sitting.</li> <li>● The head and/or back is not touching the backrest.</li> <li>● A cushion is placed against the backrest or the user is wearing thick clothing.                             <ul style="list-style-type: none"> <li>• Sit firmly, lean gently back so that your head touches the pillow, press  and then press  to start again.</li> </ul> </li> <li>● The comfort cushion is not raised.</li> </ul>
	The mechanical intensity adjustment button for the upper half of the body does not work sometimes.	<p><b>The upper body massage roller intensity button is ineffective in following instances. The intensity display flashes during adjustment. No adjustments will be accepted while it is flashing.</b></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><b>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.)</b></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>
Upper body	The height (intensity) on the left feels different to that on the right.	<p><b>It is designed to differ in some cases.</b></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 sole roller sometimes moves before the course begins...	<p><b>Before the course begins, the sole roller moves into place. This is not an abnormality.</b></p>
Soles		
Hands & Arms	During auto course (including memory course), air action and sole roller action may suddenly stop and transit to the next operation...	<p><b>When hip massage or stretching operations start during an Automatic course, the supply of air used for operations 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.</b></p> <p><b>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.</b></p>

\* Body scanning: action of estimating the shoulder position immediately upon startup. (EN20 to EN21)

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"> <li>● While body scanning           <div style="border: 1px solid gray; padding: 2px; margin: 5px 0;">The unit body moves automatically, and gets inclined to the angle that makes body scanning easy.</div> <ul style="list-style-type: none"> <li>● If you have adjusted the reclining before use, the angle will not change.</li> </ul>  </li> <li>● When  is pressed to end the massage.           <div style="border: 1px solid gray; padding: 2px; margin: 5px 0;">The chair automatically returns to the upright position.</div> <ul style="list-style-type: none"> <li>● Only the legrest returns to the original position if the massage is completed according to the timer.</li> <li>● If  is pressed to end the massage, all operations immediately stop and the angle does not automatically change.</li> </ul> </li> </ul>
	<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. 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 &amp; 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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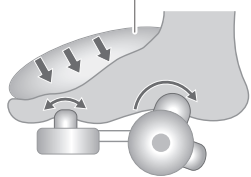
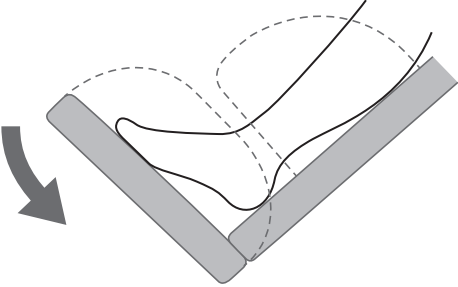
Q&A

## How to adjust the <Position>

Body scanning *	<p>The correct shoulder position cannot be found during body scanning of position. (The shoulder position slips each time.)</p>	<p>Correct body scanning of shoulder roller position may not be possible for some sitting positions (such as leaning forward). Adjust with "▲" and "▼" button. (EN20 to EN21)</p>
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\* Body scanning: action of estimating the shoulder position immediately upon startup. (EN20 to EN21)

## Q&A (continued)

	Question	Answer
<h3>How to adjust the &lt;Intensity&gt;</h3>		
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"> <li>● 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.</li> <li>● 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.</li> </ul>
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

<b>Controller</b>	The displays of the operation or position seem to be different ...	The actions shown represent rough movements. Actual movements or sensations may vary.
<b>Noise</b>	The noise grows louder after using the chair for a long time.	This may be a malfunction. Contact the nearest authorized service center for an inspection and repair.
<b>Timer function</b>	Is there a timer function?	<p>Yes.</p> <p>To prevent overuse, the massage automatically ends at a maximum of 19 minutes after starting.</p> <p>When the timer ends, the legrest automatically lowers and the massage rollers are stowed.</p> <p>Press  to use again.</p>
	How many minutes is the massage set?	<p>"Auto" and "Manual" courses are set for about 15 minutes.</p> <p>However, "Quick (8min)" is set for about 8 minutes.</p> <p>The time setting cannot be changed.</p>









Q&A

# Troubleshooting

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

If the problem still exists after following the remedy, contact an authorized service center.  
Refer to EN47 for details when requesting repair.

Problem	Cause and Remedy
The action stops mid-way.	<p>If excessive force is applied to the massage rollers during operation, in the interests of safety the action may stop.</p> <p>→ Turn off the power switch, wait for approx. 10 seconds and then turn the power switch on again.</p> <hr/> <p>If the operation returns to the menu selection screen while a course was ongoing, the operation stops.</p> <hr/> <p>There was a power outage.</p> <p>→ 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.)</p>
The seat cannot be reclined and the legrest cannot be lowered.	<p>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.</p> <p>→ 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.</p>
The massage rollers do not come up to the shoulder or neck.	<p>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 body scanning of shoulder roller position.</p> <p>→ Sit on the seat in the deepest position and put your head on the pillow, and then repeat the operations again from the start.</p> <p style="text-align: right;">(EN20 to EN21)</p>
The height of the left and right massage rollers is different.	<p>An alternating tapping method is employed, which means that this phenomenon will naturally occur. There is nothing wrong with the unit.</p> <p style="text-align: right;">(EN40)</p>
"Heat" massage rollers do not get warm.	<p>"Heat" is set to Off.</p> <hr/> <p>Sense of warmth from the massage rollers differs depending on your body shape, the massage body part, massage action, clothing, and room temperature.</p>
The "Heat" massage rollers do not cool down even after being turned off.	<p>Because of the structure of the heater, the "Heat" massage rollers will feel warm for a while after heating due to the residual heat.</p> <hr/> <p>Continuing to massage the same area even after turning off the "Heat" switch may increase the temperature felt.</p>
Reclining does not take place even though a massage is started. (The seat does not automatically recline.)	<p>If you have adjusted the reclining before use, it will not recline automatically.</p> <p style="text-align: right;">(EN39)</p>
The backrest does not return to the upright position.	<p>If the unit is stopped by automatic shut-off or by pressing  it will not return automatically for safety.</p> <p>→ To return from the reclined position to the original position, press  twice.</p>

Problem	Cause and Remedy
The unit will not operate at all.	The power plug has been disconnected. (EN11)
	Power switch on the rear panel is set to "off". (EN11)
	Course selection or body part selection has not been made. (EN22 to EN24)
	There is a power failure.
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 unit has been damaged.	→ To prevent accidents, be sure to contact an authorized service center. (EN47)
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 back all the way to the backrest, and operate from the start again.

**F15**

There is a malfunction inside the massage device.  
Stop using and ask your dealer to inspect and repair the chair.

Troubleshooting  
Error display

Error display	Contents
<b>U10</b>	For safety reasons, action will automatically stop when it cannot detect if someone is seated. If this error occurs even if you are seated, press  , sit further back in the chair pressing your lower back against the seat back, and repeat the operation.
<b>F03 ~ F82</b>	There is 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**

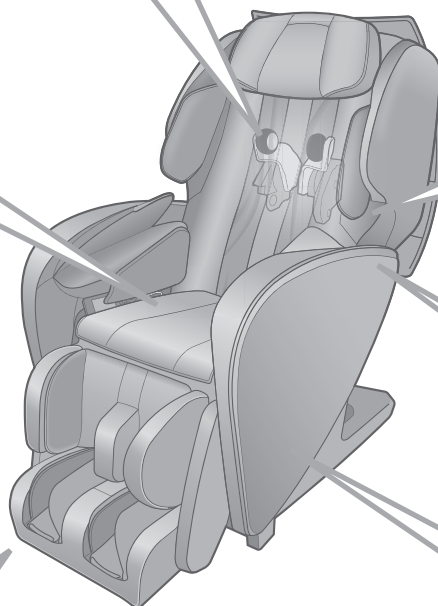
Sounds when the massage rollers change from "push" to "pull"

**"Rubbing" sound**

Rubbing sound of the massage rollers on the seat fabric

**"Grating" sound**

Sound when sitting down



**"Grating" sound**

Sound of the comfort cushion moving over the armrest when the seat is reclining

**"Grating" sound**

Grating sound in the backrest and armrest

**"Clunking" sound**

Clunking sound during leg stretch operation

**"Popping", "Clunking" sounds**

Sounds and feels like the sole roller is straining to get over wrinkles in the cloth.

**"Creaking" sound**

Creaking sound when the sole roller is in operation

**Motor sounds**

Motor sounds when air pressure is applied

**"Clunking", "Jerking" sounds**

Sound when the sole roller changes between "forward" and "reverse"

**"Grating", "Grinding" sounds**

Rubbing sound of the sole roller on fabric

**Motor sounds**

Motor sound

**"Whoosh", "Hiss" sounds**

Sound of discharging air

**Pump sounds**

Sounds of the pump beneath the seat

**"Thudding", "Jerking" sounds**

Sounds of the valve beneath the seat

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

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

# Specifications

<b>Power supply</b>		AC 220 V 50 Hz
<b>Power consumption</b>		120 W (when "off" at the controller, approx. 0.3 W)
<b>Heater unit power consumption</b>		17 W
<b>Upper body massage</b>	<b>Massage area (Up-Down)</b>	Approx. 66 cm (The massage rollers move a total of approx. 60 cm)
	<b>Massage area (Left-Right)</b>	Roller spacing during kneading operations Neck, shoulders, back and low back: Approx. 4 cm to 15 cm
	<b>Massage area (Front-Back)</b>	Strength adjustment range: Approx. 10 cm
	<b>Massage speed</b>	Kneaded: Approx. 4 sets per minute to 25 sets per minute Tap (including soft shiatsu): Approx. 285 sets per minute to 495 sets per minute (one side) Moving speed: Approx. 2 cm per second to 4.5 cm per second
<b>Air massage</b>	<b>Air pressure (Rear knee)</b>	3: Approx. 33 kPa 2: Approx. 30 kPa 1: Approx. 17 kPa (there are slight variations between body parts)
<b>Soles massage</b>	<b>Massage speed</b>	Approx. 8 sets per minute to 21 sets per minute
<b>Reclining angle</b>		Backrest: Approx. 120 degrees to 170 degrees Legrest (Leg & Sole Massage Section): Approx. 5 degrees to 85 degrees
<b>Timer</b>		Around 15 minutes (automatically ends)
<b>Dimensions</b>	<b>When not reclining (H × W × D)</b>	Approx. 120 cm × 68 cm × 130 cm
	<b>When reclining (H × W × D)</b>	Approx. 75 cm × 68 cm × 200 cm
<b>Mass</b>		Approx. 73 kg
<b>Upholstery</b>		Synthetic leather

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

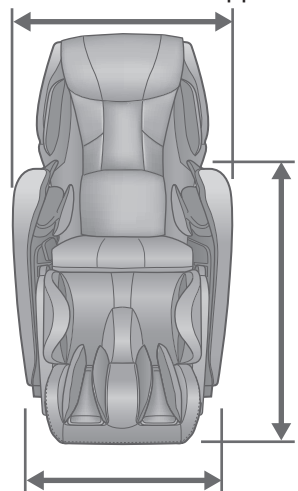
Sounds and sensations of the unit  
Specifications

# Specifications (continued)

## Unit dimensions

### Front

Width with the armrests: Approx. 68 cm

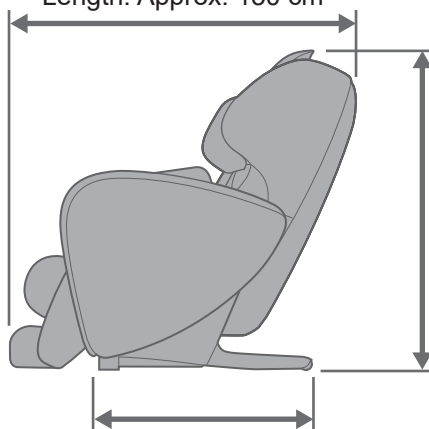


Armrest height: Approx. 75 cm

Width of floor section: Approx. 64 cm

### Side

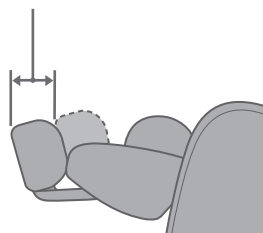
Length: Approx. 130 cm



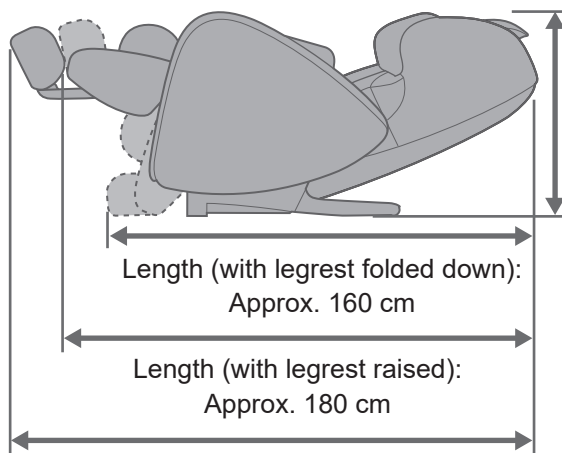
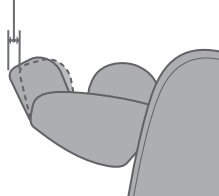
Height: Approx. 120 cm (approx. 115 cm with cushion removed)

Length of floor section: Approx. 79 cm

Extension length of sole massage section: Approx. 18 cm



Sole massage section movement: Approx. 2 cm

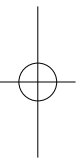
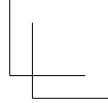
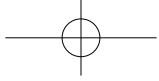
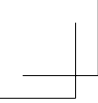


Height: Approx. 79 cm

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

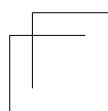
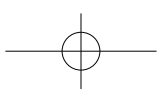
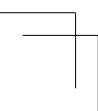
Length (with legrest raised): Approx. 180 cm

Maximum length: Approx. 200 cm



Specifications

EN47



# 列出各種常見問題以方便尋找

## TC10

### 搬運及安裝

- 我想知道主機的尺寸！

## TC18

### 選單說明

- 可根據您的喜好調整強度和按摩（TC28）

## TC25

### 關於溫熱按摩

## TC34

### 清潔和保養

## TC44

### 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。

 <b>警告</b>	若不遵守可能導致人員死亡或重傷。
 <b>注意</b>	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) 被醫生告知禁止按摩者（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
- （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) 腱鞘炎患者
- (7) 按摩部位有傷口者
- (8) 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）
- (9) 需靜養或身體狀態不佳者
- (10) 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，請立即停用並諮詢醫生。

● 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、拆解或維修。

（否則可能會導致起火，或者因主機體運作異常而造成傷害。）



■ 你必須遵從的指示，會以下列符號分類說明。（以下符號為有關示例。）



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。
  - 請勿將按摩輪用於頭部。
  - 任何身體部位（或周圍）如已植入或佩戴醫療儀器，切勿將主機體用於該個部位。
  - 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，拔除電源插頭後委託維修。  
（否則可能會導致受傷或觸電。）
- 剛開始時請用輕柔按摩。
- 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。
- 注意兒童，確保兒童不會把玩主機體。
- 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。  
（否則可能會損壞地板。）

- 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。）



- 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。）

- 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。）

### 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。  
 （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。
- 使用中請勿睡著。飲酒後切勿使用。  
 （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。
- 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。  
 （否則可能會導致意外或受傷。）
- 卸除按摩部位的配飾（髮飾、項鍊、腕錶、戒指、人造指甲等）。  
 （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。  
 （否則可能會導致損失。）

### 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。）

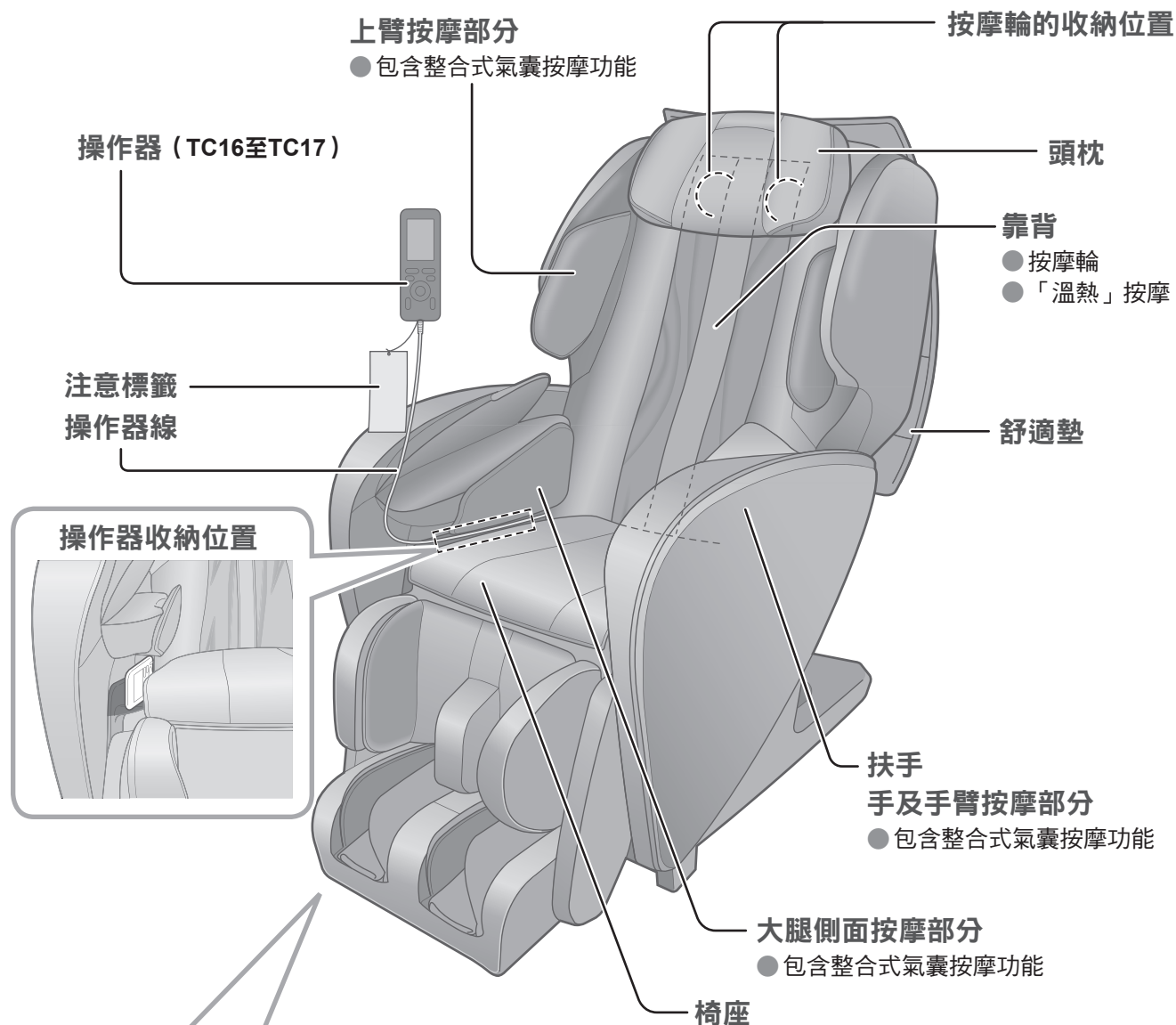


- 請將鎖定切換鑰匙保管於兒童無法取得之處。  
 （否則可能會導致意外，例如兒童吞下鑰匙。）
- 停電時請立即拔下電源插頭。  
 （否則復電時可能會導致意外或受傷。）
- 如果已有一段時間未使用，使用前請再次詳閱使用說明書並檢查主機體是否正常運作。  
 （否則可能會導致故障或受傷。）

### 接地指示

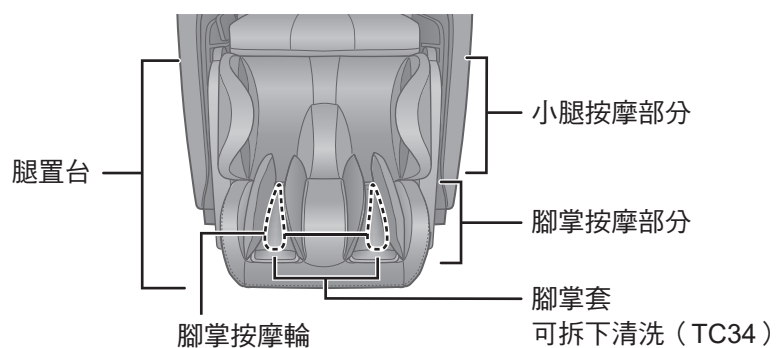
- 本產品必須接地。假如產品故障或損壞，接地功能可提供電流的最低電阻路徑，以減低觸電的危險。
- 本產品的電源線配有設備接地導線和接地插頭。插頭必須插入合適的插座中，插座須根據本地守則及條例適當安裝及接地。

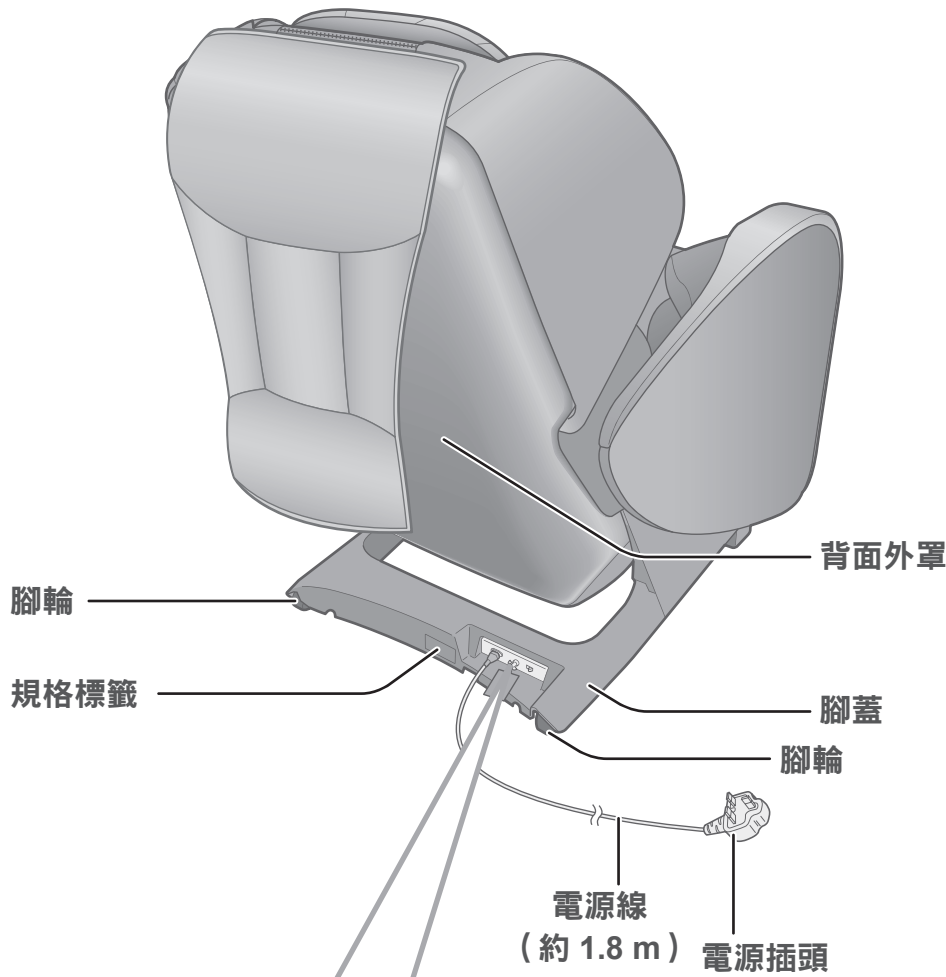
# 主機各部位名稱和功能



## 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)





**電源切換鈕區**

lock switch power 鎖定切換鈕

open 電源切換鈕

lock off on 電源切換鈕

鎖定切換鑰匙

鎖定切換鑰匙標籤

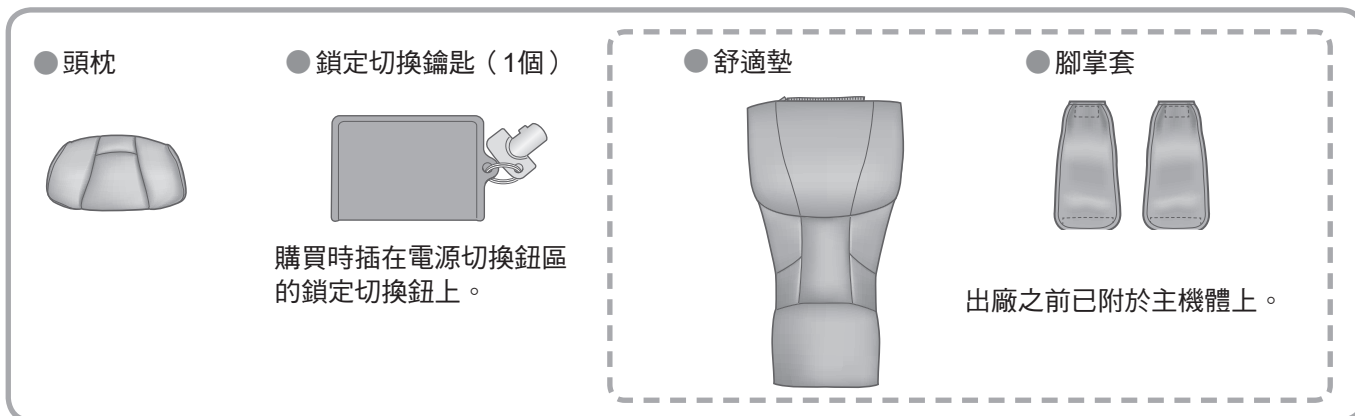
● 防止兒童誤食

購買時座椅的狀態

- 鎖定切換鈕「open」(開啟)
- 電源切換鈕「on」(開)

# 設置按摩椅

## 1) 檢查配件



## 2) 使用主機體的場所

確保預留足夠的傾斜空間。

- 主機體尺寸 

高度約 120 cm × 寬度* 約 68 cm × 深度* 約 200 cm
---

  
（關於詳細的主機體尺寸，請參閱 TC46。）

\*安裝在牆壁等地點附近時

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

- 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

兩個人或以上！



- 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 73 kg
-------	---------

- 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。

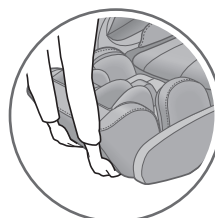
在地板上放置墊子時，墊子的尺寸應足以（至少 120 cm × 70 cm）覆蓋主機體與腿置台接觸地面部分的尺寸。



■ 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。



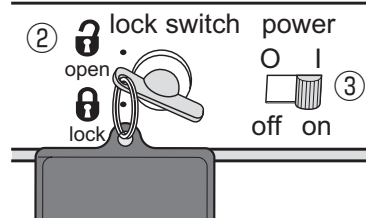
請勿握住腿置台前方！


腳掌按摩部分可能會滑動而造成受傷。

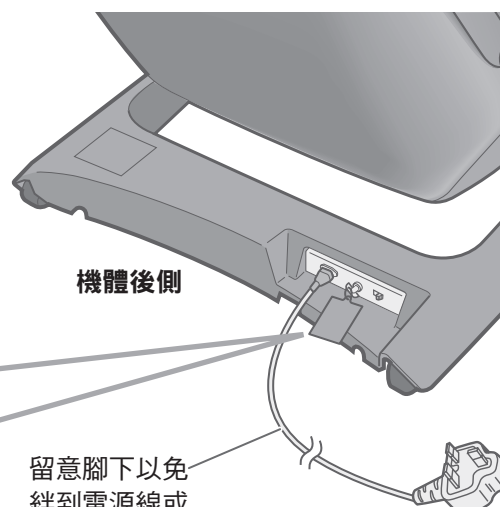
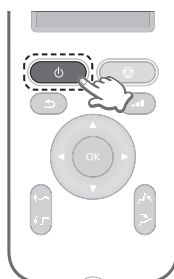


## 4) 開啟電源，立起靠背

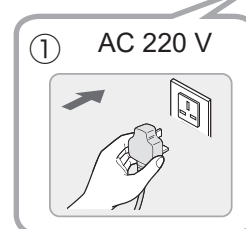
- ① 將電源插頭插入電源插座。  
• 務必插入 AC 220 V 插座。
- ② 確認鎖定切換鑰匙設定在「open」(開啟)位置。
- ③ 確認電源切換鈕設定在「on」(開)位置。



- ④ 按操作器的  兩次。  
• 按一下，然後在畫面出現時再按一下。  
• 靠背將自動升高。



留意腳下以免  
絆到電源線或  
類似物品





# 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。）



## 翻起舒適墊以檢查主機

如使用布料或氈減輕按摩輪的接觸感，請於取下這些物件後檢查主機體。

### 檢查以下幾點：

- 主機體的布料有否破裂？
- 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

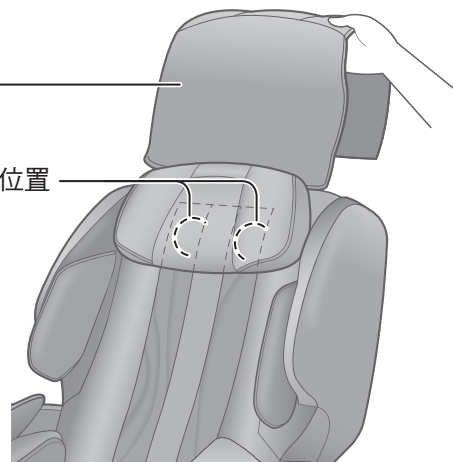
按  兩次，讓按摩輪回到收納位置。

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，系統可能會顯示 **U10**。（TC38）
- 可撕起魔术貼取下舒適墊。

舒適墊

按摩輪的收納位置



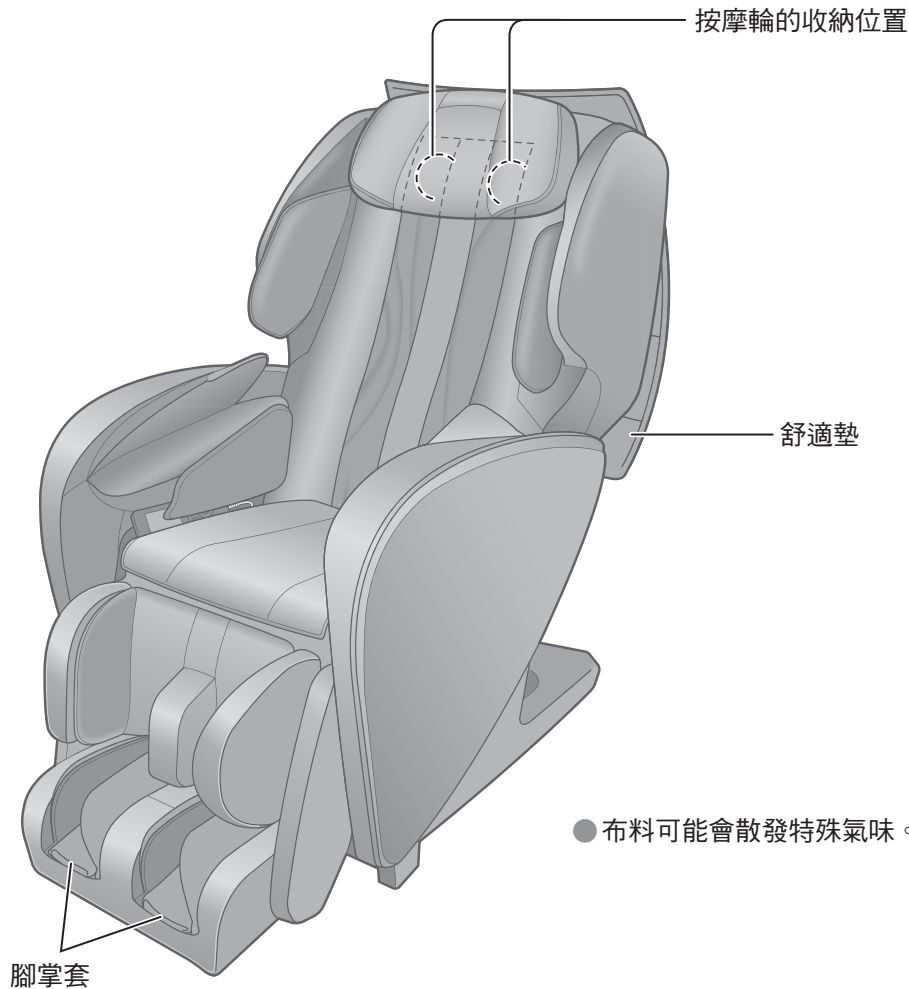
## 警告

- 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，拔除電源插頭後委託維修。（否則可能會導致受傷或觸電。）

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）

開始按摩前



- 布料可能會散發特殊氣味。氣味會隨著使用而變淡。

## 翻起腳掌套檢查主機體


檢查以下幾點：

- 主機體上的腳掌套布料有否破裂？
- 是否有異物夾在主機中？

<關於腳掌套>

- 由於用作腳掌套的布料本身的特性，布料可能會因重複使用而出現皺摺或部分位置變白。（即使在清洗之後仍無法回復原狀，但不會影響使用。）
- 如擔心出現摺痕，請用熨斗熨燙。（TC34）
- 如腳掌套出現破損，你可向代理商購買全新的腳掌套。（TC47）

## 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，即可降低腿置台。

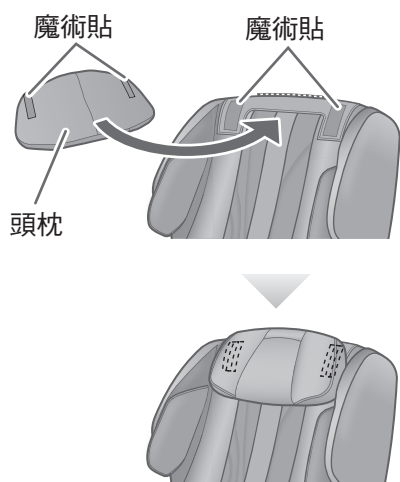
▶ 接下頁 TC13

## 開始按摩之前（接續）

- 為了提供有效的按摩，請將你的身體靠在合適位置。  
按摩期間如果位置出現偏移，請重新對位。

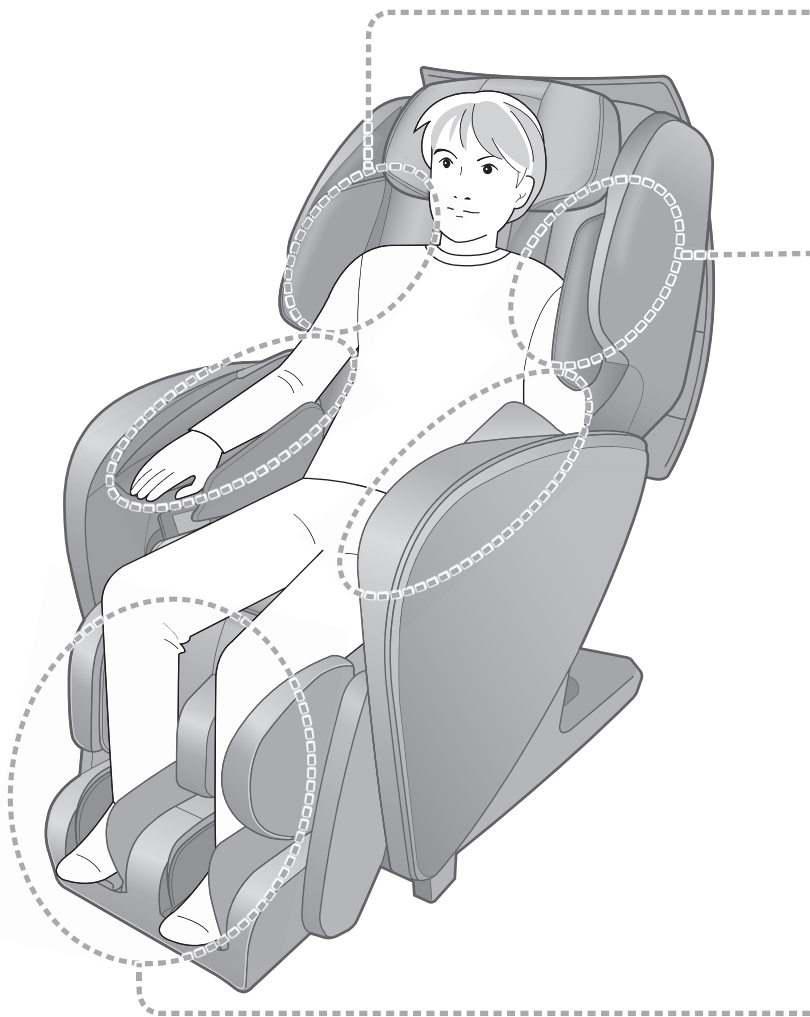
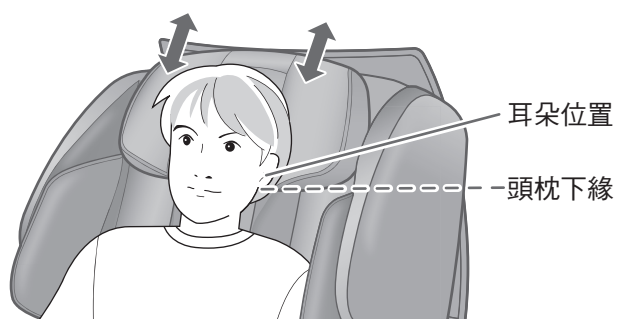
### 調整頭枕位置

用魔術貼安裝頭枕。



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。
- 頭枕容易沾污，因此建議在上面鋪上毛巾。（否則可導致留下污漬，或者令布料褪色。）



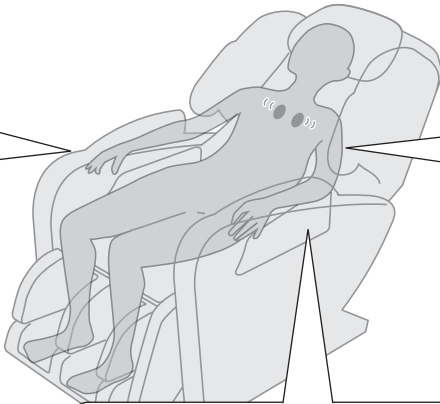
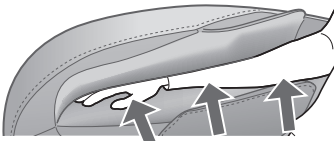
### 檢查坐姿

為了提供有效的按摩，完全坐進椅內，讓臀部接觸靠背。

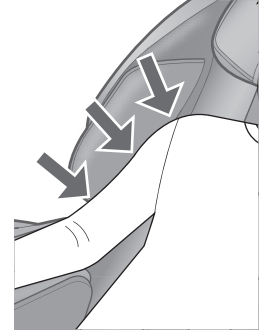


### 手及手臂按摩

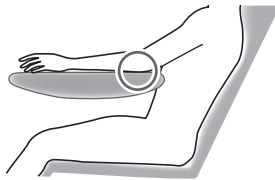
將手和手臂伸入。



讓肩部和手臂接觸上臂按摩部分。



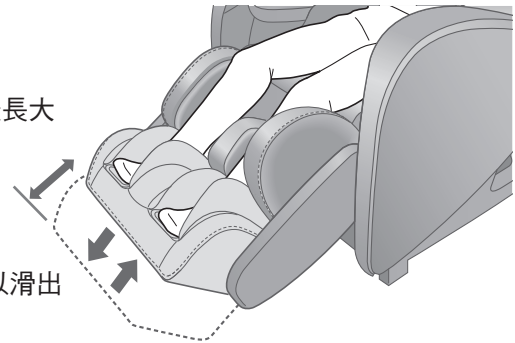
將手肘與扶手對齊。



### 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。

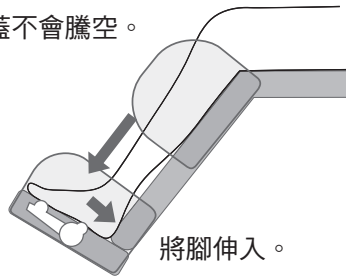


用腳推以滑出

稍微抬起雙腳，腳掌按摩部分即退回

### 小腿及腳掌按摩

滑動部分以確保膝蓋不會騰空。



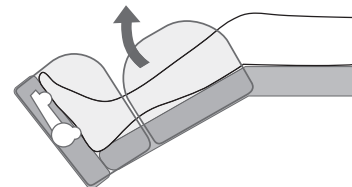
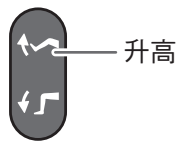
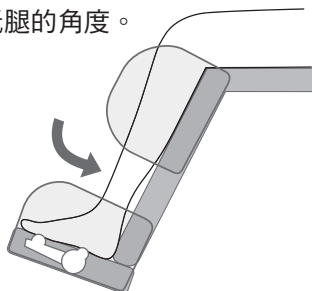
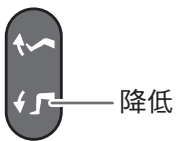
將腳伸入。

對較高的人：腿隨著部分滑動時，膝蓋騰空。

身高較短的人士：腳掌未觸及底部。

為了防止膝蓋騰空，降低腿的角度。

為了確保腳掌觸及底部，升高腿的角度。



# 操作器各部位名稱和功能

## 操作器

● 接受操作時會發出確認音。

### 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。

### 返回按鈕

- 回到上一個畫面。

### 垂直選擇/調整按鈕 (▲/▼)

### 水平選擇/調整按鈕 (◀/▶)


### 確定按鈕

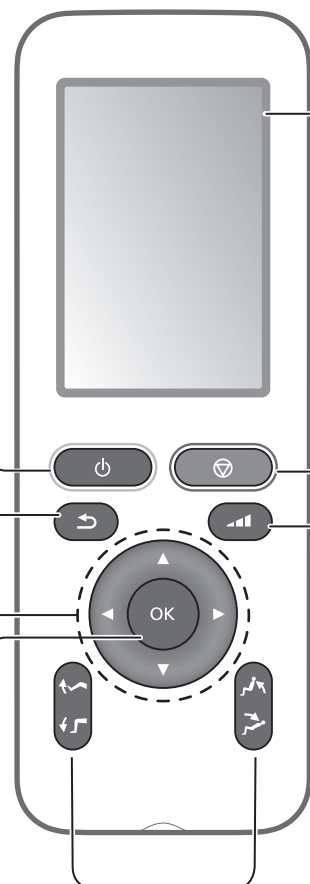
- 執行畫面上選擇的操作或功能。

### 按傾斜角度調整按鈕




按下即可調整。

- 按  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。
- 扶手將隨著靠背傾斜而移動。
- 按住調整按鈕時，座椅調整將持續，直到聽到限制音（嗶嗶嗶）。



### 顯示部分

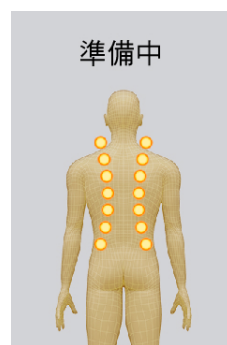
### 緊急停止按鈕

- 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。
  - 如要使用，請按  兩次讓靠背和按摩輪回到收納位置，然後再次使用。
  - 按下按鈕後，你會聽到確認的嗶聲。

### 強度按鈕

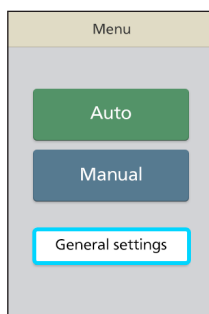
- 顯示強度畫面，用於調整腰部按摩輪的強度，以及上臂/手臂、大腿/小腿和腳掌的強度。

如果按下緊急停止按鈕，關閉主機背面的電源開關，或拔掉電源插頭，下次使用時按摩輪可能會自動移動。在此期間，會出現如右側的顯示，但並非故障。按摩輪移動一段時間後，即可正常使用。



### 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TC27)

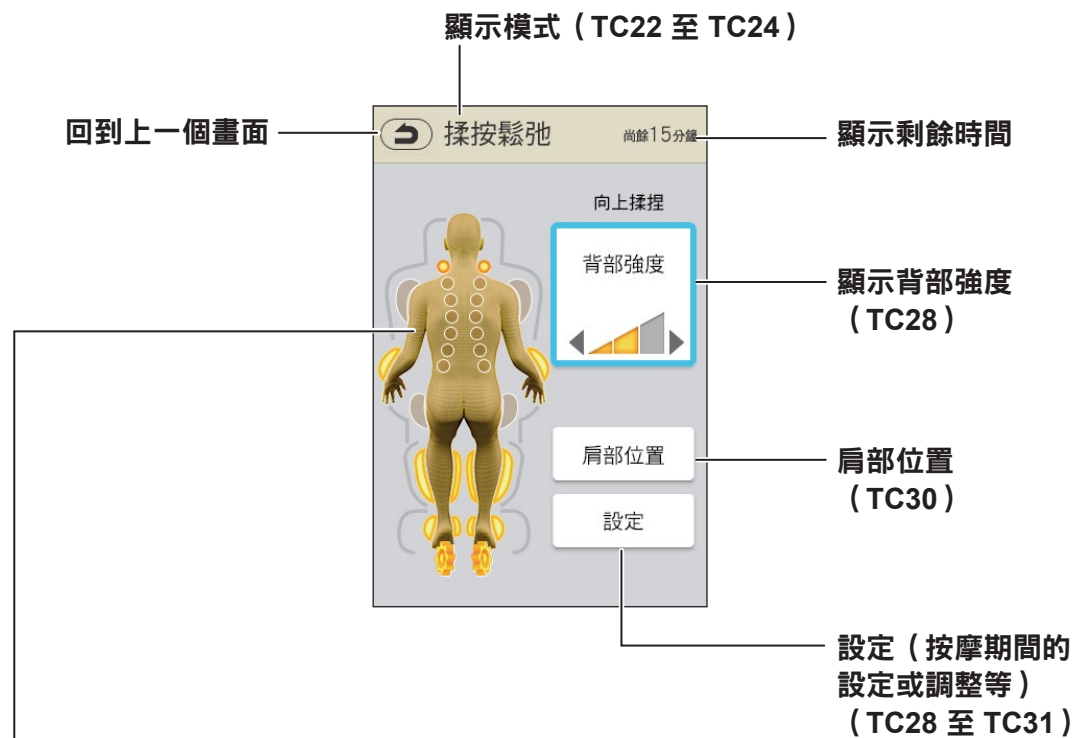


## 按摩操作期間的畫面顯示

- 選擇顯示的動作或功能，從而開始操作。
- 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>

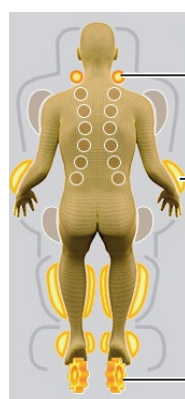
以下顯示的畫面會以「自動」模式為例。



操作器各部位名稱和功能

### 操作和位置顯示

- 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

- 燈號亮起，顯示目前正在執行的按摩輪位置。

#### 氣囊按摩

- 燈號亮起，顯示目前已選擇的氣囊按摩操作。
- 燈號閃爍，顯示目前正在執行的氣囊按摩位置。

#### 腳掌

- 會在操作期間閃爍。

# 簡易使用

選單按摩模式和動作選擇

只需選擇模式並執行按摩

自動

要全身按摩時  
(TC22 至 TC23)



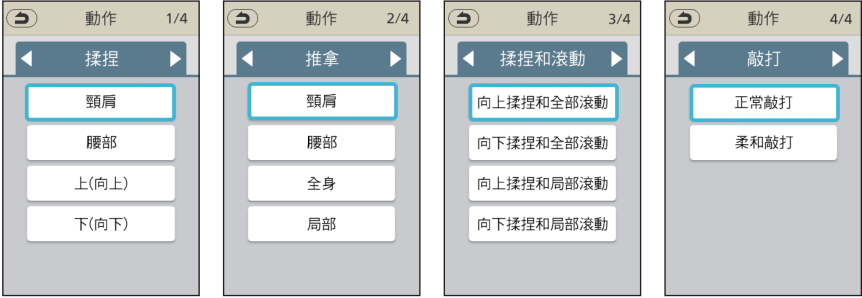
選擇一款按摩模式，然後按 


---

以最喜愛的動作按摩

手動

希望以最喜愛的動作按摩時  
(TC24)

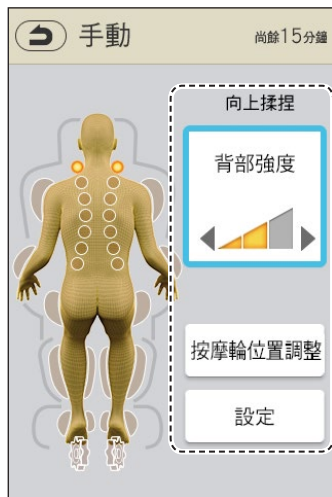
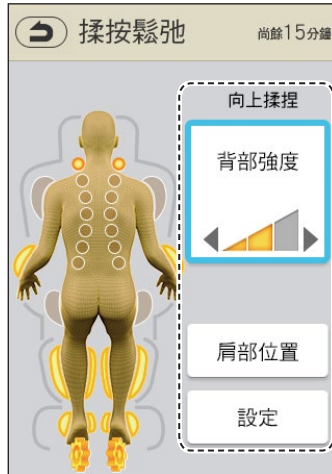


選擇一款動作，然後按 



體型偵測 → 開始按摩並依個人喜好調整

● 如需詳細資訊，請參閱 TC20 至 TC21。

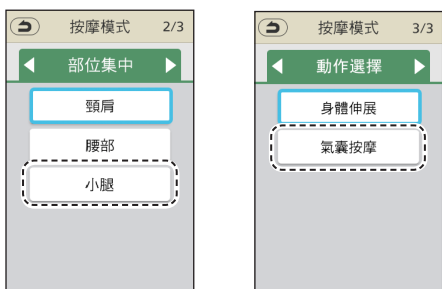


簡易使用

選擇以下任何一項時，系統不會執行體型偵測。

■ 自動

<選擇小腿模式、氣囊按摩模式時>



■ 手動


<選擇腰部揉捏、上(向上)、下(向下)、腰部滾動、正常敲打或柔和敲打時。>



# 體型偵測

- 體型偵測是判斷肩部位置，以確保配合體形執行按摩的操作。（體型偵測的高度範圍大約為 140 cm 至 185 cm。）

## 體型偵測流程

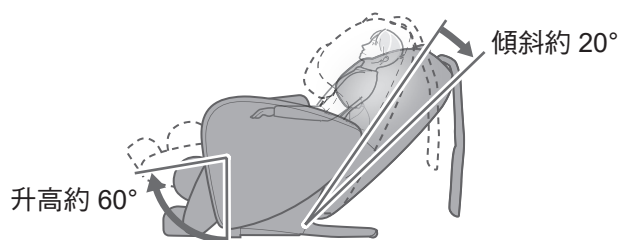
選擇一款按摩模式或一款動作，然後按 

主機體會自動移動，並傾斜至適合體型偵測的角度。

- 如果您在使用前調整了傾斜度，角度不會改變。

往後坐並輕輕往後靠，讓頭部接觸頭枕。

- 調整頭枕位置。（TC14）

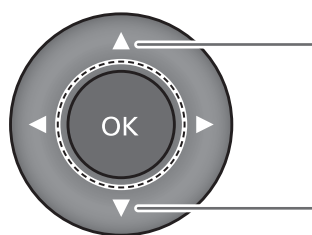


### ■ 肩部敲打位置未對齊



在敲打動作期間（約 12 秒）按「▲」或「▼」調整肩部高度位置，然後按 。

- 肩部位置的調整範圍為 1（身高較短的人士）至 20（身高較長的人士）。



每按一次則往上或往下移動約 1.5 cm。

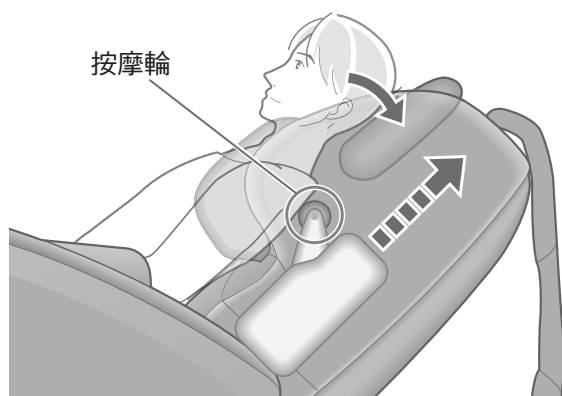
按  後，即會完成體型偵測並開始按摩。

## 體型偵測

## 完成

- 系統發出嗶聲之後，按摩輪將會慢速升起至最高位置。

- 完成後，會顯示以下畫面並開始按摩。



體型偵測

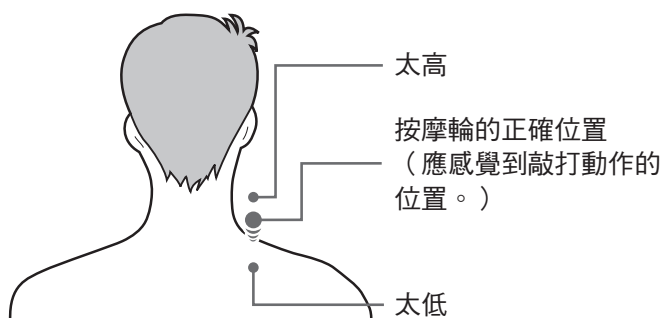
### 確保將你的頭部置於頭枕之上。

- 請勿將頭部移離頭枕，直至確定肩部位置為止。  
如找不到正確的肩部位置，系統就可能顯示錯誤訊息 **U10**，操作亦可能會終止。  
(故障顯示 TC43)

- 如果在敲打動作期間按 **OK**，系統便會結束體型偵測並開始按摩。

如未按下 **OK**，按摩將會在大約 1 至 2 秒後開始。

- 腳置台會根據肩部高度的估計位置而調整角度，讓腳掌能碰到攔腳板。

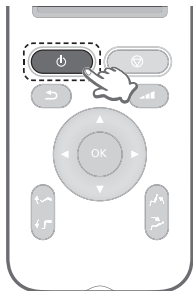


- 如果肩部位置大幅移動，按一下 **⏻** 即可停止動作。將肩部緊靠在靠背上，按下按鈕以重新開始。

# 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。

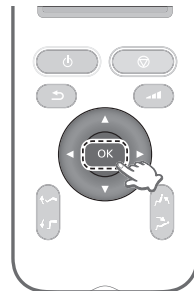


## 2 在選單上選擇「自動」。



使用 ▲ 或 ▼ 選擇。

## 3 按 OK。



## 4 選擇理想的自動按摩模式，包括「全身」、「部位集中」和「動作選擇」。



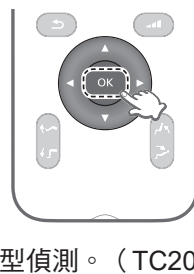
使用 ◀ 或 ▶ 選擇。

## 5 為步驟 4 中所選的類型選擇一種按摩模式。



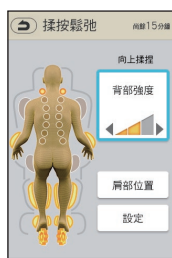
使用 ▲ 或 ▼ 選擇。

## 6 按 OK。



- 開始體型偵測。(TC20 至 TC21)
- 視乎所選按摩模式而定，系統可能會略過體型偵測。(TC19)

## 7 體型偵測結束之後，即會開始按摩。



- 顯示按摩動作。
- 按摩期間您可建立喜愛的設定。(TC28 至 TC32)

## 8 按摩開始後，將在最長約 15 分鐘內自動結束。

## ■ 自動模式功能

● 自動執行與路線相符的按摩操作（詳情請參閱TC25）。

### <全身>

#### 揉按鬆弛

15分鐘

##### 因頸部僵硬、冰凍肩及腰部非常疲累，而希望適度鬆弛身體時

以揉捏、敲打、頸肩重點及腰部滾動等按摩動作，適度伸展腰部與頸部及肩部之間的距離，從以輕柔的方式鬆弛張力。徹底鬆弛小腿、腳掌和手臂，以釋放全身的疲勞。

#### 活絡舒暢

15分鐘

##### 希望稍為輕力鬆弛僵硬的頸部、冰凍肩及非常疲累的腰部時

主要以敲打動作，快速而舒適地放鬆身體。這是活絡舒暢，令人心怡神往的按摩模式。手臂、腳掌及小腿都可適度鬆弛。

#### 揉撫放鬆

15分鐘

##### 希望輕柔鬆弛僵硬的頸部和冰凍肩，以釋放全身的疲勞時

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。

#### 8分鐘速按

8分鐘

##### 要在空餘時間快速鬆弛身體時

這個按摩模式會以揉按鬆弛模式為基礎，將過程濃縮至大約8分鐘，方法是集中按摩容易感到僵硬及疲倦的部位。

要全身按摩時

### <部位集中>

#### 頸肩

15分鐘

##### 希望適度鬆弛僵硬的頸部和冰凍肩時

這個按摩模式會集中鬆弛頸肩部位，主要會使用頸肩揉捏、頸肩滾動和抓捏動作。

#### 小腿

15分鐘

##### 要適度鬆弛腿部時

此時會使用氣囊按摩操作或滾輪按摩，以鬆弛腳掌、小腿和大腿。

#### 腰部

15分鐘

##### 要適度鬆弛腰部時

這個按摩模式會集中鬆弛腰背部位，主要會使用腰部揉捏、腰部滾動和抓捏動作。

### <動作選擇>

#### 身體伸展

15分鐘

##### 要伸展鬆弛身體時

這個按摩模式會讓氣囊和按摩輪配合操作，藉以伸展你的身體。

#### 氣囊按摩

15分鐘

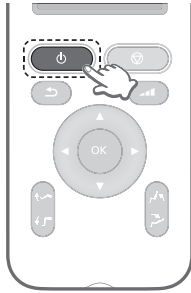
##### 要透過氣囊柔和鬆弛身體時

此模式以氣囊包覆身體並柔和鬆弛身體。（腳掌按摩輪同樣有效。）

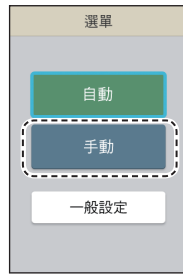
# 希望以最喜愛的動作按摩時

●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。

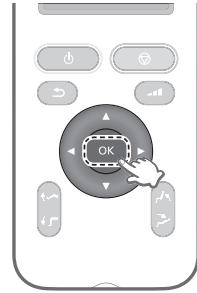


## 2 在選單上選擇「手動」。

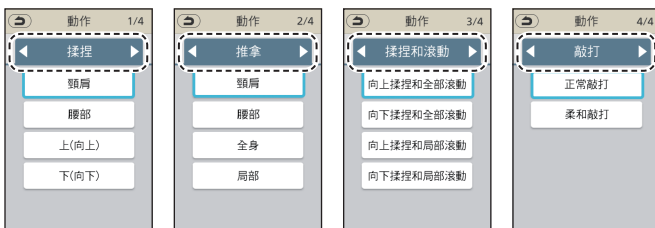


使用 ▲ 或 ▼ 選擇。

## 3 按 OK。

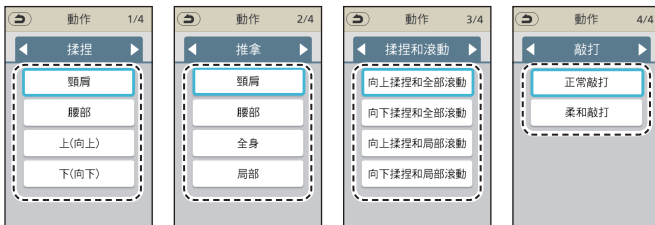


## 4 選擇最喜愛的動作類型，包括「揉捏」、「推拿」、「揉捏和滾動」和「敲打」。



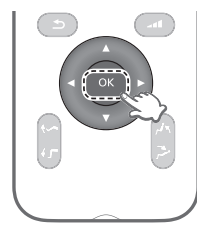
使用 ◀ 或 ▶ 選擇。

## 5 為步驟 4 中所選的類型選擇一種動作。



使用 ▲ 或 ▼ 選擇。

## 6 按 OK。



- 開始體型偵測。(TC20 至 TC21)
- 視乎所選按摩模式而定，系統可能會略過體型偵測。(TC19)

## 7 體型偵測結束之後，即會開始按摩。



- 如果您選擇向下揉捏、向上揉捏、局部滾動、向上揉捏和局部滾動、向下揉捏和局部滾動、正常敲打或柔和敲打，按摩滾輪的位置不會自動移動。啟動後一定要調整好位置。(TC30)

- 顯示按摩動作。
- 按摩期間您可建立喜愛的設定。(TC28 至 TC32)

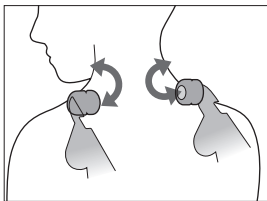
## 8 按摩開始後，將在最長約 15 分鐘內自動結束。按摩自動完成。

# 動作內容

## 按摩輪的按摩操作

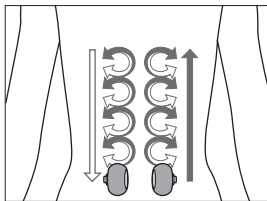
### 頸肩揉捏

揉捏頸部及脊椎的動作。



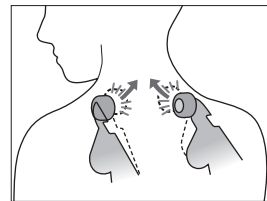
### 腰部揉捏

揉捏腰部的動作。



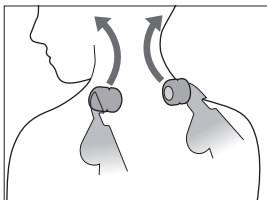
### 向上揉捏/向下揉捏

深度揉按動作。



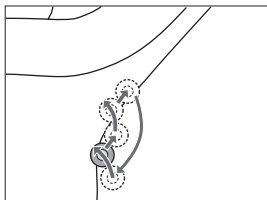
### 頸肩滾動

伸展頸部的動作。



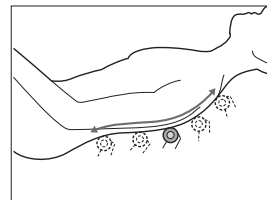
### 腰部滾動

伸展腰部的動作。



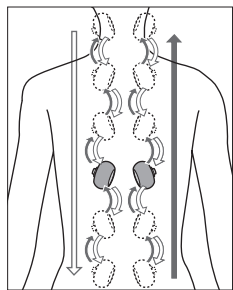
### 推拿/局部滾動

沿著脊椎伸展身體的動作。



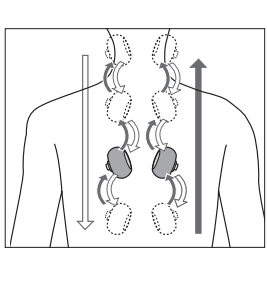
### 向上揉捏和全部滾動/ 向下揉捏和全部滾動

這個動作會滾動推拿整條脊椎，同時上下揉捏。



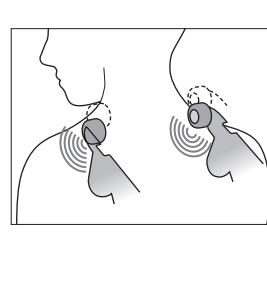
### 向上揉捏和局部滾動/ 向下揉捏和局部滾動

這個動作會滾動推拿部分脊椎，同時上下揉捏（約 12 cm）。



### 敲打（正常/柔和）

這個動作會輪流敲打左右兩邊。

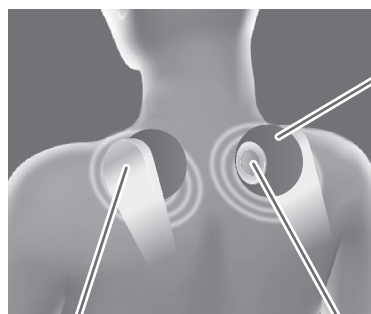


希望以最喜愛的動作按摩時  
動作內容

## 「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。



「溫熱」按摩輪橡膠部分

「溫熱」按摩輪加熱部分

「溫熱」按摩輪加熱部分



## 動作內容（接續）

### 伸展

伸展操作是利用氣囊或按摩輪的移動來伸展身體。

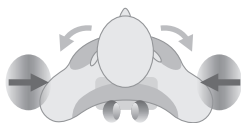
#### 伸展的身體部位



#### 「肩胛骨」伸展

延伸肩胛骨和胸部周圍的肌肉。

① 以肩部側面氣囊固定肩部。



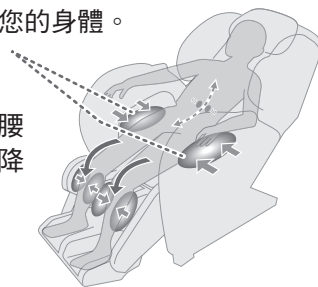
② 用按摩輪向前按壓背部。↑↑

#### 「小腿」伸展

延伸從膝部到大腿的肌肉。

① 在骨盆旁邊用氣囊固定您的身體。

② 按摩椅會以按摩輪伸展腰部，然後揉捏腿部，再降低腿置台伸展腿部。



● 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。

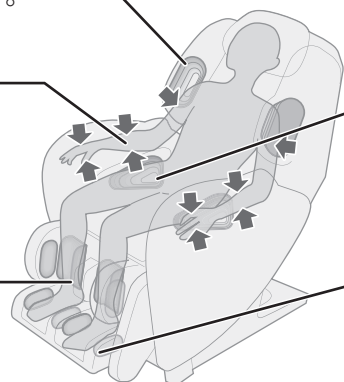
### 關於氣囊按摩操作

氣囊按摩操作只會用氣囊柔和鬆弛身體。

上臂  
上臂會由左右兩邊擠壓，藉以提供推壓。

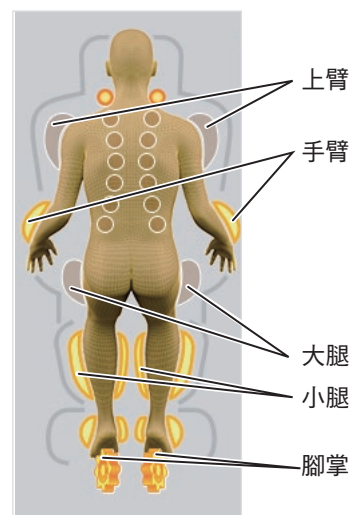
手臂  
從上方和下方擠壓手掌和手臂以提供壓縮。

小腿  
從兩側擠壓膝蓋後面和小腿，以及由後面向上推，以作向上推壓滾動。



大腿  
大腿正面的盆骨部位被緊緊擠壓。

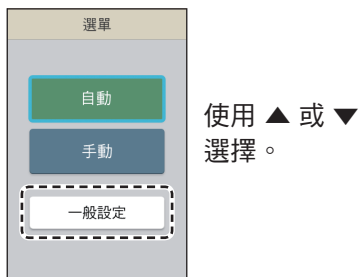
腳掌  
固定腳部的兩側，然後用滾輪徹底鬆弛腳掌。



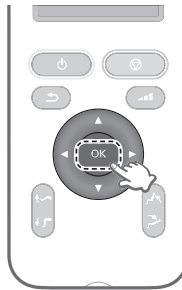
# 畫面設定

- 語言 ..... 選擇語言
- 畫面亮度 ..... 設定顯示部分的亮度
- 音量 ..... 設定操作音的音量

**1** 在選單上選擇「一般設定」。



**2** 按 OK。

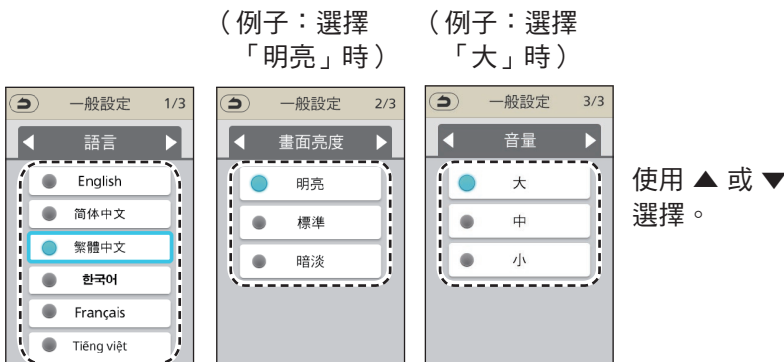


動作內容

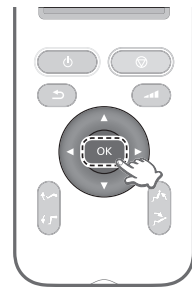
**3** 選擇「語言」、「畫面亮度」或「音量」畫面。



**4** 選擇任何一項。

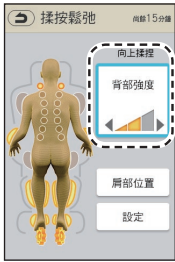
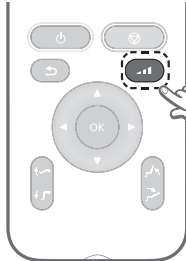

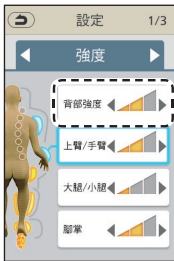
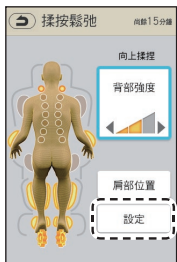

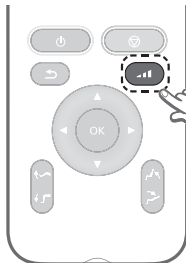

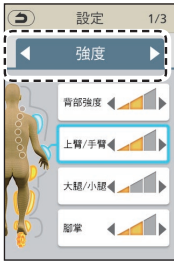
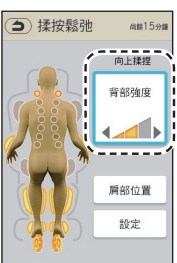


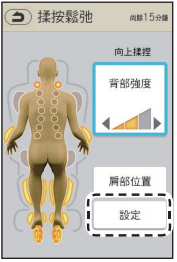




**5** 按 OK。



# 調整強度

- 您可以在按摩期間依個人喜好調整和設定。
- 可調整的內容因所選模式而異。如需詳細資訊，請參閱 TC32。

功能名稱	說明	
背部強度	調整背部強度。  自動：3 段調整 手動：最多有 5 段調整 (各段調整會隨著動作而有變化。)	 <p>使用 ▲ 或 ▼ 選擇「背部強度」。</p>  <p>按 。</p> 
上臂/手臂· 大腿/小腿· 腳掌強度	上臂/手臂·大腿/小腿·腳掌強度可作 3 段調整。	 <p>使用 ▲ 或 ▼ 選擇「設定」。</p> <p>按 。</p>  <p>按 。</p> 
上臂·手臂· 大腿·小腿· 腳掌動作	關閉/開啟上臂·手臂·大腿·小腿·腳掌動作。	 <p>使用 ▲ 或 ▼ 選擇「背部強度」。</p> <p>按 。</p> 
溫熱	關閉/開啟溫熱。	 <p>使用 ▲ 或 ▼ 選擇「設定」。</p> <p>按 。</p> 

## 設定和調整方法

### <自動>

強度	低	中	高
背部強度顯示			

使用 ◀ 或 ▶ 調整。

- 如果最強設定不夠強，或者如果最弱設定太強，請參閱TC40。
- 切換按摩動作時，可能無法進行調整。
- 強度顯示閃爍時不接受調整。

調整強度

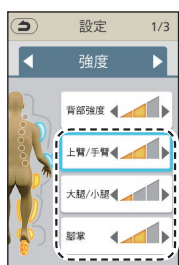
### <手動>

強度	最低	低	中	高	最高
背部強度顯示					

使用 ◀ 或 ▶ 調整。

使用 ▲ 或 ▼ 選擇「背部強度」。

用 ◀ 或 ▶ 選擇「強度」畫面。



使用 ▲ 或 ▼ 選擇部位

強度	低	中	高
上臂/手臂· 大腿/小腿· 腳掌強度顯示			

使用 ◀ 或 ▶ 調整。

用 ◀ 或 ▶ 選擇「部位」畫面。



使用 ▲ 或 ▼ 選擇部位

◀ 開 ▶ ▶ 關 ◀  
每次按 ◀ 或 ▶ 都可切換。

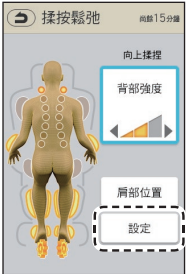

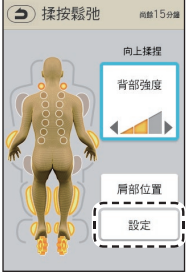

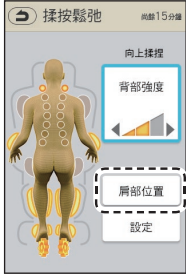

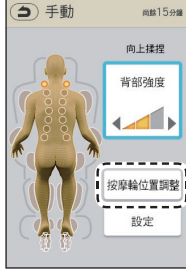
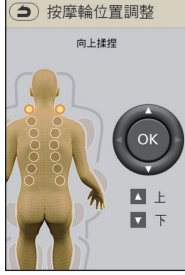
用 ◀ 或 ▶ 選擇「功能」畫面。



使用 ▲ or ▼ 選擇溫熱

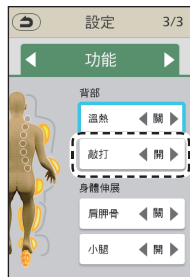
◀ 開 ▶ ▶ 關 ◀  
每次按 ◀ 或 ▶ 都可切換。

## 調整強度（接續）

功能名稱	說明	
<b>敲打動作</b>	關閉/開啟敲打動作。	 <p>使用 ▲ 或 ▼ 選擇「設定」。</p> <p>按 <b>OK</b>。</p> 
<b>身體伸展</b>	關閉/開啟身體伸展。	 <p>使用 ▲ 或 ▼ 選擇「設定」。</p> <p>按 <b>OK</b>。</p> 
<b>肩部位置 (只使用 自動)</b>	可調整垂直方向的按摩輪位置。	 <p>用 ▲ 或 ▼ 選擇「肩部位置」。</p> <p>按 <b>OK</b>。</p> 
<b>按摩輪位置 (只使用 手動)</b>	可調整垂直和水平方向的按摩輪操作位置。	 <p>用 ▲ 或 ▼ 選擇「按摩輪位置調整」。</p> <p>按 <b>OK</b>。</p> 

## 設定和調整方法

用 ◀ 或 ▶ 選擇  
「功能」畫面。



使用 ▲ 或 ▼ 選  
擇「敲打」。

### <自動>



每次按 ◀ 或 ▶ 都可切換。

### <手動>

如果「敲打」設定為「開」，您可以從兩種  
類型中進行選擇：「正常」和「柔和」。



每次按 ◀ 或 ▶ 都可切換。

調整  
強度

用 ◀ 或 ▶ 選擇  
「功能」畫面。



使用 ▲ 或 ▼ 選  
擇伸展部位。



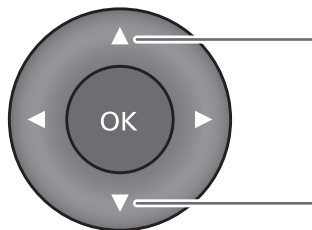
每次按 ◀ 或 ▶ 都可切換。

- 在下次「開」時，系統會即時執行身體伸展動作一次。
- 完成之後，系統會恢復上個按摩模式。
- 有關身體伸展動作的內容，請參閱TC26。

● 肩部位置的調整範圍為 1（身高較短的人士）至 20（身高較長的人士）。

用 ▲ 或 ▼ 調整  
肩部位置。

按 OK。



每按一次則往上或往下移動約 1.5 cm。

### <垂直調整>

- 用 ▲ 或 ▼ 調整位置。
- 按住按鈕移動，直至放開為止。

### <水平調整>

- 用 ◀ 或 ▶ 調整位置。  
(◀：窄；▶：闊)
- 這類調整只適用於「頸肩滾動」、「腰部滾動」、「正常敲打/柔和敲打」及「推拿/局部滾動」。

按 OK。

● 調整前按 OK 返回原始畫面。

## 調整強度（接續）

### 可調整的模式

可用調整的詳細資訊因類型而異。

「部位集中」和「動作選擇」因行程而異。

○:可調整 —:不可調整

調整功能	自動					手動	
	全身	部位集中		動作選擇		揉捏/推拿/ 揉捏和滾動	敲打
		頸肩/腰部	小腿	身體伸展	氣囊按摩		
背部強度	○	○	—	○	—	○	○
上臂/手臂· 大腿/小腿· 腳掌強度	○	○	○	○	○	○	○
上臂·手臂· 大腿·小腿· 腳掌動作	○	○	○	○	○	○	○
溫熱	○	○	—	○	—	○	○
敲打動作	○	○	—	○	—	○	—
身體伸展	○	○	—	○	—	—	—
肩部位置	○	○	—	○	—	—	—
按摩輪位置	—	—	—	—	—	○	○



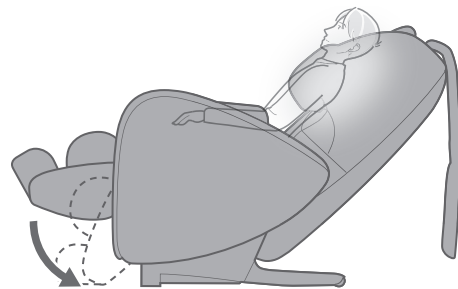
# 完成按摩後

## 時間結束後

- 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。  
右畫面出現時按下 **OK**，靠背將會升起。
- 按摩輪或腳掌按摩輪會移動至收納位置。

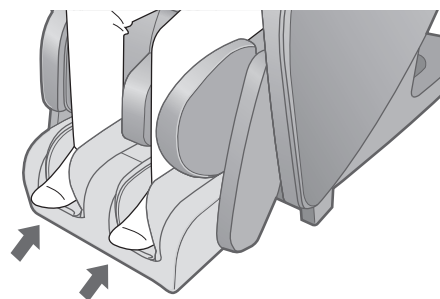


## 在按摩過程中使用緊急停止按鈕結束按摩時

將腳掌按摩部分完全退回原位，然後按 **⏻** 兩次。

- 腿置台會自動降低，靠背會回到直立位置，按摩輪及腳掌按摩輪亦會收回原位。收納完畢後，你會聽到確認的嗶聲。

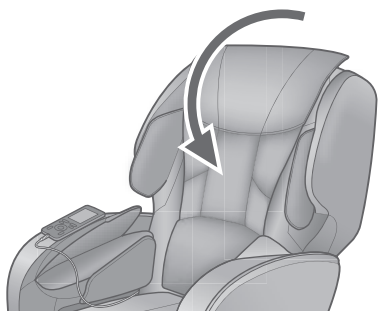
稍微抬起腳掌，腳掌按摩部分即收回。



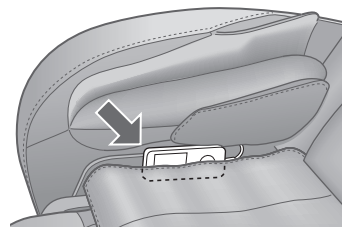
調整強度  
完成按摩後

## 將按摩椅恢復至通常使用的位置

將舒適墊放在靠背上。

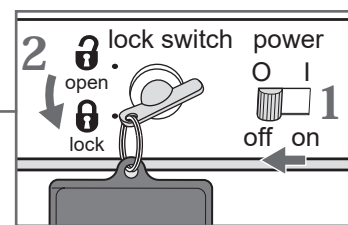
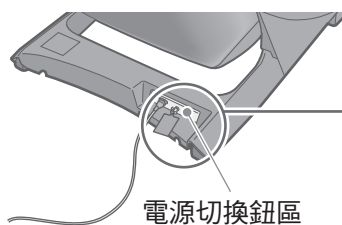


讓操作器恢復至收納位置。



## 將電源切換鈕滑到「off」（關閉）位置

- 1 請將電源切換鈕推至「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

- 每次按摩之後，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。）

# 清潔和保養

切勿使用稀釋劑、汽油、酒精等化學品。

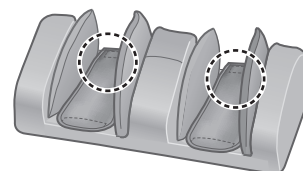
## 使用注意事項

- 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)

## 腳掌按摩部分

### 用吸塵機去除腳跟部位的污漬。

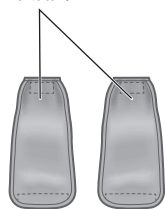
- 任何積聚的纖維或塵埃都會黏附在腳掌套的魔術貼上，並可能會減弱魔術貼的黏力。請定期用吸塵機加以清潔。



### 腳掌套：可徹底拆除及清洗

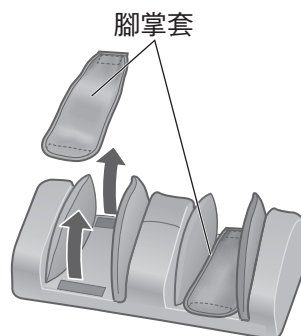
- 假如腳掌套魔術貼上的整個表面都未緊密黏合，短襪及長筒襪便可能會撕裂。

較窄身的一端為腳跟部位。



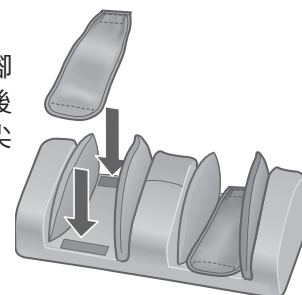
#### ■ 取出

取出魔術貼。



#### ■ 安裝

- 貼附到魔術貼上，首先黏貼腳跟的一端，然後逐步黏貼至腳尖的一端。



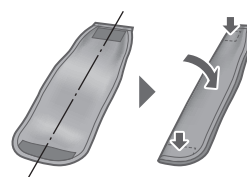
### [如希望徹底清洗]

#### 請放入洗衣網清洗。

- 將腳掌套對摺，貼緊魔術貼，然後徹底清洗。如在未對摺的情況下清洗，魔術貼便可能會令腳掌套損壞。
- 如有塵埃或毛髮纏繞在魔術貼上，可用牙籤挑除。

質素指標

100% 聚酯纖維



#### ■ 用水清洗

- 請勿使用洗衣機。

① 浸入低於 30 °C 的清水中，然後溫柔按壓清洗。

- 切勿用擦拭的方法清洗。
- 切勿使用含有漂染劑的清潔劑，否則可導致褪色。
- 應與其他物品分開清洗，否則可能會容易令其他物品染色。



② 徹底沖洗。

③ 輕力按壓，排走水分。

- 切勿擰乾或烘乾，否則可能會損害布料，或導致織料鬆動。

④ 輕力拉扯皺摺，然後放在陰涼處陰乾。

- 切勿在日光之下曬乾，否則可能會令纖維收縮及褪色。
- 清洗之後應立即陰乾，否則可能會容易令其他物品染色。

- 清洗之後，如擔心出現摺痕，請用熨斗熨燙。(熨斗使用須知)



用布蓋住底板，並將溫度限制為 150 °C。



### 布料部分

- ① 將軟布沾上清水擰乾，或者以溫水加入廚房用的中性洗潔精 3% - 5% 混成稀釋液，再用軟布沾濕之後擰乾，然後抹拭。
- ② 用清水或中性廚房洗潔精，刷拭椅座布料上的頑固污漬。
  - 小心勿過度擦拭布料以免損壞。
- ③ 最後，用清水沖洗濕布並擰乾，然後擦去所有洗潔精。
- ④ 讓主機體自然風乾。



### 塑膠區域

- ① 將軟布沾上清水擰乾，或者以溫水加入廚房用的中性洗潔精 3% - 5% 混成稀釋液，再用軟布沾濕之後擰乾，然後抹拭。
- ② 最後，用清水沖洗濕布並擰乾，然後擦去所有洗潔精。
  - 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。



### 人造皮革部位

#### 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 將軟布沾上清水擰乾，或者以溫水加入廚房用的中性洗潔精 3% - 5% 混成稀釋液，再用軟布沾濕之後擰乾。
- ② 輕輕擦拭表面。
- ③ 最後，用清水沖洗濕布並擰乾，然後擦去所有洗潔精。
- 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。

### ■ 在乾式清潔的情況

如需前往洗衣店要求乾洗（石油系統），請注意以下指示，以防止布料受損。

- 請放入洗衣網清洗。
- 輕柔清洗，切勿烘乾。


# 移動主機體

移動期間，請抬起主機體

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

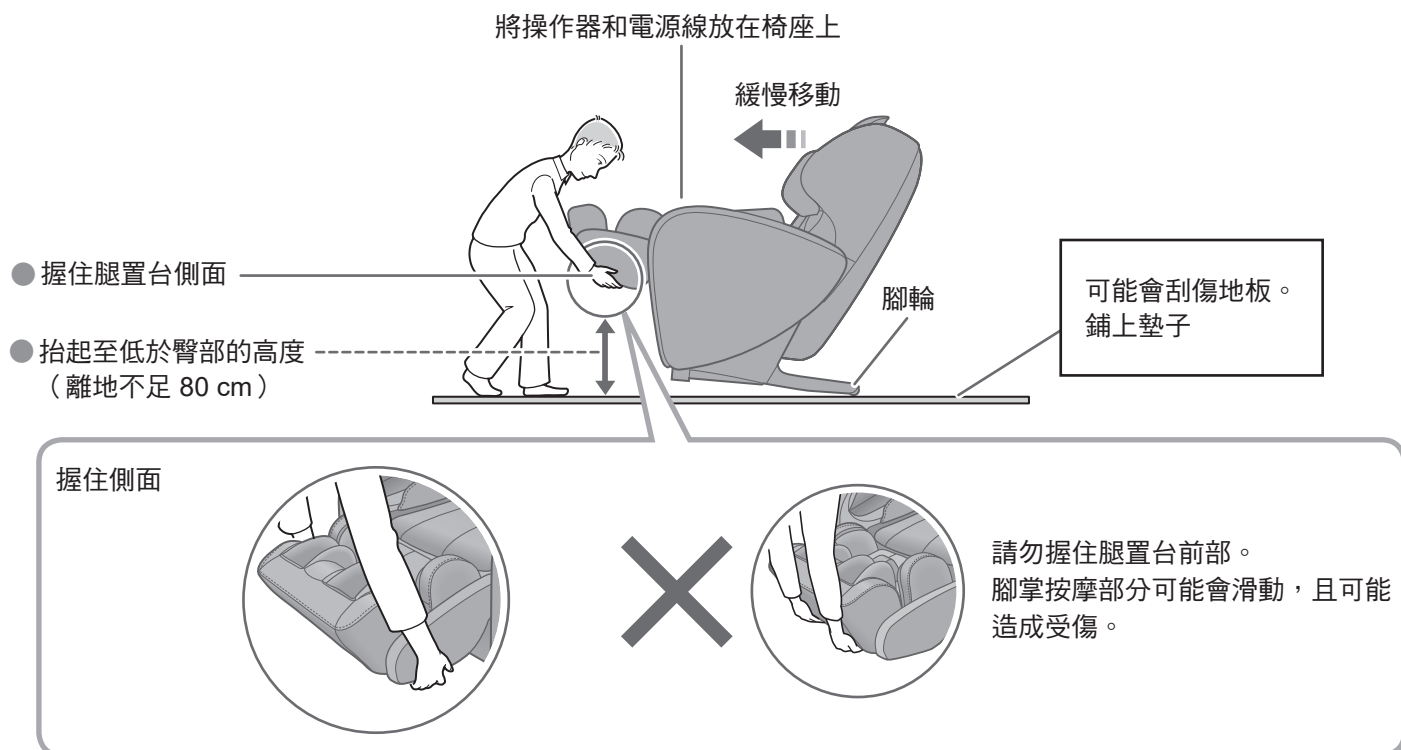
- 移除附近的障礙物
  - 在靠背完全立起的狀態下移動。
- 如果按  兩次，靠背會升起。

由於主機體較重，請小心搬運避免背部受傷。

用腳輪移動時的  
抬舉重量

約 35 kg

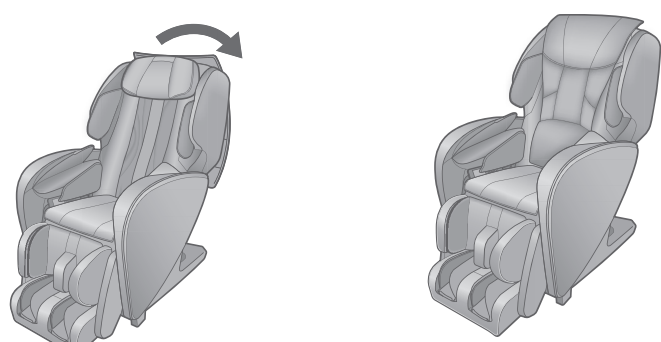


握住腿置台側面並用腳輪移動主機體。



## ■ 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。

# 問答集 (Q&A)

Q (問題)	A (答案)
<p><b>使用前</b></p> <p><b>向醫生諮詢</b></p> <p>因生病而需定期覆診時，是否也可使用？</p>	<p>請先諮詢醫生後再使用。</p> <p>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。</p> <p>(TC4)</p>
<p>上半身的位置和腿的位置不一致。如何對齊按摩位置？</p>	<p><b>建議分開按摩上半身和腿部。</b></p> <ul style="list-style-type: none"> <li>● <b>僅按摩上半身</b> 掀開舒適墊，露出靠背和頭枕以使用。</li> <li>● <b>僅按摩腳部</b> 請將舒適墊裝在靠背的狀態下，使用小腿和腳掌按摩。</li> </ul> 
<p><b>使用方法</b></p> <p>身高未滿 140 cm 或超過 185 cm 以上的人否可使用？</p>	<p>可以。</p> <p>在進行體型偵測時，如對不準肩部位置，則建議採用以下方式。</p> <p>〈未滿 140 cm 時〉                請在椅座上鋪上坐墊，請坐到座位最深處。</p> <p>〈超過 185 cm 時〉                請讓靠背平臥，身體躺下。</p> <p>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。</p>
<p>一天可以使用多少次？</p>	<p>一天請勿使用超過30分鐘。</p> <ul style="list-style-type: none"> <li>● 使用 16 分鐘以上後，請休息約 10 分鐘。</li> </ul>

## 問答集 (Q&A) (接續)



	Q (問題)	A (答案)
<b>使用時</b>		
<b>體型偵測*</b>	體型偵測或按摩期間，會發出 7 次短嗶聲（顯示 <b>U10</b> ），而且動作停止。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"> <li>● 使用者未坐入。</li> <li>● 頭部及／或背部未接觸靠背。</li> <li>● 有墊子放在靠背上或使用者穿著厚重衣物。 <ul style="list-style-type: none"> <li>• 往後就座並輕輕往後靠，讓頭部接觸頭枕，按 ，然後按  重新開始。</li> </ul> </li> <li>● 未掀開舒適墊。</li> </ul>
<b>上半身</b>	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。調整期間強度顯示閃爍。閃爍時不接受任何調整。</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>
<b>腳掌</b>	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。此為正常現象，敬請安心使用。</p>
<b>手・手臂</b>	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，操作時的氣囊充氣動作和腳掌按摩輪動作將會暫停。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>

\* 體型偵測：啟動之後，系統即時估計肩部位置的動作。(TC20至TC21)



Q (問題)	A (答案)
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**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...	<p>遇到以下情況時會自動改變角度。</p> <ul style="list-style-type: none"> <li>● 體型偵測期間           <div style="border: 1px solid gray; padding: 2px; margin: 5px 0;">主機體會自動移動，並傾斜至方便體型偵測的角度。</div> <ul style="list-style-type: none"> <li>• 如果您在使用前調整了傾斜度，角度不會改變。</li> </ul>  </li> <li>● 按  結束按摩時。           <div style="border: 1px solid gray; padding: 2px; margin: 5px 0;">會自動回到立起狀態。</div> <ul style="list-style-type: none"> <li>• 當結束定時運作時，將只有腿置台返回原位。</li> <li>• 如果按  結束按摩，則所有操作將會立即停止，角度不會自動改變。</li> </ul> </li> </ul>
	按摩後，靠背未恢復成直立位置。	<p>動作透過定時器操作停止時，只會收回腿置台。</p> <p>按  兩次，將靠背恢復成直立位置。</p>

**使用後**

手・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。
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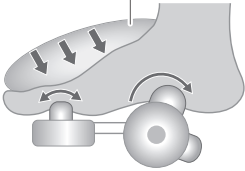
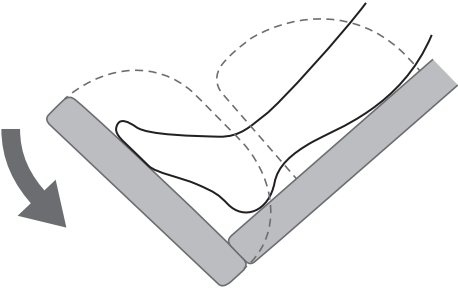
**如何調教位置**

體型偵測*	執行按摩輪位置的體型偵測期間，找不到正確的肩部位置。(肩部位置每次都變動。)	<p>某些坐姿(例如向前傾)可能導致無法執行正確的肩部按摩輪位置體型偵測。</p> <p>使用「▲」和「▼」按鈕調整。(TC20至TC21)</p>
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\* 體型偵測：啟動之後，系統即時估計肩部位置的動作。(TC20至TC21)




## 問答集 (Q&A) (接續)

Q (問題)	A (答案)
<b>如何調教力度</b>	
<p><b>上半身</b></p> <p>自動模式「在最強設定下仍不夠強」或「在最弱設定下仍太強」。</p>	<p>請嘗試以下方式。</p> <ul style="list-style-type: none"> <li>● 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。</li> <li>● 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。</li> </ul>
<p><b>手·手臂</b></p> <p>是否能同時執行手及手臂按摩？</p>	<p>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。</p>
<p><b>腳掌</b></p> <p>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...</p>	<p>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。</p> <p style="text-align: center;">腳側氣囊</p> 
<p>即使是最弱設定下，腳掌按摩輪仍太強...</p>	<p>稍微降低腳掌按摩部分，使腳跟抬起，這會減弱滾輪的效果。</p> 

Q (問題)


A (答案)

## 其他

操作器	操作或位置的顯示似乎不同...	顯示的動作表示粗略的移動。 實際移動或感覺可能不同。
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？	有。 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。 當時間一到，腿置台會自動降低，按摩輪收回。 按  即可再次使用。
	按摩時間是設定為多少分鐘？	「自動」和「手動」行程設定約為15分鐘。 但是，「8分鐘速按」設定約為8分鐘。 時間設定無法變更。

# 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。  
有關要求維修時的詳情，請參閱 TC47。

問題	原因和補救方法
按摩輪突然停止運作。	<p>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。</p> <p>如果在模式進行過程中回到清單選擇畫面，則操作會停止。</p> <p>停電。 → 由於操作已經停止，請按  兩次，讓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。)</p>
椅座無法傾斜，腿置台無法降低。	<p>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。</p>
按摩輪未往上移至肩部或頸部。	<p>如果頭部未接觸到頭枕，或者背部未接觸到靠背，則在進行肩部按摩輪位置的體型偵測期間，肩部位置可能會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)</p>
左右按摩輪的高度不同。	<p>採用交替敲打法，因此這是自然現象。主機體沒問題。 (TC40)</p>
「溫熱」按摩輪未變熱。	<p>「溫熱」設為「關」狀態。</p> <p>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。</p>
即使關閉「溫熱」按摩輪功能，仍能感覺到熱度。	<p>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。</p> <p>關閉「溫熱」開關後繼續按摩相同部位可能會提高體感溫度。</p>
開始按摩後並未傾斜。 (座位無法自動傾斜。)	<p>如果您在使用前調整了傾斜度，它將不會自動傾斜。 (TC39)</p>
靠背並未返回直立的位置。	<p>如果以自動關閉或者按  停止主機體，靠背就不會自動返回，從而確保安全。</p> <p>→ 若要由傾斜位置回到原位，請按  兩次。</p>
機體完全無法運作。	<p>電源插頭已經拔除。 (TC11)</p> <p>主機體的電源切換鈕設定在「off」(關閉)狀態。 (TC11)</p> <p>未進行按摩模式選擇或身體部位選擇。 (TC22 至 TC24)</p> <p>停電。</p>
有時在按摩完成後再按  時，電源會無法開啟。	<p>這是由於系統可能無法接受關機(大約 5 秒)  操作。 → 所有移動停止之後，等候最少 5 秒再按  。</p>
本機已毀損。	<p>→ 為防止意外，請務必聯繫 Panasonic 服務中心。 (TC47)</p>
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。

## F15

按摩椅內部發生故障。請停止使用，並聯絡Panasonic 服務中心進行檢查或修理。

故障顯示	目錄
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  ，重新躺坐，然後重覆操作。
F03 ~ F82	按摩椅內部發生故障。 請停止使用，並聯繫代理商進行檢查或修理。 (如果聯繫時提供故障代碼，維修將會進行得更順利。)

問題解決  
故障顯示

# 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

聲音及感覺有如腳掌按摩輪與布料的皺褶發生摩擦。

## 「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

聲音變大時有可能是故障。

● 如有這種情況，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		120 W (操作器為「關閉」狀態時，約 0.3 W)
加熱器消耗電量		17 W
上半身按摩	按摩區域 (上下)	約 66 cm (按摩輪總共移動約 60 cm)
	按摩區域 (左右)	揉捏操作時的按摩輪間距 頸部、肩部、背部及腰部： 約 4 cm 至 15 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 組至每分鐘 25 組 敲打 (包括輕柔揉按鬆弛)：約每分鐘 285 組至每分鐘 495 組 (一側) 移動速度：大約每秒 2 cm 至每秒 4.5 cm
氣囊按摩	氣壓 (膝蓋後方)	3: 約 33 kPa 2: 約 30 kPa 1: 約 17 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 組至每分鐘 21 組
傾斜角度		靠背：約 120 度至 170 度 腿置台 (小腿與腳掌按摩部分)：約 5 度至 85 度
定時器		約 15 分鐘 (自動結束)
尺寸	未傾斜時 (高 × 寬 × 深)	約 120 cm × 68 cm × 130 cm
	傾斜時 (高 × 寬 × 深)	約 75 cm × 68 cm × 200 cm
重量		約 73 kg
布料		人造皮革

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

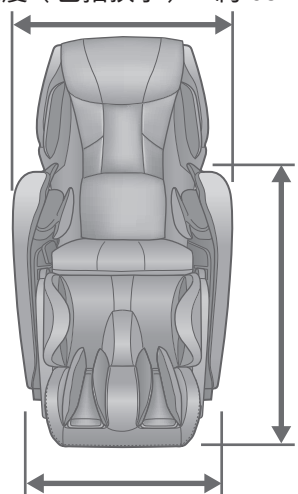
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## 規格 (接續)

### 主機體尺寸

#### 正面

寬度 (包括扶手) : 約 68 cm

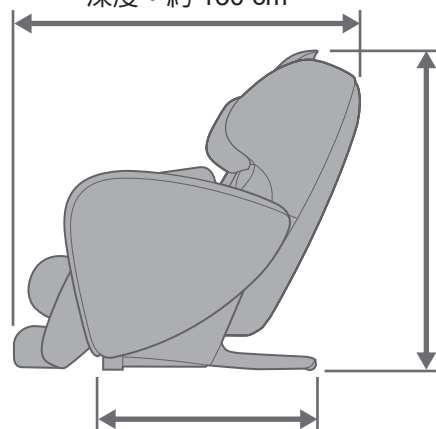


扶手高度 :  
約 75 cm

底部寬度 : 約 64 cm

#### 側面

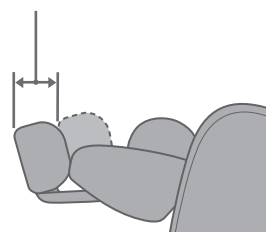
深度 : 約 130 cm



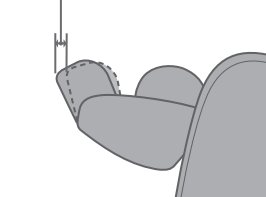
高度 :  
約 120 cm  
(取下墊子之後約 115 cm)

接地部分深度 : 約 79 cm

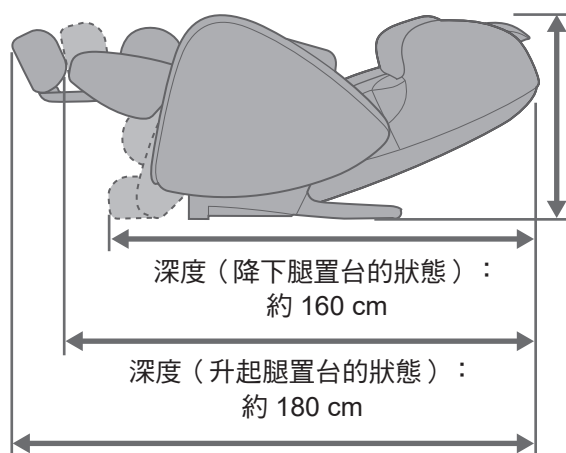
腳掌按摩部分的延伸  
約 18 cm



腳掌按摩部分移動 :  
約 2 cm



高度 :  
約 79 cm



深度 (降下腿置台的狀態) :  
約 160 cm

深度 (升起腿置台的狀態) :  
約 180 cm

最大深度 : 約 200 cm



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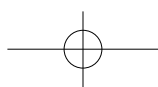
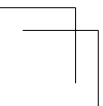
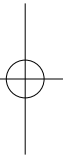
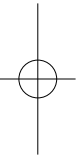
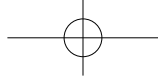
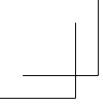
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